

2014 is off and running!

I am looking forward to an exciting year with many opportunities for ministry. Our teams and committees met on January 12th, for a training session in which we began to lay the ground work for a number of events, programs and outreach for 2014. Putting our discipleship vows into action will make this an outstanding year.

Our Stephen Ministry is beginning to come alive as individuals are making the decision to become certified Stephen Caregivers. I know Kathy Rice, our Stephen Ministry Director, is excited every time another person decides to be a part of this new and needed ministry here at Saint Paul.

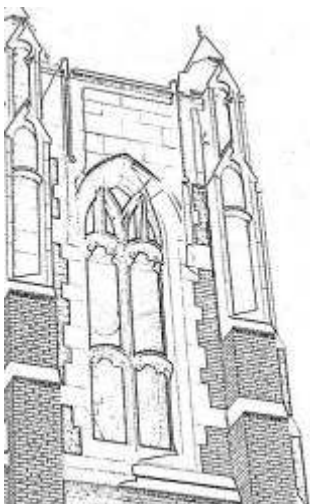
Our Adult Ministry program under Doug Olson's leadership is moving ahead as well. Doug has started a new study group on prayer. One of the "new dimensions" to this study group is the option to participate on-line. If you are interested in trying it out contact Doug!

We have a new Confirmation Class that will begin on February 2nd. It will be for 12 weeks and is for 6-7-8 grade students. We will be meeting on Sundays at 2:00 p.m. We will discuss topics such as: U. M. History – Where did we come from?; the three world religions connected to Abraham; Worship – Why do we do the things we do; Personal Holy Habits – our discipleship vows. Plus, Jerry Brabec is helping us arrange an outing to Temple Israel on March 7th!

And I am sure there will be more exciting news to come as the year unfolds!

This ministry isn't possible without your support – your presence, prayers, financial gifts, and talents that you share! We need each and every one of you to make the effort to be an "engaged disciple" in 2014.

Grace and Peace!
Dr. Keith W. Johnson, Lead Pastor



<u>Important Dates in February</u>	
February 2	Souper Bowl of Caring Confirmation Class begins
February 4	Serving Dinner at Siena/Francis House
February 5	UMW General Meeting
February 14	Youth babysitting in Fellowship Hall
February 18	M&M Service

Saint Paul Church

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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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inWorship

Our mid-month **M & M** service to be held Wednesday, February 19 at 7:00 p.m. continues with the theme of the laity reminding us of "how St. Paul has helped me on my spiritual journey." This month we hear from speaker, Lucy Kennedy, and musicians, Jerry and Pat Leslie. We will celebrate the Sacrament of Holy Communion as part of our time together in the Roth Chapel. As always, there will be M & M's a plenty!

inMission

An important element in the receiving of Christ's holy meal is how we respond to the invitation. Through our monthly communal offering we respond to being the body of Christ in a truly tangible way. On **February 01/02** our second mile giving will help support the denominational special offering for the missions of the Missouri River District. The sacramental observance on this weekend reminds us of the church's affirmation that we continue to share the responsibility for the homeless and others less fortunate. The support we offer those in the metro area through United Methodist Ministries is substantial. Projects such as the Big Garden, Fair Trade Commodities and Volunteers in Mission (VIM) are all made possible by our individual financial resources.

By action of the Church Council, the St. Paul Mission Team has begun the process of study toward the resettlement of a refugee family sometime during 2014. Working with Lutheran Family Services, the team will be in dialog with others in the church about how we might best approach the possibility of offering our support. St. Paul Church has sponsored two families in cooperation with LFS. The relationship established with the Rai Family continues to grow, with individual family members being associated through church membership as well.

Thank You

They say it takes a village to raise a child. Thank you so much for being part of that village. Your generous contributions of hats, mittens and gloves will be put to good use. We thank you for your thoughtfulness!

Terry Burton, Principal, Benson West Elementary School

Please extend a thank you and our sincere appreciation to the people who adopted our children on the angel tree. Our kids were thrilled to have presents under their trees. Have a wonderful New Year.

Stephanie Andersen, Nebraska Health & Human Services

Siena/Francis House

The Missions Team is looking for people who would like to serve dinner to homeless men, women and children at the Siena/Francis House on Tuesday, February 4.

Please let the church office know if you can serve from 5:00 to 7:00 p.m. on February 4. If you would like to carpool, you can meet in Saint Paul UMC's north parking lot at 4:15 p.m. If you go to the Siena/Francis House on your own, you will need to be there by 5:00. If you have any questions, please call the church office.



The Big Picture: Coronary Heart Disease

Coronary heart disease (also called coronary artery disease or coronary atherosclerosis) is characterized by cholesterol-filled plaques that block arteries and cause chest pain (angina) or heart attacks. As with every medical condition, the development of coronary heart disease depends upon the presence of predisposing conditions or behaviors, known as risk factors.

The more risk factors you have, the greater the likelihood that you'll have chest pain or a heart attack. On the other hand, if you recognize these risk factors and reduce them as much as possible, you may never have angina or heart attack.

While some basic risk factors are beyond your control—advancing age, family history of heart disease—others are completely up to you. Most people are aware of usual suspects leading to coronary heart disease: high blood pressure, diabetes, obesity, tobacco use, lack of exercise, and abnormal cholesterol levels. Managing these risk factors can go a long way toward reducing your risk of developing heart disease.

Taken from: *Heart 411* by Gillinov, MD and Nissen, MD

Health Ministry Team

Youth Moment



February 2nd Souper Bowl of Caring

Youth across the nation work together to fight hunger and poverty in their own communities around the time of the Super Bowl football game. 100% of the donations go directly to the local hunger-relief charity of their choice. This year we will place tubs to collect cans before all the services.



February 2nd from 5-9pm St. Luke's Super Bowl party

Bring something to eat and drink



February 7 and 8th Dare 2 Share

Lincoln, NE



February 14th Valentine's Day Babysitting

Fellowship Hall from 5 – 11pm

By Reservation Only



February 16th Volunteer Appreciation Brunch

Friendship Room

11:00am



DEVOS

Every Wednesday at 7pm

Youth talk about issues that interest them



Confirmation Class

Every Sunday afternoon

Starting February 2nd

Please contact Kristin Malone at 402-598-5188 or kmalone@stpaulomaha.org if you have any Youth questions or suggestions.



SM Youth Collecting Canned Goods on February 1 & 2

Souper Bowl of Caring is youth across the nation working to fight hunger and poverty in their own communities around the time of the Super Bowl football game. One of the core values of Souper Bowl of Caring is that every dollar or food item collected during Souper Bowl of Caring should be donated directly to a charity selected by each group. The Saint Paul Youth will have tubs ready to receive canned goods before all the services. Please consider helping by bringing canned goods on Super Bowl weekend.

You Can Still Join the Class on Healing Prayer

Stretch Out Your Hand, our class on healing prayer, began Tuesday, January 21st, at 10 am in the Library. If you missed our first meetings, but are still interested, come to join us next Tuesday at 10 am, call the church for more information or contact Doug Olson (dolson@stpaulomaha.org). Healing prayer is not only for those with illness or disease, it is for the healing of groups and organizations as well. You are invited to participate!



Valentine's Day Babysitting

The Saint Paul Youth and parents will be providing babysitting on February 14 from 5:00 p.m. to 11:00 p.m. There will be food, games, crafts and fun in Fellowship Hall, and all their workers are Safe Gathering certified. Cost will be \$10 per hour per child. Proceeds will help fund the summer mission trip.

If you are interested in bringing a child, you must register the child at kmalone@stpaulomaha.org.



Wondering what's going on at Saint Paul UMC this week?

Can't remember when a meeting is? Check the calendar on the Saint Paul website. Just go to the Saint Paul website (www.stpaulomaha.org) and click on the Calendar tab.

UMW NEWS

Featuring the activities of the United Methodist Women of St. Paul UMC. February 2014

EXECUTIVE BOARD

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Kathy Rice
Vice President
Linda Mead
Secretary
Jackie Pospisil
Ass't. Secretary
Jan Walker
Treasurer
Pat Leslie

Advisor
Judy Stransky

**SERVING IN
February
ESTHER**

**March
NAOMI &
REBECCA**

**FEBRUARY 22
Mission Study
Maplewood UMC**

**MARCH 7
World Day Of
Prayer..1pm
Kountze Memorial
Lutheran Church**

**MARCH 29
Spring Meeting
Nehawka, NE.**

FEBRUARY 5TH GENERAL MEETING

will feature **EL SIEBERT**
SPEAKING ON BLACK HISTORY
Please join us for coffee at 9:30 am in the
Parlor. Program will follow at 10:00.

GUESTS ARE WELCOME!



February 9

Mini-mart

**GOODIES FOR
YOUR
VALENTINE !**

PLEASE CONTINUE TO SAVE THE ENTIRE LABELS
FOR CAMPBELL SOUP PRODUCTS.

REMINDER:

BRING YOUR ITEMS
FOR THE
OPEN DOOR MISSION
TO OUR
FEBRUARY MEETING.

Toilet paper, Kleenex,
and personal care items
are all needed.

**INTERESTED IN AN
EVENING CIRCLE?**

**Please contact
Kathy Rice, President**

Recent Hospitalizations

Dean Lubberstedt, Maggie Lynch, Jean McGrane, Kathy Rice, Bob Goding

Christian Sympathy

To Pearl Spicka & family in the death of her niece.

Congratulations

To Adam & Amy Churchill on the birth of their daughter, Josilyn Maureen, born December 23. Josilyn's grandmother is Connie Crawford.

Thank You

It is with heartfelt thanks that we express our sincere thanks for the wonderful support you at Saint Paul have given us with our HyVee receipt collection. It probably will not be until sometime in March before we have a tally on what we collected, but it was a BUNCH!

The United Methodist Women, and the Eastern Nebraska Office on Aging group helped us so very much, and it is so appreciated. Mrs. Susie Rensch, one of our preschool mothers, tallied all of these receipts, and we are so thankful for her. When we get our results, we will let you know.

Thank you again.

Judy Tesar, Director, Saint Paul Preschool

Memorials

For Dona Scheel—Kris & Stacey Carnell; Fran Carnell; Margaret Hawks; Alice Silverstrand; Elaine Cisneros; Robert Maher; Deborah Kelley; Cindy Sparks; Jim & Terri Lambreck; Roger & Paula Carnell; Chuck & Rhonda Carnell; Franki Jo Beckman; Bob & Laurel Davis; Rod & Joan; Jackie Pospisil; Lori & Lonnie Hemelbracht; Tom & Georgeanne Rahn; Don, Lynette, Jamie, Ryan & Wendy; Denny & Nikki Carnell; Richard & Joyce McKinney; Lyle & Diane; Gary, Karol & Lesa Seymour; Jean Schroeder; Darlene & Jim Biggerstaff; Greg & Dorothy Ulrich; Joseph & Ronna Kutlas; Russell & Diane Stuecklin; Craig & Lynette Seymour; A.J. & J.K. Villotta; Jerry Brabec; B.J. Davis, Marilee M. Scheel & Dianne Lay, Janet L. Schratz

For Jessie Brees—Judy Buono

For Rose & Richard McDonald—Sandra & Arlin Evenson

For Mary Buono—Judy Buono

For Dick Orr—Roger Pentzien

For Irma & Harry Henderson—Ron & Muriel Cisar

For Jane Webber—Joyce Dodrill

For Bev Cox—Jerry Brabec

For Scott & Micki Leslie—Mr. & Mrs. Jerry Leslie

Honorarium

For Jerry Brabec—Missouri River District UMW



The Dinner Group will meet on Saturday, February 22, at Pizza Shoppe in Benson. Meet outside the chapel after the 5:00 p.m. worship service, or meet the group at 6056 Maple Street at approximately 6:30 p.m. All adults are welcome.

Book Club

"Teaspoon of Earth & Sea" by Dina Nayeri is the book the Book Club will be discussing at their February meeting. The Book Club meets at Immanuel Village on Saturday, February 8, at 8:30 a.m. For directions, call Dee Maycock at 402-571-5599. Please feel free to come even if you have not read the book.



Celebrate Mardi Gras at Saint Paul!

Saturday, March 8th, 6:00 p.m.
Fellowship Hall

FREE New Orleans Style
Dinner, King Cake, & Drinks

Dress up in your best
Mardi Gras fun costume
Music and Dancing!

Mark your calendar!



Saint Paul
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RETURN SERVICE REQUESTED



in^Worship

Saturday Evening

5:00 p.m.—Roth Chapel

Sunday Morning

8:15 and 11:05 a.m.—Sanctuary

9:35 a.m. FUSION—Fellowship Hall

12:30 p.m. African National Service

(Nursery care available for all Sunday services)

in^Office

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

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

Inclement Weather Information

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 (556-2433)
2. Check the website (www.stpaulomaha.org)
3. Check the KETV, Channel 7 cancellation board.

Saint Paul in^Spiration