Dear Friends,

Have you ever thought of eating, weeping, laughing, listening, and praising as spiritual practices? Prior to reading Doris Donnelly's book, *Spiritual Fitness: Everyday Exercises for Body and Soul*, my answer would have been, “well, maybe, sort of.” But after reading the book, I understand the connection between all of these things and their ability to strengthen us and increase our “spiritual fitness” to be the hands and feet of Christ in this world. The Lenten sermon/worship series will focus on these five practices. In the book the author offers concrete ways we can put our faith and values into everyday practice. Our study groups will allow you to explore these spiritual practices more in depth. You do not need to read the book to fully participate, but it will add to your understanding.

With each of these five themes, there are a series of suggested spiritual practices, which will be distributed each Sunday as well as in a weekly e-mail and on our website. I encourage all of you to choose one or more of these practices each week, focusing on those you are not already doing.

For example, Jesus’ life, in many ways, revolved around food and eating. He violated religious law by who he ate with, and therefore deemed them worthy. His parting time with his disciples before his death was in sharing the Passover meal, his “last supper,” as we call it. And there’s so much more. Just a handful of the spiritual practices around eating that you will be invited to choose from are:

- Invite someone from a nursing home, or someone living alone, or a student away from home to your house for a holiday meal or Sunday supper, or take them along on a family outing.
- Teach your children (or your children’s children, or friends’ children) how to cook and how to bake.
- Volunteer at a food shelf, homeless shelter, or soup kitchen.

You are also invited to participate in one of our study groups, where you will have the opportunity to share your experience engaging in the weekly practices. These small groups will focus on the first three practices: eating, weeping and laughing. You are invited to continue on your own with the next two practices: listening and praising.

It is my prayer that throughout our Lenten journey we will deepen our faith (spiritual fitness) and strengthen our ability to connect with God, each other, and the world around us.

Blessings,

[Signature]
**Worship Themes During Lent**

*Spiritual Fitness: Everyday Exercises for Body and Soul*

- March 8  Eating
- March 15  Weeping
- March 22  Laughing
- March 29  Listening
- April 5  Praising

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**Lent Small Group Sign Up**

**Groups Begin Week of March 8**

Three small groups will each meet three times during Lent to focus more closely on the practices of eating, weeping, and laughing.

**Group 1**

Tuesdays at 7:00 PM (March 10, 17, and 24)

Led by Becky Coleman and hosted by Jean Herron at her home in southwest Minneapolis.

**Group 2**

Thursdays at 7:00 PM (March 12, 19, and 26)

Led Gregg Collins and Kim Kleinschmidt at their home in Richfield.

**Group 3**

Saturdays from 11:00 AM to 12:30 PM (March 14, 21, and 28)

Led by Daniel Brewer in the parlor at Living Spirit. (You may bring a sack lunch if you would like.)

Register online: [livingspiritumc.org/lent-2020](http://livingspiritumc.org/lent-2020) or pick up a registration form at Living Spirit; direct questions to Pastor Suzanne

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**Igniting Our Faith: *Harriet***

**Sundays, March 1, 8, and 15 | 9:15 AM**  
**Friday, March 27 | 7:00 PM**

We will be showing the movie *Harriet* in three parts during Igniting Our Faith in early March, as well as screening the entire film on March 27.

Based on the inspirational life of an American freedom fighter, *Harriet* tells the extraordinary story of Harriet Tubman’s escape from slavery, and her return trips to save hundreds of others. She defied impossible odds to change the course of her life and the fate of the nation.

More Information: Janelle Hill (hilljanelle@msn.com)

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**Happy Birthday UMW! Spring Bake & Craft Sale**

**Sunday, April 5 | 11:45 AM**

We celebrate March 23 as the “birthday” of United Methodist Women (UMW), founded 151 years ago. The women who founded the predecessor organization were concerned about the health and education of women and girls, and that focus continues in our current efforts, particularly with regard to improving maternal health.

We invite you to participate in the Spring Bake and Craft sale on Palm Sunday (April 5) following worship. We’ll have food and baked items, gently used and new household items, cloth bags, gift items, and more. Your donations and purchases make UMW’s work with women, children, and youth in the U.S. and around the world possible.

More Information / Questions About Contributions: Becky Coleman (612-724-4817; BeckyC57@gmail.com) or Joyce Prudden (jprudden22@aol.com)
Winter Hike

**Saturday, March 14 | 1:00 p.m. | End of Lyndale Ave., north of the river**

A group of outdoor adventurers is ready to take a hike! We'll be meeting at the very bottom of Lyndale Ave. where it dead ends on the north side of the river (see map at right).

More Information or to Sign Up: Mark Stehlik (612-282-0642)

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Homeless Day on the Hill

**Wednesday, March 11 | 8:00 AM–3:00 PM | Central Presbyterian Church (St. Paul)**

Beacon Interfaith Housing is joining other Homes for All organizations at Homeless Day on the Hill at the State Capitol. This event is the largest lobby day on housing issues during the session, and we need to show up in large numbers to show our support. Last month we wrote postcards to our legislators, asking them to support Beacon’s three initiatives: $500 million in housing bonds, adequate operating dollars for family supportive housing, and increasing funds in the rent subsidy program (section 8 housing). Now we are going to the capitol, in person, to ask our legislators to support these requests. Please join us and help show our leaders that safe, accessible housing matters in Minnesota.

More Information or to Sign Up: Ann Jensen (annjensen001@gmail.com; 612-825-3287)

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Calling All Gardeners!

**Saturday, March 28 | 10:00 AM**

There is snow everywhere now, but forecasters are predicting an early spring! Spring—with thoughts of seeds, plants, and delicious vegetables from our own gardens: fresh beans, lettuce, peas, tomatoes, broccoli, and cucumbers; yum!

There will be a meeting of all gardeners and prospective gardeners at church on March 28 to figure out together how we will organize the garden this year. If you have gardened with us before, hopefully you’re ready to come back; if you haven’t, there is still more space. Come and bring a friend with you! We garden together on the south side of the church, and we have plots available ranging from 1 to 16 square feet, for all levels of gardening experience. Gardeners share the task of watering throughout the season.

Please let Ann Jensen know your plans for this gardening season—that you’re planning to garden with us, if you are, or that you’re planning to attend the first meeting to find out more.

More Information: Ann Jensen (annjensen001@gmail.com; 612-825-3287)
Feeding Hungry People This Month

Minnesota FoodShare March Campaign

Donations accepted throughout March

Living Spirit will participate with people across the state to raise money and provide supplies for participating food shelves in March. The March Campaign of Minnesota FoodShare began in the metro area in 1982 and spread statewide the following year.

We invite you to contribute financially throughout March to help provide food for hungry Minnesotans. Food shelves have access to suppliers that allow them to stretch your donation dollars beyond what that amount could purchase at a grocery store. This congregation has always been incredibly generous in its support of the FoodShare. Thank you!

Food Fact: In 2019, 12.5% of children in Minnesota were food-insecure, meaning that there was an inconsistent supply of food adequate to meet nutritional needs for some or all of the year.

More Information: Church Office

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Community Supper
Wednesdays at 5:45 PM

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
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<tbody>
<tr>
<td>March 4</td>
<td>Mexican Lasagna, Mac &amp; Cheese</td>
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<td>March 11</td>
<td>Meatball Sandwiches</td>
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<td>March 18</td>
<td>Spaghetti</td>
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<tr>
<td>March 25</td>
<td>Tacos</td>
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Regular Volunteer Opportunities

**Feed My Starving Children**
What: Pack meals for malnourished children worldwide
When: Monthly (March 5 at 7:25PM)
RSVP: Ann Jensen (annjensen001@gmail.com)

**Loaves & Fishes**
What: Help clean up after a hot meal served to people in need
When: Odd months, 4th Monday (March 23 at 5:45PM)
RSVP: Janelle Hill (hill.janelle@msn.com)

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Want to Be Part of Our Food Ministry?

**Food Ministries Team Meeting | Sunday, March 15 | NOON**

Everyone who is interested or involved in the various food ministries at Living Spirit is invited to attend a meeting on Sunday, March 15 after worship, in the dining room. We will discuss and review the Wednesday supper and Sunday breakfast ministries, as well as the backpack ministry. If you are not familiar with these programs please attend the meeting to learn more. If you would like to provide feedback on any part of these programs we would love to hear your input. As we continue to plan for the future of Living Spirit we need to also consider the future of these long term food ministries.

More Information: Kim Kleinschmidt or Wes Mellgren
Join Us for Holy Week and Easter

Palm Sunday | Sunday, April 5 | 10:30 AM
Holy Week Worship | Wednesday, April 8 | 6:45 PM
Good Friday Worship | Friday, April 10 | 7:00 PM
    with Lake Harriet UMC at Living Spirit

Easter is Sunday, April 12
Easter Sunrise Worship | 7:00 AM
    at Lakewood Memorial Chapel
Easter Breakfast | 8:30 AM
Easter Egg Hunt | 9:30 AM
Easter Festival Worship | 10:30 AM

Life of Living Spirit is a publication of Living Spirit United Methodist Church

Happy Birthday!

March 7  Catherine Swen  March 13  Peter Jorgenson
March 9  Wes Mellgren  March 20  Cynthia Holmberg
March 10  Doris Settergren  March 21  Georgia Le
    Shawn Van Dyke  March 22  Mark Stehlik
March 11  Evan Knutson  March 26  Terrill Patterson
March 12  Kim Littlejohn  March 29  Gregory Dopp

Contact

Pastor—Suzanne Mades
  612-721-5025 (office)
  612-401-0751 (cell)
  suzanne@livingspiritumc.org

Music Director—Mikyoung Park
  mikyoung@livingspiritumc.org

Director of Children’s, Youth, and Family Ministries—Mandy Beardsley
  612-741-4936 (cell)
  mandy@livingspiritumc.org

Church Office Hours
  MWF  1:00–5:00 PM
  TuTh  9:00 AM–1:00 PM

Contact Information Below

If you or a loved one needs help accessing or navigating mental health care, contact Mental Health Connect at 612-312-3377 or mhconnect.org.

The newsletter is one of several ways to keep in touch with Living Spirit. If you would like to receive more frequent updates, sign up for our weekly email on the homepage of our website. (You can also subscribe to the newsletter there, if you don’t receive it already.)

If you do not want to receive the newsletter anymore, click on ‘Update My Preferences’ at the bottom of the e-mail it came in, or contact the church office if you receive a paper copy.
# March Overview

[https://livingspiritumc.org/calendar](https://livingspiritumc.org/calendar)

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>1</td>
<td>Igniting Our Faith · 9:15 AM</td>
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<tr>
<td></td>
<td></td>
<td>Youth/YA Snow Tubing · 1:15 PM</td>
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<td>☀ Community Supper · 5:45 PM</td>
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<td>🎵 Handbells Rehearse · 6:20 PM</td>
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<td>☀ Walkers · 8:15 AM</td>
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<td>☀ Staff Meeting · 9:30 AM</td>
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<td>☀ FMSC · 7:25 PM</td>
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<td>Sunday</td>
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<td>Daylight Savings Time Begins</td>
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<td>☀ Lent Small Group 1 · 7:00 PM</td>
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<td>Saturday</td>
<td>14</td>
<td>Lent Small Group 3 · 11:00 AM</td>
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<td>☀ Winter Hike · 1:00 PM</td>
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**Sunday Mornings**

- Breakfast · 8:30 AM
- Singers Rehearse · 9:20 AM
- Worship · 10:30 AM
- Fellowship · 11:45 AM

- Trustees · 7:00 PM
- Lent Small Group 1 · 7:00 PM
- April News Due
  - Community Supper · 5:45 PM
  - Handbells Rehearse · 6:20 PM
- Walkers · 8:15 AM
- Lent Small Group 2 · 7:00 PM
- Potluck / Game Night · 6:30 PM
- Lent Small Group 3 · 11:00 AM
- Loaves & Fishes · 5:45 PM
- Lent Small Group 1 · 7:00 PM
- Community Supper · 5:45 PM
  - Handbells Rehearse · 6:20 PM
- Walkers · 8:15 AM
- Lent Small Group 2 · 7:00 PM
- Igniting Our Faith · 7:00 PM
  - Film: Harriet
- Lent Small Group 3 · 11:00 AM
- Families Moving Forward · 4:30 PM

- Special Event
- ☀ Other Location
- ☀ Leadership Meeting
- 🎵 Music
- See Regular Schedule
Looking Back
In early February, young adults met after worship to go bowling together.

Looking Forward
Lent Study Groups
begin the week of March 8

Homeless Day on the Hill
March 11

Garden Kick-Off
March 28 at 10:00 am