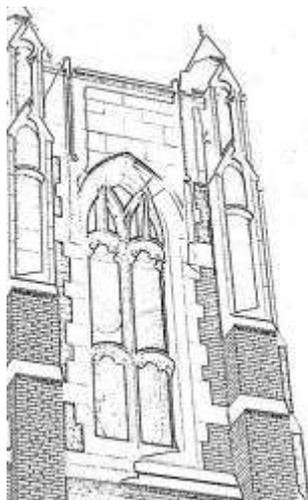


## Yesterday, over 60 degrees,

today snow, tomorrow sunshine and almost 60 again! The weather is so unpredictable! But we can probably say the same about life in general. We may have goals, plans and dreams – but! It is a good thing to have aspirations, but tempered with faith. I noticed how the flags waving in the wind on many of the flag poles are torn because of the weather. The fabric of our lives can be torn by the experiences that pull us rapidly in so many unexpected directions. But with our faith in God we find something that helps us to “hold it together.” When we realize that our Creator is with us every day it helps! I wonder what our lives would be like without our faith. How many more tears there would be in the fabric of our souls, our lives? This causes me to stop and think – what would our lives be like without the presence of a faith community, our churches. Our purpose as a “church” is not to be a self-perpetuating non-profit organization, but to be a people of faith making a difference in the world. What does that mean? It means being a people with a relationship with God, through Christ. And that we have discovered a strength in our lives that keep us from being totally ripped apart! And our call is to help others find that same strength. If the “church” were gone, who would be here to share and to teach the gospel and to help others discover the presence, the love and the strength of God in life? My point --- we have a unique purpose in the world. YOU as the disciples of Jesus the Christ are important and needed in this world. Your presence, talents, skills, prayers, witness and financial support are needed to keep the sharing and the teaching of the gospel message going! Let's not take for granted who we are and what we are doing in the world.

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



Important Dates in March	
March 5	Ash Wednesday worship service
March 8	Mardi Gras celebration
March 9	Omaha Chamber Singers Concert
March 17	Church Council meeting
March 19	M&M worship service
March 26	Preschool Open House
March 29	Dinner Group

**Saint Paul Church**

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Omaha, NE 68104  
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Website:  
www.stpaulomaha.org  
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saintpaul@stpaulomaha.org

Rev. Dr. Keith Johnson  
Lead Pastor

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

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

Connie Almgren  
Financial Secretary

Sue Bacon  
Communications Coordinator

Derek Wolfe  
Building Engineer

**St. Paul Child Care**  
402-556-3885  
Barbara Parker, Director

**St. Paul Preschool**  
402-556-8495  
Judy Tesar, Director

**Community Counseling**  
402-551-6377  
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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Email.....  
sbacon@stpaulomaha.org  
Address: ...5410 Corby Street  
Omaha, NE 68104

## Attention All Graduating Seniors

Applications for the Clarence Schoenhair Scholarship are now available in the church office. To be eligible for this award, you must have participated either in Youth group activities or served elsewhere in the church during your high school years. The deadline for submitting completed applications is April 15, 2014.

The Scholarship Committee

## Stephen Caregivers

The initial training session for our Stephen Caregivers began on February 12. Our first section, which is five weeks, concerns "The Person of the Caregiver." It is an opportunity for all of us to explore our ways of interacting with people in different situations. We meet for 2½ hours each time with a week in between to do the required reading assignments.

There are four Stephen Caregiver candidates in the group. There is room for one more person at this time. We covet your prayers for us as we begin this journey together. Those in the group are Elizabeth Elsasser, El Siebert, Jan Tuttle and Charlene Wilcox. For more information please contact Kathy Rice at the church or by email at [krice@stpaulomaha.org](mailto:krice@stpaulomaha.org).



## Congregational Care Goes to Crowell Home

Saint Paul's Congregation Care Team traveled to the Crowell Home in Blair, Sunday, February 16th, for our annual Valentine's celebration. Kathy Rice led the sing-along with Pat Watts at the piano. Brandon Taylor brought daughter Dorothy to entertain the residents. After the program, Amy and Zach Scherb, along with Steve and Marilou Dohe served cookies, fruit and beverages to the delight of all!

Marilou Dohe, Congregational Care Team leader

## Church Members Were Praying for Us

January 26, 2014

Dear Members and Friends of Saint Paul United Methodist Church,

Today during our worship services, we prayed for your church. Each week we name and pray for a church in our area, a church in our district, and a church in the Nebraska Conference. The name of your church and pastors (Keith Johnson and W. Jerry Brabec) were printed in the bulletin, and spoken aloud in worship as we held you before God in prayer. We asked God to continue blessing your members and your community through the shared ministry of your church and pastors.

This occurred both at the Trinity United Methodist Church of Rulo and First United Methodist Church of Falls City. Those in attendance were invited to continue to pray for you during this week. We believe prayer is the best way we can support and encourage one another. In this way, we feel connected with you and all churches of our Missouri River District. May God guide and bless the ministry and mission of your congregation.

Grace and Peace,  
Lyle K. Schoen, pastor

## Ash Wednesday,

a day of atonement (at-one-ment) for Christians is the first of forty days of spiritual fasting we call Lent. A special service marked by the imposition or receiving of ashes, will be held on **March 05** at 7:00 p.m. in the Sanctuary. This worship will include a time of silent reflection, heartfelt confession and joyful reconciliation. The Folk Gospel and Chancel choirs will be joined by the Solid Brass Quartet and guest organist, Michael McCabe.

Our March **M & M** service to be held Wednesday, March 19 at 7:00 p.m. continues to feature laity reminding us of "how Saint Paul has helped me on my spiritual journey." We will celebrate the Sacrament of Holy Communion as part of our time together in the Roth Chapel.

## Seasonal Concert

The Choirs of Saint Paul will join the voices of the Omaha Chamber Singers again this year on Sunday, **March 09** at 4:00 p.m. in the Sanctuary. The OCS is directed by David Batter and has been the featured ensemble for the North Central division of the American Choral Director's Convention as well as other concert venues. "A Bach's Lunch" will be the theme for the afternoon and will include a cappella works, as well as those for voices and piano. The second half of the concert will feature the combined singers accompanied by members of the Omaha Symphony in a setting of Bach's Lenten Cantata BWV 04, "Christ lag in Todes Banden" (*Christ lay in death's dark bonds.*) Composed in 1707, the work is one of the earliest examples of Bach's cantata prowess and is set on a hymn text of Martin Luther. The choirs will be joined by string players from the ranks of the Omaha Symphony.

## World Service Fund 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 **March 01/02** our second mile giving will help support the denominational special offering for the **World Service Fund**. 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 WSF demonstrates the Mission of the United Methodist Church by:

- Supporting specific local church work with children, youth, students, persons who are mentally and physically challenged, adults and older persons;
- Providing leadership and coordination for denominational ministry with youth;
- Continuing nearly 200 years of commitment to quality college and graduate education;
- Certifying United Methodist professional Christian educators, communicators and musicians;
- Assuring United Methodists speak and work to help encourage a more ethical, just and human world;
- Continuing a proud tradition of cooperation and dialogue with other faith traditions through interdenominational and ecumenical work;
- Giving our denomination a presence in the mass media and making new communications technologies accessible to the church.

The air waves and news sources abound with stories of the increasing disparity between the rich and the poor. It is the people of the United Methodist Church that feel called to do something, anything, they can to alleviate the chasm. Give as you feel led on **March 01/02** or another time during the month. Simply mark your donation WSF...God will do the rest!

The Saint Paul Mission Team has begun the process of study toward the resettlement of a refugee family sometime during 2014. As part of the new business of the March 17 Church Council meeting, Lacey Studnicka of Lutheran Family Services will present a brief synopsis of the refugee resettlement process in Omaha and how that process is changing to meet the needs of an ever expanding community. Working with LFS the Missions and Social Justice Teams will be in dialog with others in the church in the upcoming months about how we might best approach the possibility of offering our support.

## Warm Hands, Warm Heads

Once again during February, warm clothing items were delivered to elementary schools near Saint Paul UMC from our hat and mitten tree. During the winter, a total of 122 hats, 80 pairs of gloves/mittens, 50 scarves, and one child's coat were donated by Saint Paul members and friends. The schools are able to provide these warm items to students who need them.

Many of the hats and mittens were handmade. Shown on the right are just a few of the handmade mittens that were donated.



## A Thank You Note

Thank you for your recent donation to our school. The hand-made fleece hats are wonderful and will help us as we strive to keep our students warm and safe throughout this winter.

Christina Windsor  
Principal, Belvedere Elementary School



**Human Relations Day Communal Offering, 01/04-05/14 ~ \$605**

**Chili Feed for Refugee Project 2014, 01/26/14 ~ \$692**

**United Methodist Ministries Communal Offering, 02/01-02/14 ~ \$510**

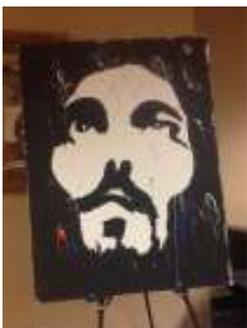
## Photos from the Chili Supper/Childcare Program



## Youth One Event

Energy and lots of it. That's the result of combining youth groups from three previous conferences into one powerful conference. It becomes the "One Event" of the year. The first weekend in January, Ashley Vacura and almost 1,000 other youth from around the conference traveled to Topeka, Kans. to get inspired by guest speakers such as Wayne Simien, Bishop Richard Wilke, and Stephanie Caro.

What's a youth event without music? Throughout the weekend, youth praised God through their voices as they sang along with bands such as Hyland, Leeland and The Deep Vs. The favorite moment, though, for most of the youth, was when an artist would come on stage and let the music move him to draw these amazing portraits of Jesus such as the one pictured here.



The attendees also had a chance to break out into different sessions where they could deepen their faith further through small groups. Ashley attended a session given by the Bishop on The Wesleyan Way of Discipleship and also a session on using art as an outlet to show your love for God.



## 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, March 4.

Please let the church office know if you can serve from 5:00 to 7:00 p.m. on March 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.



## Exercise to Treat Heart Failure

Unfortunately, the myth that exercise is dangerous for the heart patient is a common misconception. Nearly all heart patients can benefit from exercise, and this holds true for patients with heart failure and heart damage.

Patients with congestive heart failure usually have reduced exercise capacity, and this makes it harder to exercise. Our advice is to do whatever you must to find the motivation to exercise. Play theme from Rocky, watch Biggest Loser, join low-impact aerobics class. The keys to safety and success are to start aerobic exercise slowly and increase gradually. Walking is ideal form of aerobic exercise. Resistance training and weight lifting offer little benefit and may in some instances be harmful.

The benefits of aerobic exercise are actually not related to a direct effect on the heart. It works by increasing muscle efficiency, improving the ability of the body's muscles to extract oxygen from the blood. For patients with impaired heart function, this improved muscle efficiency increases exercise capacity, even though the ejection fraction remains low. With exercise training, you can do more with less.

As you may know, February is HEART month. I want to thank Shirley Edwards, R.N., our very own parish nurse, for the time and hard work she put into heart Sunday (February 16) celebration. On behalf of our Health Ministry Team, it's really great to have Shirley on board. Thank you, Shirley!

From Heart 411 by Billinov M.D. and Nissen M.D.

Health Ministry Team

## Thank You to Health Ministry Team Members

Thank you to Amy Avila, Marty Shields, Jan Tuttle and Mary Stolzer for helping at the heart tables on Sunday, February 16. We did 38 blood pressure checks. Also thank you to the people who helped make items for the tables.

Shirley Edwards, R.N., Parish Nurse



## Mount Sequoyah Center Needs Volunteers

Mount Sequoyah Center in Fayetteville, Arkansas, will host and welcome volunteer groups from all over the South Central Jurisdiction of the United Methodist Church for the 2014 Work Week set for April 20-25, 2014. All ages and skill sets are welcome. Mount Sequoyah will offer excursion options to local attractions in and around the Fayetteville/Northwest Arkansas area. Evenings will be time for fellowship and relaxation.

The cost ranges from \$250-\$375 per person depending on lodging requirements. Cost includes lodging for five nights, 15 meals, entertainment and programming. You can register online or by phone 479-443-4531. Please email Emily Gentry, [Emily.gentry@mountsequoyah.org](mailto:Emily.gentry@mountsequoyah.org), with any questions.



## It's a Mardi Gras Celebration!!!

**Please join us for a Mardi Gras Dinner and Dance right here at St. Paul UMC!!!**



**Fellowship Hall will be transformed into Bourbon Street— complete with free New Orleans cuisine, a King cake, and LIVE band music for your enjoyment!**

**Dress in your best Mardi Gras outfits! Crafts and prizes for kids!**



**Saturday, March 8th  
Fellowship Hall, 6:00 pm**

**All ages welcome!**

**Sponsored by Children's Ministry Team! Contact Dana Crisman for more info!  
[dcrisman@stpaulomaha.org](mailto:dcrisman@stpaulomaha.org) or 402-968-2178**

# Youth Moment



## March 2<sup>nd</sup> St. Paul and Tri Community Youth

Tri Community Youth will come to St. Paul for church, Sunday School and we will be planning some service projects and fun



## March 8<sup>th</sup> 6 – 8:30pm Mardi Gras Party

Bring a friend!



## March 22<sup>nd</sup> and 23<sup>rd</sup> 7pm Lock In

Building a Native American drum  
Devotions and Team Building  
Confirmation class, UMM, Fusion Band, Youth supporters invited for evening program



## March 30<sup>th</sup> 5 – 10pm Winter Jam Civic Auditorium



## 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](mailto:kmalone@stpaulomaha.org) if you have any Youth questions or suggestions.

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## Healing Prayer Class

Our Healing Prayer class met for the last of our studies on Tuesday, February 25th. The nine participating members have explored praying for ourselves, for others, and even for organizations. Two things have been mentioned most frequently during our study - the need to *listen* during prayer, and the need to *surrender* the issue to God for His resolution. We have discovered many methods of praying, some very different than our "normal" prayer practices. One guided imagery exercise encouraged us to see ourselves bringing a friend who needed healing to Jesus, listening for guidance, and then leaving our friend in Jesus' care. It is sometimes difficult for us to give up control of a problem, but doing so is essential for real healing to occur. Thanks to all who made it through this class, and the support we received from others.

Doug Olson

# UMW NEWS

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

**EXECUTIVE BOARD**

\*\*\*\*\*

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

Advisor  
Judy Stransky

***SERVING in  
March  
NAOMI &  
REBECCA***

***April  
RUTH***

**MARCH 7  
World Day Of  
Prayer..1pm  
Kountze**

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

**APRIL 25  
UMW Assembly**

\*\*\*\*\*

**UMW GENERAL MEETING  
MARCH 5,  
COFFEE AT 9:30, PROGRAM AT 10:00  
Jill Ramsey will present a program  
on American sign language. Everyone welcome!  
Additional items for the Open Door Mission  
can be brought to this meeting.**



***You are invited to help  
MARTHA ANN ORR  
celebrate her 85th birthday.  
Sunday, March 2, 2-3:30 p m  
at Skyline Manor in the  
Main Street Area.***

*No gifts, please.*

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

**THANK YOU**

Our Mini-Mart was a  
HUGE success—we raised  
\$560.75!

We appreciate all those  
persons who  
purchased our crafts  
and goodies.

As always all proceeds  
go toward our  
Mission Pledge.

**INTERESTED IN AN  
EVENING CIRCLE?**

**Please contact  
Kathy Rice, President**

## Recent Hospitalizations

Claudia Griger, Ken Walker, Amelia Biga, Pat Butterfield

## Christian Sympathy

To Deb Berriman and family in the death of Deb's son-in-law.

To the family of Jean McGrane in her death.

To the family of Juliamae Dunn in her death.

To Amber Leed Kelly & Brian Kelly & family in the death of Amber's father.

To Tom & Dorothy Hallstrom and family in the death of his brother, Jack.

To Ramona Gaskill and family in the death of her husband, Ron.

## You Are Invited

Martha Ann Orr's daughters invite you to a birthday party for Martha Ann on Sunday, March 2, at Skyline's Main Street area on the first floor from 2:00-3:30 p.m. Skyline's address is 7300 Graceland Drive. If you are not able to come but would like to send her a note, her email address is maorrr@live.com, and her mailing address is 7300 Graceland Dr #315,

## Memorials

For Richard & Rose McDonald—Sandra Evenson

For Dennis Tomsett Welch—Jerry Brabec

For Savannah—Jude Winslow

For Jean McGrane—Marilyn Schilz

## Congratulations

To Melissa & Clay Kinman on the baptism of their son, Boston Dean, February 2.



## Book Club

"Rosie Project" by Graeme C. Simson is the book the Book Club will be discussing at their March meeting. The Book Club meets at Immanuel Village on Saturday, March 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.



The Dinner Group will meet on Saturday, March 29, at Fernando's Café & Cantina. Meet outside the chapel after the 5:00 p.m. worship service, or meet the group at Fernandos,

7555 Pacific Street, at approximately 6:30 p.m. All adults are welcome.

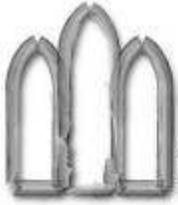
## Omaha Together One Community fifth annual Spring Fundraiser Celebrating Community

Hot Shops Art Center, 1301 Nicholas Street

Tickets: \$20 per person in advance \* Tickets will be on sale in the church office

Silent Auction \* Cash Bar \* Appetizers \* Live Music \* Gelato

Saturday, March 29, 6:00 p.m. to 9:30 p.m.



*Saint Paul*  
United Methodist Church  
5410 Corby Street, Omaha, NE 68104

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RETURN SERVICE REQUESTED



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

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<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.

## 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](http://www.stpaulomaha.org))
3. Check the KETV, Channel 7 cancellation board.

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