

The Growing Edge

(A Monthly Publication of Fridley United Methodist Church)

*Making Disciples of Jesus Christ for the
Transformation of the World.*

August, 2024

INSIDE THIS ISSUE

From the Pastor	2
Education	3
Missions	4
UWF News	6
55+ Breakfast	5



Daily Devotions by text begins in September!

Beginning in September, Pastor Yolanda will be sending out text blasts with a brief devotional to start your day and week.

Sign up by calling the church office, 763-571-1526 or email

brenda.labarre@fridleyumc.org.

If you are in Breeze, (our church database) **and we have your current cell phone number**, there is nothing more you need to do. If not, give us your contact information so that you are able to register in Breeze.

(If you are a member, you are in Breeze. If you receive the weekly Bible Shaping invitation, the Sunday Worship Invitation, and our church mailings, this means you are already in Breeze.)



Prayer Chain Information

*Call to share your joys
and concerns:*

*National United Methodist
Prayer Chain:
1-800-251-2468*

August Newsletter

The word *august* is interesting as it typically refers to someone or something impressive!

August has always represented the last days of restful summer and the excitement of the new academic year. Having worked for many years in academia, there was always that previous push during August to get a course calendar, syllabi, and assessments written. I still enjoy continuing my family's tradition of purchasing a new outfit and office supplies for the first day of classes.

In the Christian Church, August also represents a movement from a time in which there was a Sabbath from meetings, Sunday School, Youth Groups, and Bible Studies with the hope of returning to normal activities following Rally Sunday in September.

It is good to experience, honor, and practice Sabbaths. A Sabbath represents more than just honoring our human needs to rest—body, mind, and soul. Sabbaths are about honoring the God we serve, who commanded us in Exodus to observe the Sabbath Day and keep it holy.

It is easy to imagine how one might observe a cessation of work. But how does one keep this time holy? I imagine a Sabbath as turning off the regular duties of life or church, replacing them with other practices that bring rest, ultimately making us more aware of our relationship with God.

You can tailor your Sabbath observation to fit your personality. Consider reading a book that offers a mini vacation. Sitting in a boat on calm waters with a fishing pole may bring you peace. For others, a time of good food and conversation brings about a sense of joy and satisfaction. Not being a very silent type, meditation is not my first choice for rest and relaxation, but there might be one among us for whom this is just the ticket!

Whatever draws you into the presence of God, calms your spirit, and provides refreshment, I invite you to practice it regularly, especially during August. May the God whose son sought places to be alone with God and rest fill your mind with ways to re-imagine Sabbath observations and give you the courage to rest.

Maybe August is impressive after all!

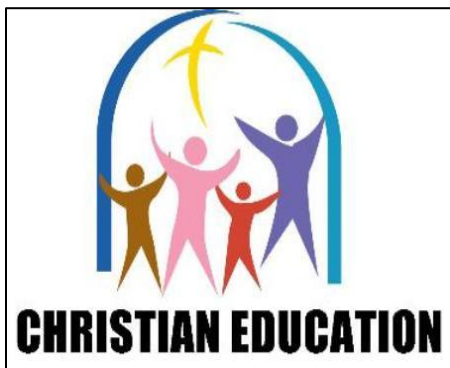
Pastor Yolanda



How to sign in to the Church Directory on our website, www.fridleyumc.org. In the Connect button, click on Directory. Password is JesusLovesMe. (No space.)

COMMITTEE LEADERS please remember to send your agenda and meeting minutes to Brenda in the office for our permanent church files. Thank you!

EDUCATION



WEDNESDAY MORNING BIBLE SHAPING
at 9:30 AM.

Come join us in the lounge, or join us by Zoom.

MEN'S BIBLE STUDY

A Men's Bible Study Group meets every Friday morning at 7:30 AM at the Sunset Grill in Blaine. We eat breakfast; take turns leading that week's lesson, guiding us through a reading of scripture, story and discussion. We share prayer concerns. All men are welcome.

A GATHERING FOR GUYS

Grit & Spit meets every Saturday at 9:00 AM in the Lounge. Join us for coffee and courageous conversation and prayer. See you there.

MISSIONS



August Mission of The Month - Loaves and Fishes (L&F)

Founded in 1982, Loaves and Fishes first began its work to reduce hunger and food insecurity through single dining facilities in Minneapolis and St. Paul. From that humble beginning, they are today providing food resources in 130 outlets and 15 counties.

L&F is dedicated to food rescue. Their drivers embark on daily routes to rescue foods deemed close to their expiration. Their refrigerated trucks make their way to the Amazon, Reichel Foods, Target, Cub, Walmart, Starbucks, eateries, farms, and distributors within Minnesota. If there's food to be found, you can bet Loaves & Fishes is on the scene.

Once collected, the food finds its way to a network of **Commissary Kitchens and Warehouses** where it's meticulously sorted, cataloged, and prepared for distribution. USDA has estimated that 30-40% of the country's food supply ends up as wasted food going into landfills across the US. Loaves and Fishes is proud to play a part in reducing food waste and greenhouse gases in Minnesota.

Food distribution is provided through the **HUB program**, which collaborates with local nonprofits and offers access to rescued food at a substantial cost savings. Our own Family Table Program at Fridley United Methodist Church is a beneficiary of this partnership. We can buy beef, chicken and produce for 19 cents a pound, greatly reducing the cost of the nutritious foods served. In years past, FUMC bought about 229 pounds of food to supplement the Family Table meals served during the year.

A second focus of the Loaves and Fishes program is the **Street Outreach program**. Food is brought directly to those struggling with food insecurity. For those people who are unhoused, the chance to know when and where a prepared meal will be available is truly a gift. It provides security so individuals can allocate time to address other essential needs such as healthcare, clothing, and shelter. L&F provides thousands of healthy meals daily and is the largest free meal program in Minnesota.

Their meals elevate the overall health and well-being of Minnesotans while expanding the program in areas of greatest need.

Community Meal Sites extend a warm welcome to all in need. They offer essential support — no questions asked. Located within churches, schools, and community centers, they provide a sanctuary of nourishment. New space has been opened in St. Cloud to expand food rescue and expand partnerships in the area. By 2020, L&F and their statewide partner groups provided 4,454,745 meals. This is truly a worthy endeavor to support.

At this time, gifts can be enhanced through a matching grant offered by The Otto Bremer Trust. If donations to L&F reach \$25,000 by the end of August, Bremer Trust will donate an additional \$25,000 to Loaves & Fishes.

Giving is easy using the “Give Online” button on the FUMC website and then select “Missions.” You can also mail your donation to the church. Please write “August Missions” on the memo line of your check. We are so grateful for your continued support of the mission’s ministry of FUMC.

REMINDER: Please bring your own coffee cup for fellowship time to help with the 3Rs of conservation: *Reduce, Reuse and Recycle*. Thanks!

55+

55+ BREAKFAST!

55+ folks, join us for breakfast at Perkins at 7520 University Ave in Fridley, every *first* Monday of each month at 9:30 AM. This is just a social time – come, relax and enjoy the company of FUMC friends.





UNITED WOMEN IN FAITH

On behalf of the board of directors of NAMI Minnesota, thank you for your donation of \$150.00 on 6/7/2024. Thanks to your support, we will be able to continue to provide education, support, and advocacy across the state of Minnesota.

Sue Abderholden, MPH, Executive Director of NAMI (National Alliance on Mental Illness)



Thank you for your generous donation to Meals on Wheels and more in Anoka County. You have helped create an impact in our community!

Meals on Wheels & More

A great thank you to all who helped with the memorial service for Jerry Robb and Jean Wagar. Everyone's help is so very much appreciated. For all your contributions, the family was so very pleased. Thank you to the Rainbow Staff for your never ending cooperation with the memorial service committee. Many hands make work easy. May each of you be blessed with the kindness you give and share with others.

Jinny Erickson, and Funeral Reception Committee.

A big thank you to everyone who makes our Family Table ministry possible!