

THURSDAY EPISTLE + New ways to BE church  
Sunday Worship @ 10:30am via Zoom/Live Stream  
Community Check In TONIGHT

[View this email in your browser](#)



# UNIVERSITY CHURCH OF LUTHERAN HOPE

Complex world. Thoughtful church.





## Table of Contents

- [Coming Up](#)
- [Worship and Music](#)
- [Faith Formation](#)
- [Lutheran Campus Ministry](#)
- [Relational Ministries](#)
- [Youth](#)
- [Hope in the World](#)
- [In our prayers...](#)
- [Leadership](#)
- [Reminders](#)

## Our E-mail List...

We've expanded our email list with hopes of communicating with more of the University Lutheran Church of Hope community. If you know of others you'd like to receive emails, contact Nathan at [ulch@ulch.org](mailto:ulch@ulch.org). If you'd prefer not to receive these, you may unsubscribe at the bottom of this email.

## Coming Up

### Coming Up...

- **Today, Thursday, May 7:** Community Check In at 7:30pm with a focus on those with loved ones in congregate care settings. Links below.

- **Friday, May 8:** Contemplative Prayer 12-12:45pm on Facebook (see below)
- **Sunday, May 10:** Worship at 10:30am. Zoom and live stream details below.
- **Wednesday, May 13:** Evening Worship at 7pm, with a Community Check in following. Links below.
- **Sunday, May 17:** Worship at 10:30am. Leadership from children and youth. Solar Forum follows worship.

## Worship and Music

### Sunday Worship on Zoom or Live Stream at 10:30am



### **Links:** Worship This Sunday!

We continue to worship each Sunday morning at 10:30am. When the Sunday bulletin is complete it will be posted on our website: <http://www.ulch.org/>. Here are

two ways to participate.

**Join us on Zoom** and have the ability to interact with one another and the worship leaders. The service begins at 10:30am and we'll open the Zoom line 15 minutes before the service so you can enter, get settled, greet folks, and light a candle.

**Also, we'll continue to share Holy Communion most Sundays. Have bread and wine/grape juice available.** Remember that Zoom allows for up to 100 devices to access at a time, so if you aren't able to join, you'll need to opt for the live stream.

**Join us for 10:30am worship (beginning at 10:15):**

<https://us02web.zoom.us/j/86341561673?pwd=cWlnTFZuSjRFTXN4NDB2K2E2amx6Zz09>

Meeting ID: 863 4156 1673

Password: 60113

**To dial in to Zoom, use:**

+1 301 715 8592

+1 253 215 8782

Meeting ID: 863 4156 1673

To mute/unmute, use \*6

**Join us on the live stream (or recorded for later).** We are finding it best to live stream to either:

**Our ULCH YouTube channel (our preferred**

**option):** (<https://www.youtube.com/channel/UCdafm2u6o-lbK4tLBZNEtGg>)

**Or the University Lutheran Church of Hope Facebook page at Facebook**

**Live:** (<https://www.facebook.com/ulchope/live/>)

We regularly run into trouble with both of these, so if one doesn't work, try the other! Thanks for flexing.

---

## **New: Evening Worship Wednesday May 13th**

Join us Wednesday evening, May 13, at 7pm for an evening worship offering on Zoom. The liturgy will resemble our typical Wednesday evening worship throughout the year, with singing, candles, and prayer. **You are invited.**

<https://us02web.zoom.us/j/88228533386?pwd=SnNXMG5lZk53TGhGc1NtRUJ6ZiArUT09>

Meeting ID: 882 2853 3386

Password: 60113

**To dial in to Zoom, use:**

+1 301 715 8592

+1 253 215 8782

Meeting ID: 882 2853 3386

To mute/unmute by phone, \*6.

**Please note that a Community Check in** at 7:30pm follows evening service. Feel free to come to one or both--all on the same Zoom login.

---

## **In our prayers:**

- Marge Perko and family at the death of Marge's brother Edward Hanson.

---

## **Free Downloads: ULCHers Recordings Available!**

Did you enjoy last Sunday's prelude? It was part of the the ULCHers (the band) just released a four song "album" that was created with the help of a generous grant from the ULCH Trust! Here's how to find these songs... The first 200 downloads each month are free. Follow this link [May Hope Be Revealed, by The](#)

[ULCHers](#) to download today. (Hint for a thrifty community: download the whole set at one time, rather than four individual songs—our 200 free per month will go further.) The rest of the project is still to come and includes one more song that needs some mixing (it's Easter-themed), plus several liturgical pieces, some of which can't be finished under the current-stay-at-home conditions. More to come! Thanks for sharing your musical gifts, ULCHers: Tim Gustafson, Mark Nelson, Ben Larson, Paul Odenbach, and Jay Carlson!

---

## **Updated: Night Songs in Living Lutheran**

Do you receive the ELCA's publication Living Lutheran? If so, check out the May 2020 edition and the article about our February Night Songs event. Thanks to Nick Tangen who wears the ULCH Minister of Faith in Community hat as well as writing articles on a bounty of topics...including Night Songs. Way to go! The May edition of Living Lutheran has now been posted. Here is a link directly to the article: <http://pubs.royle.com/publication/?m=62112&i=656748&p=26&pre=1>

---

## **Contemplative Prayer on Facebook**

On Fridays, we will post a video walking folks through an aspect of contemplative prayer, with a focus on how to practice at home. We have covered Centering Prayer, Lectio Divina, the Welcoming Prayer, and much more. Go to the University Lutheran Church of Hope Facebook Page at noon on Friday to learn a new practice, or more about an existing one.

**Faith Formation**

## Resource Sharing on the ULCH Webpage

Many of us are spending most of our days at home while the US combats the spread of COVID-19. This includes children, parents, single-people, our elders and others. While we are at home we may seek out ways to remain connected, to pass the time, and to explore faith and scripture.

While we continue to practice social-distancing, we will use the [Resource Sharing](#) page on our website to gather and assemble resources for connection and engagement at home. If you have suggestions, articles, links, videos, or other ideas, please send them to Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org).

---





## **Updated:** Children's Ministry-Staying Connected

Ways to stay connected.

- **Sunday School Check-In** We will gather at 2pm on Sunday May 10th on Zoom for a time of check-ins, prayer, and creativity. We will send a Zoom link to parents/guardians. If you would like to be added to this group, please contact Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org).
- **We have set up a private FB Group for families with young children.** This will be a space to share links and videos and other creative ideas



for engaging kids about faith while they are home from school. If you would like to be added to this group, please contact Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org).

- **We will also post resources on the ULCH Website** on the page titled Resource Sharing. If you have items to add to this hub, please contact Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org)

We are all adjusting to this new moment, and our leaders on the Children's Ministry Team believe that social distancing doesn't have to stop us from connecting and supporting and enjoying one another's company. We appreciate your patience and flexibility, and would love to hear any feedback or suggestions you might have. Peace!

---

## **Updated: South Minneapolis Online camp is coming June 15! Please spread the word.**

Our church leaders met last week to figure out a plan for our beloved collaborative ecumenical day camp, which has been scheduled for the week of June 15. It was clear to us that we will not be able to offer an in-person full day camp this year as we had hoped - which makes us sad! We will miss being together with your kids.

However, we still feel committed to offering an online option that is scaled back and simpler. We hope to include a live streamed/zoom music and story time every day during the week of June 15-19, as well as offer art and water stewardship activities. We hope this offering will be enriching and nurturing for your kids - as well as low-maintenance/simple for parents. We are working on a website and a new registration page now, and we will be in touch soon with more information.

# Lutheran Campus Ministry



## Welcome All Students!

**Lutheran Campus Ministry (LCM)** is a student ministry of the ELCA in partnership with University Lutheran Church of Hope and Grace University Lutheran Church. Check out the website ([www.umnlutheran.org](http://www.umnlutheran.org)). If you're interested in learning more, contact Pastor Kate at [pastorkate@umnlutheran.org](mailto:pastorkate@umnlutheran.org).

**Pastor Kate is available by telephone during these times at 612.396.5911.**



## Relational Ministries

### **TONIGHT AND More options: Community Check-Ins**

We have weekly Community Check Ins. These are a chance to talk together as community. Some are general in scope, some have a particular focus, all are at 7:30pm on Zoom. If you are craving Christ's community and time to connect, join us:

**Community Check In (with a focus on people with loved ones in congregate care settings)**

Thursday May 7, 2020 07:30 PM

**Join Zoom Meeting**

<https://us02web.zoom.us/j/86767294150?pwd=YVFhYzJQV1V5ZGYyYzZDUlItTeEpXQT09>

Meeting ID: 867 6729 4150

Password: 60113

To dial in by phone, use:

+1 253 215 8782

Meeting ID: 867 6729 4150

**Community Check-In, Wednesday, May 13, 7:30pm (following Evening Worship).** Note that this Zoom line will first have 7pm worship, and then the check in--come for one or both.

<https://us02web.zoom.us/j/88228533386?pwd=SnNXMG5lZk53TGhGc1NtRUJ6ZjArUT09>

Meeting ID: 882 2853 3386

Password: 60113

To dial in by phone, use:

+1 253 215 8782

Meeting ID: 882 2853 3386

And if you'd like to gather a group or have a conversation and use one of the church's Zoom lines, contact [Pastor Jen](#) or [Nick Tangen](#).

---

## **Check it out: Mobility 4 All**

Hope member Sara Tufvesson Doure drives for Mobility 4 All. Here's a KSTP News spot about Mobility 4 All's food deliveries to Episcopal Homes. Watch closely and you may see... Sara's car trunk as she unloads groceries! Praise God for the saints.

<https://www.youtube.com/watch?v=IYSNb1RIdK8>

---

## **NEW:** Fleece for Making Payer Shawls

If anyone is interested in making a prayer shawl, Ann Beane will have the fleece at her home and can provide a no contact way of picking it up. Instructions also can be provided. Ann also has completed prayer shawls available to distribute or pickup if you would like one. Just let her know and she will be in touch. [spirit.beane@gmail.com](mailto:spirit.beane@gmail.com) / 651-245-8226

---

## **Christ in Our Home: Email Edition**

With the outbreaks of coronavirus disease, many people may be without a physical copy of Christ in Our Home. To assist with devotional life during this time, Augsburg Fortress is offering a limited-time complementary email subscription. Sign up at [www.augsburgfortress.org](http://www.augsburgfortress.org) and they will deliver the daily devotional FREE to your email at 4am Central Time through June 30, 2020. Copy and paste this link on your browser: <https://www.augsburgfortress.org/store/product/CIOH-EMAIL/Christ-in-Our-Home-Email-Edition>

---

## **Updated:** Craft Group Gathering & Facemasks

The Craft Group will be meeting again on Zoom this Friday, May 8th on Zoom. You can join us anytime between 7:00 - 10:00 pm.

If you have yet to join us, this has been a refreshing time to settle in to working on projects and catch up with a smaller group of people. Come get a tour of someone's work space, see projects that are too big to bring into church or get introduced to a beloved pet. There is a lot of creativity happening out there right now! Contact Ann Agrimson at [ann.agrimson@yahoo.com](mailto:ann.agrimson@yahoo.com) if you have any

questions.

### **Join Zoom Meeting**

<https://zoom.us/j/255196922?pwd=c1FBK0RRRzFiVjlyODVRUIR6OENBdz09>

Meeting ID: 255 196 922

Password: 60113

To dial in by phone, use:

+1 253 215 8782

Meeting ID: 255 196 922

As for facemasks, we have a number of people at Hope who are making cloth face masks. We have been donating them to various groups including: Members of ULCH, Presbyterian Homes, Walker Methodist, People Serving People, Lyngblomsten Care Center, Portland House, friends in Namibia, and now Danville Services in Portland Oregon. If you need a facemask or would like to help in making facemasks, please contact Ann Agrimson at [ann.agrimson@yahoo.com](mailto:ann.agrimson@yahoo.com)

---

## **Care and Nurture Ministries**

Here are some ideas from Pastor Barbara on daily and weekly strategies for coping during this time of COVID 19. Please reach out as needed.

[Click here for ideas](#)

Pastor Jen, Pastor Barbara, Zach, Nick, Nathan and Kari continue to work our regular hours, mostly from home. Please contact one of us if you or someone you know from our ULCH community may benefit from a pastoral contact. Contact numbers and emails are at the bottom of this Thursday Epistle.



-Pastor Barbara Johnson

## Youth

### Camp Amnicon Dates for This Summer

As of right now, the plan is for UCLH to travel North for a trip down the Flambeau River in July. Tell your friends, and get ready for a wilderness adventure, a much needed week outdoors following our weeks at home. Plan for it--July 26-31 Camp Amnicon trip for those 11 years and up. Talk with Pastor Jen or Nick.

## Hope in the World

**New:** Solar Power Might Be Within Reach!

UCLH has been approached by Minnesota Interfaith Power & Light with a promising new plan for having solar electricity-generating panels installed on the educational wing—without upfront cost to the church! Want to learn more? Two events are coming up, and your participation is encouraged.

**Tuesday, May 12: Solar Q&A at 7pm.** Join a Zoom call where Tim Abrahamson and Stewart Herman will explain the general idea and discuss its pros and cons. We want your opinion! To attend the Solar Q&A, use this link:

<https://us02web.zoom.us/j/85418007830?pwd=Y1JvTEVra05XR052anFEeXFyeTEzZz09>

Meeting ID: 854 1800 7830

Password: 60113

To dial in, use:

+1 301 715 8592

Meeting ID: 854 1800 7830

**Sunday, May 17: Solar Forum after the 10:30 service.** Tim and Stewart will present the formal bid—the cost of installing the system, the solar income, the cost to the congregation—all the numbers. To participate, simply stay on the Zoom line after worship (around 11:30).

Please join us for one of both events. If you have questions ahead of time, please email Stewart at [herman@cord.edu](mailto:herman@cord.edu) , or call at 701-541-9172.

---

## **New: From the Sanctuary & Immigration Team**

Among the many people we are thinking of in this difficult time, let us remember those incarcerated by U.S. Immigration and Customs Enforcement (ICE). In Minnesota, these prisoners are at four county jails: Freeborn, Carver, Sherburne, and Kandiyohi. Even in normal times, these roughly 300 women and men have neither time outdoors nor family visitors. But with the pandemic afoot, all programming is at a standstill, as are court dates. Nevertheless, deportations continue. Please join us and pray that God give these prisoners hope, good health, and camaraderie.

---

## **New: Donate Food to The Sheridan Story**

The Sheridan Story is accepting food donations to help with our [coronavirus relief efforts](#) at our warehouse (2723 Patton Road, Roseville, MN 55113) on weekdays

from 10am – 2pm. Please use the door marked “FOOD DONATIONS” to drop off your food donation. For more information please click on this link [Food Donations](#)

---

## **Please read and comment: Draft ELCA Social Statement**

Are you worried about the atmosphere of mistrust and partisanship around government? Almost a year ago, Hope petitioned the Minneapolis Area Synod, then the Church wide Assembly, for the ELCA to develop social teaching about government and civic engagement. The Assembly directed that a "social message" be developed by this June, and it was written by Hope member Stewart Herman.

**Now we are in the "comment period".**

1. Please read the draft of the social message: <https://www.elca.org/Faith/Faith-and-Society/Social-Messages/Government>
2. Then take the survey to post your comments about it. Use this form: <https://www.surveymonkey.com/r/SocialMessageReviewForm>

Comments will be accepted until May 15, then the final document will be approved and published in June.

---

## **Our Partners in Nigeria**

We continue to pray for our ministry partners in Jos, Nigeria in a time of heightened violence. In particular, we pray for St. Peter's Lutheran Church and Pastor Naphtali Randaviba, for the Dogon Dutse Guest House and Pastor Amson Hamman, and for the young women in Nigeria who still await release, including Lydia.

---

## **Little Free Library...Food Shelf!**

We have added food items to the Free Little Library at University Lutheran Church of Hope. If you have extra canned goods or food that can be easily consumed without cooking, that you are interested in donating, please contact Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org) or drop off yourself at the Little Free Library located on the corner of 6th Street and 13th Avenue SE.

---

## **New: Marcy Park Improvement Survey**

Please take a few minutes to participate in our survey asking for your thoughts about improvements at Marcy Park. This survey is expected to be first in a series electronic engagement opportunities to prioritize and design improvements at Marcy Park. The survey is open April 24 through May 8, 2020.

The link to our project webpage and survey is below. Please make sure to visit our project webpage sign up for project updates to automatically get emails about the project and be notified of upcoming opportunities to give feedback.

Project webpage

link: [https://www.minneapolisparcs.org/park\\_care\\_improvements/park\\_projects/current\\_projects/marcy-park-site-improvements-phase-1/](https://www.minneapolisparcs.org/park_care_improvements/park_projects/current_projects/marcy-park-site-improvements-phase-1/)

Survey link: <https://www.surveymonkey.com/r/WR89SVQ>

---

## **Donate or Volunteer: Community Emergency Services**

As more and more of our neighbors become unemployed or otherwise unable to

work, food shelves and pantries are working overtime to accommodate the increased need for food. One of our partner organizations, Community Emergency Services, is looking for volunteers and donations to ensure that this greater need is met. If you would like to learn more, please visit <https://www.cesmn.org/help/volunteer>

---

## **Protect our Unsheltered Neighbors**

**Take action to protect those experiencing unsheltered homelessness from the ravages of COVID-19**

**Please contact your elected officials today!**

Minneapolis Mayor's Office: 612-673-2100

Your City Council Member: <http://www.ci.minneapolis.mn.us/council/index.htm>

Your County Commissioner: <https://www.hennepin.us/your-government/leadership/find-commissioner>

### **Sample Script:**

Dear \_\_\_\_\_,

In the midst of the COVID-19 pandemic, time is running out for persons experiencing unsheltered homelessness. Please take bold and comprehensive action today! Without strong action steps –our neighbors without a home will experience grave risk. The COVID-19 virus is actively circulating throughout our community, including among those experiencing unsheltered homelessness. Governor Walz's order Directing Minnesotans to Stay at Home is simple: Shelter at home. But people experiencing unsheltered homelessness don't have a home to go to. In Hennepin County, there are more than 700 people living on the streets. 57% of homeless adults in Minnesota have a chronic physical health condition,

greatly increasing their risk. Without a home, it is almost impossible to social distance or follow other recommended guidelines to avoid contracting the virus or taking care of yourself if you do.

To keep everyone in our community safe we need:

- Single dwelling units, such as hotels, for all people experiencing homelessness.
- Designated locations with hygiene services, potable water, toilets, and basic services, such as trash removal, for individuals living in tents or vehicles allowing for CDC spacing recommendations for those unable to get into single-unit spaces.
- If camps are cleared for any reason you must ensure there is a viable alternative available. To force people to leave without another option is inhumane and put people at greater risk of contracting the virus.
- Full access to personal protective equipment for people experiencing unsheltered homelessness and for the outreach teams that support them.

**We are in crisis response mode. The community calls on you to reduce this grave risk for our unsheltered neighbors.**

Thank you,

Name\_\_\_\_\_

**In our prayers...**



**Updated:** In the absence of our usual announcements and their list of prayers, we've included prayers here:

**We include in our prayers...**

- Our homebound members Leona Reyelts, Helen Mork, Ed and Winnie Nyhus.
- Healing and health for Emily, Jack Parry, Miriam and Jim Hougen, Dave Kise, Ken Lynes, Christina, Ann Beane, Mary Knutson, Barb Lindberg, Jean Hillesland, John Anderson, Karin and Rick Emerson, Hayden Bielenberg, Maria Kennedy, Mario, Melissa Odenbach, Margaret O'Loughlin, Hannah Kiresuk, Armando, Janet Carpenter, Chuck Lewis, Peter Ostroushko, and all who seek physical and mental health, and those who struggle with chemical dependency and other addictions.
- Comfort and peace for all who grieve the loss of loved ones, especially Marge Perko and family at the death of Marge's brother Edward Hanson.
- Wisdom, health, and healing as COVID-19 evolves, and strength for those in healthcare professions and their families. Comfort and assurance for people and families that are experiencing job loss and instability due to the pandemic, and those with precarious housing situations.
- Mothers and all who have a mothering role, and a space for all the emotions of that Mother's Day stirs, like thanksgiving, grief, sadness, joy, pain, weariness, gratitude, yearning, and renewal.
- Endurance for the university community and Lutheran Campus Ministry concluding the term. Blessings to graduates! Prayers for PEASE Academy,

and all teachers and students and families, learning and working at a distance.

- Creation, and the bold and strategic work of caring for it.
- Blessings to our Muslim neighbors and kin who are observing Ramadan.
- Hope for immigrant communities; especially our undocumented neighbors facing complex challenges, those in sanctuary, those detained in prison, migrants and asylum seekers; and for our leaders.
- Attention and wisdom for our neighborhood and our neighbors and the changing needs around us.
- Our ministry partners in Jos, Nigeria: St. Peter's Lutheran Church and Pastor Naphtali Randaviba, the Dogon Dutse Guest House and Pastor Amson Hamman, and the young women in Nigeria who still await release, including Lydia.
- For those who are serving globally in any capacity, including Kjerstin and Shane Yager (in Munich); Jay and Kristen Carlson, Beatrice and Malena (in New Zealand).
- For those in the military who train and serve in harm's way including Zac Wright, Miles French, David Peterson, and for military families and the struggles and anxiety they face.

## Leadership

## Offerings and Giving

Thank you for your faithfulness in giving. Many already give electronically. If you are able to mail in your offerings, please do. Another option is to donate online: [give](#). If your family is experiencing financial crisis and your giving needs to be adjusted, don't hesitate to be in touch. Also, if you are feeling the stress of economics and job loss, please let Pastor Jen, Pastor Barbara or one of the staff or leaders know; we will support one another as we can.

---

## Updated Directories Now Available

Directories which include new member information are available by sending an email to [ulch@ulch.org](mailto:ulch@ulch.org).

---

## Contacting Staff and Office Hours

In these weeks, the staff is working from home. The building is not open. Geremew is around in the afternoons and evenings and could assist you if you need access. Use the door bell to the right of the north doors.

- **Pastor Jen Nagel**, Lead Pastor [jenn@ulch.org](mailto:jenn@ulch.org) 612-227-9673
- **Pastor Barbara Johnson**, Pastor for Care and Nurture, [barbaraj@ulch.org](mailto:barbaraj@ulch.org) 970-901-7189
- **Zach Busch**, Minister of Worship and Music, [zachb@ulch.org](mailto:zachb@ulch.org) 262-366-2489
- **Nicholas Tangen**, Minister of Faith in Community, [nickt@ulch.org](mailto:nickt@ulch.org) 651-808-7067
- **Kari Olson**, Financial Administrator, [kario@ulch.org](mailto:kario@ulch.org)
- **Nathan Obrestad**, Church Administrator, [nathano@ulch.com](mailto:nathano@ulch.com) 763-242-0869

## Reminders

- The current week's announcements, as well as the Thursday Epistle and the Visitor are posted online [here](#).
- To sign up for the #HopeHappens email list (with information about justice and community engagement activities), contact Nicholas Tangen at [nickt@ulch.org](mailto:nickt@ulch.org)
- View the up-to-date church calendar [here](#).
- For privacy considerations, the church directory is no longer available on line. Please call the church office for updated information on members.
- The coffee sign-up sheet is available at <http://www.ulch.org/wp-content/uploads/2020/01/CoffeeSignUpSheet.pdf>. Please notify the church office at [ulch@ulch.org](mailto:ulch@ulch.org) if you would like to sign up for a given week.

Give



Evangelical Lutheran Church in America  
God's work. Our hands.

# A Sanctuary Congregation



*Copyright © \*2019 University Lutheran Church of Hope, All rights reserved.*

University Lutheran Church of Hope is a welcoming,  
Christian community of faith centered in God's grace  
and called to demonstrate God's love for the world.

**Our mailing address is:**

601 13th Ave SE, Minneapolis MN 55414

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

---

This email was sent to [gayleb@ulch.org](mailto:gayleb@ulch.org)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

University Lutheran Church of Hope · 601 13th Ave SE · Minneapolis, MN 55414-1437 · USA

