

THE PORTLIGHT

A newsletter for members and friends of Portland Avenue United Methodist Church



MN Foodshare Month

Healthy Beans (not jelly beans!)

Check out the Mission Outreach section (page 5) for more information about MN Foodshare month and how you can help VEAP at this important time of year by donating cans of healthy beans (not jelly beans!).

March 2016

Our Mission

"To grow followers of Jesus who change the world."

Our Vision

"To be a safe harbor along life's journey."

The **PORT**
A safe harbor along life's journey.

I can't remember when I first began to recognize that prayer incorporates more than just words. It might have been when the lines between prayer and praise began to overlap a little bit with praise songs sung so clearly as prayers. It might have been when I was wrestling with the Apostle Paul's suggestion to the Thessalonians to "pray without ceasing" and wondering how, practically speaking, this could happen if prayer was comprised only of words spoken with eyes closed and head bowed. And it might have been when I first experienced a labyrinth, which is a meandering, circular pathway you may walk on...into the center and back out again. Labyrinths have been used for thousands of years for meditation and prayer.

Each of these experiences has reinforced for me the idea that Christianity is a faith of the body...it is physical...not just about one's mind or heart.

Throughout scripture, followers of Jesus are referred to as the body of Christ. We read in Ephesians 5:29-30, "For no one ever hates his own body, but he nourishes and tenderly cares for it, just as Christ does for the church, because we are all members of his body." Jesus invites Thomas to, "Put your finger here and see my hands. Reach out your hand and put it in my side." (John 20:27) Paul writes to the Corinthians, "Do you not know that your body is a temple of the Holy Spirit...therefore glorify God in your body." (1 Cor. 6:19-20)

Christianity is a faith of the body; an embodied faith. In that light, prayer incorporates more than just words.

We have been experimenting with this idea during the season of Lent. Each Sunday we have practiced a different body prayer from Doug Pagitt and Kathryn Prill's book *Body Prayer: The Posture of Intimacy with God*. We prayed a prayer of forgiveness that incorporated deliberate breathing (breathing in slowly, allowing the life-giving grace of God's forgiveness to enter; and breathing out slowly, allowing the grace of God in you to forgive others). We also prayed a prayer of hopefulness that involved looking up (having our bodies relax while we looked up to the ceiling or sky with a slight amount of strain in our eyes to help us contemplate the hope that comes from God). Our next body prayer is a prayer for strength, which will involve our arms crossed in front of us with our hands reaching for the opposite upper arm. This posture serves as a comfort-

ing reminder that the strength of God encircles us in all that we do.

Christianity is a faith of the body; an embodied faith. After marching with Dr. Martin Luther King, Jr. in Alabama, Jewish theologian Abraham Joshua Heschel said, "My feet were praying." This is as if to say that our bodies can embody prayer, or be places where prayer is actively happening. Our actions and movements can be expressions of prayer to God. Prayer does incorporate more than just words.

I'll offer a prayer for you to practice in these remaining days in Lent. It comes from Jon M. Sweeney's book *Praying with Our Hands*. This particular prayer practice is influenced by the Buddhist tradition, but aligns quite well with Christ's teachings and our creation story and our role as stewards of God's creatures here on earth.

"Practicing Lovingkindness"

Too much noise and too little silence combine to desensitize us in many ways. But when we practice becoming more aware of the spiritual, we engage with the world around us even in simple, seemingly inconsequential ways. These actions show our spirit.

The Buddhist tradition teaches that it is important to cultivate lovingkindness. To do this, we change how we treat people, animals, and all things. We direct love and compassion their way. This means handling objects gently, avoiding loud speech, and refraining from roughness of all kinds. Our spirit is in our hands.

As Thich Nhat Hanh once said, "The practice of touching things deeply on the horizontal level gives us the capacity to touch God...We can touch the noumenal world by touching the phenomenal world deeply."

Christianity is a faith of the body and prayer incorporates more than just words. May we all grow into such an embodied faith and see how our actions, indeed life itself, along with our words, encompass our life of prayer.

Growing deeper in prayer with you,

Pastor Carol



March 2016



Youth Group News

March 6 - 6:30 - 8:00 pm @ Hillcrest UMC
 Topic: Leadership/Initiative/Goals
 March 12 - 11:30 am - 1:30 pm FMSC Chanhassen



Confirmation Retreat

Our confirmands will be joining with other Minnesota confirmation students at a retreat March 4-5 at Cross Winds UMC in Maple Grove. Please keep them in your prayers during this important formative time.

- Mar. 6 Emma & Clara
- Mar. 13 Rylie & Oliver
- Mar. 20 Katelyn & Carl
- Mar. 27 Luke & Janea

2016 Camping Brochures

Get ready for a spiritual adventure at one of many camp offerings with the United Methodist Church. Brochures are available in the literature racks in both narthexes.

March Schedule for Sunday Volunteers

	March 6	March 13	March 20 (Palm Sunday)	March 27 (Easter)
Coffee & Treats	Beth Cameron	The Livingstons	The Erstads	Fellowship from 8:45-9:45 am
Greeters	John & Claire Perry	Tim & Nancy Hagerty	Jim & JoAnne Louisiana	Betty Belk, Linda Dicks
Ushers	Wayne Andersen, Sharon Beckler, Beth Cameron, Jocelyn Medzagoh	Bruce Benson, Chaz Brobst, Mike & Lori Moreland	Wayne Andersen, Sharon Beckler,	8 am - Bruce Benson, Jim & Marilyn Anderson 10 am - Chaz Brobst, Myron & Ginny Karki
Welcomers	Barb & Bob Deese	Paul Richardson	Jeanne Hansen	Lynn Livingston
Reader	Mary Nelson	Joel Sponsel	Ardy Anderson	Rod Bacheller
Sound	Tim Madsen	Eric Richardson-Mahre	Dave Smith	Tim Madsen
Media	Dave Smith	Dave Smith	Barb Andrus	Nathan Peine
Nursery	Mary Lou Johnson	Janet Rush	Denise Carroll	Linda Lounsbury
Closer	Paul Richardson	Tom Wellman	Floyd Ekstrom	Jeff Carroll
Communion Stewards	Charles & Karen Groth	Want to serve on Sunday mornings? Let the office know and we'll put you in touch with the appropriate coordinator		
Communion Servers	Linda Knopp, Denise Carroll, Mary Nelson, Verne Witt			

Spiritual Growth

Holy Week Schedule:

**Maunder Thursday -
March 24, 7:00 pm**



Portland Avenue UMC (8000 Portland Ave S, Bloomington)

We will host this combined worship service where communion will be served as a remembrance of the final meal Jesus shared with his disciples. We will also be blessed with music by our Sanctuary Choir.

Good Friday - March 25, 7:00 pm

Hillcrest UMC (9100 Russell Ave S, Bloomington)

The death and burial of Jesus is remembered at this Holy Week worship service. This tenebrae service incorporates scripture readings interspersed with extinguishing candles, allowing darkness to fill the sanctuary. It is a meaningful way to begin the weekend that will bring us to Easter Sunday.



Easter Sunday - March 27



Celebrate Easter Sunday
at The PORT.

Here's the schedule for that morning:

Sunrise Worship - 8:00 am

Fellowship - 8:45 to 9:45 am

Traditional Worship - 10:00 am

Easter Garden Flower Orders Due

Sunday, March 6 is the last day flower order forms will be available in the Narthex or you may call Ellen Smith at 952-884-8609 to place your order.



Payment is appreciated at the time of your order. If you prefer to order by phone, payment may be sent to the church office. Plants may be taken home after the 10 am worship service on Easter Sunday (March 27.)

Kansas Wesleyan University Choir

We are pleased to welcome the KWU Philharmonic Choir and the KWU Chorale as our musical guests on Sunday, March 13. They will be on tour and have offered to sing a few songs during our worship service. Please come to worship that morning prepared to offer a warm and hospitable welcome to these university students as they bless us with their gift of music.



24 Hour General Conference Prayer Vigil at The PORT March 23, 8:00 am-8:00 pm

All United Methodists around the world have been encouraged to participate in various prayer vigils in the months leading up to General Conference. General Conference meets every four years and is the top policy-making body of The United Methodist Church. They will convene May 10-20, 2016, in Portland, Oregon, and Pastor Carol is among the delegation going from Minnesota. Our Bishop, Bruce Ough, selected March 23 (the Wednesday of Holy Week) for The Minnesota Annual Conference to participate in this worldwide prayer vigil.

The PORT will also participate in this prayer vigil on Wednesday, March 23, by having a sign-up sheet in the narthex for you select a 30-minute timeslot to pray either at home or here at church. The church will be open from 8 am to 8 pm if you'd like to come here to pray in the Wesley Room or the Sanctuary during your prayer time slot. Otherwise feel free to pray at home.

Watch for the sign-up sheet to be available in early March.



One Great Hour of Sharing-March 6

When disaster strikes around the globe—Haiti’s 2010 earthquake or Typhoon Haiyan in 2013—so many watching the drama unfold on our living room televisions feel entirely helpless. How could any one person make a difference in the wake of such widespread devastation? As responders around the globe scramble to help survivors, the United Methodist Committee on Relief, UMCOR, is prepared to act.



Since 1940, when UMCOR’s forerunner was established to meet the needs of those suffering overseas at the onset of World War II, we’ve continued to respond to those in desperate need—today throughout more than eighty countries around the world.

Your generous giving to One Great Hour of Sharing is what allows UMCOR to act as the arms and legs of Christ’s church, moving toward the most vulnerable in their darkest days. Convinced that all people have God-given worth and dignity—without regard to race, religion or gender—together we are assisting those impacted by crisis or chronic need.

This year’s One Great Hour of Sharing offering will be received Sunday, March 6. Special offering envelopes will be available in your bulletin that morning.



March is MN Foodshare Month

In Minnesota, 14.4% of families with children are food insecure (defined as a lack of access to sufficient food to lead active, healthy lives). Volunteers Enlisted to Assist People (VEAP), which serves people in Bloomington, Richfield and Edina, follow stringent nutritional guidelines to ensure recipients are given healthy food for their families to eat.



The Mission Outreach Committee is challenging us to support VEAP during the month of March, which is MN Foodshare Month, with the goal of supplying the food shelf with

“Healthy Beans (not Jelly Beans!).” In other words, bring in cans of healthy beans (green beans or other vegetables, refried beans, bags of dried beans or rice) to donate to the food shelf. During this month when the Easter Bunny will visit many households with a few jelly beans to enjoy, we want to make a difference in food insecure households by supplying healthy beans to nourish the children in our neighborhoods.

Accept the challenge and consider bringing in a can or two with you to worship every week. By Easter, we will all have made a great big difference together.

Volunteer at VEAP-March 15

Want to see how all the donations get processed at VEAP? We have a great opportunity to help in the warehouse either sorting and quality checking donations or sorting and bagging produce on Tuesday, March 15, from 2-5 pm.



We have space reserved for a volunteer team of 7 people. Sign up today on the clipboard in the narthex. Note: All volunteers must wear closed-toed shoes such as tennis shoes or loafers; and it’s advisable to wear clothing that’s okay to get dusty or dirty. VEAP is located at 9600 Aldrich Ave S., Bloomington.

Congregational Care

We celebrate YOU during March

If your birthday isn't on our list, **please let us know**, so we can update our records for next year.

4 -Judy Richardson-Mahre	19-Elijah Peine
Olive Ellenson	20-Bob Rathbun
5-Katherine Minks	24-Linda Gilbertson
6-Jeni Cox	27-Matt Hanson
11-Robert Bump	28-Ellen Smith
16-LaVonne Robinson	30-Rebecca Carroll
18-Myron Karki	



Adult Fellowship Brunch

Thank you to Joell Anderson and Betty Belk for organizing a lovely catered luncheon after worship February 21. Since the Yorke Room kitchen remodeling was delayed, we stayed at PAUMC and enjoyed the luncheon in the Wesley Room. It was a great time of fellowship.



From the Mailbox

From the Twin Cities District Office

On behalf of all your sister congregations comprising the Minnesota Conference, thank you for paying 100% of your 2015 apportionment allocation. In the midst of your generous support of local church ministry and other designated mission, this is truly “a portion meant” for collaborative work and witness that no one individual, no one church could accomplish alone.

In this time of phenomenal needs, assets, and opportunities for ministry, we're walking the **EDGE** together.

- Together we're **Equipping** missional congregations in creative and effective ways.
- Together we **Developing** missional leaders with the skills, zest and grit to lead through times of change.
- Together we're **Generating** missional resources into making disciples of Jesus who transform the world.
- Together we're **Extending** our missional impact across local, state, and global communities to grow in love of God and neighbor, reach new people, and heal a broken world.

Together we can be proud that the Twin Cities District led the Minnesota Annual Conference in apportionment receipts totaling 93%!

I know such commitment doesn't happen without setting clear ministry priorities and making challenging financial decisions.

Thank you for your leadership! It truly is an inspiration to serve with you as a partner in Christ's ministry.

With joy and appreciation,

Rev. Dan Johnson

Twin Cities District Superintendent

From the Chamberlain Family

The family of long time member, Dorothy Chamberlain, will be hosting an informal get together and luncheon to remember Dorothy's son, Mark Warren Chamberlain. Mark passed peacefully on February 13 at the age of 56. The family invites you to stop by the Fellowship Hall at PAUMC on Saturday, March 5, between 11:00 am to 2:00 pm. Remembrance and sharing time will be at 12:30.

Coffee With A Cop March 14, 2:00-4:00 pm

No agendas or speeches. Just have some coffee and get to know your Bloomington cops. Come to Bakers Square (611 W. 98th St.) on Monday, March 14 between 2-4 pm.



St Patrick's Day Lunch at Creekside March 17, 11:30 am



Celebrate St Patrick's Day with lunch on Thursday, March 17, at 11:30 am. Enjoy entertainment provided by BandanAhhh! Playing music from the 30s-60s, golden oldies, rock-n-roll, country, sing-alongs, holiday favorites, pop and today's hits. Creekside Community Center is located at 9801 Penn Ave. S. in Bloomington. Reservations are required by Monday, March 14 (call 952-563-4944 or email humanservices@BloomingtonMN.gov)

Fare For All: Food That Makes Cents March 16, 11:00 am—1:00 pm

Fare For All is a cooperative food buying program open to anyone. There are no qualifications or income restrictions.

Fare For All provides packages of fresh fruits and vegetables as well as frozen meat items. Pay with cash, credit, debit or EBT.

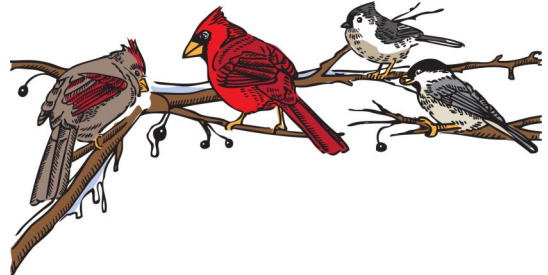


Packages are available as follows:
\$10 Produce pack (five varieties vegetables and two varieties of fruits); \$11 Mini Meat Pack (3-5 lbs total of at least four assorted meat items); \$20 Combo Pack (one produce pack and one mini meat pack); and \$25 Mega Meat Pack (typically includes 7-9 meat items).

Distribution of the packages takes place on the 3rd Wednesday of every month from 11 am -1 pm at Creekside Community Center (9801 Penn Ave S., Bloomington). For more information you can contact the Human Services Division at Creekside Community Center 952-563-4944 or email humanservices@BloomingtonMN.gov.

Discussion Group: An Assembly of Thinkers March 28, 1:00-2:00 pm

New members are always welcome to join this monthly discussion group at Creekside Community Center (9801 Penn Ave S., Bloomington). March 28 from 1-2 pm the topic will be "Bird Migration - Why and How" led by Osman Elhadary, will be the topic of discussion on March 28, from 1-2 pm. Refreshments are provided. Register with Human Services at Creekside Community Center 952-563-4944 or email humanservices@BloomingtonMN.gov.



Coffee Talk with Bloomington Mayor March 30, 10:00-11:00 am

Join your fellow Bloomington residents at Creekside Community Center (9801 Penn Ave S., Bloomington) on Wednesday, March 30 from 10-11 am for a cup of coffee and the state of the city recap with Mayor Winstead.



Registration is required by Tuesday, March 29. Register with Human Services at Creekside Community Center 952-563-4944 or email humanservices@BloomingtonMN.gov.

Portland Avenue United Methodist Church
8000 Portland Ave. S., Bloomington, MN 55420



ADDRESS SERVICE REQUESTED

DATED MATERIAL
PLEASE EXPEDITE

Join us for worship on Sundays at 10:00 am
(Sunday School for all ages at 8:45; Coffee Fellowship at 9:30)

Staff

Rev. Carol Zaagsma (Pastor) carol.zaagsma@paumc.org
Leann Olsen (Administrative Assistant) paumc@paumc.org
Peggy Larson (Music Director) peggylarson@comcast.net
Dale Miller (Accompanist) miller.daler@gmail.com
Judy Richardson-Mahre (SonRise Singers Director) jembrm@charter.net
Mary Nelson (Handbells Director) nelsonc2m@aol.com
Paul Herrmann (Custodian) 612-916-3376

Church Office E-mail: PAUMC@paumc.org
PAUMC Website: www.paumc.org
www.facebook.com/pages/Portland-Avenue-United-Methodist-Church/109195009206962



Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 8:30am Handbells Rhl 8:45am Education 9:30am Fellowship 10:00am Worship/ Communion 11:15am NO Confirmation	7 7:00pm NO Small Group at Hagerty's	8 7:00pm Small Group at Dave Smith's 7:00pm Trustees	9 1:30 pm Pastor Carol's Small Group 7:00pm Choir Rehl 7:00pm Pastor Carol's Small Group	10 6:30am Men-Brkfst Grp 6:30pm Girl Scouts	11 6:30pm (to Noon Saturday) Confir- mation Retreat at CrossWinds UMC in Maple Grove	12 11:00am Memorial Gathering for Mark Chamberlain
13 8:30am Handbells Rhl 8:45am Education 9:30am Fellowship 10:00am Worship 11:15am Mission Outreach	14 7:00pm Small Group at Nancy Hagerty's	15 Newsletter Deadline 7:00pm Small Group at Dave Smith's	16 1:30 pm Pastor Carol's Small Group 6:00pm SonRise Rehl 7:00 Choir Rehl 7:00 pm Pastor Carol's Small Group	17 6:30am Men-Brkfst Grp	18 6:30am Men-Brkfst Grp	19 6:30am Men-Brkfst Grp
20 PALM SUNDAY 8:30am Handbells Rhl 8:45am Education 9:30am Fellowship 10:00am Worship	21 7:00pm Small Group at Nancy Hagerty's	22 7:00pm Small Group at Dave Smith's	23 1:30pm Pastor Carol's Small Group 7:00pm Choir Rehl 7:00pm Pastor Carol's Small Group	24 6:30am Men-Brkfst Grp 6:30pm Girl Scouts 7:00pm Maundy Thursday Service @ PAUMC	25 7:00pm Good Friday service @ Hillcrest	26 7:00pm Good Friday service @ Hillcrest
27 EASTER SUNDAY 8:00am Sunrise Service 8:45am NO Education 8:45am Fellowship 10:00am Worship	28 7:00pm Small Group at Dave Smith's	29 7:00pm Small Group at Dave Smith's	30 1:30 pm Pastor Carol's Small Group 1:30 pm Book Club 6:00 pm SonRise Rehl 7:00pm Choir Rehl 7:00 pm Pastor Carol's Small Group	31 6:30am Men-Brkfst Grp		