



How will you approach 2015? This question came to my mind after I had received a calendar for the new year, and it had "A Year to be Grateful" printed on it. As I opened up the calendar it said, "Consider this calendar to be your 'gratitude' journal. Find a new way to be grateful each month and write on the calendar. Try holding this in your heart each day to bring even more joy your way! You deserve to have the best year yet!" This was not a "religious" calendar so I was surprised by this message. But it is something maybe we should all consider! If we want the new year to be a good one, we need to take on the responsibility of doing our part to make it one.

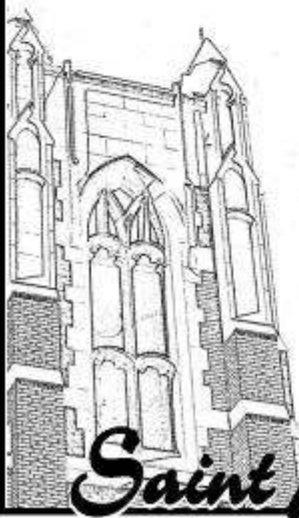
I have also been reading a book on how to reduce stress written by Amit Sood, M.D. who is a professor of medicine at Mayo Clinic College of Medicine at Mayo Clinic in Rochester, Minnesota. One of his statements drew my attention because it was the same message I read in my new calendar! "As soon as you wake up, before you get out of bed, let your first thought be one of GRATITUDE. The habit of being grateful has a powerful impact upon how we see our lives. We are robbed of energy, creativity, and the capacity to love others if we see our lives as an "uphill battle" filled with all the negative things we have to encounter. The habit of gratitude gives back to us the energy, creativity and capacity to love others! There may be challenges in the new year, but they do not seem as overwhelming. A habit evolves and becomes a part of us as we practice it. Let's develop the habit of gratitude in the weeks and months ahead in 2015. I invite you to try it! I invite you to think of one person or thing for which you can say thank you to God. It may just put a sense of joy in your morning and lift the weight of the day from your shoulders.

Have a Happy and Grateful New Year!

Dr. Keith W. Johnson, Lead Pastor

### Important Dates in January

- Jan. 1 & 2** Church Closed for New Years
- Jan. 4** One Worship Service at 10:00 a.m.
- Jan. 7** UMW General Meeting
- Jan. 11** Meeting of all Teams at 12:30 p.m.  
Church Council at 2:00 p.m.
- Jan. 18** Children's Ministry Veggie Tale Night
- Jan. 19** Church Closed for Martin Luther King, Jr. Day
- Jan. 25** Health Fair



**Saint Paul Church**

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Lead Pastor

Rev. Jerry Brabec  
Minister of Worship

FaraNita Dunbar  
Director of Children's Ministries

Kathy Rice  
Director of Stephen Ministry

Doug Olson  
Youth & Adult Ministries

Sue Bobek,  
Membership Secretary &  
Administrative Assistant to the  
Lead Pastor

Connie Almgren  
Financial Secretary

Sue Bacon  
Communications Coordinator

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**Community Counseling**

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The *inSpiration* is published monthly. Information is due to the editor by the 19th of the month to be included in the next issue.

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**At the December 16th meeting of the Church Council a motion was made to rescind its previous action concerning the worship services at Saint Paul United Methodist Church. Therefore, we will NOT be changing our worship times in January. We will continue with worship at 5:00 p.m. Saturday, and 8:15, 9:35 and 11:05 a.m. Sunday.**

**Dr. Keith W. Johnson, Lead Pastor**

**You are invited to join us for goodies and conversation regarding our Foundation before and after the 10:00 worship service on Sunday, January 4. Come and visit with the board members and learn how it works.**

**Jubilee Foundation Members**

**2014 Leadership Event**

**Sunday, January 11, in Fellowship Hall**

**Lunch at 12:30 p.m.**

**Church Teams Meet at 1:00 p.m.**

**Church Council Meets at 2:00 p.m.**

**All members of Saint Paul UMC's Teams and members of the Church Council should attend**

**Health Fair on January 25**

The Health Ministry team is planning a Health Fair for Sunday, January 25, from 9:00 a.m. to 12:30 p.m. Tables at the fair will include:

- Lions hearing testing
- Chair massages
- Fall risk assessment
- Aroma therapy
- Cholesterol testing (fasting is preferable)
- Diabetes testing done by Methodist College
- Parish Nurse station for questions
- Jan Tuttle promoting Tai Chi classes that will be at the church
- Stephen Ministry

**United Methodist Men**

The United Methodist Men's group is now meeting for breakfast at 7:30 a.m. on the third Saturday of each month at the Peony Park HyVee at 7910 Cass Street. All men are invited. The January meeting will be on Saturday, January 17.



## January Worship

Our first worship experience of the New Year 2015 will be to celebrate a Wesleyan renewal of the covenant, with services on Saturday, **January 03** at 5:00 p.m. in the Roth Chapel and a single Sunday morning gathering, **January 04** at 10:00 in the Sanctuary. Both times will include the Sacrament of Holy Communion and Sunday's worship will include a celebration of the St. Paul Foundation. The Foundation has added much to the financial success of our congregation over the nearly 25 years of its existence. The establishment of a Jubilee Fund will ensure the continuation and growth of this important means for church ministries and programs.

The mid-month service known as M & M will be noticeably missing during the winter months of January and February. In January your representative clergy will be attending professional growth experiences and the February date will be replaced by our Ash Wednesday worship. We look forward to March when Jan and Ken Walker will be bringing us their special message.

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## Sara Kupzyk's Literacy Class

Sharing our gifts and learning from each other is an important part of our lives. We each have unique ways that we can contribute to those around us. Last year, I decided to put a few of mine to work by collaborating with the Burundi congregation. I love working with and learning from families with diverse backgrounds and have an emphasis in my work as a psychologist on academic interventions. So, after months of planning, the early literacy group began. Six children and their parents from the Burundi congregation participated in 14 classes. Each class including book reading and songs, with a focus on a specific early literacy topics such as letter names, letter sounds, rhyming words, book rules, and writing. The parents often took part in the classes with their children. In addition to our groups at the church, we met at the Benson Library twice. During the first visit, the librarian gave an overview of the library services, did an activity with the kids, and everyone (kids and parents) got their own library cards. It was fun to see all of the kids checking out books and sitting down to look through them! All of the children have grown in the last several weeks and so have I.



Sara Kupzyk

## Is there a Blue Christmas Somewhere?

In addition to the cold weather outside, many people experience winters in their personal lives. A recent loss through death, divorce, or relocation may leave them feeling lonely. A hospitalization, a cancer diagnosis, or ongoing medical problems may leave them feeling isolated. The loss of a job, the fear of layoffs, or a financial setback can devastate one's self-esteem. Family and personal struggles may leave them with nowhere to turn for support.

If you are going through a difficult time, our Stephen Caregivers can bring God's warm love back into your life. They provide confidential, one-to-one Christian care. They will meet with you privately on a weekly basis to listen, to support and encourage you, to pray with and for you, and to walk with you for the duration of your crisis.

To find out more about Stephen Ministry and how you or someone you know could be matched with a Stephen Minister, talk with Kathy Rice. Our Stephen Caregivers are ready to care for you!



## Hats, Mittens, Scarves

I delivered a total of 47 items to Benson West, Fontenelle & Rose Hill elementary schools on December 8. All seemed very appreciative! The staff person at Benson West said the kids act like it's Christmas when the hats, gloves & scarves are handed out!

- 9 stocking hats
- 21 pairs of gloves or mittens
- 17 scarves

Charlene Wilcox

The hat & mitten tree continues to collect new items. If you are in a store and see a good sale, consider picking up some warm items of clothing for elementary school children who need them.

## Harvest Bags

More than 70 bags of food and supplies were delivered to the Pearl Pantry by the Mercy & Justice team members. Miss Barb at the Pearl Pantry told them she is very thankful for our support because there is so much need.



**The Omaha CROP Walk raised a total of \$24,120.75! The money raised goes to fight hunger here in Omaha and around the world.**



**United  
Methodist  
Student  
Offering  
\$415.00**

## Church of the Resurrection Organizing Mission Trips to Haiti

The United Methodist Church of the Resurrection (COR), in Leawood, Kansas, has been in partnership with the Haiti Methodist Church since 2010 following the devastating earthquake. The church began a partnership with the church circuit of Petit Goave, Haiti in 2011, which is located south and west of the capital of Port-au-Prince. Since that time, COR has had the opportunity to partner and come alongside their brothers and sisters in Haiti as they address the needs of the church and the people of the community they serve in. There will be four mission trips to Haiti in 2015 and COR would like to extend a personal invitation to everyone in the Great Plains Conference to be a part of one of these upcoming trips. The next trip is scheduled for March 13-20, 2015, and team members are sought.

The trip information and dates for 2015 can be found at [www.cor.org/haiti](http://www.cor.org/haiti). Each of the trips has a description of what the team will focus on which could be light construction to medical.

Methodists and other denominational members from other churches regularly join the teams. All are encouraged to consider joining COR or another trip to Haiti sponsored by other churches in the Great Plains Conference. Joining a mission team to Haiti or any other international destination allows you to be God's hands and feet and "presence" in that place. One of the Methodist translators supporting mission teams shared several years ago that as a child, he used to see the 'blancs' (non-Haitian) people come to Haiti to serve. He knew God must be real if they would come all that way to be with them. This is a testament to why the United Methodist Church does short-term mission work. Would you consider serving in Haiti?



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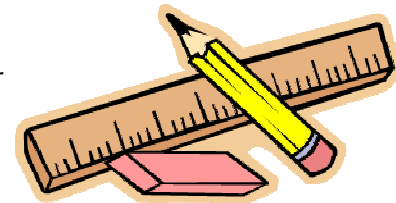
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## Childcare and Preschool Changes

Saint Paul UMC Childcare and Preschool is going to get bigger!! We are adding two new infant room, Starting 2015. We will start in Jan by adding on additional Infant room on the second floor, then add a fourth in mid spring. Our classrooms will become labeled a little different. We will have Infant 1, Infant 2, Infant 3 and Infant 4. One of our toddler rooms will go down stairs to the room with the Noah's Ark mural and they will be called Toddler 1 and Toddler 2. The rooms on third floor will go to Preschool 1 and Preschool 2. We will still offer ½ day Preschool open to community and childcare families September- May as we have for the last 40 years.



It will be an exciting change and great move for our wonderful program! As you see some different faces please give them a warm welcome and show them how great St Paul UMC Childcare and Preschool really is!!

As always if there is any questions please contact Katy Smith Director of Childcare and Preschool at [Ksmith@stpaulomaha.org](mailto:Ksmith@stpaulomaha.org) or by phone 402-556-3885

## Youth Group Activities

Thanks to the generous support of the St. Paul congregation, and the work of our youth and parents, \$690 was raised for summer mission trip at our Cookie Walk Dec 7<sup>th</sup>!

On Dec 14<sup>th</sup>, St Paul youth and parents joined the Community Youth Group for caroling at St. Joseph's Villa, followed by refreshments at Urban Abbey – our plan to go skating was foiled by warm weather and high humidity causing closure of the ConAgra Rink, maybe later this season!

We plan to take part in the Martin Luther King service project sponsored by United Methodist Ministries on Jan 19<sup>th</sup>, and then get together with the Community Youth Group (First United Methodist Church, Trinity United Methodist Church, Hanscom Park United Methodist Church and St. Paul Papillion United Methodist Church) for a lock-in at First Friday Jan 30<sup>th</sup> 8 pm – Sat Jan 31 8 am. Contact Doug Olson for more information.

## Tuesday Morning Study Group

Our 10am Tuesday study of "The Wesleyan Way" continues. We will meet over the holidays for fellowship and discussion, but we won't begin a new chapter until Jan 6<sup>th</sup>. Jan Tuttle is leading us in a Tai Chi for balance session at 930 am in the Parlor, and then we move to the Library for discussion at 10am. As always, feel free to drop in, whether you are a regular member or just coming for the first time.

## Prayer Shawl Group Celebrates 10-Year Anniversary

The Prayer Shawl Group began in January, 2005, as a part of a Wednesday night study opportunity. Who would have guessed that it would still be going strong after 10 years! To date the group has made and given away 1198 shawls. To celebrate, the Prayer Shawl Group is planning an outing to a local restaurant on Wednesday, January 21. The group is inviting anyone who was ever part of the Prayer Shawl Group to celebrate with them. Please call the church office at (402) 556-2433 for more details.

## Book Club

"Children's Blizzard" by David Laskin is the book the Book Club will be discussing at their January meeting. The Book Club meets at Immanuel Village on Saturday, January 10, at 8:30 a.m. For directions, call Dee Maycock at 402-571-5599.



The Dinner Group will meet on Saturday, January 31, at Mama's Pizza, 715 North Saddle Creek. Meet outside the chapel after the 5:00 p.m. worship service, or meet the group at Mama's Pizza, at approximately 6:30 p.m. All adults are welcome.



# CHILDREN'S MINISTRY

## Tweens Group

Starting January 11th, we welcome all 4th-6th graders to attend tween group from 10:45-11:30 am . We will alternate meetings between the 5th/6th Grade Sunday School Room (3rd Floor) and the Friendship Room (Fourth Floor).

*Come where a tween can be encouraged to remain a Christ-like Tween!*



## VEGGIE-TALES MOVIE NIGHT

Please join the Children's Ministry for a fun, healthy, family night. Don't forget to bring your favorite pre-cleaned uncooked ready to eat vegetable to share (i.e. Tomato, Cucumbers, Celery, Carrots, Lettuce, or Kale). Popcorn and Beverages will be provided.

Sunday, January 18, 2014 4:00-6:00pm in the Fellowship Hall

**Thank you for your donations, prayers, time, service, and participation in 2014.**



St. Paul Family, We need team members, teachers, assistants, and parents to help make our ministry a success. Our children's goal this year is to increase our active ministry roster to at least 400 children. We need all of you to help make our dream a reality!



Matthew 19:14

# UMW NEWS

Featuring the activities of the United Methodist Women of Saint Paul UMC. Jan. 2015

**EXECUTIVE BOARD**  
\*\*\*\*\*  
President:  
Kathy Rice  
Vice President  
Linda Mead  
Secretary  
Jackie Pospisil  
Ass't. Secretary  
Jan Walker  
Treasurer  
Pat Leslie  
Advisor  
Judy Stransky  
\*\*\*\*\*

**START THE NEW YEAR WITH UMW!**

**JANUARY 7**

**JOIN US FOR COFFEE AT 9:30 AM  
FOLLOWED BY A PROGRAM ON**

**HEALTHY LIVING**

**PRESENTED BY OUR OWN  
ANN HERZINGER**

***EVERY ONE IS WELCOME.***

**\*\*\*  
HOSTESSES**

**January  
Esther**

**February  
Naomi-Rebecca**

**March  
Ruth**

CONGRATULATIONS TO  
SHARON STAAL  
JERRY BRABEC  
RECIPIENTS OF OUR 2014  
SPECIAL RECOGNITION AWARDS  
FOR THEIR SERVICE TO UMW

**DATES TO REMEMBER**

January 24th 9am-3pm  
Mo. River Dist. Mission Study  
St. Paul UMC..Papillion

February 7 & 8  
Mini-Mart

PLEASE SAVE LABELS FROM  
CAMPBELL SOUP  
(WHOLE LABELS)  
AND  
GENERAL MILLS PRODUCTS.



## Recent Hospitalizations

Norm Rollins, Marge McCary, Pauline Himes, Sue Sherman, Maryann Newman, Bill Scheel

## Congratulations

To Chris & Makayla Kelley on the birth of their daughter, Pippa Joyce, on October 2. Pippa's big brother is Thunder, and her grandmother is Deb Kelley.

To Kylee Christensen on the birth of her daughter, Ariana Jaylynn Ward. on December 14. Ariana's great-grandmother is Rozanne Christensen.

To Jordan Relford on his December 20 graduation from UNO

To Daniel Arcuri and Wanda Humphrey on their December 6 wedding.

To Harry Castellano and Michaela Coit on their December 12 wedding.

To Adam Geisen and Monica Birge on their December 13 wedding.

## Christian Sympathy

To Betty Johnson and Family in the death of her son, Scott.

To FaraNita Dunbar and family in the death of her uncle.

To the family of Margaret "Maggie" Reid in her death.

## Memorials

For Nedra Wilcox—Jim & Sylvia Thomas, Dean Wilcox, Elaine Lichtenberg, the Zeigle Family.

For Ralph Brown—Murray Brown

For Mary Ellen Roberts—Stan & Virginia Richards, Ron & Muriel Cisar, Dr. William Henderson, William & Janet Mullen, Allan & Terri Maxwell, Martha Ann Orr

For Don Bentley—Gladys Lantz, Donald & Carolyn Sundermeier and Cheryl, Rozanne Christensen

For Uncle Tony—FaraNita Dunbar

## Honorarium

Staff of Saint Paul—Jean Schmid

## Update on Malaria

This week the World Health Organization released its 2014 World Malaria Report which contains some encouraging new statistics – including a 58% decline in the malaria mortality rate of children under five in Africa. The report shows we're now closer than ever to creating a world where no child dies of a mosquito bite, but we're not quite there yet – 453,000 children still died from malaria in 2013.

Recent innovations, such as the \$1 malaria treatment and the rapid diagnostic test, have helped avert 670 million malaria cases and 4.3 million deaths since 2000. "Malaria No More" is a group committed to supporting groups working on the next wave of innovation, including these important developments:

- A rapid diagnostic test that can detect malaria in people who have no symptoms of the disease yet.
- A next generation malaria treatment that can cure the disease with just one pill.
- Increased access to mobile technology in Africa, which can help manage stocks at clinics, predict outbreaks, fight against counterfeit drugs, and much more.
- Malaria vaccines that not only prevent the disease from reproducing in the human body (and thus causing illness), but also prevent transmission to mosquitoes – the vector responsible for spreading the disease.

So much has been accomplished, but the work needs to continue. Africa has been hard-hit with malaria for years, in addition to the current ebola outbreak.

Health Ministry Team



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68108

RETURN SERVICE REQUESTED



## in<sup>W</sup>orship

Saturday Evening

5:00 p.m.—Roth Chapel

Sunday Morning

8:15 a.m.—Sanctuary

9:35 a.m. FUSION—Fellowship Hall

11:05 a.m.—Sanctuary

12:30 p.m. African National Service

*(Nursery care available for all Sunday)*



**Monday through Friday**—If the Omaha Public Schools are closed because of inclement weather, the church office, preschool, and child care are all closed, and all meetings and other activities are canceled.

**Saturday and Sunday Worship Service cancellation announcements:**

1. Call the church office (402-556-2433)
2. Check the website ([www.stpaulomaha.org](http://www.stpaulomaha.org))
3. Check the KETV, Channel 7 cancellation board.

## in<sup>O</sup>ffice

Monday - Friday: 9:00 a.m. to 5:00 p.m.

Sunday: 8:00 a.m. to 12:15 p.m.

# Saint Paul in<sup>S</sup>piration