



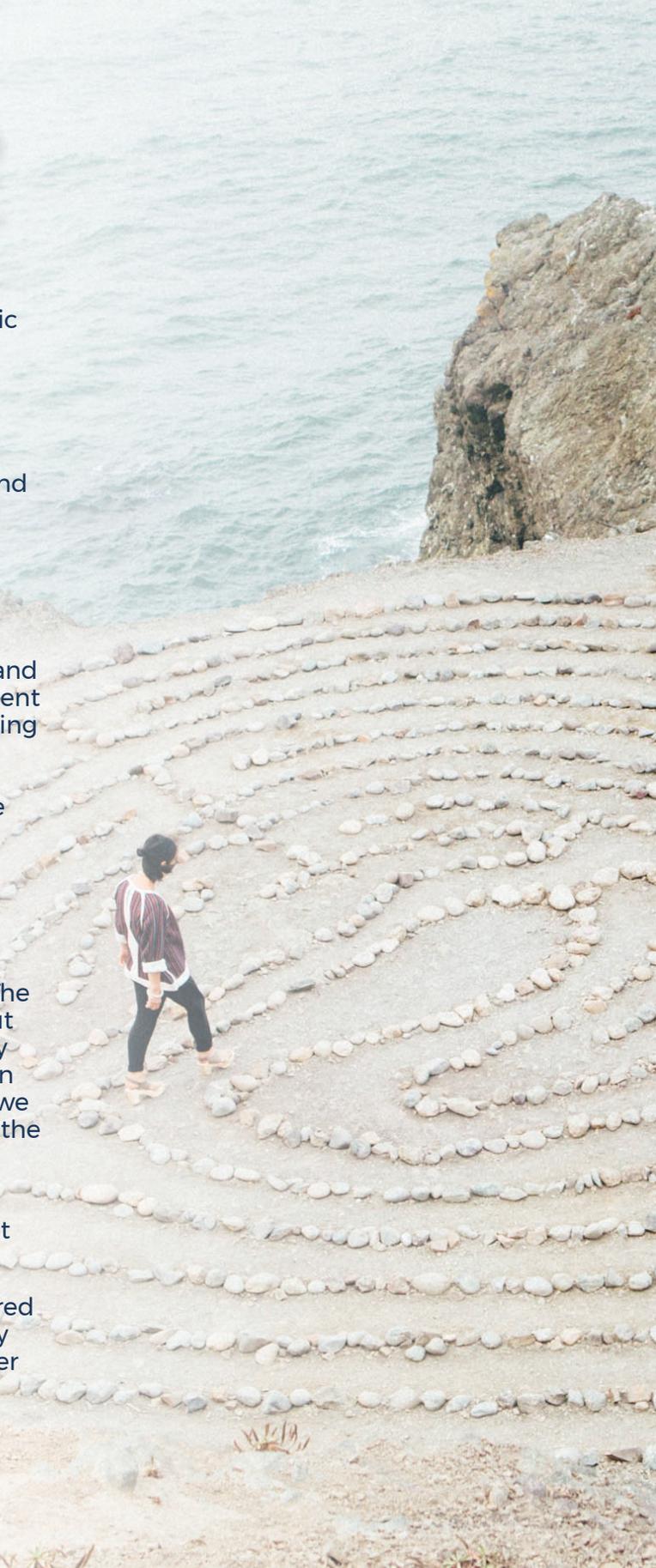
Today's world is fractured by division and increasing in polarity spawned often by religious and political rhetoric fueled by religious differences. More than a quarter of Americans now say they are "spiritual but not religious" and do not attend church. For 2019, Saint Paul UMC Charge Conference adopted a goal to create a spirit center to welcome the "spiritual but not religious." The vision is to create an interspirituality community to mend divisions and include those who have left, or have been shunned by organized religion.

Our goal is on the brink of being birthed. By March 1, we will have launched the Óran Mór, Wholistic Center. The center creates space for individuals to share in practices which encourage deep spiritual experiences and opportunities for connection to other pilgrims on different paths. It is a place to find ancient faith practices of healing body, mind and spirit. The classes and gatherings will be held primarily in rooms 225 and 227. The doors on the west side, 11th Street stairs, will serve as an entrance marked with Óran Mór signs.

The name comes from an ancient Celtic creation myth, "A great spiraling strain of Melody moved across the endless waters quickly gathering momentum until it reached a great crescendo. It continued its song, filling all of Creation with its divine harmony...the Oran Mór. 'The Great Melody' did not cease with the initial creation, but goes on and on and on, inspiring Creation along its holy pilgrimage of giving and receiving blessing. Deep within each of us lies a yearning for our lost (w)holiness. Thus, we discover our co-creative role within divinity, and with it the holiness of Creation."

The logo is a spiral inspired from ancient ruins at Newgrange in Ireland. The Spiral is a sacred symbol that represents the journey and change of life as it unfolds.

We hope the Óran Mór Wholistic Center shares our sacred space at Saint Paul with the greater Lincoln community as a network of spiritual seekers and practitioners gather here to learn and grow. Meditation groups, classes, arts and a variety of opportunities will be offered for community building and personal growth.



# Mid-Week **CONNECT** Classes

WEDNESDAYS

## Myers-Briggs Personality Types

**Every Wednesday at 6:30 p.m.**

The Myers-Briggs Type Indicator (MBTI) is an introspective personality test that isolates some of our core psychological preferences on how we perceive the world and make decisions. For our class, we will each take the personality test and then spend the following weeks discussing each of the traits, learning about preferences and how we function according to those preferences. This class will also give us insight into our interactions with others and how they respond to our behaviors. Led by Rev. Lyn Seiser.

## Meet the Mystics

**Begins March 4 at 6:30 p.m.**

Christian mysticism has its roots in our Jewish heritage, Greek thought, and early Christian clerics. Early Christian mystics were ridiculed then revered, ostracized before venerated. They wrote Christian doctrine and challenged institutional hypocrisy. They shared a passion for relationship in union with God experienced in extraordinary visions and insights. Join in conversation and introduction to these remarkable figures such as: Francis of Assisi, Catherine of Siena, Augustine, Jean Vianney, Teresa of Avila, and Thomas More. Led by Rev. Jane Florence.



# KIDS



FOR CHRIST

**Mid-Week Connect:  
for Kids**



**Wednesday Nights  
From 6:30 - 7:30 p.m.**

### Mid-Week Connect Menu

- **2/5:** pulled pork on bun, potato wedges, carrots, coleslaw, cream puff dessert
- **2/12:** chicken pie casserole with vegetables, tossed salad with dressing, muffins, cherry bars
- **2/19:** porcupine meatballs, mashed potatoes, macaroni and cheese, green beans, fruit salad, pumpkin bars
- **2/26:** potato bar which includes butter, sour cream, cheese, chili, broccoli, bacon bits, salsa, tossed salad with bananas & apples, monkey bread, rice crispy treats

# Winter 2020 Adult Formation Classes

## SUNDAYS

### **The Wisdom Jesus**

**9:45 a.m.**

Join in conversation with Rev. Jane and others to journey through this challenging and remarkable book by Cynthia Bourgeault. We start in January with transformative lessons in vocabulary, giving new meaning to perceptions like “head,” “heart” and “repentance”, common in Western teachings of Jesus. Cynthia Bourgeault’s writing introduces us to Jesus as a wisdom teacher providing fresh understandings of Matthew and Luke’s messages in light of Nag Hammadi discoveries. The text emphasizes a notion of “self-emptying love” that allows for a shift in consciousness from ego-based analysis to acceptance of divine abundance, which in turn sheds new light on examinations of the Passion, crucifixion and ensuing events. The last five weeks during Lent will offer wisdom practices in meditation, lectio divina, chanting and eucharist. Deepen and expand your knowledge and experience of Christ with these contemplative reflections.

### **Stories from Wild and Precious Lives**

**Beginning March 1 at 9:45 a.m.**

Taking a cue from Mary Oliver’s poetic line, “What are you going to do with your one wild and precious life?” David Lux will lead this Lenten class looking at the stories of both Biblical characters, as well as the stories we are living right now. What do they say to one another, and what kind of life do we want to live?

## MONDAYS

### **The Last Week**

**7:00 p.m.**

Written by Marcus Borg and John Dominic Crossan, this compelling book follows the last week of Jesus, retelling “a story that everyone thinks they know too well and most seem not to know at all.” This weekly discussion should both inspire and provoke as we explore these authors’ politically concerned analysis, and learn new dimensions to what we are all celebrating during Holy Week. Led by Dave Moore.

## SPRING 2020 CLASS

### **The Book of Acts Coming this Spring**

Join Pastor Jed as we study the very beginnings of the Christian community led by colorful characters such as Peter, John, Stephen, Priscilla, and, of course, Saint Paul. The Book of Acts follows the first apostles as they proclaim the gospel from Jerusalem to the “ends of the earth,” often facing violent reactions. This class is good for anyone, regardless of your prior biblical knowledge.



**Jed Linder**

Associate Pastor

Register for all adult classes on the weekly connect card, on the Church Center App, or by emailing Jed Linder at [jlinder@saintpaulumc.org](mailto:jlinder@saintpaulumc.org).

## Saint Paul Downtown Mission, Justice and Caring Ministries

Saint Paul UMC continues to make a positive impact in the lives of those in need in our community. Through a variety of mission and outreach projects, we strive to provide the most vulnerable individuals in our community with some basic necessities; food, clothing, toiletries, and, most importantly, hope.

Thanks to the generosity of this congregation we have established a donation-run food pantry located here at the church to provide food bags to individuals and families every Tuesday afternoon. We are also able to provide toiletries, clean clothes and a hot shower to those in need of a fresh start. In addition to handing out bags of groceries, we are now providing free lunches to individuals in need in the downtown community. We recently had an opportunity to expand our efforts through a new and exciting partnership with Lulu's restaurant. We are now handing out ready-to-eat meals free of charge to anyone in need on Tuesdays and Thursdays.

Our food distribution efforts have also extended outside the walls of the church. With support from the Lincoln Food Bank, Saint Paul has established a client choice food pantry located at Aging Partners. Each month we provide food resources at no cost to senior residents at the Crossroads House. On the fourth Friday, dedicated volunteers will assist senior citizens in selecting and bagging food from our pantry. Our efforts have continued to expand as we have just begun a second monthly offering to include individuals who use the Senior Center. This allows us to provide food resources at no cost to seniors from across Lincoln.

These efforts would not be possible without the time, talents and dedication of several members of our congregation. As we strive to serve as the hands and feet of Christ, and continue to provide these necessary services, we need your support. You can support us through your **prayers** that we might share the light and love of Christ with the poor and destitute.

When you give, your **financial contributions** support these ongoing food distribution efforts. Your support allows us to provide **donations** of staple food items such as hearty soups, Chef Boyardee, ready-to-eat meals, and canned tuna and chicken to help keep our pantry shelves full. We're also seeking cold-weather garments such as winter hats, gloves and scarves, men's and women's socks, sweatpants and sweatshirts to keep people warm.

Most importantly we need your **presence**. Sharing your time and talents through face-to-face interactions, packing grocery bags, greeting and having conversations, assisting seniors with food selections and living out our call to serve others is not only needed, but life-giving. If you are interested in learning more about these opportunities or if you're ready to get signed up please **contact Mitch Connelly by email at [mconnelly@saintpaulumc.org](mailto:mconnelly@saintpaulumc.org)**.

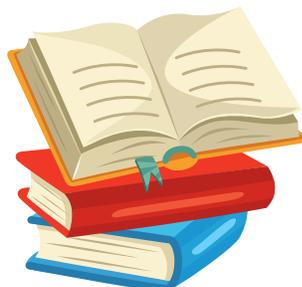
## Small Groups and Gatherings

### Nonfiction Book Group

**Tuesday, February 11  
at 7:00 p.m.**

The book for discussion is *Blowout* by Rachel Maddow.

No need to pre-register; just come!



### Senior Group

**Tuesday, Feb. 11 at 12:00 p.m.**

Program TBA.

Will meet at noon for lunch w/  
speaker following. Lunch is \$6.  
Usual procedure w/attendance &  
reminders.

# United Methodist Women News



## UMW Unit Meeting

**Saturday, February 22  
10:30 a.m. in the Dining Room**

The program will feature Dr. Ericka Viljoen speaking on women's health.. A meeting and lunch to follow. \$6.00 for lunch. Please RSVP for lunch to Gay Nelson at 402-475-5663 or llnmg@aol.com.

## Grateful Together Saturday, February 1 at 9:30 a.m. Firth Presbyterian Church

We will continue with our recurring food distribution project. Set up is at 9:30 a.m. and distribution begins at 10:00 a.m.

## UMW Circle 1 Monday, February 17 at 7:00 p.m. in Paine Parlor

Our speaker will be artist Liz Shea-McCoy, project director for Lincoln's most recent public art project, the "Serving Hand" sculptures you see around town. All are welcome to join. **Contact: Ann Cervený 402-440-2420**

## UMW Group 36 Wednesday, February 19 at 1:00 p.m. in Room 155

The program will be "In Mission with Aging Partners," presented by Tom Lamberson. The hostess is Marcia Russell. **Contact Addie Lancaster at [addie@saintpaulumc.org](mailto:addie@saintpaulumc.org) with questions.**

## UMW Group 2 Wednesday, February 19 at 9:30 a.m. Location TBA

The group will be discussing chapter two of Adam Hamilton's book, *Faithful*. **Contact Charlene Adden for further information.**

## Turn the Page

**7:00 p.m. in Room 155**

### Books for this Spring:

**February 3** - *Dare to Lead* by Brene Brown  
(Led by Marilyn Moore.)

**March 2** - *Loaded: History of 2nd Amendment* by Roxanne Dunbar

**April 6** - *Becoming* by Michelle Obama

**May 4** - *Pilgrim Journey in the Western World* by James Harpur

We welcome visitors and new members.  
**Questions? Call Mary Starr - 402-489-1122.**

# Children, Family and Youth Opportunities

**Saturday, February 1, 6:00 p.m. - 8:00 p.m.**

Of all the holidays celebrated throughout the year, none is more underrated than the one celebrated on Feb. 1. Groundhog Day derives from a Dutch superstition that if a groundhog emerging from its burrow on this day sees a shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks, and if it does not see its shadow because of cloudiness, spring will arrive early. So in honor of this furry little rodent and his weather predicting shadow we are throwing an epic dance party. This family friendly dance is fun for all ages. With music from DJ Joe Cruz and a photo booth from Say Cheese, you can remember the moment and dance the night away! Dress up in your fanciest attire, your favorite costume or come as you are! All are welcome at this free church wide event! Snacks and beverages also provided!



**Mitch Connelly**

Director of Youth Ministries



**Cathy Link**

Director of Children and Family Ministries

Register for these events on the weekly connect card, on the Church Center app, or by emailing Cathy Link at [clink@saintpaulumc.org](mailto:clink@saintpaulumc.org) or Mitch Connelly at [mconnelly@saintpaulumc.org](mailto:mconnelly@saintpaulumc.org).

**Mid-Week Connect**

**Family Night**

**Wednesday, February 5  
from 6:30 to 7:30 p.m. in Room 224**

Have you heard of the show Nailed It? On the show, contestants compete against each other to try their hand at recreating an edible masterpiece. Join us as families try to recreate an edible masterpiece of their own! Everything you need will be provided!

**Please register for this event by emailing Cathy at [clink@saintpaulumc.org](mailto:clink@saintpaulumc.org)**



**Sunday, February 23  
from 5:30 - 7:00 p.m. in Room 226**  
Fourth and Fifth graders are invited to Movie and Munchies Night!

# Let's Go to the Movies

Monday, Feb. 24

6:00 p.m.

**Meeting Place:**  
Scooter's Coffee at  
84 & VanDorn  
**Movie:** "1917"



## Ecumenical Legislative

### Briefing Day

The 45th annual Nebraska Ecumenical Legislative Briefing Day will be held Saturday, February 8, 2020, at Christ United Methodist Church in Lincoln, Nebraska. Open to people of all faiths, the conference is designed to help participants understand the issues before the Nebraska Unicameral, where bills related to those issues reside in the legislative process, and which state legislators are sponsoring them. Where possible, workshop speakers address potential legislation directly.

For more information, or to register  
[nelegisbrief.org](http://nelegisbrief.org)

## Craft & Art Supplies Donations Welcome!

We would welcome any donations of magazines, fabrics, paints, yarns or any craft supplies. Just drop them off in the office anytime. Will also accept monetary donations.



## Livestream Information in case of bad weather:

We love to see you in worship and hope you will be able to be with us every Sunday. We also know that Nebraska winters can present a challenge with blizzards and ice. Last year, we had six consecutive Sunday morning snows! If it might be unsafe for you to travel to church this winter, please join us via livestream.

You can watch our entire service while it takes place - or tune in later. Just open your computer, smart phone or tablet, and type in [www.saintpaulumc.org/live](http://www.saintpaulumc.org/live). Sing along, worship and pray, give and don't forget to pour yourself a cup of coffee! Stay safe and stay connected to your church family.

**Any church closing will be posted on our Facebook page, our website, and on 1011Now.**

## Wednesday Morning Book Discussion

February 26 at 10:00 a.m.

Room 155

Join us to discuss the nonfiction book *Women Rowing North: Navigating Life's Currents and Flourishing As We Age* by Lincoln author Mary Pipher.

Need more info?

**Contact**  
**Judy Jensen at**  
**(402)-420-6370.**



STAR CAROL

JOHN RUTTER, COMPOSER  
Lincoln Boys Choir

STAR CAROL

JOHN RUTTER, COMPOSER  
Lincoln Boys Choir



## First Friday Music and Art Concert

February 7 at 12:10 p.m.

The first concert for the 2020 First Friday Saint Paul United Methodist Music and Art Concert Series will be held in the Saint Paul United Methodist Church Sanctuary on Friday, February 7 12:10 - 12:50 p.m. This concert features Paul Robinson, Saint Paul's new music and worship arts director. Paul is an accomplished musician with training from the Manhattan School of Music. Also performing in February are Bob Snider (vibraphone/marimba) Willa Foster Jones (keyboards) and Catherine Bobst (vocal).

## Welcome Paul Robinson

In early January, we welcomed Paul Robinson as our Director of Music and Worship Arts.

Paul will be leading our music ministry as well as worship experiences on Sunday mornings.



## February Worship

### Feb. 2:

- Conclusion of our sermon series on Weaving the Wisdom of the World.
- Rev. Jane Florence, preaching
- Heart of Loving Kindness & Compassion
- Luke 6: 27-28, 31-37

### Feb. 9:

- Pastor Jed Linder, preaching
- Salt & Light
- Matthew 5: 13-16

### Feb. 15:

- Rev. Lyn Seiser, preaching
- All You Need is Love
- Mark 12: 28-31, Deut 30: 15-20

### Feb. 26:

- Rev. Jane Florence, preaching
- A Party for a King
- 1 Chronicles 29: 1-19

## Joys & Concerns

### Concerns

- Margery McNabb passed away on Dec. 25.
- Marilyn Kersten passed away on Dec. 27.

### Joys

- Matt & Ellen Goeser welcomed a baby girl on Jan. 3



# Saint Paul Mission Tour

May 30 - June 7, 2020

**Red Bird Mission, Beverly, KY**  
**The Upper Room, Nashville, TN**  
**Cookson Hills Center, Cookson, OK**

Attention Saint Paul grandparents and parents. This mission tour is available each year for girls 15-20 years old through the Great Plains UMW. It's a wonderful way to introduce girls to the mission work UMW and the church participate in. Saint Paul UMW has three full scholarships available to any girls (or friends) who would like to go!

Please contact Ann Cervený for more information.  
**402-440-2420/anncervený@yahoo.com**



## UMC News

Perhaps you saw on the news that the United Methodist Church has decided to split. That's not quite true, but it is probably going to be true. Gatherings were held by representatives from the conflicting parties of the UMC, both conservative and progressive, from the U.S. and global. Through their dialogue and diligence, the representatives were able to reach an agreement which allows congregations, annual conferences and clergy to create a new Methodist denomination(s). Those leaving the United Methodist Church under this agreement will be those who supported the Traditional Plan, and those opposed to inclusivity of LGBTQ persons as full participants in the church. The agreement provides money for the new congregation to form and allows those who leave to retain their property.

This proposal provides framework for a solution to the division which has crippled the UMC since 1972. There are many details which still need to be decided. This agreement was made through representatives of the conflicting parties; however, those representatives do not have the authority to make this a policy. They have agreed to encourage their constituents to support this separation plan.

This proposal will come before the elected delegates of the 2020 UMC General Conference, May 5-15. They are the ones empowered through our administrative structure who have authority to make this decision.

You can read the proposal, "Protocol of Reconciliation and Grace through Separation," at [www.unitedmethodistbishops.org](http://www.unitedmethodistbishops.org). You can contact the Great Plains annual conference delegates to the General Conference to encourage their vote. A list of our delegates is found on the conference website: [www.greatplainsumc.org](http://www.greatplainsumc.org) or in our church office.



## Winter 2020 Opportunities

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### **Are You an Empath? Tools to Lighten your Journey**

**Monday, February 24 at 6:00 p.m.**

Have you ever felt like you were picking up all the stress, pain and anxiety of everyone around you? Has someone told you that you are particularly intuitive, or an Empath, but that hasn't felt like a great gift to possess? Learn easy tools to CHANGE the energies that have been weighing you down, and discover new ways to shape your intuitive awareness so it contributes positively and creatively in your everyday life!

Leader: Amy Williams, LMT, EEM-CLP, CF

### **Yoga: Beyond the Body**

**Tuesday, February 25 at 6:00 p.m.**

Yoga is a multi-faceted path with many parts that aren't often thought of by those seeing only the physical postures. In this classroom experience of Yoga, participants will explore the many limbs of Yoga practice and be invited to try both energizing and relaxing Yoga postures that anyone can do from their own chair at home or in the office. Participants will also learn a breathing practice and relaxation exercise that is adaptable for all abilities.

Leader: Sheila Palmquist E-RYT500, RPYT, RPYT, YACEP®

### **Nia Lunch Dance Break Series**

**Beginning February 25 at 12:00 p.m.**

What is Nia? The Nia Technique is a fusion of Martial Arts, Dance Arts & Healing Arts. It has been suggested that Nia came about when "Yoga and a dance party had a baby." This 2-week Nia Lunch Dance Break Series has been designed specifically to mindfully move your body to inspiring and fun music, reset your nervous system, clear your mind, and boost your mood & creativity. All classes are created for every BODY - any age or physical condition - you are empowered to choose your own level of intensity.

Leader: Kami Kay Ebers, Nia Blue Belt & Nia Moving to Heal Instructor

### **EFT: Emotional Freedom Therapy Beginning February 27 at 6:30 p.m.**

Have you heard of the Power of Tapping? Science has shown that through tapping we have the power to change how the brain responds to anxiety, fears, and traumatic situations that govern how we think, feel and behave. Participants will learn the science and history of EFT, specific tapping techniques to create changes, acupuncture points to tap, how to address a stressful situation, and more. Even as a beginner you can learn these techniques to create immediate, positive changes both in class and at home.

Leader: Lindy L. Bixler, MS, LIMHP, Certified Medical Family Therapist

### **Intro to Reiki**

**Saturday, February 29 at 1:00 p.m.**

Reiki is a Japanese technique used for stress reduction and relaxation that also promotes healing. It is administered by the "laying on hands" and is based on the idea that an unseen "life force energy" flows through us, and is what causes us to be alive. The word Reiki, itself, is made up of two Japanese words: Rei which means "God's Wisdom or the Higher Power," and Ki which is "life force energy". So, Reiki is actually "spiritually guided life force energy." Participants will learn the history of this practice and experience the sharing on hands of healing in class.

Leader: Peigi Belgum Mitzner, Reiki Master

### **Intro to Dream Work**

**Beginning March 3 at 6:00 p.m.**

Dream work offers a method for healing old wounds, living more fully and joyfully each day, increasing self-awareness, improving understanding of our life purpose, and integrating new understandings. We will begin this class with an introductory session giving participants basic foundations for dream interpretation. We will then move to group analysis sessions in order to examine our own dreams.

Leader: Dr. Jane Florence

## Winter 2020 Opportunities Continued

### Calling all Chakras

Beginning March 3 at 6:30 p.m.

Do you feel unbalanced? Money problems? Nobody listens to you? Anger? Addiction? Depression? Low self-esteem? Chakras, arranged vertically up and down your spinal column, are invisible pools of energy that keep us vibrant and healthy. If the Chakras are not balanced, peace from within cannot be achieved. Students will learn what they are, what they affect and are affected by, and how to balance them. Together, we can learn how to bring the balance back into your life.

Leader: Shelley Witcombe, EEM-CP, Energy Medicine 101 & 102 Certified Instructor

### Labyrinth Crafting

Beginning March 5 at 8:30 a.m.

Walk this ancient path... All are invited to walk our labyrinth, and take their own spiritual journey. Following your labyrinth walk, you may choose to capture any revelations and thoughts through the spiritual arts by crafting a labyrinth of your very own using paint, fabric, clay, collage, crayon, or even bring your own materials.

Walking is free. Crafts are open to all with a suggested \$10 material donation.

Sign-up and learn more at [www.oranmorcenter.org](http://www.oranmorcenter.org)

## Ash Wednesday - February 26

The season of preparation before Easter is called Lent. This year it begins on Feb. 26. Lent is the forty days, not including the six Sundays before Easter. For centuries, it has been observed as a special time of self examination and penitence. Lent is a time for concentration on fundamental values and priorities, and is not a time for self punishment.

The custom is to mark the season of Lent by giving up some things and taking on others. Both can serve to mark the season as a holy time of preparation. Some examples of things people give up for Lent include sweets, meat for all or some meals, alcohol and electronics. In most cases, giving up something for Lent can be made more meaningful by using the money or time for another purpose. For example, meal times on fast days could be spent in prayer. Another example is that if you give up meat during Lent, the extra money that would go to meat dishes can be given to serve meals to those in need. Others may try "giving up" some negative behaviors: gossiping, judging others or self harshly, criticism. Some things added during Lent are daily Bible reading, fasting, times of prayer, taking a class related in some way to spirituality. Note: Sundays are celebrations of Christ in our midst and are always an appropriate day to lessen the restrictions of Lent.

We will gather for worship on Feb. 26 at noon and 6:30 p.m. to enter this season with our faith community where we receive ashes upon our foreheads and remember, "You are dust of the earth and stardust of the heavens and from there you shall return."



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**February 2020**

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## The Politics of Jesus

Sermon Series begins  
March 1, 2020

**SUNDAY MORNINGS**  
**8:45 & 10:45 A.M.**

**Could Jesus be elected  
President?**