

UBC NEWS



University Baptist Church

1219 University Ave SE

Minneapolis MN 55414

Established 1850 at St. Anthony Falls, MN

February 2024

From the Pastor

Prayers for Healing

By now, you have heard of my diagnosis of acromegaly (see the letter below that I sent on Jan. 17). There is a team to provide leadership to UBC during my four-week absence (tentatively Feb. 26-Mar. 25).



Anne Supplee, Paula Moyer and Cody Sanders have offered to preach. A team of local clergy – Anne Supplee, Jane McBride, Jen Nagel, Travis Norvell and Cody Sanders – has agreed to be on call for pastoral care needs. The UBC Council will take care of day-to-day responsibilities. Trista will send out a This Week at UBC email, in consultation with others. It takes a village and I feel so blessed to be a part of this one.

Blessings and Peace,

Doug Donley

A Note from Pastor Doug (Jan. 17, 2024)

“You look like you have lost some weight,” said my sister Cindy on a Zoom call just before Christmas. Normally, I would be proud of such an accomplishment. But I had to tell her that losing the

weight was not on purpose. The reason is I have a benign tumor near my pituitary gland that has been messing with my body chemistry. Since the pituitary gland controls all sorts of things like cortisol and thyroid and blood sugar and growth and anything in the endocrine system, the pressure on the gland has caused symptoms that have slowly grown over the years.

I’ve been diagnosed with a rare condition called acromegaly, which is marked by a significant increase in the human growth hormone. In children, this can become gigantism. Think Fred Gwynn (Herman Munster) or Andre the Giant. In adults, whose bones have already fused, it can cause all sorts of conditions, each of which I have: enlarged hands and feet, sleep apnea, growth of facial bones (brow and chin), skin tags, soft tissue growth, and a deepening of the voice, to name a few.

Oddly, I began this journey a year ago when I was looking to regain the upper register of my voice. As much as I like singing bass, I miss my tenor range. Turns out that the deepening of the voice is because of the acromegaly. Another side effect of the tumor
Continued on page 2

Pastor – continued

is an onset of diabetes. I learned about this fact in December, just in time for Christmas goodies. It turns out that my weight loss is actually my body getting its nutrients from my fat and muscle cells because my blood sugar is off.

So, I have begun to take insulin to treat the diabetes and will be looking at a surgery to remove the tumor and relieve the stress on the pituitary gland. The surgery will take place as soon as early February. I will probably need to be off of work about two to four weeks. The UBC Council and I will make sure there are good people in place to take care of pastoral responsibilities. The good news is that there are great surgeons and I feel confident in their expertise. If all goes according to plan, the removal of the tumor will relieve the diabetes symptoms and allow my endocrine system to get back to normal. I'm stuck with the larger hands, feet and brow, but the soft tissue growth ought to stop and possibly reverse.

I am not scared of the surgery or the recovery. I am mostly fascinated by the diagnosis and the course of treatment. I ask that you pray for me and ask me whatever questions you want. And I give thanks to live in a time and place where this great medical infrastructure can work its magic.

FEBRUARY WORSHIP SCHEDULE

Worship Theme: "Stay Awake"

Feb. 4

Preaching: Cody Sanders

Sermon: "An American Parable?"

Scripture: Matthew 25:1-13

Worship Leader: Deidre Druk

Feb. 11

Preaching: Doug Donley

Sermon: "Ecstatic"

Scripture: Mark 9:2-8

Worship Leader: Paula Moyer

Feb. 18

Preaching: Doug Donley

Sermon: "Black and Beautiful"

Scripture: Song of Songs 1:5-8

Worship Leader: Carrie Lubke

Feb. 25

Preaching: Doug Donley

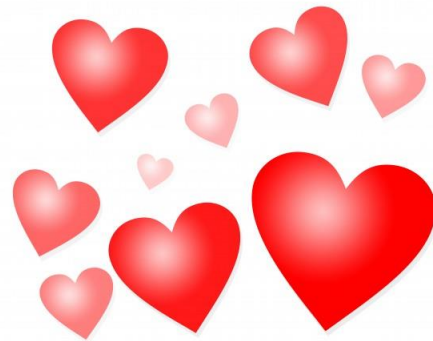
Sermon: "I Want to be Ready"

Scripture: Song of Songs 3:5

Worship Leader: TBD

Praying for Peace in the Holy Land

While the war in Ukraine begins its third year this month, continue to pray and advocate for an end to the brutal war in Israel and Gaza. May we continue to push for peace without demonizing our opponents. May we passionately work for a world where Jewish, Christian, Muslim and secularists work together for mutual respect and justice in a free homeland.



FEBRUARY FORUMS

February 4—No forum

Extended coffee hour

Feb. 11—Despedida (Farewell) / All about our Nicaraguan families

After a coffee hour farewell for Cairo, Ani, and Valeria, who return to Nicaragua this week, we will hear from Ani, Frank, Cairo, and Belén — reflections on their time in Minnesota (Ani for four years, Frank for more than a year, Belén and Cairo since November), on their home country, and what they see on the horizon. John Medeiros will provide visa context and Pastor Doug will facilitate.

Feb. 18—The modern abolition movement, conclusion of part 2

Today's abolition movement envisions an end to imprisonment, policing, surveillance, and the reasons they exist. To conclude the shortened forum on January 14, Lauren Thrift will introduce two more key video clips from the Alliance of Baptists spring 2023 gathering "To Set the Captives Free" and then lead a discussion on what's next.

Extended videos from the 2023 Alliance gathering can be found online at

<https://allianceofbaptists.org/events/annualgathering2023/> and
<https://www.youtube.com/watch?v=GzCx5GmV8hU&t=9s>

Feb. 25—Discernment: Reflecting on the first session, Feb. 10

Our congregational discernment process has begun. This forum will provide an opportunity for all of us who attend the February 10 all-day workshop (the first of three) to share our thoughts, a chance for those who aren't able to attend to hear from those who did, and a time for all of us to prepare for the next workshop on March 11.



IN MEMORIAM

Lu Carman passed away Jan. 23, 2024 surrounded by her family. They were singing hymns and the lullabies she sang for most of her 92 years. She and her husband Bob celebrated their 70th wedding anniversary this past August.

Trained as a librarian, she worked for 31 years with Bob as a missionary in India before retiring to spend time with their families in the US. Lu helped organize the UBC library and they were both part of the UBC music program until just before COVID.

Please keep her husband Bob, her children Chuck and Betsy, and her many grandchildren and great grandchildren in your prayers.

A memorial service for Lu will be on Saturday, March 23 at 11 a.m. in the UBC sanctuary. A luncheon will follow in the Adele Fadden Assembly Room. Memorials to the Vellore CMC Foundation.

- Doug Donley

Calendar for February

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
				4:30 p.m. Adv. Spanish Conversation 6:30 p.m. Caregiver Support Group		9 a.m. Bible Study
4	5	6	7	8	9	10
10 a.m. Worship Communion Joys & Concerns 11 a.m. Coffee 11:30 a.m. Journeys	11:15 a.m. Meals on Wheels 5 p.m. Inter. Spanish 6:15 p.m. Beg. Spanish	11:15 a.m. Meals on Wheels 5:30 p.m. Sacred Harp	11 a.m. Handcraft Grp 11:15 a.m. Meals on Wheels 6 p.m. Choir 7:30 p.m. Bells	11:15 a.m. Meals on Wheels	11 a.m. Every Meal 7:30 p.m. Night Songs	9 a.m.-5 p.m. Discernment Retreat
11	12	13	14 ❤️	15	16	17
10 a.m. Worship Bells play 11 a.m. Coffee 11:30 a.m. Forum/Journeys 1:30 p.m. Council 4 p.m. Sacred Harp		7 p.m. Memoir Group	6 p.m. Choir 7:30 p.m. Bells			9 a.m. Bible Study 1 p.m. Book Group
18	19	20	21	22	23	24
10 a.m. Worship Joys & Concerns 11:30 a.m. Forum/Journeys 1:30 p.m. Council	7 p.m. Knitting Grp	5:30 p.m. Sacred Harp 7 p.m. Anti-Racism Work	3-5 p.m. Worship Planning 6 p.m. Choir 7:30 p.m. Bells		Newsletter deadline	1 p.m. Card Club
25	26	27	28	29		
10 a.m. Worship Joys & Concerns 11 a.m. Coffee 11:30 a.m. Forum/Journeys 4 p.m. Sacred Harp	5 p.m. Inter. Spanish 6:15 p.m. Beg. Spanish	7 p.m. Memoir Group	6 p.m. Choir 7:30 p.m. Bells			

****PLEASE NOTE THE EARLIER DEADLINE FOR THE MARCH NEWSLETTER****

What's Going On



Sunday Morning Worship

10 a.m. – Worship in the UBC sanctuary

10 a.m. – Or join via livestream on the [UBC YouTube](#) page (search University Baptist Church Minneapolis MN).

When the livestream has ended – Joys & Concerns (also on Zoom)

Following Joys & Concerns – Coffee time in the lounge

11:30 a.m. – Forum in the lounge (also on Zoom)

11:30 a.m. – Bible Study in the library

ZOOM INFO: Meeting ID 839 4725 7444 passcode 257750

<https://us02web.zoom.us/j/83947257444?pwd=cFZCWEdqUkR0RDgwT0JwT3hrQ3FpUT09>

ESPAÑOL

Spanish classes – Thurs., Feb 1 (Advanced Conversation 4:30-5:30 p.m) & Mon., Feb. 5 (Intermediate 5-6 p.m., Beginners 6:15-7:15 p.m.) **NOTE: Feb. 5 will be the last class until further notice since Anielka is**

going back to Nicaragua. The Beginning Class focuses on vocabulary development and verb conjugation. If you are comfortable with basic Spanish, the Intermediate Class would be a good fit for you, with a focus on reading, writing and discussing. The Advanced Class meets for conversation practice. If you have any questions, please contact Anielka Montiel at anymontiel33@gmail.com or 651-295-4590.

ZOOM INFO: Meeting ID: 869 8255 1038 Passcode: 275343

<https://us02web.zoom.us/j/86982551038?pwd=RnJOWEIEYk13YXhwZjFzN1dPK1Nndz09>

Caregivers Support Group – Feb. 1 (1st Thurs.), 6:30 p.m. UBCers who have an elderly parent meet for support. If you have any questions, please contact Jean Lubke at lubk0001@umn.edu.



ZOOM INFO: Meeting ID 829 0006 6861 Passcode 942930

<https://us02web.zoom.us/j/82900066861?pwd=RUQ1eGhYN1RzWTJCR0VTNG1JNFVzUT09>



Bible Study – Feb. 3 & 17 (1st & 3rd Sat.), 9 a.m. On Feb. 3 we will discuss 1 Timothy 3 and 4 and on Feb. 20 we will discuss 1 Timothy 5 and 6. New and occasional members are always welcome. No special background, skill, or preparation is required. If you have any questions, please contact Diane Ehr at DianeEhr@g.com.

ZOOM INFO: Meeting ID: 886 6992 0103 passcode: 613038

<https://us02web.zoom.us/j/88669920103?pwd=dnozWEYzQUh1RU5HUTFWcVd3ZFY1Zz09>

**Why read the Bible?
Because it's a mirror**

More of What's Going



Night Songs – Fri., Feb. 9, 7:30 p.m. All are welcome to an evening of music and poetry featuring original music by David Lesniaski and Elwyn Fraser and the choirs of UBC, University Lutheran Church of Hope, Grace University Lutheran, First Congregational Church, Vocal U, and other metro area singers and instrumentalists. Come listen to beautiful music under stunning projections of images of outer space from NASA! This event will be held at University Lutheran Church of Hope (601 13th Ave. SE, Minneapolis) and is free and open to the public. A freewill offering will be taken to benefit Nutritious U and Accompanying Food Insecure Neighbors in Greater Dinkytown. Please, no food donations; only cash, check, or electronic monetary donations.

Discernment Retreat (#1) – Feb. 10, 9 a.m.-5 p.m. at University Lutheran Church of Hope, 601 13th Ave. SE, Minneapolis. Please complete the survey by Feb. 5 and RSVP to the retreat. See article on page 8 for more information.



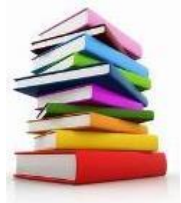
Memoir Writing Group – Feb. 13 & 27 (every other Tues.), 7 p.m. Prompts include *First Birds & Bees Talk*, *Valentine's Day*, *Presidents* and *Medical Procedures* or anything else you feel called to write about. If you have any questions, please contact Trish Donley at patricia.donley63@gmail.com.

ZOOM INFO: Meeting ID: 831 4584 1908 Passcode: 313775

<https://us02web.zoom.us/j/83145841908?pwd=djhuSmMwZ1NESXZ5SExNOURXa2FNQT09>

Grace in Contemporary Literature by Women Book Group – Feb. 17 (3rd Sat.), 1 p.m.

The book this month is *The Girl with the Louding Voice* by Abi Daré. If you have any questions, please contact Chris Follett at chrisf2828@yahoo.com. NOTE: For February through May only, due to scheduling conflicts with the discernment retreats, we will meet on the 3rd Sat. instead of the 2nd Sat. of the month.



ZOOM INFO: meeting ID 862 1724 5904 passcode 651444

<https://us02web.zoom.us/j/86217245904?pwd=UnVucUtSRlp1Mmc3Vkhra1BuYmxvQT09>



UBC-FCC Knitting Group – Feb. 19 (3rd Mon.), 7 p.m. at Cynthia Hendricks's home. The group is made up of stitchers from UBC and First Congregational Church. If you have any questions, please contact Chris Follett at chrisf2828@yahoo.com.

Coming up...

- Mar. 9** – Discernment Retreat
- Mar. 23** – Memorial Service for Lu Carman
- Mar. 24** – Palm Sunday Brunch
- Mar. 29** – Loaves & Fishes
- Mar. 31** – Easter

Card Club – Sat., Feb. 24, 1-4:30 p.m.

at Jean Lubke's home. This group meets monthly to learn card-making techniques, share ideas, and make beautiful greeting cards. Due to the limited space and the need to prepare materials, registration is needed for each month's session. If you are interested, please contact Jean at lubk0001@umn.edu or 651-295-7525.



The Anti-Racism Group is looking for people who might be interested in representing UBC at exciting gatherings this coming spring and summer:

- April 12-14 in Charlotte NC—[Alliance of Baptists Annual Gathering, *Decolonizing the Great Commission*](#)
- July 15-20 Mars Hill University near Asheville, NC—[Baptist Peace Fellowship of North America Peace Camp](#)

We hope to send one person to each gathering. Pastor Doug will also attend. Please contact Pastor Doug or Denise Roy if you might be interested in attending one of these.

DAILY BIBLE READINGS DURING LENT

Some of you have expressed an interest in daily Bible readings. Others may be looking for a Lenten discipline. These readings, taken from the Journeys curriculum (Judson Press, ABC/USA), begin on Ash Wednesday. You may want to begin or close with this prayer.

God of our Lenten journeys, we long to know your ways. As we read and reflect on Scripture, open our eyes to your truth. Help us to walk daily in the path you set before us. Amen.

Feb. 14, Ash Wednesday	Psalm 51: 1-17
Feb. 15	Daniel 9: 1-14
Feb. 16	Daniel 9: 15-25a
Feb. 17	Matthew 9: 2-13
Feb. 18, Sunday	Psalm 25: 1-10
Feb. 19	Mark 1: 9-15
Feb. 20	Genesis 9: 8-17
Feb. 21	Ephesians 2: 1-10
Feb. 22	1 Peter 3: 3-18a
Feb. 23	1 Peter 3: 18-22
Feb. 24	Psalm 77: 1-10
Feb. 25, Sunday	Romans 4: 13-25
Feb. 26	Psalm 105: 1-11
Feb. 27	Exodus 19: 1-9a
Feb. 28	Hebrews 1: 8-12
Feb. 29	Hebrews 11: 1-3, 13-19

-Diane Ehr

Anti-Racism Giving Opportunity

Folks who want to donate to anti-racism and community support efforts at George Floyd Square may make out a check to *George Floyd Global Memorial Fund* and specify *Outdoor Caretaking* in the memo line. Send to:

George Floyd Global Memorial Fund
Outdoor Caretaking
3501 Chicago Ave. S.
Minneapolis, MN 55407

Sacred Sites Tour

The Antiracism Group is planning a Sacred Sites tour in the spring/summer led by Jim Bear Jacobs from the Minnesota Council of Churches. We are forming a group with representatives from UBC, First Congregational Church and University Lutheran Church of Hope. For more information, contact Denise Roy.

February is Black History Month

Find interesting facts and resources here:
<https://www.history.com/topics/black-history/black-history-month>

UBC Congregation's Discernment Process is Finally Here!

On Saturday, Feb. 10, we begin our congregational discernment process. We will gather in-person and virtually (via Zoom) from 9 a.m. to 5 p.m. at University Lutheran Church of Hope, 601 – 13th Ave. S.E., just blocks away from UBC (with lots of parking!). A light breakfast, lunch, childcare, and a Zoom link for those unable to join in person will be provided.



For those who are unable to attend on Feb. 10, we will have a discernment debrief forum on Feb. 25.

On March 9, we will begin by identifying underlying obstacles and barriers that could prevent our vision from becoming a reality. After lunch, we will identify areas of focus that address the blocks and barriers and move us toward our vision.

At the date of this article, we have 16 survey responses and 16 people registered for the upcoming retreats. Those who have registered are getting a data packet for review prior to the retreat.

Survey link (with Retreat registration form included)
<https://forms.gle/scvSEfSxAU4o9PJF8>

Separate Retreat Registration Form (if you want your survey results to be kept separate from your name)
<https://forms.gle/qGCVRfG7Gzuinuty8>

Surveys will still be accepted until Monday, Feb. 5. We need everyone's input. Let us know if you need help completing the survey and/or registering for the retreat.

On Feb. 10 we will begin the day with an environmental scan, creating a shared awareness of where we've been as a congregation, where we are now, and what awaits us. In the afternoon, we will create a shared, practical vision of our desired future based on the group's hopes and dreams.

On May 11, we will set and prioritize goals for the 2024-2029 planning years, beginning with the first year. We will develop a first-year calendar, and establish accountability for the first-year accomplishments.

UBC is here now for us because generations of UBCers before us took care of the congregation and eventually the building and our endowment. It's now our turn to discern the future of UBC for us, for our children, and for our grandchildren. **And we really need all voices and all perspectives! Please plan to participate.**

Jean Lubke, Church Council President

"You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you choose."
— Dr. Seuss, *Oh, the Places You'll Go!*



The Men of New Hope raised a joyful noise at UBC

The Roots Cellar concert was held in the sanctuary on Jan. 27 as the Men of New Hope brought their big sound to Dinkytown. The group first sang at UBC during the 160th anniversary celebration of Mother St. James AME church last July. The last Roots Cellar concert of the season will feature Charlie Maguire on April 20 on the Adele Fadden Assembly Room stage

Photo by Doug Donley

Changes Coming for our Nicaraguan Family

After almost five years, Anielka Montiel's R1 Religious Worker visa is expiring. She and Francisco's father Cairo (who was here visiting since Nov. on his 10-year visitor visa which expires in March) will return to Nicaragua on Feb. 14 taking baby Valeria with them.

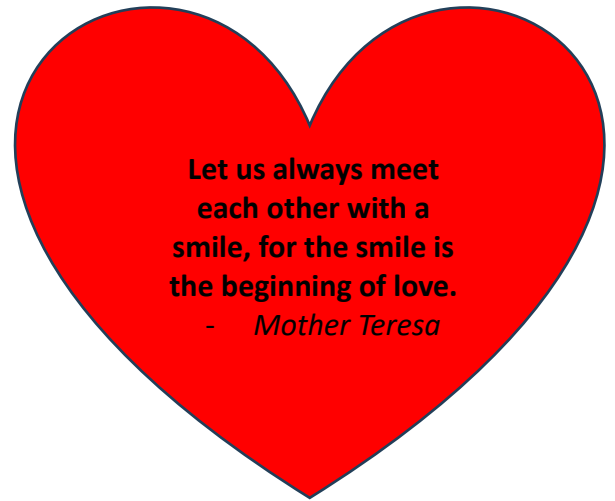
On February 11 we will have a despedida (farewell) for them and a forum with the whole family to hear Ani debrief on her time here and to hear from Francisco, Cairo, and his sister Belén about the current situation in Nicaragua.



Photo from Valeria's dedication in December. Left to right, Pastor Doug, Anielka, Valeria, Francisco, Cairo and Belén.
Photo by Jean Lubke

Francisco and Belén will be remaining here. John Medeiros is filing the paperwork for Frank's H1B visa this month. Hopefully, Francisco will soon be the Land Access Coordinator for the Latino Economic Development Center. Belén is putting out applications for a job as a Medical Lab Technician, the career that her 5-year university degree prepared her for. If you have any contacts in hospitals or clinics, please send them her way!

We are hoping that circumstances will allow Anielka to return with Valeria soon.



Kickstart your plastic-free journey: Take the Plastic-Free Challenge

Plastics can be a hassle – they create clutter and can be confusing to recycle – plus they contribute to litter, harm water and wildlife, and have largely unknown health impacts for us. Fortunately, there's a lot we can do to help create a plastic-free world, from learning more about plastic waste and recycling to making simple swaps to advocating for changes in your community and sharing your story with others.

Be part of the solution to reduce waste, protect water and wildlife, address climate change, and look after the health of ourselves and future generations by joining the Plastic-Free Challenge (Feb. 1-Feb. 29).

Go to www.tcplasticfree.ecochallenge.org for tips and resources.

UBC adopts new protection policy for children and vulnerable adults

On December 17, the UBC Council voted to approve the University Baptist Church Protection Policy for Children and Vulnerable Adults. The new policy provides guidelines to keep our children and others safe when in our building and participating in UBC programs.

Highlights of the new policy include the following:

- defines behaviors that constitute abuse and misconduct;
- requires screening procedures, including a 50-state criminal background check, for UBC staff members and volunteers engaged to work with children and vulnerable adults;
- provides guidelines for supervision and parental permission; and
- establishes procedures for reporting incidents of suspected abuse and misconduct.

A copy of the policy can be found posted in the lounge.

Background and process

The policy has been in process for several years, prompted by our denomination, American Baptist Churches USA, as well as our insurance provider. An earlier version of the policy was approved in principle by the church Council in February 2020, though there was doubt that it could be implemented due to our congregation's small size.

COVID-19 locked down our building and in-person programs, so the Council used that period to learn more about what was needed and consider steps to be taken to address abuse and misconduct. Fortunately, we have a lot of good experience and talent to draw upon—members Betty Shaw, Denise Roy, and John Medeiros with their law expertise, and Betty with many years of experience with the Girl Scouts.

In November 2021, several board members attended a webinar provided by ABC/USA, Litigation Prevention and Preparedness. The webinar raised our awareness of our policy's application not just to the congregation but to renters in our building, which includes a K–12 school and (at the time) another congregation.

Changes to date

Several changes have already been made:

- When children's programming resumed in 2022, we began to require background checks of all staff who work with children.
- In November, the council agreed to increase the childcare budget not only to provide more coverage but also to facilitate efforts to have two childcare workers or other adults present when staffing the nursery.
- In January this year, the frosted glass panes in the doors to the nursery (Room 205) were replaced with clear plexiglass.

More changes will be implemented in the year to come. And the policy can be revised as needed.

Gratitude

Thanks to Betty, Denise, and John for their work on the policy, as well as all the Council members and staff who have contributed to the process over several years. Thanks also to education coordinator Megan Gunnar, childcare coordinator Amanda Donley, our wonderful childcare workers, and all the parents and children who are part of our amazing community.

*Gayla Marty,
UBC Council Member for Congregational Life and Care*



Dedication of Elyas Templeton Fraser on January 14

Elyas was dedicated by Doug Donley and blessed by the village that is UBC on January 14.

Left to right, parents Lynnette and Elwyn Fraser, Elyas, big brother Eloy, and Pastor Doug Donley.

Photo by Laura Justin

Mid-Year Budget Review Forum

As always, a mid-year budget review is a snapshot of the church's financial situation at the halfway point of its fiscal year---and things could change in the next six months. UBC held its review at the end of January at a Sunday forum.

Overall, UBC spending and income were basically on target in most accounts, with overall income slightly ahead of what was budgeted for the period, largely due to members' prepaid annual pledges and additional special gifts.



UBC Council members, left to right – Doug Donley, Pastor; Denise Roy, Treasurer; Gayla Marty, Congregational Life & Care; Chris Follett, Financial Secretary; Jean Lubke, President; and Deidre Druk, Outreach. **Photo by Megan Dahlberg**

Unusually warm weather and a credit for overpayment last year has meant less money expended on energy costs. Costs in the repairs and maintenance account were significantly more than planned due to plumbing and boiler repairs exceeding the budget for the full year. Currently, personnel expenses for services of six employees and eight regular freelancers account for about 80 percent of the church's overall expenses.

The printed review did show a current surplus of some \$17,000, but expenses tend to be heavier in the 2nd half of the year, making it impossible to predict where the budget will land at the end of the year.

The mid-year review allows for any budgetary changes/corrections that require congregational approval, but none were necessary or discussed. The Council's increase in authorized spending for childcare was reported and celebrated as a sign that church life is returning to normal post-pandemic.

If you would like a copy of the mid-year budget report, contact Denise Roy at denise.roy@mitchellhamline.edu.

FINANCIAL SECRETARY'S REPORT

Most of our income (57%) comes from pledges made by members. With more than half of the fiscal year over, pledge income has a surplus as some people have already fulfilled their annual pledges.



Other gifts and miscellaneous income provide 5% of our budget. We have had some generous donations of late.

The Foundation distribution is 17%, which includes \$33,399 for the property manager position. The Foundation funds are transferred to the UBC checking account as needed by the treasurer.

Expected annual rental income is 21% of our budget. Property Manager Patrick Mavity does a great job renting out spaces that don't have a regular tenant. Due to timing of this newsletter, some rent for Jan. has not yet been received.

Operating Income 2023-24	%	Budget	Expected	Received	Over (short)
Pledge Income	57	\$187,940	\$109,632	\$123,016	\$13,384
Rental Income	21	\$70,000	\$40,833	\$39,399	(\$1,434)
Misc income*	5	<u>\$15,000</u>	\$8,750	\$19,679	\$10,929
Subtotal		\$272,940	\$159,215	\$182,094	\$22,879
Foundation Contribution	17	<u>\$54,066</u>		-	
Total Operating Income	100	\$327,006			
Justice & Outreach		<u>\$15,000</u>		\$8,230	

*individual gifts, loose offering & miscellaneous income

The dedicated offering for Jan/Feb is for ABC Ministries and we have received \$1,130 to date.

The dedicated offering for Nov/Dec was for Justice Organizations and we have received \$1,100 to date.

Chris Follett, Financial Secretary



You can scan this QR code on your phone to be directed to our web page where there are a variety of causes to donate to.

UBC Wish List for 2023-24

These are items that don't fit in the budget but would be really nice to have.

1. A new church sign on University Ave. that faces oncoming traffic.
2. A big welcoming banner on the west side of the building visible to people driving or walking on University Ave.
3. Funds for a marketing communications consultant and/or graphic designer.
4. Funds for assistance migrating financial records from Money 2005 to QuickBooks Online.
5. Upgrade or replacement of our playground equipment.
6. Upgrade of our blue hymnal.
7. New furnishings for the nursery.

Volunteer Opportunities

Meals on Wheels

UBC has an opportunity to participate in Meals on Wheels on M-Th of the first full week of the month (for Jan. it will be T-F) (**Feb. 5-8**). Meals are picked up around 11:15 a.m. and the route usually takes 1-2 hours. If you have any questions or would like to schedule a ride-along, please contact Marie LaFrance at marielafance46@gmail.com.

Little Free Pantry

We are looking for individuals to stock the pantry, as well as your donations of money and/or items such as:

- Toiletries (toothbrushes, deodorant, sample sized shampoo/body wash/hand sanitizer, razors, feminine hygiene products)
- Boxed mixes that only require water to prepare
- Bars/cracker packs
- Ramen/instant soup in a cup, mac & cheese
- Rice/pasta/quinoa/
- Tuna packets

If you would like to help, please contact Kim Donley or Deidre Druk, Outreach co-chairs.

Every Meal

UBC participates in *Every Meal*, a program that distributes bagged food for families of children at Marcy Open School who receive free and reduced-cost meals. UBC is scheduled on the **second Friday of the non-summer months (Feb. 9)**, 11 a.m. to about 1 p.m. If you would like to volunteer, please contact Denise Roy at denise.roy@mitchellhamline.edu

UBC History Research

At the Minnesota History Center, UBC has 19 boxes of files and other materials. If you would like to join a team going over to the History Center sometime Wed-Sat, 10 a.m.-1 p.m. and 1-4 p.m., please contact Gayla Marty at gaylamarty@gmail.com.

Looking for Volunteers

Coffee hosts – Sign up in the lounge

Communion prep – Contact Terri Wottrich

Sunday school teachers - Contact Megan Dahlberg

Ushers – Contact Chris Follett

Worship leaders – Contact Deidre Druk

Special Offering for January and February American Baptist Churches USA

Our outreach mission focus for January and February will be for ministries within the American Baptist Churches USA which are not already receiving funds through the UBC budget.

This includes: Retired Ministers and Missionaries Fund, and One Great Hour of Sharing as well as others. Thank you for your help to support these important national ministries.

You can drop your offering in the donation box, send a check to the church, designate a gift directly from your bank, or use our online portal for giving on the UBC website, www.UBCmn.org.

Thank you for your ongoing Outreach support!!

*Kim Donley and Deidre Druk,
Outreach Co-Chairs*

Information from Trish Donley's Jan. 21 forum on decluttering

Five Step Decluttering Process

- 1) **Trash** – Trash is easy. Starting with the most visible mess, remove trash.
- 2) **Do the Easy Stuff** – Easy stuff is the stuff that has an established home somewhere else but for whatever reason isn't there.
- 3) **Duh Clutter** – Stick Duh Clutter (or Duhs) in the Donate Box.
- 4) **Ask the Two Decluttering Questions** –
- 5) **Question #1:** If I needed this item, where would I look for it? Take it there now.
- 6) **Question #2:** If I needed this item, would it occur to me that I already had one?
- 7) **Make it Fit** – Apply the Container Concept to the space where you're working.
Step 5.1: Consolidate
Step 5.2: Purge Down to the Limits of the Container

From Dana K. White

Helpful Books/Sites/Channels

- Dana K. White (www.aslobcomesclean.com). *Decluttering at the Speed of Life* and other books.
 - Dawn Madsen (Minimal Mom on YouTube). Also has a podcast.
 - Cassandra Aarssen (Clutterbug on YouTube). Also has a podcast. Take the quiz to find out what type of organizing style you have!
 - www.takeyourhouseback.com
 - Peter Walsh *Let it Go* and other books, also on YouTube.
 - Marie Kondo (www.KonMari.com) *The Life-Changing Magic of Tidying Up* and other books
 - Margareta Magnusson *The Gentle Art of Swedish Death Cleaning*
- Once you have decluttered, check out these channels for help with organizing:
- But First, Coffee (YouTube Channel).
 - The Organized Soprano (YouTube Channel).
 - A to Zen Life (YouTube Channel)
 - Andrea Jean Cleaning (YouTube Channel).

What to do with unwanted items

*Donate Good Stuff

(www.donategoodstuff.org). Searchable website shows where to donate items in the Twin Cities area and beyond.

*Joseph's Coat

(<http://www.josephscoatmn.org>). This is a free "store" in St. Paul.

***Bridging** (www.bridging.org) Locations in Roseville and Burnsville. Accepts furniture and household items. Will pick up items for a fee.

*Repowered (formerly Tech Dump)

(www.getrepowered.org)

Located in Saint Paul, this organization takes unwanted tech equipment. They wipe it clean of any data, then recycle the components responsibly. If it's able to be refurbished, they offer your item for resale.

*Dress for Success

(www.dressforsuccesstwincities.org) Accepts women's business and casual attire and accessories.

*Thrift stores/consignment shops

***Freecycle** (www.freecycle.org)

*Local **Buy Nothing** groups on Facebook

***Ridwell** (www.ridwell.com) Membership program that takes hard-to-recycle items on a bi-weekly basis for recycling/repurposing. Check with Denise Roy if you want to learn more!

Decluttering Accountability/ Motivation Group

If you are interested in meeting on a regular basis on Zoom to chat about your decluttering process, contact Trish Donley (612-386-2856/patricia.donley63@gmail.com). Let's support and challenge each other! ❤️

Equal Rights Amendment *It's Time!*



Equal Means Equal

Why is the ERA still an important issue? Where do we stand with our fight to ratify this amendment? What's happening in MN with the fight for the ERA?



League of Women Voters
ROSEVILLE AREA

Falcon Heights, Lauderdale, Little Canada, Maplewood, Roseville

Join us for two events at Ramsey County Library - Roseville:

Sunday Jan 21, 1:00- 2:30—a showing of the film *Equal Means Equal*.
(subtitles available.)

Sunday Feb 11, 1-2:30—an update on progress to ratify the amendment from Suzann Willhite, president, ERA MN.

Cosponsored by the League of Women Voters, Roseville Area, Do Good Roseville, and Ramsey County Library.



Two Gopher Hockey players came by in mid-January to deliver food for UBC's Little Free Pantry. See page 14 for more info.



February Birthdays

- 1 Ben Justin
- 2 Anielka Picado Montiel
- 4 Belén Diaz
- 5 Gayla Marty
- 8 Chris Follett, Harriet Johnson
- 11 Mel Roy
- 12 Jonathan Lubke, Susie Sanchez
- 18 Trish Donley
- 19 Drew Cramer
- 20 Michael Lubke
- 24 Anne Johnson
- 25 Kathleen Tice
- 26 Karole Graham

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the 25th of the month to

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