

## SPUMMA- Saint Paul United Methodist Music and Art

### Month of March featured artists:

An Art Exhibit in Paine Parlor will feature the work of two artists. Gayle Kuhlman is an Expressionist using mixed media and Karen Bowling is a Digital Artist. The exhibit will remain in place for the entire month of March.

## This Week's Calendar

### Sunday, March 3

- 9:00 a.m. Worship ..... Sanctuary  
Kids for Christ Sunday School..... Upper Level  
10:30 a.m. Worship ..... Sanctuary  
Kids for Christ Sunday School..... Upper Level  
5:30 p.m. Youth Serve..... Dining Room

### Monday, March 4

- 11:45 a.m. United Methodist Men..... Dining Room  
12:00 p.m. Popcorn AA Group ..... 027  
5:30 p.m. Walking the Sacred Path.....131  
7:00 p.m. Why Christianity Must Change.....155  
7:00 p.m. Turn the Page Book Group

### Tuesday, March 5

- 4:30 p.m. Unlearning God .....145  
7:00 p.m. Centering Prayer..... Chapel

### Wednesday, March 6

- 12:15 p.m. Ash Wednesday.....Sanctuary  
4:00 p.m. Simon Peter.....155  
5:00 p.m. Midweek Connect  
6:30 p.m. Ash Wednesday.....Sanctuary

### Thursday, March 7

- 10:00 a.m. Simon Peter.....155  
12:00 p.m. The Way of Prayer .....131  
1:15 p.m. Genealogy.....155  
7:00 p.m. Church Council.....131

### Friday, March 8

- 12:10 p.m. Friday Noon Concert .....Sanctuary

### Saturday, March 9

- 6:00 p.m. Worship ..... Chapel  
10:30 a.m. UMW 150 Years of Missions.....Dining Room

Basketball Monday through Friday at 11:30 a.m. in the BFLC

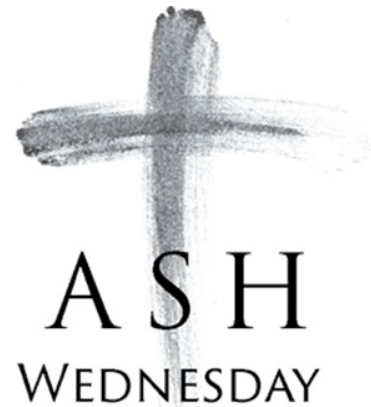
## Communications Staff Updates

Our new communications team will be using

[communications@saintpaulumc.org](mailto:communications@saintpaulumc.org)

If you have a communications or publicity request you previously sent to Josh, please send to this new address. Thank you for your patience during this transition!

## Services at 12:15 p.m. and 6:30 p.m.



## The Way of Prayer

Thursdays at noon in Room 131,

The Way of Prayer is a 10-week small-group study about the nature and practice of prayer. Honor the ways you were taught to pray while expanding your understanding to include new ways to pray.

## Walking the Sacred Path

Meets Mondays at 5:30 p.m.

Join with others in developing spiritual practices in the style of St. Ignatius focused on the themes of longing and desire for God, the hungers of the human heart, unfulfilled human hopes and dreams, and the profound happiness of finding one's home in God. Topics include beauty as a door to God, walking in God's presence, seeing Jesus more clearly and becoming whole. All are invited to seek a deeper prayer life in community and companionship.

## The Non-Fiction Book Group

Tuesday, March 12 in room 155

We will discuss *The Death of Truth* by Michiko Kakutani. Register on the Event Registration form, or just come!

## Ash Wednesday March 6, 2019 Noon and 6:30 p.m.

The first day of Lent is marked with a special liturgy. The theme for the day, though not for all of Lent, is our mortality. This is symbolized by the imposition of ashes on the forehead, with the words, "You are dust and to dust you shall return". In the Old Testament, ashes were a sign of penitence (feeling regretful at offenses) and mourning. Ash Wednesday is one of two days of special observance (the other being Good Friday) for which fasting is recommended. While this usually refers to going without food for the entire day, this practice is not practical for all persons. Use your own discretion in determining how you can best observe this day.

### UMCOR Kit Success

We were able to collect enough products to make 40 Hygiene Kits. Thank you to the Saint Paul community for your help! These kits will help those that have been devastated by natural disasters.

### Conversations regarding Special Session with Church Leaders and Pastors

Church leaders and pastors will be available for conversations regarding the outcome of General Conference. Join us in room 131 after worship today, March 3 or on Wednesday, March 6 in the downstairs parlor at 5:45 p.m.

## New Study Groups for 2019

### Prayer Groups

Two new groups are forming right now! "The Way of Prayer" will meet on Thursdays at noon, beginning February 14; Jane Florence will be the leader. It is not too late to join! "Walking the Sacred Path" will meet on Mondays at 5:30, beginning February 18. Register for either or both on the Event Registration form or by emailing Marilyn Moore at [mmoore@saintpaulumc.org](mailto:mmoore@saintpaulumc.org)

### New Classes Beginning in March

*Unlearning God*, a book by Philip Gulley, described as a rollicking, sometimes daunting journey of spiritual discovery. This group, led by Barbara Jo Burns, will meet on Tuesdays at 4:30 p.m. in Room 145, beginning March 5.

*The Naked Now*, a book by Richard Rohr, a book about reading the hidden truths of Christianity with the eyes of the mystics. This group, led by Steve Griffith, will meet on Tuesdays at 5:30 p.m. at Crescent Moon, beginning March 12.

A Study of *Simon Peter*, by Adam Hamilton, will be led by Earl Higgins. There will be two groups; one will meet on Wednesdays, beginning March 6, at 4:00 p.m., and the second will be held on Thursdays, beginning March 7, at 10:00 a.m.

Register for these classes on the Event Registration form or by emailing Marilyn Moore at [mmoore@saintpaulumc.org](mailto:mmoore@saintpaulumc.org)

### Lenten Study

We will read and study *Simplifying the Soul: Lenten Practices to Renew Your Spirit*, for our church-wide Lenten Study this year. Jane Florence and David Lux will share the leadership of this study, which will meet on Wednesday nights at 6:30 p.m., beginning on March 13. The author of the book, Paula Huston, invites us to declutter our minds, hearts, relationships, and souls.

Register on the Event Registration form or by emailing Marilyn Moore at [mmoore@saintpaulumc.org](mailto:mmoore@saintpaulumc.org)



MIDWEEK CONNECT  
*feed the body, feed the soul*

## Midweek Connect offers something for everyone!

Enjoy dinner starting at 5, participate in a variety of classes and groups from 6:30-7:30 p.m., and sing with one of several choirs throughout the evening. During the same timeframe, kids and youth can go to choirs, classes, and groups while our tiniest friends play together in the nursery.

<p><b>Adult</b></p> <p><i>Simplifying the Soul</i>, a church-wide Lenten study. Wednesdays at 6:30 p.m.</p>	<p><b>Children</b></p> <p>Midweek Connect Kids Hour Wednesdays from 6:30-7:30 p.m.</p>
<p><b>Youth</b></p> <p>Midweek Connect Youth Group Wednesdays from 6:00-7:30 p.m.</p>	<p><b>Weekly Menu</b></p> <p><b>Wednesday, March 6:</b> Battered fish squares, tuna and noodles, corn, cole slaw, assorted creme pies</p>