



# St. Paul Ministries

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Visit our website: [stpauldayton.org](http://stpauldayton.org)

Like us on Facebook: St. Paul United Methodist Church of Dayton

*St. Paul, a United Methodist Church, and so much more...*



## SIGNS OF LIFE

*why church matters*

### *A Five Week Lenten Study*

*The rich signs of Christian worship speak to us day by day. As we explore the layers of meaning these symbols carry, and enter more fully into their truth, we learn to pray what we live and live what we pray.*

**Join us following church during the Lenten Season for this opportunity to engage with the simple, elemental aspects of liturgy and scripture: light, water, food, shelter, community. Group study will take place for 45-50 minutes following church with video, reflection, and discussion. At the end of each session, a simple exercise will be provided to you for your own personal practice throughout the week. The lesson requires no extra time out of your normal routines but will deepen your connection to the divine and your own spiritual work as you journey through your day.**

#### **Week One—Light March 1**

When we see by the light of Christ, everything that is close to us, the manifestly, everyday experiences of living—everything—is transformed into a vehicle of grace. We are called to more than just basking in the glow of the light of Christ; we are called to bring that light to those around us.

#### **Week Two—Water March 8**

Water is so commonplace, we might forget to notice it throughout the day but remember the sacredness of the water of your baptism. It is a rich symbol of participation in the dying and rising of Christ. Baptism is the sacrament of surrender, the sacramental act of letting go of fear and control and remembering to trust that you will be sustained, even in the midst of chaos and death.

#### **Week Three—Food March 15**

When we remember food is life, we gain a better understanding of what it means to ask God to give us our daily bread... But most importantly, when we remember that food is life, we discover what it means when Jesus says, "I am the Bread of Life." Jesus is the food that will feed us.

#### **Week Four—Shelter March 22**

We do not sign up for safety when we sign onto the grand project of the Kin-dom of God. Amid the journey that is our life, when we wonder if we've set out on the right path, it is the companionship of fellow travelers on the journey, along with the liturgy, the same patterns unfolding, again and again, scriptures and hymns and prayers, that shelter us.

#### **Week Five—Community March 29**

Being in a loving relationship means that the truth of our very selves will be revealed. When we have chosen to love, no matter what, there is no place for us to hide from ourselves. We learn that not only do we need to love others for who they are, we need to love ourselves for who we are.

**Offered by the Academy for Spiritual and Social Practices**

# Join St. Paul Hispanic Ministry's "Justice for Immigrants" Efforts

Are you looking to serve in a way that can make a difference in the life of an individual asylum seeker or refugee family? **St. Paul's Hispanic Ministry is the place to start!**

People of Hispanic origin are at high risk for developing diabetes. Our next educational opportunity is **Diabetes Education in Spanish**, presented by Public Health of the Miami Valley (see ad). Classes will be held on the following **Wednesdays in March: 4, 11 and 18, at 6:45-8:30 p.m.** Help is needed in the following areas:

- **Hospitality** – provide a healthy snack: veggie and/or fruit tray, crackers or protein bars, bottled water, coffee service (decaf and regular). *(No Spanish necessary)*
- **Childcare for parents attending class** – provide an age-appropriate video / movie for kids to watch (wide screen TV available); serve popcorn; play games; color, etc. *(Some Spanish helpful)*

## Did you know that the City of Dayton welcomes immigrants and refugees?

Here are some of the ways in which you or your faith community can help make Dayton a more just and welcoming place for immigrants, migrants and refugees:

- **Adopt a family seeking asylum.** If an undocumented immigrant is currently complying with immigration proceedings, it is not a violation to offer them shelter, transportation and assistance.
- **Learn how your church can be a "Sanctuary."** A congregation that offers protection and support to an individual or family working to resolve their immigration status is providing "sanctuary," not "harboring."
- **Learn how to "accompany" a migrant.** Migrants and asylum seekers are not permitted to get a driver's license in Ohio, so they need rides to their immigration check-in appointments and to court. There are no immigration check-in offices in Dayton, only in Cincinnati or Columbus. The only immigration court in Ohio is in Cleveland.
- **Learn how to help a migrant fill out an application for asylum.** Migrants who cannot afford an attorney can represent themselves in court, but they will need help to fill out the application in English. If you are fluent in another language (Spanish, for example), you can help migrants fill out their applications, which they will sign and file in court.
- **Send a special designated donation to St. Paul's Hispanic Ministry.** St. Paul has been a Level 2 "Sanctuary" church for many years, and our programs are vital to the Justice for Immigrants effort.

For more information, click on these links:

<http://www.leaddayton.org/miami-valley-immigration-coalition.html>

<https://www.aclu.org/other/sanctuary-congregations-and-harboring-faq>

<https://dornsife.usc.edu/csii/blog-benefits-welcoming-immigrants-ohio/>

<http://www.welcomedayton.org/>

### Cómo Manejar la Diabetes Usted Mismo: Un Programa Educativo

**Ofrecido por el Departamento de Salud Pública de Dayton y el Condado de Montgomery**

Local de las clases: St. Paul UMC, 101 Huffman Avenue Dayton, OH 45403  
Clases a los Miércoles 4, 11, 18 de Marzo a las 6:45 pm.

Para más información, llamar a la Pastora Susana  
**937-586-8578**

Ofrecemos Clases en Español Gratis, Miércoles de las 6:45 a las 9 p.m.

- Cómo manejar la diabetes usted mismo
- Cómo planear y comer comida saludable
- Cómo controlar su nivel de colesterol
- Estrategias para perder peso

Hay un grupo de apoyo para personas con diabetes que se reúne en el Departamento de la Salud Pública el segundo martes del mes de 11:15 a.m.-1 p.m. Todos sus amigos y familiares están cordialmente invitados.

El Diabetes es la 7ª Causa Más Prevalente de Muertes en el Condado de Montgomery

La diabetes es una enfermedad seria que puede causar el colesterol elevado, la presión alta, y severas complicaciones de salud, como:

- Pérdida de la visión
- Problemas con los dientes
- Daño a los riñones
- La amputación de miembros
- La muerte prematura

La probabilidad de adquirir la diabetes aumenta con la edad.

La probabilidad de que una persona hispana adquiera la diabetes es más alta que en otras poblaciones. Por eso, las clases están abiertas a toda la comunidad hispana, no solamente a los que ya tienen diabetes.

Public Health  
Dayton & Montgomery County

American Diabetes Association  
"The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education."

Human Services  
MONTGOMERY

Para ingresar en el programa, o conseguir más información, favor de llamar a la Pastora Susana - 937-586-8578 o visitar el Departamento de Salud Pública en la internet – [www.phdmc.org](http://www.phdmc.org).

February 2020

A special invitation to all Miami Valley UMW members

## Magical Mystery Mission Tour

“Discover Your Mission”



On **April 18, 2020** the Miami Valley UMW officers have created a unique opportunity to learn more about the Miami Valley District missions. **We will board a chartered bus at Concord United Methodist Church in Englewood and travel to three mystery mission stops!** Along the way, we will also view other locations in our district that has experienced great need.

Since we are starting a little later than usual, breakfast snacks (granola bars, fruit and beverages) will be provided. During the trip, we will stop for lunch. **Your registration of \$20 will pay for the transportation, snacks, and lunch. What a bargain!**

**Each unit with a representative attending this Mystery Trip will receive a gift bag of items related to UMW and the areas that we are touring.**

Our mission project for this day will be a donation of an item that would be given at a baby shower and a monetary gift.

### Questions you may have:

- **What time is this event?** The event will be from 9:30-3:00.
- **Where will we begin and end?** The mystery mission trip will begin and end at Concord UMC Concord United Methodist Church at 1123 S. Main Street, Englewood Ohio
- **If we are riding a bus, how many people can attend?** Attendance is very limited. Register early!
- **How long will we be on the bus?** We will be on the bus no longer than 45 minutes at any one time.
- **Where can I find the registration form?** See the registration form in this newsletter.

**Please come and bring someone too! Discover YOUR mission and see for yourself how you can pray and give to all of these worthy mission causes!**



## Mark your calendars!

<b>March 8</b>	Daylight Savings Time
<b>March 23-31</b>	Stuff Shoppe closed for cleaning and putting out spring and summer items.
<b>March 28</b>	Steak Dinner
<b>April 1</b>	Stuff Shoppe Grand Reopening!
<b>April 5</b>	Palm Sunday
<b>April 12</b>	Easter
<b>April 18</b>	Miami Valley District United Methodist Women Mystery Mission Tour

## St. Paul needs list:

- Plastic grocery bags
- Canned vegetables
- Canned fruit
- Canned meats
- Cereal
- Boxed potatoes
- Peanut butter & jelly
- Shelf milk
- Laundry soap
- Dish soap
- Hand soap
- Toilet paper
- Paper towels
- Deodorant
- Shampoo
- New electric griddle



### Dear Huffman Kids,

## Come to open gym!

Pick up games and more with other Huffman kids

**When:** Fridays 4:30-6:00pm  
(Feb. 21 - April 24)

**Where:** St. Paul's United Methodist Church gym, 101 Huffman Ave

**\*under 6 must be accompanied by an adult\***

Brought to you by the Parents of Huffman with help from St. Paul's United Methodist Church

-Free  
-Drop-in  
-Parents welcome  
-Ages toddler to teen  
-Enter on 4th Street door  
-Run by our parent volunteers  
-Bring own equipment if desired  
-Where kids can run their energy out!

\*No open gym March 27th or April 10th

**Fun, inclusive, safe, community play for all kids of Huffman**

Questions? Liz at monalull@gmail.com

# FREE TAX PREPARATION

St. Paul United Methodist Church  
101 Huffman Ave, Dayton OH 45403

To schedule appointment: At appointment, please bring:

- Call 937-829-2231
- W-2 (2019)
- Forms from 2018 and tax preparation package
- Tax-deductible receipts

Service provided by



Volunteer Income Tax Assistance Program

## Breakfast and lunch dates

### TUESDAY LUNCHES

#### MARCH

- 3 St. Paul Community
- 10 Centerville UMW
- 17 Lewisburg UMC
- 24 Spring Valley UMC
- 31 Tipp City UMC

#### SATURDAY BREAKFASTS

#### MARCH

- 7 Belmont UMC
- 14 Englewood UMC
- 21 Normandy UMC
- 24 Community UMC

#### APRIL

- 7 Christ UMC
- 14 Bellbrook UMC
- 21 Aley UMC
- 28 North Riverdale Lutheran Church

#### APRIL

- 4 Belmont UMC
- 11 Aley UMC
- 18 Normandy UMC
- 25 Belmont UMC Youth

# St. Paul UMC Semi-Annual Steak Dinner

Saturday, March 28, 2020



4:30 - 7 p.m.

Adults — \$12.00

Children (11 & Younger — \$6.00)

Reservations Accepted



*Come dine with us!*

## MENU

Cubed Steak with Mushroom Gravy • Baked Potato  
Green Beans • Tossed Salad or Applesauce • Dinner Roll  
Homemade Desserts • Beverage

