

# the EPISTLE



Welcome to a new year at Saint Paul's! We are changing up how we do the Epistle and we are kicking off 2026 with a "New Year" edition.

In here you will find info about various upcoming events for January and February, as well as some reflections on events from 2025. We are excited to start a new year with you and we look forward to another wonderful year at Saint Paul's!

## Upcoming Events

### Regular Worship schedule resumes

Jan 4

### Wednesday Nights resume

Jan 14

### Ash Wednesday

Feb 18

#### Alzheimer's lunch

Jan 20 - 11:30am-Parlor

Feb 17 - 11:30am-Parlor

#### Circle of Support

Jan 15 - 10am-Parlor

Feb 5 & 19 - 10am-Parlor

#### Ed Wynn lunch

Jan 20 - 10:30am-SH

Feb 17 - 10:30am-SH

#### Governing Board

Jan 26 - 6:30om-Parlor

Feb 23 - 6:30pm-Parlor

#### Manna on Meridian

Jan 17 - 8am-Faith Pres

Feb 21 - 8am-Faith Pres

#### Soul Food

Jan 31- 9:30am-Lake Ella

Feb 28- 9:30am-Lake Ella

#### Sunday Night Youth

Jan 11- 5pm-Parlor

Feb 8 & 22- 5pm-Parlor

#### United Women in Faith

Jan 13- 10am-SH

Feb 10- 10am-SH

# CREATION *care*

## NEW YEAR, NEW WAYS TO CARE FOR GOD'S CREATION

### **Reflection: how we can be better stewards of the Earth?**

The beginning of the year is an ideal time to choose a new, sustainable habit to maintain throughout the year. As Methodists, we have an opportunity to improve upon how we care for God's creation.

**CALL TO ACTION:** Good news: simple actions can make a big impact. Take a moment to reflect on how we can be better stewards of the Earth.

**READ & RECYCLE:** For your holiday cards, first, be sure to take an extra minute to reread them and give thanks for your friends and family. When it comes to recycling, plain paper Christmas cards can go straight into the paper bin. For shiny cards printed on photo paper with metallic embossing or glitter are no-no's.

**VERY VEGGIE!** Taking a look at scripture, Paul speaks of food choices: "'All things are lawful,' but not all things are beneficial" (1 Corinthians 10:23). In simple terms, Christians are to exercise their own rights in light of concern for others. Because cattle farms contribute to climate change, try Meatless Mondays. Make it a date night and support a local business like The Bark (507 All Saints St.,) voted The Best Veggie Burger in town!

**CHRISTMAS CLEAN-UP:** Decluttering your home seems like everyone's go-to when kicking off the year. For 2026, focus on your holiday decor before putting it away. For anything that no longer makes you feel merry and bright, donate to your local thrift store to give them new life and to ensure they do not land in our landfills! Want to make a BIG difference in '26? Join our Creation Care team every first Friday of the month at Panera Village Square Blvd. or at our next harvest for Manna on Meridian on January 16th starting at 5 PM.

**VERY MERRY!** Last month, our team truly enjoyed being a part of turning Saint Paul's into the North Pole! For Come to Christmas, our "Santa's Workshop" invited guests to create an eco- friendly bird feeder with a simple pinecone, tahini spread and seed to keep all our local feathered-friends healthy and happy all winter long. Throughout the evening, we enjoyed a delicious dinner of ziti AND topped it all off with a picture with Santa.

**THE NICE LIST :** "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." (1 Thess. 5:18.) For all that attended Alternative Christmas in support of Creation Care and all of our amazing ministries, thank you.

# JAN-FEB *events*

## **SUNDAY NIGHT WORSHIP EXPERIENCE**

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

## **UNITED WOMEN IN FAITH**

"Driven by God's love and united in sisterhood, we work to improve the lives of women, children and youth. We believe love in action can change the world." These words come from the national United Women in Faith website and they accurately describe the mission of the Saint Paul's unit of United Women in Faith. At our monthly meetings, we are introduced to groups, programs, organizations, and activities within our church, the Tallahassee community and beyond. We are proud to have provided support to many of these programs, such as Sleep in Heavenly Peace, Refuge House, Brehon Family Services, Capital Area Justice Ministry, Elder Care Services, Soul Food, The Ripple Project, Honor Flight, Children's Home Society, and UMCOR. Much of the financial support for these programs comes from our annual spaghetti dinner/auction which takes place in the summer.

All ladies of the church are invited and encouraged to come and enjoy faith, fellowship, fun...oh, and food! Meetings are held on the second Tuesday of the month, beginning at 10:00, in Sanders Hall. Please contact Erma Sever, [ermasever@comcast.net](mailto:ermasever@comcast.net), or 850-510-5807, with any questions, or to be added to our email group to receive information on upcoming meetings and events.

## **MEN'S READING GROUP**

All men are invited to join us in the Men's Reading Community which meets Tuesdays, 8:30-9:30 a.m. to discuss a book together at Ology Brewing Northside, 2910 Kerry Forest Pkwy, Unit 8. We have been on break for the holidays and will resume our meetings on Jan. 6--continuing our discussion of RIGHT THING, RIGHT NOW: Good Values, Good Character, Good Deeds, by Ryan Holiday." For more information contact David Gill, [davidmurraygill@gmail.com](mailto:davidmurraygill@gmail.com)

## **SILVER LINERS**

Silver Liners will be having a lunch on January 29th. We will plan to gather at 11:00 am in the Parlor for a catered lunch followed by prizewinning games of Bingo. There is no cost. RSVP by January 26 (sign up in Weekly Notes).

## **BIRTHDAYS**

Starting in 2026, we will have a "birthday" board in Sanders Hall on one of our bulletin boards. Want your birthday added? Make sure to drop by and add your name.

# MISSION ministries

## MANNA ON MERIDIAN

Manna on Meridian had a great 2025 and is looking forward to a strong 2026. We should have statistics for the entire year soon, but thanks to the wonderful support and volunteers at Saint Paul's, Manna was able to serve thousands of households in Tallahassee during 2025 including approximately 450 during a single distribution in November.

If you would like to get involved and help our neighbors who are facing food insecurity, we have our large distribution every third Saturday at Faith Presbyterian. Feel free to contact Kevin Scott if you have any questions or would like to get involved at [kevingscott@yahoo.com](mailto:kevingscott@yahoo.com) or 850-261-7900

## CAPITAL AREA JUSTICE MINISTRY

At the Capital Area Justice Network Assembly it was decided to add two new issues to form research and strategy teams for: Immigration and Mental Health. As these teams begin to form, please prayerfully consider whether you may be able to serve on these research committees. After a successful 2025, the Affordable Rental Housing project is now moving into a "monitoring" phase and will be kept abreast of the progress.

In March, we will have the Pep Rally where we plan and get excited for the Nehemiah Action which will be held in April. Please continue to develop relationships and personally invite others to the Nehemiah Action on April 21. The Saint Paul's goal is to have 200 people in attendance at the event!

You can stay up to date on news and happenings at the CAJM website: <https://www.capitalareajustice.org/newsletters/> & <https://www.capitalareajustice.org/events/>.

Feel free to be in touch with any questions or comments: Ryan Kline ([ryanpkline@gmail.com](mailto:ryanpkline@gmail.com) & 850-345-9839).

## MISSIONS AT SAINT PAUL'S

We have a variety of mission ministries at Saint Paul's. Throughout the year, there are opportunities to do hands on work, help collect needed items and support those in need. Down the hall from Sanders Hall, we have a "Give and Serve" bulletin board that has information on current needs. Our various mission ministries are also listed on our website along with contact info if you want to learn more about how to get involved.

<https://www.saintpaulsumc.org/ministries/missions-outreach/>

# MUSIC *at Saint Paul's*

## **MUSIC MINISTRY AT SAINT PAUL'S**

It's a new year and a great time to join a choir! Our music ministry needs YOU!

**Covenant Chancel Choir:** sings for the 11:00 a.m. (and occasionally 8:30 a.m.) services. This choir also presents and leads special seasonal services. We rehearse on Tuesday evenings at 6:15 p.m. in the choir room. We will be presenting our annual Lent/Easter Cantata on Palm Sunday, March 29. We invite you to join us! A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director ([prescottc1360@gmail.com](mailto:prescottc1360@gmail.com))

**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. They will be presenting a Concert on the evening of May 3. A nursery/childcare is provided. Contact Cynthia Prescott, Adult Choirs Director ([prescottc1360@gmail.com](mailto:prescottc1360@gmail.com))

**Handbell Choir:** rehearses on Sundays from 5:45-6:45. We play for our morning worship services approximately once a month during the school year, participate in music ministry seasonal offerings, and participate in community handbell events. Basic music reading skills are required for participation in this choir.

**Kids@Art** is our worship arts program for children in Grades K-5. We resume this season on Wednesday, January 14, 6:00-7:00, in the Children's Music Room, #200. We focus on age-appropriate singing/choral skills, playing instruments, drama, and creating various forms of visual arts and crafts, building the worship leaders of the present and future. We sing for worship services often, present musicals during the Advent and Spring seasons, and participate in special music ministry offerings. We'll begin work on our spring musical soon. Contact Stephany Nystrand ([stephanymusictherapy@yahoo.com](mailto:stephanymusictherapy@yahoo.com))

**Preschool Music Group:** is a developmentally appropriate music program for children ages 3-4 which meets on Wednesdays, 5:10-5:30 p.m. in Room 200 of the Children's Wing. We'll resume our regular schedule on January 14. We incorporate singing, playing instruments, movement, and encourage healthy social development. Contact Gaye Herndon ([gaye@saintpaulsumc.org](mailto:gaye@saintpaulsumc.org))

**Youth Choir:** invites all who are in Grades 6-12 to join us. We rehearse on Wednesday evenings, 7:00-7:45 in the Music Room (200) in the Children's Wing. We prepare choral music to help lead our congregation in worship. We will be hosting the annual Shrove Tuesday Pancake Dinner on February 17 to raise funds to attend Music Camp, June 8-13, 2026, and we will be leading the Ash Wednesday Service on February 18. Contact Gaye Herndon ([gaye@saintpaulsumc.org](mailto:gaye@saintpaulsumc.org))

**Instrumental and Choral Ensembles:** are offered according to the particular gifts and talents of our members. Please let one of our music staff members know if you're interested in this ministry.

# WEDNESDAY nights

## WEDNESDAY NIGHT CLASSES

We are excited to start another session of Wednesday Night Classes! Our first session of the year will begin on January 14th and run thru Feb 11th. We will have a 4:00 pm class as well as 6:00pm offerings. The sign up will be running in Weekly Notes.

## WEDNESDAY NIGHT DINNERS

Dinner begins at 5:15. Adults eat for \$8 and kids 10 and under are \$4. Reservations are required and need to be in each week by Mondays at noon.

To sign up for dinners– A sign up link can be found in Weekly Notes and you can also use the pew pads on Sunday mornings to rsvp for the current week.

On the 3rd Wednesday of each month, our youth group will be preparing the meal. Proceeds from these dinners will go towards supporting our youth program.

Wednesday Night Dinners will resume on January 14th.

# YOUTH rooted

The 2025 Advent season was full of joy, laughter, and meaningful moments for our Rooted Youth at Saint Paul's. We celebrated together with a festive holiday party, shared Christmas cheer while caroling, and enjoyed cozy community time during our movie marathon. Our youth also loved being part of Come to Christmas, welcoming families and serving with joyful hearts as we celebrated the season together. As Advent comes to a close, we are grateful for the ways God has been moving among our youth and we are excited to step into a faith-filled new year, growing deeper in connection, service, and discipleship together.

Blessings,  
Casey



## YOUTH OFFERINGS

Sunday School– Sundays at 9:45 am  
After School Hang Out– Wednesdays at 3:30 pm  
Youth Rooted– Wednesdays at 6:00 pm  
Youth Choir– Wednesdays at 7:00 pm  
Sunday Night Youth– 2nd & 4th Sundays at 5:00 pm



# FAMILY events

## CHILDREN'S MINISTRY YEAR IN REVIEW

We have been so busy this year! We have been planning events, playing games, and learning about Jesus all year long. From our first event in February to our last hurrah in December with the Christmas Pageant, we have reached so many lives, both young and old. This year, we have held Sunday school and Kids@Art classes in the foundation and Music rooms. We took our kids all over Tallahassee and the surrounding area with Extreme Explorers. We went to "Camp Starlight" with over 200 other people to learn how to trust God with Luna and Counselor Sam. We learned about Moses's life at Playday and learned the Christmas story at Elf Day. On top of all that, we played to our hearts' content at Date Nights. (Which we all know are way more fun for kids than adults, right?)

I've been privileged to spend so much time with such amazing, wonderful kids and volunteers. Watching these kids grow into leaders at our church is a humbling and thrilling experience. I have appreciated all the support and effort this church puts into its children.

Thank you for all your service in children's ministries at Saint Paul's and I look forward to another wonderful year.

## THINGS FOR KIDS AT SAINT PAUL'S

We have lots for our kids to do at Saint Paul's! If you have any questions about our Children's Ministry, feel free to reach out to Leslie Scott- [leslie@saintpaulsumc.org](mailto:leslie@saintpaulsumc.org)

Preschool Music- Wednesdays at 5:10 pm

Kids@Art- Wednesdays at 6:00 pm

Children's Sunday School- Sundays at 9:45 am

PlayDays- Saturdays throughout the year

Vacation Bible School- Summer








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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

Find us on  at SaintPaulsUnitedMethodistChurch

RETURN SERVICE REQUESTED

### OUR STAFF AND EMAILS

#### Senior Pastor

Rev. Carolyn Williamson  
carolyn@saintpaulsumc.org

#### Associate Pastor

Rev. MaryAnn Piccioni  
maryann@saintpaulsumc.org

#### Church Administrator

Linda Fletcher  
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#### Communications

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#### Director of Operations & Administration - Joyful Beginnings

Melissa Edelstein

#### Church Treasurer

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#### Interim Director of Education and Engagement - Joyful Beginnings

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#### Director of Children & Family Ministries

Leslie Scott  
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#### Youth Director

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#### Director of Music & Worship Arts

Gaye Herndon  
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#### Adult Choirs Director

Cynthia Prescott  
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#### Kids@Art Choir Director

Stephany Nystrand  
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#### Sexton

Jonathan Leach  
jonathan@saintpaulsumc.org

#### Website Administrator

WPTallahassee

#### Video Coordinator

Jay Wirth

### OUR BISHOP

Rev. Tom Berlin

### OUR DISTRICT SUPERINTENDENT

Rev. Catherine Fluck-Price

### OUR MISSIONARIES

Delbert & Sandy Groves,  
Zambia