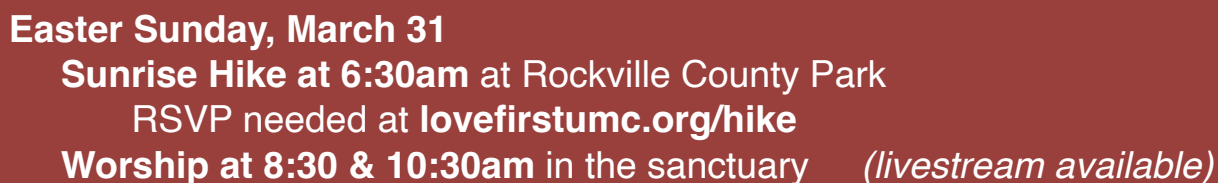
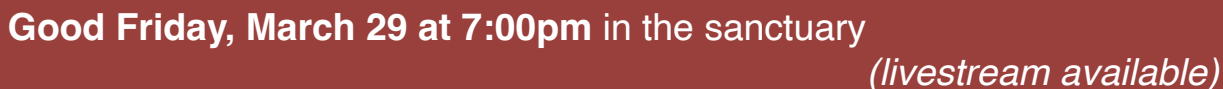
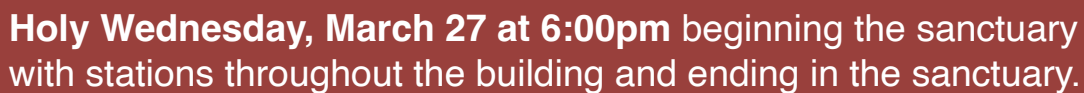
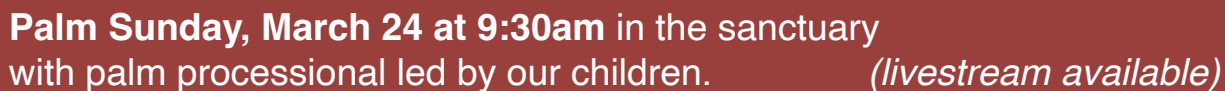


# Holy Week 2024



# WANDERING HEART

- PASTOR LEAH ROSSO

[lrosso@fumcscr.org](mailto:lrosso@fumcscr.org)

Now that we're in the season of Lent, I've been reflecting on my own wandering heart. We all know there are many outside forces that can shape us in ways we didn't expect: illnesses that turn our world upside down; loved ones or once loved ones who behave in ways we don't understand and hurt us; jobs that are phased out; new jobs that bring life; a new love we weren't expecting; or an old friendship rekindled. We can be open; we can be inviting; we can put ourselves in places of opportunity; and yet these are all still external forces— often beyond our control. What I've been praying about and thinking about is how to live my life intentionally, steeped in prayer and connection, so that my wandering heart wanders with God rather than away from God. I want to be able to remain grounded even through the ups and downs of the world we live in. I want to be able to see how we're all connected, even in times when I don't feel connected; to know God's presence even when God feels distant; to serve my neighbor even when it is hard. Richard Rohr, author and founder of the Center for Action and Contemplation, recently said in his blog, "The Trinity has tremendous practical, pastoral, and political implications. *We don't have time for anything less than loving!*" How is your heart wandering? Do you need others to wander with? If so, join me in prayer this Lent and find one or two community gatherings to come to, whether it is a worship service or the art crawl or the creative journaling after worship on Sundays. Let's pray together that we all may wander with God, and in doing so, find each other and build the world God is calling us to— a world that says yes to love.

## Compassionate Community Connections Fair



thank you

The Justice & Mercy committee would like to say ***Thank You*** to everyone who attended the Compassionate Community Connections Fair on February 11th.

*Please enjoy the photos of the event throughout this edition of the newsletter!*





# COMING UP IN WORSHIP

## - WANDERING HEART SERIES CONTINUES

*In March we will continue our Lenten Theme: "Wandering Heart" as we continue to follow the stories of Peter, seeing in him parts of ourselves and seeing Jesus through his eyes. We also continue to follow the hymn, "Come Thou Fount of Every Blessing," whose words give space for our own journey and name the ups and downs of our own relationship with the Holy One.*

### **March 3: Holy Communion**

"Praise the Mount"

Psalm 19; Matthew 16: 13-20

### **March 10:**

"I'm fixed upon it"

Psalm 107, selected verses; Matthew 16: 21-23

### **March 17: Sacrament of Baptism**

"Teach me"

Psalm 119: 9-16; Matthew 18: 15-22

### **March 24: Palm Sunday**

Come early and be part of the Palm Processional!

"Song of loudest praise"

John 12: 12-16

### **March 27: Holy Wednesday Worship at 6pm**

Come journey with Peter and reflect on your own wandering heart. We will enter the stories of Holy Week through stations that include scripture, art, and prayer. This service is interactive and meant for all ages.

### **March 29: Good Friday Worship at 7pm**

"Prone to leave the God I love"

A lot happens between the celebration of Palm Sunday and the celebration of Easter. In order to understand the joy, we must travel through the sorrow and recognize in it, the world's sorrow, grief, and injustice. Come to this service of lament as we tell the story through art, silence, music, and word.

### **March 31: Easter Sunday Worship**

**at 8:30 & 10:30am**

A Celebration of Hope and Resurrection!

"And I hope"

Luke 24: 1-12

### **CONVERSATIONS ON GRIEF**

Grief is a part of our daily lives. Grief manifests itself in a variety of ways including loss of loved ones through death or divorce, loss of pets, friendships, health challenges, job transitions, finances and various other changes. Knowing that grief and life transitions are so interconnected, we at First United Methodist Church want to provide a safe place where one can share their stories of grief and seek the supportive presence of faith and community.

*"This group is a place where one could listen to someone else's story and realize that they don't feel so alone." ~ Kathy*

Join us for Conversations on Grief that will meet in the church library on the 2nd Sunday of each month following worship. Come explore the ways in which you find yourself "Trusting Change."

Leadership provided by Monica Peterson. If you would like more information about this group please contact the church office.

### **Prayer Station Available**

In order to deepen our prayer lives and invite more people into the physical act of prayer, we have put a votive table on the northeast side of the Sanctuary for people to light a candle of prayer. It can be to honor someone, a prayer for healing, forgiveness, or a prayer for our world & our church.

# NEW OPPORTUNITIES FOR BUILDING COMMUNITY AT FUMC

## **WALKING IN GRIEF TOGETHER**

Grief is often a lonely journey through many passages, but it doesn't have to be. Together we have the opportunity to share our stories that are both unique and yet communal. Judie Dunlop and Monica Peterson will lead the group as we will discuss self care, difficult emotions, remembering, life adjustments, finding meaning, as well as other shared concerns.

Please join us for 6 weeks starting Thursday, April 4th 5:30-6:30pm in the church library.

**Please RSVP to the church office by Tuesday, April 2nd.**

## **Cultivating Companions**

### **SMALL GROUPS FORMING NOW**

Are you undergoing a big change or time of transition? Would you like to connect with a small group of individuals who are also leaning in to their faith in the face of change. Reach out to Pastor Susie with your interest in joining a small group. Small Groups forming now for April.



**THINK SPRING!** We have some clever and/or lovely cards to get you and someone you care about in the mood!

**Sunday, March 3**, is our next card sale. That's coming quickly! And so is St. Pat's, Easter, and perhaps your brother's birthday? Be sure to check us out at 9:00 AM before the service and then until 11:00 after the service.

**Note:** The next sale will occur **May 5**. That will be before Mother's Day, Father's Day, and many graduations. It will be our final sale of the season.



## **The FUMC Men's Club**

would like to invite everyone to our next meeting on Monday, March 11 at 6:30 pm. We will be hosting a speaker from **Anna Marie's Alliance**. Come and listen and ask the questions you always wanted to know about them. Cake and decaf coffee will be served.

*Guests check out the information at the Men's Club table during the Compassionate Community Connections Fair.*



# NEW OPPORTUNITIES

## - BUILDING COMMUNITY AT FUMC

### **Art Crawl**

Don't run, but WANDER through our Wandering Heart Art Display on **Wednesday, March 20th** from 5-7PM. This installation will consist of art from many mediums, created by all ages and experience levels. Come see your collective church family's interpretation of our lenten theme "Wandering Heart" as well as the pieces of art you have seen as part of our Sunday Worship Series. Plan to spend some time in fellowship with one another with punch and charcuterie.

**The cost of admission** is a non-perishable donation to the food shelf or a cash donation to FACT.



### **YOU'RE INVITED!!!**

Please mark your calendars and plan to join other Reconciling Congregations for this important discussion of the future of the United Methodist Church. Note that you can join virtually if you cannot be there in person.

Questions? Contact Jennifer Galovich



### MINNESOTA RECONCILING CONGREGATIONS SPRING SOCIAL GATHERING

**APRIL 13, 2024**

**FELLOWSHIP 11:30AM - 12PM**

**POTLUCK MEAL 12PM - 1PM**

**PROGRAM 1PM - 2:30PM**



*Hennepin Ave. UMC  
511 Groveland Ave.  
Minneapolis, MN 55403*

*You are also welcome to attend virtually at  
[facebook.com/MNReconcilingCongregations](https://facebook.com/MNReconcilingCongregations)*

*Join us for a conversation  
about General Conference 2024  
with members of the Minnesota  
delegation and for a time to  
connect with United Methodists  
in Minnesota*



Minnesota Reconciling Congregations  
<https://www.mnrcumc.org>

Reconciling Ministries Network  
<https://rmnetwork.org>

### **Big Questions, No Answers Too**

Another group of Big Questions, No Answers has decided to meet at Caribou Coffee on Lincoln Ave. on 1st & 3rd Mondays at 6:30pm.



# FINANCIAL UPDATE

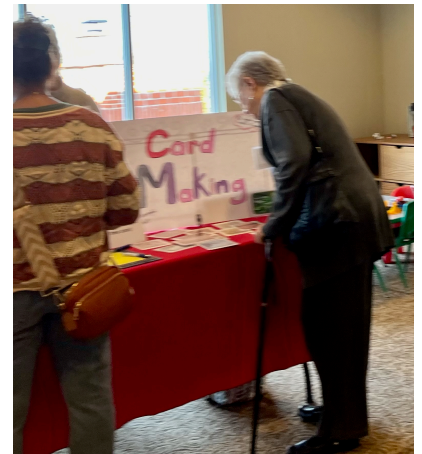
- JULIE DANIELS

[jdaniels@fumcscr.org](mailto:jdaniels@fumcscr.org)

## General Budget Update

	January 2024	Budget 2024	% of Budget
Revenue	\$64,134.47	\$673,897.00	9.52%
Expenses	\$56,340.04	\$684,296.23	8.23%
Difference	\$7,794.43	(\$10,399.23)	

**February Communion Africa University  
will receive our gifts of \$505.00**



## Prayer





Jesus of Nazareth, you are the miracle-maker. You are the host of all, the friend to the sick, the hand in the storm. You are the ribbon on God's finger and the wind in the air. You are human and God, teacher and friend.

If people ask, make sure my voice does not shake.  
If people ask, give me the courage to say that you are love and love alone. Amen.

 Sanctified Art    @sanctifiedart | [sanctifiedart.org](http://sanctifiedart.org) | 20

## Prayer

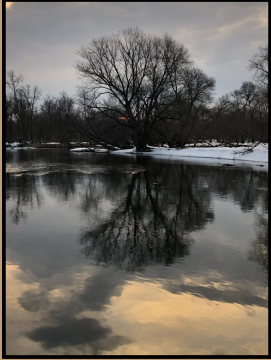
God of the mountain, I relive the moments when I have felt closest to you. I cling to memories of easy faith and mountaintop joy. Allow those holy ground memories to strengthen me. And when I find myself in the valley, carry my memories back to the mountain.  
With hope I pray, amen.

 Sanctified Art    @sanctifiedart | [sanctifiedart.org](http://sanctifiedart.org) | 19



# PLEASE REGISTER

## FOR THESE UPCOMING ACTIVITIES



### **Easter Sunrise Hike!**

Sunday, March 31st 6:30am  
Rockville County Park  
(Location may change, depending on trail conditions)

We will walk in meditation and  
celebrate Easter Sunrise  
surrounded by the beauty of  
nature. RSVP needed:  
[lovefirstumc.org/hike](https://lovefirstumc.org/hike)



### ***Spiritual Direction offered by Rev. Alison Hendley and Rev. Steve Peterson***

People come to spiritual direction when they want to discern, be heard, heal, and grow. Spiritual Directors are trained professionals who listen intently with compassion and love.

More information can be found at our website: [lovefirstumc.org/spiritual-direction](https://lovefirstumc.org/spiritual-direction) you can book a session with Alison at: [calendly.com/spiritualdirectionalison/spiritual-direction](https://calendly.com/spiritualdirectionalison/spiritual-direction) or with Steve at: [lovefirstumc.org/spiritual-direction-with-steve](https://lovefirstumc.org/spiritual-direction-with-steve)

## **Earth Day Nature Retreat Saturday, April 20th, 2-5pm**

Join us to be in nature and listen to how God  
is speaking to you through the prairie  
beauty. There will be time for community  
and solo time on the land.

Registration fee \$25  
scholarships available

[lovefirstumc.org/nature-retreat](https://lovefirstumc.org/nature-retreat)





# CHILDREN'S MINISTRY

- PASTOR SUSIE PUTZKE

sputzke@fumcscr.org

**Additional adults needed** to teach Faith formation on Sunday Mornings or support current teachers as an extra set of hands in one of our two classrooms.



## Palm Processional on March 24th

Children will gather in the Ed Wing at 9:15am to lead us in a Palm Processional.



**WE'RE GROWING!**

90  
80  
70

Are you willing to care for a baby or play with a toddler?

We are hiring in our Nursery!

[lovefirstumc.org/employment](http://lovefirstumc.org/employment)

## Sunday School Grades K-2 and Quest Grades 3-6 meet Sunday Mornings after Worship

### *Camp opportunities for you and your family this summer!*

**Mission:** Helping campers to experience Christ, Creation, and Community through camp and retreat ministries

**Core Values:** We do this as we:

- Provide sacred places apart
- Nurture Christian faith and discipleship
- Teach creation care and appreciation
- Partner with United Methodist churches and agencies
- Extend Christian hospitality and community
- Develop principled spiritual leaders
- Inspire and equip lives for love and justice



**Outcomes:** Disciples and leaders who hear and respond to God's call to:

Share faith

Love and accept everyone

Serve others

Trust God

Visit [CampMinnesota.org](http://CampMinnesota.org) for camps and scholarship information.

<https://www.campminnesota.org/campsessions>



# YOUTH MINISTRY

- AMANDA HODGE

ahodge@fumcscr.org



## **Youth Hit it out of the Park Around Wellness!**

Youth ended their Winter focus on emotional, spiritual, and physical wellness at **Emotion in Motion** in Sauk Rapids breaking (and painting) the night away! This experience, while exhilarating and infused with a touch of humor, holds a deeper purpose than the sheer joy of destruction. It was an opportunity to confront and release the pent-up frustrations, anxieties, and stresses that we all carry in our daily lives.

Each swing and hit can represent a release of tension, a breaking away from the mental and emotional binds that can tightened around our hearts. This act of physical release is not just about letting go of anger or stress; it's an acknowledgment of your own resilience and strength. It's a reminder that sometimes, things need to fall apart to make space for new growth and understanding.

**Please enjoy this blessing that accompanied each youth's take home collection of their broken fragments as a reminder of the experience:**

*In this act of breaking, a paradox we find,  
For within each shattered piece, a form of peace we're destined to bind.  
It's funny how destruction can bring us close to calm,  
A reminder that in chaos, there's a healing balm.*

*We grow, we change, we learn to see the beauty in release,  
In letting go of what we hold, we find a deeper peace.  
So swing that bat with all your might, but let your heart be light,  
For in this room of broken things, we find our inner fight.*

*And when the smashing's over, and you stand amidst the mess,  
Reflect on what you've learned about your own stress distress.  
For in this room of chaos, a clearer path we see,  
To wellness, peace, and understanding, in all its debris.*



## **March Schedule**

- Wed, March 6 – Youth Group (Middle 6pm & High School 7pm)
- Wed, March 13 – **No Youth Group (St Cloud Spring Break)**
- Wed, March 20 – Youth Group (*Tentative Service Project, TBD*)
- Wed, March 27 – **No Youth Group (Sartell Spring Break)**

# OPPORTUNITIES FOR SERVICE

## AT FUMC & IN THE COMMUNITY

### **Community Fellowship Meal**

The 3rd Saturday each month FUMC serves a free meal to anyone who stops by. Contact the church office if you are interested in helping. FUMC serves next on March 16th.

**Thank you February Meal Team!** Thanks to the volunteers who prepared and served the February Third Saturday Community Meal. They include Emily & Nick Haverhals, Wes, Sam & Max, Cathy Danzl, Jackie Ankenman, Marcia Summers, Dale Mills, James Graupmann, Monica Peterson. They served 74 guests of tuna casserole, coleslaw, corn, carrot, pickles, cuties, grapes, bananas and cookies.

### **Other Community Meal locations and times:**

- o Place of Hope (511 9th Ave N) serves 12:30pm and 5:30pm each day
- o Salvation Army (400 Hwy 10 S) serves Monday-Friday from 11:30am—12:45pm
- o Newman Center (396 1st Ave S) serves the 2nd Saturday each month from 11:30am—12:45pm
- o Bethlehem Lutheran (4310 CR 137) serves the 4th Saturday each month from 11:30am-12:45pm
- o St. Augustine's (443 2nd St SE) serves the 3rd Sunday each month from noon—1pm.
- o St. Mary's Cathedral (823 1st S S) serves the 4th Sunday each month 4:30-5:30pm.

### **March/Easter Communion Offerings Minnesota Food Share**

Our March Communion and Easter offering will go to *Minnesota Food Share*. Food Shelves in Minnesota – 300 of them, 3 in the St. Cloud area – provide food for persons and families whose resources run out at the end of the month. Last year \$18 million was contributed from across the state.

Also, any food brought to the church for the Food Shelf will be distributed through the Salvation Army Food Shelf.

THE NEED IS REAL.

### **Musicians for Holy Week**

Calling all instrumentalists! Interested in playing for Palm Sunday or Easter? Aaron would love to add you to our music ministry during these days. Contact him for more information.

Want to share your voice by singing with the choir but cannot commit to weekly rehearsals? Consider joining the choir for Good Friday and Easter Sunday. Rehearsals will be March 13th and 20th at 7:30 PM. Questions? Contact Aaron: [acarpenter@fumcscr.org](mailto:acarpenter@fumcscr.org)

### **Liturgical Arts Group Looking for Volunteers**

We would LOVE to have a few people to help with seasonal decorations in the sanctuary. We work hard, laugh a lot and have fun.

We are also looking for someone who can help doing a small calligraphy project.

if you are interested and have more questions just email Jill at: [jillhaak@gmail.com](mailto:jillhaak@gmail.com)



# OPPORTUNITIES FOR WOMEN

## - BUILDING COMMUNITY AT FUMC



United  
Women  
in Faith

**United Women in Faith**

*Acting boldly, showing up and making a difference!*

We seek to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship and education so that they can inspire, influence and impact local and global communities. Learn more at <https://uwfaith.org/>.

### Connect with a Circle - become part of a sisterhood in faith!

- ❖ **Sarah Circle** – Meets the second Tuesday of the month at 1:30pm in the Library.
- ❖ **Susanna Wesley Circle** – Meets the fourth Tuesday of the month at 7:00pm in the Library.
- ❖ **Fellowship at Drake's** - Meets the third Wednesday of the month at 11:30am at Drake's Café, 520 1<sup>st</sup> St NE, Sartell. Call Kathy Hulsebus at 918-407-0253 for reservations.

### UWF Calendar of Events

March 3 – Susanna Wesley Circle Serves Fellowship

March 4 - Executive Team Meeting at 1:00pm in the Library

March 12 - Sarah Circle meets at 1:30pm in the Library

March 20 - Fellowship at Drakes meets at 11:30am at Drakes Café, 520 1st St. NE, Sartell.

Call Kathy Hulsebus at 918-407-0253 for reservations by February 13.

March 26 - Susanna Wesley Circle meets at 7:00pm in the Library

March 31 - Emma Norton "Welcome Basket" deadline

### Help Welcome New Residents to Emma Norton

Emma Norton Services, located in St. Paul, provides housing and support for women and families on their journey of recovery from addiction, trauma, or other challenges. Many woman coming into their programs have few personal possessions due to the challenges of homelessness. Emma Norton welcomes new residents by providing them with a **Welcome Basket** filled with basic necessities that will make their transition a cozier and easier process.

Between now and March 31 United Women in Faith will be collecting items for Welcome Baskets. There are two ways you can donate to this project:

- **Do your own shopping.** Purchase as many items as you like! Drop them off at the UWF table in the fellowship hall.
- **Send a monetary donation.** We will do the shopping for you! Each basket costs about \$100 to assemble. Make checks payable to First UMW and mail to our Treasurer, Jackie Ankenman, at 2608 14<sup>th</sup> St. S., St. Cloud, MN 56301.

**Welcome Baskets contain one laundry basket filled with:** flat and fitted twin sheets, 1 pillow and pillow case, 1 blanket (comforter, quilt, winter blankets), hand & bath towels, toothbrush and toothpaste, shampoo and conditioner, bar soap, deodorant & coffee mug. Optional but appreciated: lint roller, shower caddy, small picture frame( 4x6), lotion & a journal.



# RETURNING FAVORITES FOR BUILDING COMMUNITY AT FUMC



United  
Women  
in Faith

March 3 – Susanna Wesley Circle Serves Fellowship  
March 4 - Executive Team Meeting at 1:00pm in the Library  
March 12 - Sarah Circle meets at 1:30pm in the Library  
March 20 - Fellowship at Drakes meets at 11:30am at Drakes Café,  
520 1st St. NE, Sartell. Call Kathy Hulsebus at 918-407-0253  
for reservations by February 13.  
March 26 - Susanna Wesley Circle meets at 7:00pm in the Library  
March 31 - Emma Norton "Welcome Basket" deadline

## United Methodist Men's Club

March 11 - in Fellowship Hall at 6:30pm - Anna Marie's Alliance



## Conversations on Grief

Meets next: March 10

Informal discussion group  
meets the 2nd Sunday  
each month after worship

## Big Questions, No Answers

Monday, March 11  
10am church library

What is  
forgiveness?



This group is coming  
together the 2nd Monday  
each month to wonder out  
loud about questions of life  
and faith with each other.



## Prayer Shawls

Wednesday, March 6 & 20

5:00 - 6:30 pm

ZOOM AVAILABLE TOO

Are you a caregiver?  
Would you like to connect with others?

Caregivers Support Group

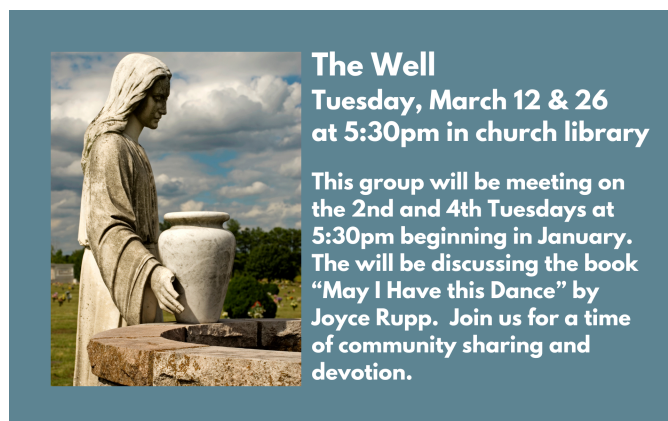


Join us for a virtual support group to reduce  
isolation, normalize hardships & affirm those of  
us who care for elderly, ill, or loved ones with  
extra needs.

Our group is facilitated by experienced  
caregivers and will meet via Zoom  
the 1st and 3rd Wednesdays of the month  
from 7:00-8:30pm.

Participants must pre-register:  
fumccaregiversgroup@gmail.com

Meets on March 6 & 20

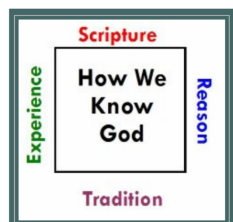


## The Well

Tuesday, March 12 & 26  
at 5:30pm in church library

This group will be meeting on  
the 2nd and 4th Tuesdays at  
5:30pm beginning in January.  
The will be discussing the book  
"May I Have this Dance" by  
Joyce Rupp. Join us for a time  
of community sharing and  
devotion.

**Young At Heart (YAH)**  
Friday, March 8th  
10:00 AM in fellowship hall



Our next gathering is on March  
8th at 10:00 AM in Fellowship  
Hall. Pastor Susie will join us as  
we discuss the Wesleyan  
Quadrilateral: Specifically the  
gift of experience in  
relationship to our Wandering  
Hearts Lenten Series.



Third Saturday

**COMMUNITY**  
FELLOWSHIP MEAL  
11:30AM - 12:45PM

SERVES NEXT:  
MARCH 16, 2024

Serving inside with community seating or to-go meals.



# WELCOMING

THE COMMUNITY AT FUMC

## *Sing for World Hunger Relief: A Concert featuring Vivaldi's Gloria*

Sunday, March 10, 2024 - 3pm

@ First United Methodist Church, Sartell

With the St. Cloud String Quartet

March is FoodShare Month! Donations will be taken for local food shelves (both nonperishable items and cash) and for World Central Kitchen, an organization "first to the frontlines, providing meals in response to humanitarian, climate, and community crises."



Established 1973

MINNESOTA CENTER CHORALE

Nicole Lambrecht, Artistic Director

*The World Rejoices!*

51st Season

2023—2024

[www.minnesotacenterchorale.org](http://www.minnesotacenterchorale.org)



**Heart Forward Yoga with Lauren Murphy at FUMC in person at FUMC or online**

Mondays at 10am - Anxiety • Thursdays at 6:30pm - Grief • Saturdays at 10am - Flow

All classes are open-level, which means you can be a beginner or a more advanced yoga practitioner. These classes are all 60 minutes long and include gentle yoga poses, meditation, and breathwork. Each class is formulated around a theme related to grieving and/or anxiety.

Register at: [www.heartforwardyoga.com/classes](http://www.heartforwardyoga.com/classes)



# WELCOMING

THE COMMUNITY AT FUMC

*Seasons of Grief Retreats*

## ***Lessons from Winter:***

***A Time of Rest & Reflection  
Following the Death of a Loved One***

Find hope and healing with others on their grief journey through sharing, gentle movement, creativity, and ritual.

Discover what winter teaches us about finding peace in the stillness of deep internal transformation.

**Saturday, March 23, 2024**

**9:00 AM—4:30 PM**

**First United Methodist Church  
1107 Pine Cone Road, Sartell**

**\$40.00 registration (limited space; scholarships available)**

**\*Includes 8:30 AM continental breakfast & lunch**

**To register by March 18, please call (320) 774-1901**

***Sponsored by:* Center for Life Transitions  
& First United Methodist Church**





THE FIFTH SUNDAY IN LENT

Wandering Heart: "Teach me"

## Teach Me

Teach me about the ways of the wind,  
about the ways of the world,  
about the ways of the heart.

Teach me about the soft crook of my lover's arm,  
and the way two souls can hold each other close.

Teach me about forgiveness, about the language of *I'm sorry*  
and the softness of sincerity.

Teach me about abundance, about *seventy-times-seven*  
and *all the days of my life*.

Teach me about joy, about its contagious weaving  
and its soul-healing.

Teach me about mercy, about open hands and deep breaths.

Teach me about the dawn of time and the stars in the sky.

Teach me what matters most.

Teach me what is mine to do.

Teach this achingly curious heart  
until I run out of questions  
or I run out of days.

Teach me some melodious sonnet,  
and I will have a life well-lived.



**The church office is open 9:00am until 2:00pm, Monday - Thursday and  
9:00am until noon on Friday**

**Linda Agre,  
Office Administrator**  
320.251.0804 ex. 102  
lagre@fumcscr.org

**Aaron Carpenter,  
Music Ministry**  
320.251.0804 ex. 111  
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**Julie Daniels,  
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**Ken Fruth,  
Grounds & Maintenance**  
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**Amanda Hodge,  
Youth Ministry**  
320.251.0804 ex. 107  
ahodge@fumcscr.org

**Pastor Susie Putzke,  
Connectional Pastor**  
320.251.0804 ex. 105  
sputzke@fumcscr.org

**Pastor Leah Rosso,  
Lead Pastor**  
320.251.0804 ex. 104  
lrosso@fumcscr.org

**Alan Stock,  
Handbell Director**  
asrock@fumcscr.org