

**Bryn Mawr Presbyterian Church
420 Cedar Lake Road, Minneapolis,
MN 55405**

August/September 2015 Newsletter

Friendship Sunday Picnic September 13

Friendship Sunday kicks off the beginning of another year at BMPC!

When: Sunday, September 13th. Immediately after service we will have a picnic on the front lawn. Deacons will provide drinks, brats, hamburgers, and veggie burgers.

Please bring: a FRIEND, dish to share,
a FRIEND, your wonderful self,
a FRIEND, camp chairs or blankets, and
one more FRIEND.

We are looking forward
to socializing with each
other and coming
together
for another
wonderful year of
worship.

See you there!



Grounds Update

Grounds Update We are planning another work day on Saturday, October, 10th from 9-11am. Bring your gloves, a rake or two and come enjoy the fresh air as we ready our church grounds for the winter. Please mark your calendars ahead of time as many hands make for less work.

A Minister's Musings: Do I want to be right or do I want to connect?

Lately I've been learning a lot about Nonviolent Communication or NVC. My friend Phil says: "NVC is interested in answering the question: How do we connect with each other so that we share in the beauty and joy of life, rather than fighting over who is right? What do we need to remember that so that we can give love, and receive love freely?" We desire love and connection and often fail in our efforts at both primarily because we learn to communicate through attack and defense.

Try paying attention to how you communicate. I love Phil's question, do I want to be right, or do I want to connect with others? You can notice what is most alive for you in conversations and ponder that question. Everything we say and do is about getting our needs met. These are needs we hold in common; needs like connection, physical well-being, honesty, play, peace, autonomy, meaning. The Language we use to get those needs met often becomes the barrier to actually having them met. If we desire connection with others, then we begin to listen for the need that may not be clearly identified. Typically we listen and wait for our opportunity to fix, advise, commiserate or dismiss. We struggle with how to tell someone what we truly desire because we don't trust ourselves to express it honestly or worry about how the hearer will respond. Notice whether you want to be right or you want to connect. That's a great place to begin. Let me know what you discover.

Peace,
Jamie

Presbytery per capita expense

Each year we pay Per capita (a per member amount) that goes to the Presbytery, Synod and General Assembly to cover administrative expenses. The cost is \$32.77 per capita and we pay on each confirmed member of the church. We ask each member who is able to pay this amount. Please indicate on an envelope or check that your donation is for per capita. See Wendy Nove, Treasurer or Betsy Kerr, Clerk of Session if you have questions.

Deacons

BMPC Deacons are continuously at work supporting the members of our congregation especially those in need during a health crisis or other life changing event.

- We pay visits to those who are unable to come worship with us, offer prayers and send cards to those that need extra support.
- We give flowers in memory of a loved one or to celebrate a new life.
- We strive to support those in need.

We also offer support through the Deacons Fund. The Deacons Funds has money set aside to offer emergency assistance to church members, neighbors or other people known to us. People may find themselves in a financial situation that catches them off guard: an unexpected medical expense, help with rent or a mortgage payment, a car repair. The Deacons Fund allows a one-time use for unexpected emergencies or situations. These gifts are handled confidentially. Up to \$300 can be distributed with the approval of the pastor and the moderator of the deacons. Distributions over \$300 require the approval of the board of deacons, but they only know the situation and not the name of the recipient.

Please don't hesitate to ask for help for yourself or for someone else in our congregation who could use a bit of help.

You may contact either the Moderator of the Board of Deacons, Nicole Hiedeman or Pastor Jamie Schultz to make a request. Distributions from the fund don't need to be repaid. Each year we add to the Deacons Fund through our Christmas Eve offering and donations to the fund are accepted at any time. Your Deacons want to know you and want to support you and your loved ones.

Current Deacons: Melanie Goodwyne, Nicole Hiedeman, Angela Hopkins, Rachel Neverman, Robbie Steele, and Mike Tieleman



Peacemaking Offering

Once again, along with many other churches, our church will take a special "peacemaking" offering on the first Sunday of October. The Presbyterian Church U.S.A. now identifies this offering as "Peace and Global Witness," and they describe it this way: "During this Season of Peace, our thoughts turn to the meaning of peace and how, through Christ, we can nurture it inside ourselves and out in the world."

Part of the money taken in this offering each year goes to the Presbyterian Church's national and international peacemaking efforts. But the Mission Possible team also selects a local organization to highlight each year; we donate 25% of the offering collected to this local organization. This year, the Mission Possible team has selected the Domestic Abuse Project. This Minneapolis nonprofit was founded in 1979 on the following ideas:

- Working with perpetrators of abuse is essential to ending abuse.
- Domestic violence affects every member of the family.
- Domestic abuse is a learned behavior, and therefore can be unlearned.
- Domestic abuse is a human rights issue.
- Many victims do not want their relationship to end, they want the abuse to end.

DAP offers group and individual counseling for every member of a family: men, women, and children. You can learn more at their website:

<http://www.domesticabuseproject.com/>

Adult Ed

We identified themes and chose one book for each: spirituality, racism, end of life, and consciousness. We also discussed politics and simplification.

- *Just Mercy: A Story of Justice and Redemption*, by Bryan Stevenson. Sept. 13-Oct. 11, led by Cindy and Sally. The author's calling is representing innocent, impoverished, inadequately defended, and Black prisoners. Bryan Stevenson has been called America's young Nelson Mandela, a brilliant lawyer fighting with courage and conviction to guarantee justice for all.
- *The Intention Experiment: Using Your Thoughts to Change Your Life and the World*, by Lynne McTaggart. Oct. 18-Nov. 22, led by Brian. Based on cutting-edge research, this book reveals that consciousness creates palpable energy. It proves that we're connected to everyone and everything - and that discovery demands that we pay better attention to our thoughts, intentions, and actions.
- *We Know How This Ends: Living While Dying*, by Bruce Kramer and Cathy Wurzer. Dec. 6-13 and Jan. 10-31, led by Dan. After being diagnosed with ALS, Bruce shares his experience and lessons with Cathy, whose father has descended into dementia. The educator and journalist created broadcast conversations and this book together.
- *Falling Upward: A Spirituality for the Two Halves of Life*, by Richard Rohr. Feb. 7, 21-28 and March 6-20, led by Jamie during Lent. Many people think the second half of life is largely about getting old and letting go. Instead, the author explains how the second half of life can be full of spiritual richness and growth. His message is also that we grow spiritually much more by doing wrong instead of right.
- April 3-24 and May 1-22, to be determined.

Other books considered:

- *Essentialism: The Disciplined Pursuit of Less*, by Greg McKeown
- *Small Victories: Spotting Improbable Moments of Grace*, by Anne Lamott
- *The End of Your Life Bookclub*, by Will Schwalbe

- *On God's side: What Religion Forgets and Politics Hasn't Learned About Serving the Common Good*, by Jim Wallace
- *Being Mortal: Medicine and What Matters in the End*, by Atul Gawande
- *Learning to Walk in the Dark*, by Barbara Brown Taylor
- *Between the World and Me* by Ta-Nehisi Coates
- *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, by Michelle Alexander.

These additional titles may inform future adult education sessions or your personal reading. Thanks to everyone who participated by sharing their ideas.

Sally Neverman

Sunday School

All school age children (Grades K-6) are welcome to another great year of SUNDAY SCHOOL! We will have class each Sunday from 9:30-10:20 in the downstairs classrooms. We will be trying a new curriculum this year which is designed to meet the needs of small, mixed-age classrooms like ours, but we still plan to incorporate science, music, videos, games, and everyone's favorite--cooking!--as appropriate.

Our big kick off will be Friendship Sunday, September 13.

Join us (and bring a friend!) to get the year off to a great start. Also, we will once again be inviting guests to work with the students throughout the year to share their special talents with us, so let Danni know if you'd like to help out.

See you all soon!

The Sheridan Story Program Is Making a Huge Impact—But More Volunteers Are Needed!

Rob Williams, the Executive Director of Sheridan Story, recently shared a story about visiting with one of the families that received weekend food bags through this hunger program last year. He asked the mom what had been the most helpful thing about her family's participation. Her answer? "Sometimes your bag of food is the only thing in our home."

Many church members have volunteered for Sheridan Story packing events, or volunteered to distribute food bags in student backpacks on Fridays, so we know firsthand what is included in one of those bags of food. A typical bag might include a bag of rice, one can of green beans, one can of peaches, one can of tuna, and one can of soup. In other words, for some families, that's it—those five items make up their entire weekend supply of food. Sheridan Story would no doubt love to include more food, but they're aware that some of the kids who carry these food bags home are only five-year-old kindergartners, and that's as much of a load as they can carry.

Thanks to the generosity of church members and friends, we are blessed to be able to continue to increase our Sheridan Story program at Bryn Mawr Elementary for this new school year. That means that we will provide food for well over 100 students. But to be able to handle these larger numbers, we need to make sure to have enough volunteers ready to distribute the food bags at the end of each school week (usually Fridays from 11:30-12:30). Volunteers work in teams, with a trained team leader. The school provides the list of locker numbers, and no heavy lifting is required. It's a fun and easy way to get to know some neighbors or church members better. Or why not suggest that a team from your workplace fill all the slots for a particular Friday lunch hour as a shared volunteer opportunity?

School is already underway in Minneapolis, so we encourage you to check out the volunteer sign-up form as soon as you can, at [http://bit.ly/1J35sGc!](http://bit.ly/1J35sGc)

The Mission Team will be shining a special spotlight on our Sheridan Story partnership in November this year; if you have questions before then, you can visit the Sheridan Story website at SheridanStory.com. Or you can chat with Lynda Shaheen, Kathryn Hogle, or Nicole Hiedeman, who are sharing coordinating tasks for our participation in the program this school year.

Session News

In the spring BMPC received a generous bequest from the estate of John McLaughlin. The amount will be tithed which means that 10% will be given to mission causes outside of Bryn Mawr Church.

The Session approved:

- * installation of exterior lighting at the South Entrance, and to illuminate the East side of the building, including the sign. The lighting will improve safety and make the church more visible at night.
- * purchase a dolly for the grand piano in the sanctuary so that it can be moved easily, preventing damage to both the piano and the floor.
- * upgrading wifi access and the purchase a projector and screen so that we have the flexibility to show videos or slide shows throughout the building.

Richard Bauer continues to work with the Bryn Mawr Neighborhood Association on the proposal to create a garden of hope and healing on the Eastern point of our property.

The Cedar Lake Seven is purchasing a Bose stick speaker system with gifts given in memory of Edna Johnson.

Nursery Update

It has been quiet in the Nursery during the summer, so we are looking forward to seeing many kids return in September.

Julia Dale is continuing as our Nursery worker. She is awesome and we really appreciate her dedication to our kids. Grace B. will continue to volunteer during the school year, she does a wonderful job. Sandy Clark also volunteers during the first Sunday of the month and we appreciate her help. Anyone else who is interested in helping out with the Nursery, please contact Stephanie Bell at [612-377-2989](tel:612-377-2989)

Hours for the Nursery beginning September 13 are 9:00 a.m. -12:00 noon. Hope to see lots of kids through age 6 playing downstairs this fall!

Coffee Hour

Many thanks to those who have hosted one or many coffee hours this past year. This is a special time of fellowship and community we all enjoy immediately following the service each Sunday.



Sometimes we enjoy homemade bars and/or a simple cup of lemonade or coffee with a friend. It is not about the goodies we drink or eat but about sharing and supporting each other through our daily lives and spiritual journeys. This is a time we set aside each week to connect to our church community. Please consider hosting a coffee hour whether you have hosted many or are new to hosting. We all appreciate any effort in hosting a coffee hour. Please contact any Angela Hopkins with questions or concerns. The link to sign up: www.signupgenius.com/go/805054ea4a82ea31-201415

Bryn Mawr Presbyterian Church opens its space to a number of outside groups. In October, Voices for Peace will perform a benefit concert at BMPC. Following is some information about

this group and the work they do.



Voices for Peace

Voices for Peace is a women's vocal ensemble with a purpose and a mission. Through music they hope to bring a greater awareness of peace and justice to individual lives, and eventually turn that awareness into action for the greater good. Founder and artistic director Gretchen Ecles believes that once a song makes its way into a person's head, it can also make its way to their heart, and therefore affect real change in individual behaviors.

Founded in 2006, the group is a collection of women of all ages, ranging from 21-81 who come from different backgrounds and faith traditions. What these women share is a passion for promoting peace through song and the understanding of their mission statement which states: "The notion of peace is not one defined by age, color or creed. It is a notion shared across generations by those who want to see a world free from war and violence. It is a notion that requires hope and determination. Singing is the vehicle through which Voices for Peace promotes their message, which is fitting since music in itself is an expression of peace, beauty and harmony."

Voices for Peace is a non-audition choir, with no experience required and is always welcoming new members. They perform 4-5 times a year at various peace festivals throughout the state, sharing classic peace and justice songs from the 1960's - 70's.

Bryn Mawr Presbyterian Church provides the group's rehearsal space and is the location for their benefit concerts on Sunday, October 18 and 4:00 & 7:00 All are welcome.

If you are interested in promoting peace through song, either as a singer or a concert sponsor, please contact Gretchen Eckes at Gretcheneckes@gmail.com

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Important Dates

September 7	Labor Day Holiday
September 13	Friendship Sunday Potluck Picnic
September 28	Adult Ed and Sunday School Begins Session, 7:00 p.m. More Light Room
October 2-4	Middle School Retreat, Presbyterian Clearwater Forest
October 4	Peacekeeping and World Communion Sunday
October 10	Grounds cleanup day, 9:00 - 11:00 a.m.
October 18	Voices for Peace choir concerts, 4:00 and 7:00 p.m.
November 1	Daylight Savings ends (set clocks back at 2:00 a.m.)
November 22	Thanksgiving Sunday
November 29	Advent begins
December 12	Sunday School pageant rehearsal, 10:00a.m.-12:00 p.m.
December 13	Pageant Sunday