



We are half way through 2014! It is time to make an assessment of how we are doing financially. Our stewardship and finance committee has been keeping a close eye on our "finance health" and they are concerned.

Our giving is not keeping pace with the expenses. Our Saint Paul Foundation has given us a helping hand already and we are thankful! The 2014 budget was actually less than our 2013 budget. Our mission share for this year was drastically reduced because of the new conference formula. We also reduced the amount we pay for some of our staff. And the good news is that the child care and preschool are running in the black! So why the short fall? Many of the "fixed" expenses in our budget have risen – in other words it is costing more to keep the basics paid (utilities, insurances, supplies, etc.)

How can we be accomplishing some of the upkeep of our building? These are paid from gifts and investments that are outside of our income for the budget. When we repair the building, or replace a window these are paid from money we have invested with our Saint Paul Foundation and cannot be used for general budget expenses. Keeping the building in repair, paying our staff, paying our utilities, insurances, supplies, etc. is a complicated process. BUT – at heart of all of this is a simple answer -- WE are responsible for the financial support needed to keep the ministries of Saint Paul going. Saint Paul U.M.C. needs your financial support. Please give prayerful consideration of your giving. Is there a ministry you would consider supporting?

In July we will have a "giving tree" up in the gathering area. On this tree will be "leaves" listing various giving opportunities that you can pick from the tree. Much like our angel tree, the difference being the gifts are for Saint Paul! We need these gifts in order to keep the vital ministries going. So, be prepared to pick a leaf in July!!

Grace and Peace!

Dr. Keith W. Johnson, Lead Pastor



Important Dates in July

- | | |
|---------|--|
| July 4 | Building closed for Independence Day |
| July 6 | One Worship Service at 10:00 a.m.
Big Band Concert & Ice Cream Social |
| July 21 | Church Council |
| July 26 | Dinner Group |

Saint Paul Church

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Rev. Jerry Brabec
Minister of Worship

Dana Crisman
Director of Children's Ministries

Kristin Malone
Director of Youth Ministries

Kathy Rice
Director of Stephen Ministry

Doug Olson
Adult Ministry Coordinator

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*Membership Secretary &
Administrative Assistant to the
Lead Pastor*

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Financial Secretary

Sue Bacon
Communications Coordinator

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Mary Kate Hoffman, *LMHP*

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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The First Great Plains Annual Conference 2014 The Lied Center/June 11-12-13-14 Lincoln, Nebraska

There is a special feeling when 1800 Methodists gather and sing "How Great Thou Art" or "The Church's One Foundation." It is truly awesome to praise our God with these uplifted voices. Then we await what the Holy Spirit will bring us. There were 51 booths displaying different parts of our ministries. There was continuous coffee, water, fruit and other snacks. There were \$5 a day parking coupons. Wednesday evening Randy Fleming conducted the United Methodist men's auction and dinner to raise scholarship funds for our students in training for church work.

The conference is held to improve, inspire and make the most efficient use of our resources in transforming the world for Jesus Christ. Thus, resolutions stating our beliefs on certain issues are voted on by the body. The budget is discussed and voted on by the body. We listen to reports from our schools, programs and special projects such as Nets for Malaria. We are winning on malaria. Praise God!!!

There were a number of resolutions passed but I will only mention several. We passed Educational Partnerships with the Schools, a statement on Gun Violence, a statement on Compassionate Immigration, and Supporting Global Maternal and Child Health thru Healthy Families. A motion to decrease the number of districts was referred for study.

Interspersed and throughout the conference there were speakers: Bishop Jones, The Rev. Delores Dee Williamston, and others. The main speaker/teacher was The Rev. Jorge Acevedo from a large United Methodist church in Florida. He spoke about his own struggles and how they grew their church. The highlight of the conference came on Friday evening when new workers were ordained into some part of the church's ministry, including elders and deacons.

It was an excellent conference and we got our work done. We hope this increases our ability to be God's co-workers here on planet Earth by working together in unity and love.

For further information go to the Great Plains Web site.

El Siebert
Delegate

Electronic Giving

Smart phone users can scan the QR code on the right to give using your debit card. Internet users can go to the Saint Paul website, www.stpaulomaha.org, and click on the "Onling Giving" button.



Next Church Council Meeting  **Monday, July 21, at 7:00 p.m. in Fellowship Hall**
Everyone is invited!

One Sunday Worship Service on July 6

The second super-summer-single-Sunday-services will be celebrated the Fourth of July holiday weekend, **July 06** at 10:00 a.m. Great music for Independence Day will be provided by the combined choirs and the celebration of the Sacrament of Holy Communion will be observed. *Wow, let freedom sing* is right!

The Fourth of July is the premiere national holiday. Just as when we celebrate any secular event as part of worship, we must remember that *all* of God's children deserve the freedom of liberty and justice as well. The Saturday evening service will also be a celebratory one. There will be no children's or youth Sunday school, so plan to worship with the entire family as you enjoy this extended weekend. Make your worship presence known!

Micah Corps Presentation

As part of worship on **July 26/27** the congregation will hear from the new members of the Micah Corps for 2014. The Great Plains Annual Conference Mercy and Justice Ministries is once again sponsoring this group of young adults whose experience helps deepen their walk with God, learn about connecting their faith with social justice, and practice leadership skills throughout the conference. This will be the Corps last presentation of their 10-week summer internship program. Come and be transformed through stories of faith as shared by these young disciples.

July Sunday Worship Hours

6	10:00 a.m. One Worship Service in the Sanctuary
13, 20, 27	8:30 a.m. "Contemporary" Worship in Fellowship Hall
	10:00 a.m. "Traditional" Worship in the Sanctuary

In Concert

It's officially summer and while the rest of the world drags through the heat, Saint Paul Church offers a cool oasis of musical paradise. Don't miss our annual visit from the Omaha Big Band, **Sunday, July 06** at 4:00 p.m. in East Courtyard, weather permitting; in the AC cool of Fellowship Hall, if not!

Drawing from the top professional musicians in the region, the OBB is a powerful, high energy, swingin' ensemble. The OBB continues to please and amaze audiences, performing a variety of big band styles: from classic swing & standards to contemporary jump swing & latin. This highly requested ensemble, under the direction of trombonist Chris Acker, maintains a busy schedule performing in a variety of settings.

Bring a lawn chair, some spare change (a free will offering will be accepted) and a smile. Toe-tapping will be encouraged...ice cream eating a must!

July Communal Offering

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 **July 05/06** our second mile giving will help support the Great Plains Annual Conference special offering for the **Nebraska Clergy Retiree Health Assessment**. The sacramental observance on this weekend reminds us the commandment to "love one another" is made all the more meaningful as we participate in ministries that actively promote Christ's loving model of caring.

The Nebraska Retiree Health Care Team serves the Great Plains Annual Conference in overseeing the health insurance subsidy of Nebraska clergy retirees. The current subsidy was established for clergy who served in the Nebraska Annual Conference on or before December 31, 2013 and who have or will retire by December 31, 2019. The subsidy is part of the tradition of Nebraska churches to honor and support those that have served in the past as members of the former Nebraska Annual Conference. The team recommends that the funding request for 2014 be 1.25% of church income as approved in the Plan of Organization for the newly formed Great Plains Annual Conference. For Saint Paul Church that recommendation would translate to approximately \$3500.

New Refugee Family

The Saint Paul Mercy & Justice Team continue to prepare for the receiving of a new refugee family, at this time scheduled for late July. We are seeking the help of the congregation in securing furnishings and household items to make a livable first home in their new country. See the church office for a "Whole Nine Yards" info sheet and be ready to offer your help when you hear the call. July will be a busy month of preparation!

Help UMCOR Help Stanton County

Saint Paul UMC members who would like to make a donation to UMCOR's disaster relief in Nebraska can give one of two ways: a check in the offering plate with the number 975 in the memo line, or donate online at the Great Plains Conference website, <http://www.umcor.org/UMCOR/Resources/News-Stories/2014/June/0619nebraskatornadoes>.

As always, 100% of your donation to UMCOR goes directly to help victims of the disaster.

Thank You for your Donations to UMCOR

Thank you to everyone who brought items to the Midwest Mission Distribution Center (MMDC) United Methodist Committee On Relief (UMCOR) semi during the 2014 Annual Conference Session.

I would especially like to thank Mary Ann Bede and conference staff member Destiny Kucera. Mary Ann helped organize volunteers. Destiny did a great job arranging for the semi's transmission to be repaired. A heartfelt thank you to truck owner Charlie West who donates his time and expenses.

As of June 13, 2014, 456 churches brought items and/or money. A total of \$12,733.75 was received in cash donations and approximately nine tons of items were collected. Items donated included: 973 health kits, 2,480 school kits, 320 cleaning buckets (flood buckets), 204 sewing kits, 78 layette kits, 38 boxes of homemade cloth diapers, boxes and boxes of miscellaneous items, 16 treadle sewing machines (to be refurbished at the MMDC repair store), five wheelchairs, 18 bicycles, 500 quilts, eight boxes of new pillows and 10 tornado relief kits. ^s

From Saint Paul church there were about 5 baby sweaters (hand knit) and 10 children's hospital gowns. Thanks to everyone who made this a great success. For more information on how MMDC "finds a home for EVERY donated item" go to www.midwestmissiondc.org.

By Rev. Alan Gager,
Conference Secretary of Global Ministries

Make a Difference, Take Action, Volunteer

Habitat for Humanity's mission statement is "Seeking to put God's love into action, Habitat for Humanity brings people together to build homes, communities and hope." Homes are built with donor contributions, volunteer labor and donated materials. The families who receive homes are required to work up to 350 hours of sweat equity on the homes being built.

Saint Paul UMC has a long history of working with Habitat for Humanity and this year will partner with 11 other churches in a coalition called the Carpenter's Crew. The Carpenter's Crew will be building a two-story house at 2444 South 20th Street. The prospective homeowner is Nyalwak Kir. She is a single mother of 7 children and works at First Data.

The Carpenter's Crew can use your help, no matter what your skill level. For more information or to sign up, go to <https://habitatomaha.volunteerconnect.com/carpenterscrew/full>. Saint Paul UMC will also be serving meals to the workers on one of the weekends. If you are able to provide some food for the meals, please call the church office (402-556-2433).

Church Pews for Sale



We have several 8-foot-long blond pews from the Chapel for sale. The price for each is at least a \$75 donation, which will go to the window replacement fund, with pick up by buyer. Contact the church office at 402-556-2433 if you are interested.

Summer Fun in the Saint Paul Childcare



Pictured are some of our volunteers who serve funeral lunches: Jan Walker, Pearl Spicka, Jean Schmid, Carol Gatezmeyer, and Marilyn Claborn. If you would be interested in helping with this rewarding ministry, please contact Sue Bobek at the church office (402-556-2433).

Adult Ministries Activities

We will be attending the College Home Run Derby at TD Ameritrade Park on July 3rd at 7:30 pm. Meet at 6:30 pm by the ticket booth. \$12.00 for adults, \$8.00 for youth 3 - 12. More information is available at <http://www.collegehomerunderby.com/>

July 26th the Dinner Club heads to Piccolo's, 2202 S. 20th St. (just north of Martha St.) Meet us there after 5:00 worship.



Animals Are Good For Your Health

Health researchers are finally confirming that animals are good for your health. Just 10 minutes of physical interaction with an animal can lower blood pressure and increase warmth in your fingers, which are signs of relaxation. Studies have shown that young children who feared going to the dentist, had less stress and demonstrated less fear when a dog was present in the dentist's office, which the child could hug or pet.

Much research has been done with pet therapy and people with Alzheimer's disease. The presence of pets has been shown to reduce agitated behavior and contributes to better social interaction for those in long term memory support facilities. The reduced agitation was especially noticeable in the late afternoon, when patients typically become more restless and disoriented. Some facilities now have an in-house dog or cat who lives there and is available to residents at all times.

The American Heart Association says that having a pet may reduce the risk for cardiovascular disease. Some studies have shown that depression and post-traumatic stress syndrome can be lessened with pets. Military personnel coming home from Afghanistan and Iraq are trying to bring home dogs they have bonded with overseas, because they have been such a psychological support to them during times of stress.

There are over 20,000 service dogs in America, who do a variety of things to help a disabled person. They guide the blind, alert people who are deaf, pull a wheelchair, alert a person when they are about to have a seizure, remind a person with a mental disorder or memory issue when it is time to take their medication, calm a person with post-traumatic stress disorder during a period of agitation or anxiety, and other specific tasks specific to the individual's disability. Service dogs are not technically pets, since they are trained to do specific tasks, but their presence is certainly comforting and beneficial.

Some of the health benefits of pet ownership which research supports include:

Lower cholesterol	Lower triglycerides
Lower blood pressure	Reduced stress levels
Better mental health	Reduced feelings of loneliness
More opportunities for socialization	Increased activity and exercise
More time spent outdoors, especially with a dog	

The human-animal bond is significant and has real health benefits.

"Paws awhile for health & love." Remember if you are considering adding a pet to your family, Adopt, Don't Shop. There are lots of loving animals in shelters, or in rescue organizations, so you should never have to buy one at a pet store.

Health Ministries Team

Book Sale Thank You

A 'BOOKISH' THANK YOU to all who supported our Used Book Sale last month, either by donating books or buying some. We are happy to report that we made almost \$400! The left over books were divided between the Veterans Residence in Omaha and the Audibon, Iowa public library.

The United Methodist Men and the Christian Adventure Class

Vacation Bible School 2014



UMW NEWS

Featuring the activities of the United Methodist Women of Saint Paul UMC. JULY 2014

EXECUTIVE BOARD

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Kathy Rice
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REMEMBER....
NO MEETINGS IN
JULY & AUGUST

NEXT GENERAL
MEETING IS
SEPTEMBER 3

RUTH CIRCLE
WILL SERVE!

YEAR BOOK COMING

Have you given your
information to
Kathy Rice?

OUR BAKELESS BAKESALE

A bit of news we have today....
OUR BAKELESS BAKESALE is on the way.
In these busy days, who wants to bake
a pie or cookies or even a cake?

You'd be surprised if you counted the cost,
of ingredients, heat and the time you've lost.
Baking for sales is extra work,
yet nobody really wants to shirk.

So we've thought of a plan that's really grand,
and feel quite sure you will understand.
In an envelope, if you like, please include the
price of a pie, cake or anything nice.

Without fuss or bother, you've done your part.
We hope you'll give with a willing heart.

Please bring to the church office or
send to Pat Leslie, Treasurer.

PLEASE CONTINUE TO SAVE THE
ENTIRE LABELS FOR CAMPBELL SOUP

Recent Hospitalizations

Keith Johnson, Carol Brush, Debra Bruhn, Melody Stachon, Patsy Woodside, Mary Steimle

Thank You

I want to send a big 'thank you' to all from the Saint Paul family that attended my 100th birthday party in Craig. It was so good to see and visit with all of you. The day was perfect in every way and I am so very blessed.

Marjorie Bonneau

Congratulations

To Amber Wolf and Phillip Rudolf on their June 7 wedding.

To Greg and Melody Stachon on the birth of their son, Levi Jefferson, who was born on June 18.

To Josh and Jennifer Kroupa on the baptism of their son, Colton Elias.



Christian Sympathy

To Ron Meier and family in the death of his wife, Sheila.

To Howard Roberts, Jr. and family in the death of his wife, Mary Ellen.

To the family of Shirley Puncocar in her death.

To the family of Lynn Ferry in his death.

Memorials

For Carl Buono—Judy Buono

For Dick Orr—Ron Meier

For Joan McAleer—Don Speckmann

For Mary Ellen Roberts—Jim & Joe Nebel, Mary Ann Kirchner, Nick & Mary Stolzer, Jerry Brabec, Wendy Orr-Smith

For Andrew Nielsen—Maxine Therkelsen

For Lowell Meisinger—Martha Ann Orr, Pat Watts, Jerry Brabec, Mary Ann Kirchner

For Rich Lange—Marian Bailey, Harold Scholz, Gary & Ann Hough, Lewis Pietrantoni,, Dennis & Lynn Swanstrom, Betty White, Frank Webber, Ross & Denise Scholz, Richard Andersen

For Jane Ann Kroupa—Jerry Brabec

For Shirley Drake—Gladys Lantz

Honorariums

For Deb & Andy Winslow's wedding anniversary—Jude Winslow

For the wedding of Phillip Rudolf & Amber Wolf—Jerry Brabec

Can You Find the Meditation Garden?

Hint: It's near the Chapel, and there's a sign on the door.

Check out the many plants and various potteries in this lovely little area. These plants are tenderly nurtured on the 4th floor throughout the winter by Lorraine Hahn and Sharon Stahl. Then after the danger of frost is over, Lorraine and Sharon bring them downstairs in the elevator.

There is a chair by the table, and you are welcome to sit and have a few quiet moments in a lovely setting.





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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.

Saint Paul in^Spiration