

APRIL 2025

the EPISTLE



Holy Week 2025

Palm Sunday
April 13- Cantata- 11am

Maundy Thursday
April 17- 6pm

Easter Jubilee
April 19- 10am

Easter Sunday
April 20
7am, 8:30am, 11am

APRIL CALENDAR

- Apr 1 Alzheimer's Lunch, 11:30, Parlor
- Apr 3 Circle of Support, 10:00, Parlor
- Apr 4 Crafty Crop, 4:00, Sanders Hall
- Apr 5 Crafty Crop, 10:00, Sanders Hall
- Apr 8 United Women in Faith, 10:00, Sanders Hall
- Apr 10 MomCo, 9:30, Sanders Hall
- Apr 13 Palm Sunday- Cantata, 11:00
- Apr 14 Congregational Care mt, 10:30, Room 326
- Apr 15 Ed Wynn lunch, 10:30, Sanders Hall
- Apr 17 Circle of Support, 10:00, Parlor
Maundy Thursday, 6:00, Sanders Hall
- Apr 18 Good Friday Service, noon, Trinity UMC
- Apr 19 Manna on Meridian, 8:00, Faith Presbyterian
Easter Jubilee, 10:00
- Apr 20 Sunrise Service, 7:00, Lake Ella
Easter Sunday, 8:30 & 11:00
- Apr 23 Town Hall, 6:00, Sanders Hall
- Apr 24 MomCo, 9:30, Sanders Hall
- Apr 26 Soul Food, 9:30, Lake Ella
- Apr 28 Governing Board mt, 6:30 Parlor

APRIL 13: PALM SUNDAY WORSHIP WITH OUR CHILDREN'S PALM PROCESSIONAL
8:30AM: REGULAR WORSHIP
11:00AM THE COVENANT CHANCEL CHOIR AND GUEST MUSICIANS PRESENT "WORTHY IS THE LAMB"

APRIL 17: MAUNDY THURSDAY DINNER
WORSHIP AT 6:00PM
SOUP DINNER AND SACRAMENT OF HOLY COMMUNION, SANDERS HALL

APRIL 18: GOOD FRIDAY SERVICE
AT TRINITY UMC AT NOON

APRIL 19: EASTER JUBILEE
10:00AM AT SPUMC

APRIL 20: EASTER SUNDAY
7:00AM SUNRISE SERVICE WITH FAITH PRESBYTERIAN CHURCH, LAKE ELLA
8:30 AND 11:00AM: IDENTICAL SERVICES WITH MUSICAL OFFERINGS BY THE HANDBELL CHOIR, SE'LAH, AND COVENANT CHANCEL CHOIR

CREATION *care*

GLOBAL WARMING– HOW CAN WE MAKE A DIFFERENCE IN 2025?

Taking action is the best way to stay hopeful about climate change. In the last two Epistles, we explored reducing energy consumption and using public transportation. This month we will take a close look at attempting to reduce our meat and dairy consumption. Why would you want to do that, you might ask? Here are a few reasons that impact the planet and your health:

- Livestock farming is a major source of greenhouse gases.
- Raising food for a plant-based diet generally uses less water than raising livestock. It is a more efficient use of land.
- Reducing livestock farming reduces their waste which can contaminate the soil, water and air.
- It saves large areas of forest which are cleared for animal pasture. These forests are necessary for absorbing carbon dioxide ("carbon sinks") and maintaining biodiversity.
- Eating more plants can benefit your health by reducing the risk of chronic diseases like heart disease, type-2 diabetes, high blood pressure, and certain types of cancer. For recipes for easy meatless meals see <https://mayoclinic.org>

How can my family get started?

- Lots of families begin with "Meatless Mondays" or just one day a week to go meat-free.
 - Eat less meat, smaller amounts, or use meat (think bacon) as a garnish.
 - Incorporate other types of protein in your meals - lean into beans, lentils, tofu.
 - For dairy reduction, try almond, oat, soy or coconut milk.
 - Try new cuisines: Mediterranean, Indian, Ethiopian, and many Italian dishes are meatless.
 - Experiment with plant-based recipes, or try some of the vegan restaurants in town. Most restaurants have vegan options. Check out the side dishes. Do a search for "ideas for a plant-based diet." It will make your mouth water! If you have a favorite meat-alternative or a meatless recipe to share, please send it to CC@saintpaulsumc.org
- Here are responses we got from the congregation on saving energy and transportation:
- Save paper towel rolls for teachers for crafts. Donate unwanted calendars to nursing homes. Use lights only when absolutely necessary. Use dishwasher to water plants. Pay strict attention to in-town trips (bundle errands, car pool). from Belinda McClellan
- Bill Perry suggests saving energy by adjusting the thermostat whenever you leave the house so it will not run unnecessarily. He strongly agrees with Belinda on not wasting gas by bundling errands!

****Get ready! The ladybugs are coming at the Easter Egg Hunt on April 19.**

**** EARTH DAY is April 22. How will you say "Thank You" to Mother Earth?**

We Need Your Plastic Bags!

Even if we try to reduce our plastic use, it tends to creep into our homes as bags, overwrap on food items, and bubble wrap around online purchases. Now there is a way to recycle all that plastic and help us win a garden bench at the same time!

Our Creation Care ministry at Saint Paul's UMC has entered the NexTrex Recycling Challenge and we need your plastic to reach our goal of collecting 1,000 pounds for a free garden bench. You can learn more at <https://nextrex.com/view/recyclingchallenge>.

What to bring to our collection boxes:

CLEAN & DRY: Produce bags, store bags, ice bags, Ziploc type bags, cereal liner bags, case overwrap, bread bags, newspaper bags, drycleaning bags, bubble wrap, plastic mailers, and plastic film like Saran Wrap.

Collection sites are in the hallway outside Sanders near the bathroom, the hallway outside the Parlor near the bathroom, and in the conference room.

APRIL *events*

SUNDAY NIGHT WORSHIP EXPERIENCE

Join us every Sunday evening for our shared Contemporary Worship Service with Good Samaritan UMC in Sanders Hall. This service begins at **6:00pm**. All are welcome to come.

*****No evening service on Easter (April 20th)**

MEN'S READING COMMUNITY

The Men's Reading Group meets on Tuesday mornings at Ology Northside. They gather each **Tuesday at 8:30am**.

This group is now discussing "Living With The Monks: What Turning Off My Phone Taught Me About Happiness".

If you are interested in learning more about this group contact David Gill or Nic Fugate-

davidmurraygill@gmail.com, ndfugate@gmail.com

UNITED WOMEN IN FAITH

United Women in Faith will be meeting on **Tuesday, April 8**, at **10:00** in Sanders Hall. Our guest speaker will be Josie Fliger from Elder Care Services who will share information about the Meals on Wheels program. All women of the church are invited and encouraged to come and enjoy a morning of education, service, and fellowship. If you have questions, please contact Erma Sever at 850-510-5807 or ermasever@comcast.net.

CRAFTY CROP

Come join Crafty Crop on April 4 and 5. Bring your projects and table space will be provided. The fellowship begins on **Friday at 4:00pm** in Sanders Hall. You may leave your projects all set up to continue the fun on **Saturday at 10:00am**. Any questions and/or to sign up, contact Jill Merryday (850-443-9428).

HAPPY BIRTHDAY!!

- 1 Jim Geiger, Tracy Woodard
- 2 Jacob DeGraw, Eileen Patrick
- 4 Bliss Amort-Murphy, Betty Weisbrod
- 5 Dennis Lee, Wade Pierce, Connie Zeigler
- 6 George Holzapfel
- 7 Carol Chick
- 8 Linda Atherton
- 9 Teresa McRae
- 10 Robert Clift, Kevin Fleischer
- 11 Tessa Benton
- 12 Karol Selvaggio
- 13 Leroy Irwin
- 15 Bryeanne Verheyen
- 16 Kathy Duval, Bobbi Nute
- 17 Phillip Gornicki
- 18 Cheryl Swanson
- 19 Mary Helen Cain
- 20 Cory Pierce
- 21 Jordan Rios
- 22 June Townsend
- 23 Autumn Amort-Murphy, Sherrill Ragans
- 24 Kjrsten Henriksen, Lynn Sauls
- 25 Brian Underhill, Hazel Weisbrod
- 27 Mayra Joiner
- 28 Collins Byford, John Quinton
- 29 Michael Miller, Becky Sellers
- 30 Colleen Williford

MISSION ministries

MANNA ON MERIDIAN

Manna on Meridian is a local joint ministry between five local churches that Saint Paul's is a critical part of. We provide groceries, produce and other essentials to hundreds of our food insecure neighbors every month.

If you would like to donate to this ministry, we are always in need of regular sized boxes of cereal, and cans of soup. These donations can be dropped off either at the church office or in the new drop off boxes located just outside Sander's Hall (in the hallway leading to the Parlor stairwell)

If you are interested in volunteering there are lots of opportunities including bagging groceries, preparing produce bags, or picking up donations from our retail partners. Help is always particularly needed at our large month distribution that takes place on the **3rd Saturday of the month** from **8-10 AM** at **Faith Presbyterian**, just a mile north of Saint Paul's on Meridian.

For any questions or if you are interested in volunteer opportunities, please contact Kevin Scott at kevingscott@yahoo.com or 850-261-7900

CAPITAL AREA JUSTICE MINISTRY

This issue of the Epistle went to print before the Nehemiah Action meeting on March 31st. Thank you to everyone who was able to attend this important event!

There will be updates about the Nehemiah Action event in the April Weekly Notes; please make sure to read all about it there.

SOUL FOOD

Thank you for your generous donations to our Soul Food ministry! At this point, no more clothing donations are needed. We will update you if more are needed in the future.

THANK YOU

Thanks to the generous donors who donated funds that allowed the New Horizons class to buy a refurbished washer and dryer for the Guatemala family. They are ecstatic to be able to wash and dry their clothes in their new home. A couple of queen size beds were also donated so some of the adults don't have to sleep in twin beds now.

MUSIC

at Saint Paul's

MUSIC MINISTRY AT SAINT PAUL'S

Worthy is the Lamb!

The Covenant Chancel Choir will present their Lenten cantata "Worthy is the Lamb" by Lloyd Larson, Sunday April 13 at the 11:00 service. The cantata tells the compelling story of God's plan to deliver all people from the clutches of sin and death. It is the dramatic narrative that **He** who knew no sin took on the sin and darkness of the world so that we might one day experience life in a "promised land" where there is no pain or sorrow. Come listen as the choir and string ensemble share the story of our faith and begin our travels through Holy Week.



Kids@Art

Kids@Art is presently working on our spring musical, "Malice in the Palace." Children, Grades K-5, are invited to join us as we prepare to present this musical on May 14 at 6:45 p.m. in the sanctuary. We rehearse on Wednesday evenings from 6:00 to 7:00 p.m. in the Children's music room, #200. Contact Stephany Nystrand for more info. (stephanymusictherapy@yahoo.com.)

Youth Choir

Our Youth Choir (Grades 6-12) meets on Wednesdays from 7:00-7:45 immediately following UMYF. We're looking forward to going to Music Camp, June 9-14, and are so very grateful to all who worked on, and donated to, our Shrove Tuesday Pancake Dinner fundraiser!

Se'lah

Se'lah is an ensemble of adults who love to praise God through song but can't commit to sing in worship every Sunday. This group rehearses Tuesday evenings at 7:30 in the choir room. They perform a variety of music and sing in a variety of places. This group sings once a month in worship and occasionally with Covenant Chancel Choir for special occasions. A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director (prescottc1360@gmail.com)

WEDNESDAY *nights*

WEDNESDAY NIGHT CLASSES

During the month of April, we will be continuing our church wide Lenten Study on Wednesday evenings at 6pm. The last session will be on April 16th.

On Wednesday, April 23rd, we will have a Town Hall Meeting at 6pm in Sanders Hall.

Keep an eye out for details about Wednesday, April 30th...the Grow team is making plans and will post the details in Weekly Notes

WEDNESDAY NIGHT DINNER MENUS

On Wednesdays, the doors open at 5:00 and we serve food from 5:15 until 6:00. The cost is \$8 for adults and \$4 for children 10 and under. Dinner includes entrée, sides, salad, drinks and dessert.

Kids meals are chicken nuggets and fruit (and sometimes mac and cheese)

Apr 2– BBQ Chicken

Apr 9– Chicken Fajita Bowls

Apr 16– Pork Loin

Apr 23– Cheese Stuffed Meatloaf

Apr 30– Italian Grilled Chicken

YOUTH *rooted*

GREETINGS!

The youth have been very busy with confirmation. We are learning a lot from our pastors and adult helpers. On March 7th and 8th we had a confirmation retreat lock-in here at Saint Paul's. There was lots of learning and even more fun. We are looking forward to Confirmation Sunday on April 6th.

At the end of February the youth took a trip over to The Wesley Foundation for Camp Night. We worshiped, played games, and heard testimonies from staff and former campers.

Blessings,

Casey





FAMILY events

CHILDREN'S MINISTRY HAPPENINGS

Join us for Vacation Bible School at Camp Starlight!

We will be learning, playing, and creating at Camp Starlight this year from **June 23rd to June 27th**. There are so many ways to get involved. If you are a rising Kindergartener to a rising fifth grader, you can join us as a camper for a fun-filled morning of singing, crafting, and science. [Our sign ups for participants are open now and will be until May 31st, or as classes fill up. Make sure to grab your camper's spot soon!](#)

If you are interested in volunteering your time, we will need Shepherds to lead each class from campsite to campsite, Camp Leaders for all our special areas, and Camp Counselors to help our campers complete their missions. We also need people to help us transform our church into our Coastal summer camp with decorations. We are having a VBS Volunteer Potluck after the 11 o'clock service on March 30th to make sure we are all on the same page and find out more about our plans for VBS this year. [The signup for adult volunteers is also available now.](#) To ensure you have a t-shirt, you need to sign up by May 31st.

Finally, if you are interested, there will be VBS wish lists and snack donation opportunities to help us keep the cost of attending VBS down for our participants. There will be more information available about all of this as we get closer to Summer. If you have any questions please feel free to reach out to me at Leslie@SaintPaulsumc.org.



Extreme Explorers in 2025

The Extreme Explorers will be back this summer. **June 2nd-6th**, we will be taking rising 3rd-5th graders on half day adventures to exciting places all around Tallahassee. Signups will be available soon, along with itineraries and costs. In previous years, we have visited the Marine Specimen Lab in Panacea, explored Wakulla Springs, and learned more about outer space! Join us for a great time!

Easter Jubilee 2025

This year's Easter celebration will take place on **April 19th**, beginning at 10 AM. We will be holding Easter Egg hunts and our famous Cake Walk, as well as lots of fun games and crafts for children of all ages. There will be egg hunts for infants up to upper elementary aged kids at staggered times. We hope to have a big showing for our Cake Walk as lots of delicious goodies will be available to win and take home for Easter Dinner. If you are interested in donating baked goods, or volunteering at a station, get in contact with Leslie Scott at Leslie@SaintpaulsUMC.org



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SUNDAYS AT SAINT PAUL'S

8:30am Worship
9:45am Sunday School for all ages
11:00am Worship
6:00pm Contemporary Service

CHURCH OFFICE HOURS

Monday - Thursday 9:00am - 4:00pm
Friday - Closed

RETURN SERVICE REQUESTED

Find us on  at SaintPaulsUnitedMethodistChurch

OUR STAFF AND EMAILS

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OUR BISHOP

Rev. Tom Berlin

OUR DISTRICT SUPERINTENDENT

Rev. Catherine Fluck-Price

OUR MISSIONARIES

Delbert & Sandy Groves,
Zambia