

## From the Pastor...

Each week I participate in a couple of Zoom calls with United Methodist Church people from all over the state of Minnesota. One Zoom call is with a bunch of local church pastors as we discuss our sermon plans, questions we have for one another about our church work and any other thing that we want to consult about or celebrate related to our ministry. The other Zoom call is with half a dozen lay people and another half a dozen clergy and each of us answers the question: "How is it with your soul?" (the question that John Wesley asked at the beginning of his small group meetings).

I've noticed over the last couple of weeks that people have fallen into a state of ennui, a state of weariness about everything. As one pastor from greater Minnesota put it, "Nothing's really wrong and nothing's really right."

What a perfect time to be entering the season of Lent. No, really!

My daily devotional guide called *A Guide to Prayer for All Who Walk with God* says, "The season of Lent may be the most emotionally charged season of the Christian year. It is a forty-day journey (not counting Sundays) when we watch the tight-knit community of Jesus and the Twelve form and grow in what it means to be faithful to the loving God that Jesus tenderly called Abba."

The season of Lent is a time to be more intentional about our connection with God. Some of us are participating in the Lenten Study based on the Brene Brown book *The Gifts of Imperfection*. Others of us are being more intentional about our prayer or our worship or our Bible study as we prepare our hearts and minds for the movement from darkness to light that we experience at the end of Lent during Holy Week.

I invite you to join me in this holy journey through Lent, with the hopes that our weariness and malaise might turn to joy and amazement at the end of it all.

As my daily devotional says, "The season of Lent gives us time to remember our own humanity and our own mortality as we observe the lives of the Twelve, who were seeking to be faithful followers of Jesus in a world not unlike our own. But Ash Wednesday and the Crucifixion do not tell the entire story. There is more to come. And what is to come is so dazzling that the struggles in a troubled and violent world and the utter darkness of the crucifixion are rendered helpless. They are no longer the threat they once appeared to be."

May we find blessings this Lent.

~ Pastor Holly

## Celebrations



THANK YOU FOR  
SUPPORTING OUR  
FOOD SHELF!

### Birthdays

- 3/2 Laurie D.
- Sharron F.
- 3/3 Madelyn J.
- Madelynn K.
- 3/17 Jessica S.
- 3/18 Samantha Jo K.
- 3/19 Steve K.
- 3/24 Wendy C.
- 3/26 Rick C.
- 3/27 Tommy A.
- Andy E.
- Kaylee E.
- Donna K.
- 3/28 Janet R.
- Gary S.
- 3/29 Bessie G.
- Linda R.

### Anniversaries

- 3/31 Karl & Jeanne L.

\*If you do not see your special date,  
please let Michelle in the office know!



## Strong Missions, Costa Rica 2022

by Dave Freemore

When we talk of basic needs we list water, food, shelter. **Water** is rarely an issue in Costa Rica as the average rainfall is 8.3 feet, with the rain forests getting as much as 25 feet. **Food** is the primary area that assistance is needed and much of the missions resources are used for this basic need. **Shelter** is often made from what we would see as roadside trash—mostly corrugated sheet metal. Unfortunately, this provides little protection from the heat and, for the higher elevations, no protection from the cold nights. The average elevation of Costa Rica is 2,448 feet.

Why do I choose to do this? Why is it important? The desire to serve. By helping even just one person or family, the world becomes a better place. Some refer to this as "Paying it Forward". The adage of "lead by example" also holds true.

None of these concepts are new, it is simply a matter of putting them into action. Wyoming United Methodist Church is a leader in this arena. The annual report on missions supports this claim. Every person has an area of interest that is a part of the overall mission package.



The primary goal of Strong Missions is to help young people succeed. A very basic need is proper nutrition. The \$3,100 donation you made will be used primarily for just that. One of our excursions was to fill up 6 grocery carts full of basic food and hygiene needs. We then divided it out into 20 equal portions and proceeded to deliver the boxes to families squatting on public property adjacent to a small river near San Jose. We would use the term "slums" but the locals have a much kinder term "precario" or precarious housing.



One of the other basic needs is shelter. Not only should it be reasonably comfortable, but more important, it must be safe. It is surprising how much a simple layer of sheetrock can protect from daytime heat and the cool air from the mountains at night. The safety issues at

the home we worked at revolved around the electrical wiring. There were wires hanging unprotected from the ceilings, fixtures with live wires exposed and wires spliced together with little or no protection. There was a circuit breaker box, but nothing hooked to it so there was no protection from shorts or exposure to water.

Each team member contributes a base which covers airfare, food, lodging, ground transportation, a weekend excursion and \$500 towards supplies and materials for the projects they are involved in.

Wherever possible, locals are hired as cooks, drivers, teachers, security and project supervisors.

During the pre covid years, there were as many as 20 teams visiting Strong Missions each year. In the past 2 years there have been a total of 3 teams. As a result, most of the improvement projects for the mission site have been canceled and community based initiatives like the community garden have been shelved. Fortunately, the dance and karate classes have flourished. Many children have been attracted to these programs and provide a positive way to build self esteem and promote teamwork. Without these programs, many kids would be on the streets in gangs and dealing and/or doing drugs. This alone is reason enough to help Strong Missions as resource for children and their families in the San Jose area.



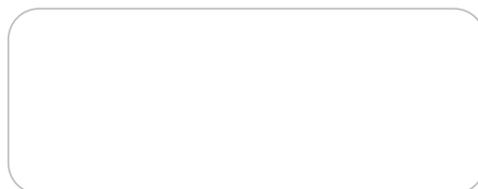
*Bear one another's burdens, and so fulfill the law of Christ. - Galatians 6:2*

## Wyoming UMC's Mission Focus for March:



Lack of consistent access to enough food for every person in a household to live an active, healthy life is known as "food insecurity." Most people would just call it hunger. This can be a temporary situation for a household or can last a long time. With your support, Family Pathways can be there for all who need them. From February 28-April 10, we can join them in making sure that none of our neighbors ever go hungry. More info inside...

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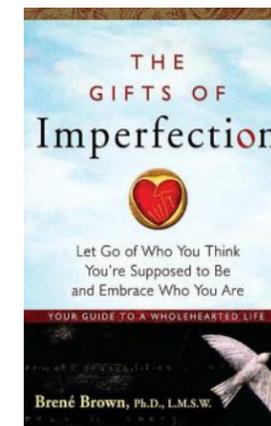
## Wyoming United Methodist Church

# Messenger



### Lenten Study

Beginning on Wednesday, March 9, at 7PM, we will be having a 6-week Lenten Study as we together read and discuss Brene Brown's book *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*. We will begin our study using Zoom to connect us in our homes. We'll be meeting every Wednesday at 7PM, with our last gathering on April 13.



### New Member Class

Several people are interested in joining our church. Those who are interested in joining will be gathering on Tuesday, March 15 at 6:30PM to learn more about the ministries of the church and what it means to be a member at Wyoming United Methodist Church. We'll pick a Sunday soon after the New Member Class to welcome these people into our church family during our morning worship.



### Ash Wednesday

You are invited to begin your Lenten journey with a time of prayer in the worship space at Wyoming Church. The church will be open on Wednesday, March 2 from 5-6:30PM. You're welcome to come at any time during that hour and a half window, receive from Pastor Holly the mark of the cross in ashes on your forehead or the back of your hand and then spend some time in prayer in the worship space. Prayers and readings will be provided for you to use in that time of prayer and/or to take home with you to read later.

### Worship Services in March

This month we are talking about wholehearted faith as we explore how to live authentically and faithfully in these days. We will use as a guide, scripture and Brene Brown's book *The Gifts of Imperfection*, as we together learn how to better cultivate compassion, resilience, gratitude and joy and live as the beloved children of God that we are created to be. Join us as we journey together through Lent with a wholehearted faith.

#### March 6

Wholehearted Faith  
 Matthew 15:21-28

#### March 13

Wholehearted Faith:  
 Letting Go of Perfectionism  
 Luke 6:39-49

#### March 20

Wholehearted Faith:  
 Cultivating Gratitude  
 Genesis 45:1-8

#### March 27

Wholehearted Faith:  
 Letting Go of Comparison  
 Matthew 20:1-16