



No matter who you are or where you are on life's journey, you are welcome at St. Paul's Church!

The Empowering Spirit of God

A Message from Pastor Paul Forrey

Pentecost Sunday falls on May 23 this year. The following Sunday is reserved for Trinity Sunday. So, taken together, these traditional observances as well as the entire season after Pentecost which extends until Advent begins, mark our time to honor the role that the Holy spirit plays in our lives as individuals and as a congregation. In what ways does the Holy Spirit infuse us with the resurrection power that God shares with us and that enables us to live out fruitful discipleship? In what ways does the Holy Spirit fuel our shared ministries and mission in the church?

John tells us that Jesus promised his followers that the Holy Spirit will come to us in Christ's name. Jesus used a term to describe the Spirit that could be translated "Helper" or "Advocate," but the term translates literally as "*One who walks alongside.*" Jesus wants us to understand that through the Holy Spirit, God walks with us as our constant companion! Through the Holy Spirit, we know that Christ is ever present with us. We are never alone, and our congregation need never go it alone.

The Spirit also empowers us to live faithfully and to carry on Jesus' ministry of compassion and peace with justice. When Jesus visited his disciples on Easter Sunday, he told them "As the Father sent me, so I send you ... receive the Holy Spirit" (John 20:21, 22). The Holy Spirit—the presence of God after Jesus departs—empowers and equips us for the tasks in this world to which Jesus sends us.

Friends, God's Spirit is with us! Let's ensure that each one of our leadership teams actively seeks the wisdom and empowerment of the Spirit as we move forward with our ministries of worship, discipleship, fellowship, ministry, and evangelism. Let's ensure that our worship and our community-building events always leave room for the Spirit's active—and very often surprising—presence with us.

May God's peace and love—shared with us through the Holy Spirit—continue to bless our congregation!

A Word of Thanks from the Worship Team

The Worship Team would like to thank everyone who helped make our Lenten and Easter services so meaningful and beautiful. Pastor Paul led us through a thoughtful Lenten journey and into a joyous Easter celebration. Melinda and the Choir along with Mindy and the Bell Choir enhanced the services with wonderful music. Thank you to everyone who helped get the church ready for each service. It was also great to be able to join together in Holy Communion on Maundy Thursday.

A Message from the Development (Stewardship) Team

Proud and grateful—two words to describe what it is like to be a part of St. Paul's U.C.C. of Alexandria. Everyone should take time to pat themselves on the back and each other, virtually of course, for the accomplishments made through this past year. The overall support and care demonstrated in 2020 is phenomenal! It was a very hard year for everyone and the anticipation of giving far exceeded the forecasted outcome. Wow you all did not stop there; 2021 is off to a great start! We are seeing more and more familiar faces returning to worship services, and the giving of talents and financial support is strong.

What has the Stewardship Team been doing this quarter?

We have revised the role of the Stewardship Team for the Constitution, to include a new name for the team, Development Ministry. This has been forwarded to the Constitution Task force for 2021 and moving into the future.

Planning for "Your Church, Our future" event is taking place. This event is an opportunity for us to share ideas and listen to one another concerning our future. How our congregation can not only survive, but thrive in the present and the ever changing future. It will be a fun evening with dinner, small group discussions, a few door prize giveaways and Dessert! The intent is the entire congregation can have input for the future of St. Paul's.

We have been working with Snappy Tomato, in Alexandria to schedule a fundraiser event. Our date is planned for May 18, 2021. 20% of all sales for that date will be donated to our church. Funds will be assigned to an unfunded project in 2021.

We look forward to seeing all of you back at service, when you are comfortable and are excited for a promising year ahead!

Development Ministry (Stewardship Team)

History Corner Our Beginnings

In 1850, approximately 15 families of German origin organized a German Protestant church for the purpose of worship and instruction in morals and religion. The families borrowed \$400 as a group to build the log cabin church.

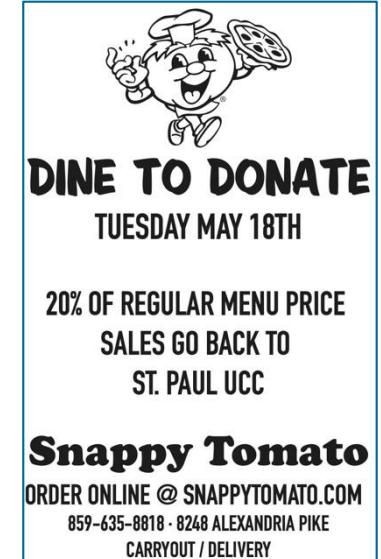
The church building was east of Jefferson Street behind Southern States.

They called themselves the “Evangelical Church-Congregation at Alexandria” and functioned as an “independent” congregation, unaffiliated with any particular denomination but with Evangelical, Lutheran, & Reformed connections found in its ministry, liturgy, & hymnals.

They used German for worship until 1906.

The parsonage and confirmation classroom were in an old house on Greenup Street.

Reverend Sinnig was called as the first pastor.



DINE TO DONATE
TUESDAY MAY 18TH
20% OF REGULAR MENU PRICE
SALES GO BACK TO
ST. PAUL UCC
Snappy Tomato
ORDER ONLINE @ SNAPPYTOMATO.COM
859-635-8818 • 8248 ALEXANDRIA PIKE
CARRYOUT / DELIVERY



Join us!

Starting May 16th at the 10:30 service

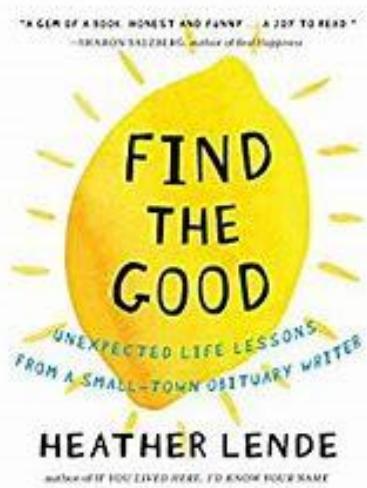


We'll have class in Fellowship Hall:
Socially distanced, (siblings at the same table),
masks required,
using individual supplies

Can't wait to see you!

Book Club is back!

Aka summer porch book club



Unexpected life lessons from a small-town
obituary writer

June 14, 28

July 12, 26

6:30pm outside

Bring a chair and your wonderful self!

Contact amity.kukla@yahoo.com

May is Mental Health Awareness Month!

The past year has been hard for all of us, especially our mental health. May is Mental Health Awareness month, so we thought we would help you out by providing some healthful ways to take care of your mental health. We'll also be providing more information about different mental health focuses each Sunday during services and on our Facebook Page so stay tuned.

For now, here are 31 tips to boost your mental health:

1. Recognize and write down 3 things you're grateful for.
2. Start your day with a cup of coffee since small amounts of caffeine are linked to lower rates of depression.
3. Set up a getaway. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!
4. Work your strengths by doing something you're good at to build self-confidence.
5. Keep it cool for a good night's sleep.
6. Think of something in your life you want to improve and figure out what you can do to take a step in the right direction.
7. Creative expression and overall well-being are linked so try a new recipe, write a poem, or experiment with a new craft.
8. Show some love to someone in your life. Close, quality relationships are key for a happy, healthy life.
9. Treating yourself to a couple pieces of dark chocolate every few days. The flavanoids, caffeine, and the obromine in chocolate are thought to improve alertness and mental skills.
10. Share your story of mental illness or recovery, share on social media with #mentalillnessfeelslike. Check out what other people are saying at www.mentalhealthamerica.net/feelslike.
11. Trying to be more optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.
12. Feeling anxious? Do some coloring to help you clear your mind. Pick a design that's geometric and a little complicated for the best effect.
13. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.
14. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions.
15. Dance around while you do your housework. Not only will you get chores done, but dancing reduces stress hormones and increases endorphins.
16. Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
17. Relax in a warm bath once a week. Try adding Epsom salts to soothe aches and pains and help boost magnesium levels, which can be depleted by stress.
18. If something's been bothering you, let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.
19. Time with animals lowers the stress hormones and boosts good ones. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.
20. Practice mindfulness by staying "in the present."
21. Be a tourist in your own town. You may be surprised what cool things are in your own backyard.
22. Try prepping your lunches or picking out your clothes for the work week for a sense of control about the week ahead.
23. Work some omega-3 fatty acids—like wild salmon, flaxseeds or walnuts—into your diet. These are linked to decreased rates of depression and schizophrenia.
24. Practice forgiveness because people who forgive have better mental health and report being more satisfied with their lives.
25. Try to find the silver lining in something kind of cruddy that happened recently.
26. Feeling stressed? Smile. It may not be the easiest thing to do but smiling can help to lower your heart rate and calm you down.

27. Send a thank you note, just to let someone know why you appreciate them. Written expressions of gratitude are linked to increased happiness.
28. Do something with friends and family—have a cookout, go to a park, or play a game.
29. Take 30 minutes to go for a walk in nature since it can increase energy levels, reduce depression and boost well-being.
30. Do your best to enjoy 15 minutes of sunshine and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.
31. Try something outside of your comfort zone to make room for adventure and excitement in your life.

Note: If you or someone you love is experiencing intense or prolonged symptoms of depression or anxiety, please speak with a licensed health professional.

Here's to a happy and healthy Mental Health Awareness Month!

May Birthdays & Anniversaries

| | | | | | |
|-----|----|-------------------|-----|----|------------------------|
| May | 4 | Patricia Baker | May | 3 | Eric & Sherry Bihl |
| | 8 | Evelyn Dietz | | | 27 years |
| | 11 | Amy Meyer | | 11 | Don & Sue Hatfield |
| | 12 | Palmer Lee Fryman | | | 58 years |
| | 13 | Carol Turner | | 25 | Jeff & Brenda Steelman |
| | 14 | Lee Walz | | | 39 years |
| | 20 | Rick Carr | | 29 | Jim & Violette Fausz |
| | 25 | Annabelle Pohlman | | | 42 years |
| | | | | 31 | Bill & Jackie Thomas |
| | | | | | 24 years |

Serving in May

Liturgist

| | |
|--------|---|
| May 2 | 9:00 am Patricia Ross 10:30 am Charlene Rogers |
| May 9 | 9:00 am Claudia Chalk 10:30 am Kathy VonStrohe |
| May 16 | 9:00 am Evelyn Dietz 10:30 am Sarah Lester |
| May 23 | 9:00 am Debbie Yeager 10:30 am Roger VonStrohe |
| May 30 | 9:00 am Patricia Ross 10:30 am Debbie Fowee |

Ushers

| | |
|--------|--|
| May 2 | 9:00 am Gary Sperry and Wanda Hornsby 10:30 am Everett Harrison and Connie B. |
| May 9 | 9:00 am Margaret Perry and Jim Miller 10:30 am Shawn Hayslette and P. Schuchter |
| May 16 | 9:00 am Patricia Ross and Wanda Hornsby 10:30 am Roger & Kathy VonStrohe |
| May 23 | 9:00 am Jim Miller and Patricia Ross 10:30 am Debbie Fowee and Sally McNichols |
| May 30 | 9:00 am Margaret Perry and Gary Sperry 10:30 am Everett Harrison and Connie B. |



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

HEARTS UNITE...

The Unconditional Love of Pets



May 6, 2021
1:00 p.m. or 6:00 p.m.



Ronda Rex
Campbell County
Extension Agent for
Family & Consumer
Sciences

Join me on Zoom, to talk about the awesome power of pets. I encourage you to join as a family to learn how we, as a community, can gain and provide the benefits that pets can give to our society.



zoom

**Registration is required, call the
Campbell County Cooperative Extension Office
at 859-572-2600 or online at: <https://campbell.ca.uky.edu>**

Please provide your e-mail address when registering.

A few benefits pets can offer us...

- Teach us life lessons about living and death
- Encourage a healthy lifestyle
- Provide fun, smiles and laughter

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of socioeconomic status and will not discriminate on the basis of race, color, ethnic origin, national origin, gender, religion, political belief, age, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating. LEXINGTON, KY 40546



Disabilities
accommodated
with prior application.

PRESENT: President- Charlene Rogers, Vice President-Claudia Chalk, Financial Secretary-Jeff Enyart, Treasurer-Sandy Smith, Recording Secretary-Debbie Yeager, C.E.-Amity Kukla, Missions-Sarah Lester, Stewardship-Cammy Burling, Worship/Ministry-Mindy Connell, Trustees-Roger VonStrohe, Tech Support-Craig McAlpin, and Pastor Paul Forrey.

Charlene opened the meeting and said a prayer, and Council members recited the Council Covenant.

1. SECRETARY'S REPORT—Mindy Connell made a motion to approve the minutes from the January 12, 2021 Council meeting as posted on OneDrive. Sarah Lester seconded and the motion carried.
2. TREASURER'S REPORT—Sandy's report was posted on OneDrive. Cammy Burling made a motion to accept the report and pay the bills. Jeff Enyart seconded and the motion carried. Sandy asked a question about an invoice she's received for envelopes for 2022. She will look into this since it is odd to receive an invoice for something we won't need until next year.
3. FINANCIAL SECRETARY'S REPORT-Jeff reported:
 - In 2020, we ended up \$26,912.09 under budget. He presented some possible reasons for this, for example COVID.
 - We have had strong giving amounts so far this year. January's giving total was \$11,196. The amount given on February 7, 2021 was \$13,685.31.
 - Jeff stressed the importance of getting approval from the budgeteer before making purchases. Sandy will not issue checks unless the person in charge of that budget has signed off on the purchase.
 - Jeff will host a Financial Summit via Zoom on February 25 at 7 PM.
4. TECH REPORT-Nothing to report.
5. PASTOR'S REPORT-- Paul reported:
 - The Constitution Task Force should meet in the spring to select a facilitator for the team and establish some general parameters and expectations concerning a new church constitution. Several teams have already met with Paul and Sarah Lester to begin discussions for rewriting their section of the constitution.
 - On January 23, the church received letters from Daryl Knauer and Teresa Knauer resigning their membership in the congregation of St. Paul's.
6. CE BOARD-Amity reported:
 - The team is working on Lenten activity packets that will be delivered to each family. It is hoped that the children's chats during Lent will be recorded by families as they complete activities.
 - The team is continuing to work on Safe Church training.
 - They are continuing to work on freshening up the classrooms for when the children can return to church.
7. MISSION—Sarah reported:
 - The team is working on rewriting their section of the constitution.
 - The collection for the Backpack Program was successful. St. Paul's will provide food for some students at Campbell Ridge Elementary for the weekends in May and the first weekend in June.
 - The team is trying to find ways to move forward with mission opportunities during COVID times. Brighton Center is a possibility.
8. STEWARDSHIP—Cammy reported:
 - The minutes were posted on OneDrive.
 - The team is working on rewriting their section of the constitution.

9. TRUSTEES—Roger reported:

- The Trustees have created a new estimate for the renovation of the lower level. Originally, the project was budgeted at \$150,000. With labor and higher material costs the estimate is now \$257,000.
- Council will need to decide on prioritizing the projects.
- After a discussion, it was decided that the Investment Committee will need to meet to discuss financing the renovation project.
- The boiler recently needed to be repaired. This summer the radiator will need to be fixed. We can expect a large bill for the maintenance of the boiler and the radiator repairs.
- A discussion was held on the need for a new sound system. If re-engagement of the congregation is a goal, this is a definite need. We need to get estimates, present the idea to the congregation, and discuss possible fund-raising ideas.

10. WORSHIP/MINISTRY—Mindy reported:

- There will be an Ash Wednesday service, but ashes will not be distributed due to COVID safety protocol.
- The team would like to begin singing again during services. After a discussion of how to do this safely, the Worship Team was asked to address this again at their next meeting.

11. VICE-PRESIDENT---Claudia reported:

- Cammy Burling made a motion to approve the Administrative Assistant's job description as posted on OneDrive. Mindy Connell seconded and the motion carried.
- Claudia explained that the change to the sick leave policy which was posted clarified who should be notified when an employee is on sick leave. Amity Kukla made a motion to accept the sick leave policy as posted on OneDrive. Jeff Enyart seconded and the motion carried.
- Jeanne Greiser and Claudia are working on a list of members who could fill in during vacations and sick days.

12. PRESIDENT'S REPORT—Charlene had nothing to add to her report that was posted. There were no questions regarding her report.

The next meeting will be held on March 9, 2021, at 7 PM. Council voted to hold this meeting via Zoom. The meeting was adjourned and Council prayed the Lord's Prayer.

Respectfully submitted,
Debbie Yeager, Recording Secretary

St. Paul's UCC, Alexandria, KY COUNCIL MEETING MINUTES—March 9, 2021

PRESENT: President- Charlene Rogers, Vice President-Claudia Chalk, Financial Secretary-Jeff Enyart, Recording Secretary-Debbie Yeager, C.E.-Amity Kukla, Missions-Sarah Lester, Stewardship-Cammy Burling, Worship/Ministry-Connie Ballinger, Trustees-Roger Von Strohe, Tech Support-Craig McAlpin, Pastor Paul Forrey, and Mindy Connell.

Charlene opened the meeting with a prayer. She reminded members that we would be beginning the meeting with Old Business items.

OLD BUSINESS:

- 1) Capital Projects (lower-level renovation, new sound system, and furnace in the Parish House):
 - Claudia reported for the Investment Committee. The Committee met on February 27. The fund has approximately \$554,993 including \$106,559 in cash and equivalents. The Committee agreed that \$100,000 from the Investment Fund could be earmarked for capital projects in 2021 after Council approval. (This includes \$75,000 approved by congregation in 2019 for lower-level renovations.)
 - Roger gave insights on the costs of the projects. The cost of materials has sky-rocketed. The Monday Men would not be able to provide all the labor. We have received one estimate of \$20,000+ for the sound system. It is possible that we could make some improvements in the lower-level with volunteers cleaning and painting.
 - Jeff shared a template to be used for Capital Project Scoping: Request for Approval.
 - After a discussion, it was agreed that Roger will go to Allan Woeste to get a better idea of the cost of renovating the lower-level restrooms. Hopefully, we will also have more bids for the sound system by our April meeting. This will give us a better idea of the costs of each project before we take the information to the congregation.

- 2) Live Singing:

Connie reported the Worship Team's desire to allow 1 or 2 members of the choir to sing during the in-person services. After a discussion of risk factors and safety precautions, Sarah Lester made a motion to accept the Worship Team's request to allow 1 or 2 singers wearing masks beginning on Maundy Thursday. Roger Von Strohe seconded and the motion carried.

- 3) Constitutional Revision

The Task Force on Constitutional Revision will meet soon. The Task Force includes Roger, Charlene, Sarah, Jeff, and Paul.

NEW BUSINESS:

- 1) SECRETARY'S REPORT— Cammy Burling made a motion to accept the February Council meeting minutes as posted to OneDrive. Jeff Enyart seconded and the motion carried.
- 2) TREASURER'S REPORT—Sandy reported via email that there is \$19,698.99 in the temporary account and \$23,372.78 in the checking account. Cammy Burling moved to accept the report as posted on OneDrive and pay the bills. Claudia Chalk seconded and the motion carried.
- 3) FINANCIAL SECRETARY'S REPORT-Jeff reported:
 - 2021 Giving has been very good so far.
 - He has finished the 2020 variance analysis.
 - 2021 Financial Summit Kick-Off was held on February 25.
- 4) TECH REPORT-Craig reported that he has installed remote connect software on Darlene's computer.
- 5) PASTOR'S REPORT-- Paul reported that he conducted a funeral service for Pat Markus at Alexandria Funeral Home on March 4.
- 6) CE BOARD—Amity reported:
 - Lenten activities were delivered to families. It is hoped that families will record their children waving palms for a video montage to take the place of the Children's Chat on Palm Sunday. The supplies needed to make the palms were included in the Lenten materials.
 - Outdoor family event is being planned for April 16.
 - The team is discussing ways to have VBS this summer. They are discussing having outdoor events.
 - Continuing to plan for when the children return to Sunday School.
- 7) MISSION—Sarah reported:
 - Mission opportunities are still limited to outreach but looking forward to a time when volunteers will be welcome.
 - She shared information we received from the Alexandria Police Dept requesting monetary donations to help their social workers provide resources to those in need.

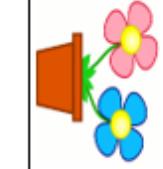
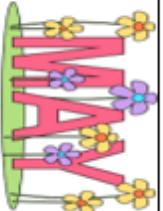
- 8) STEWARDSHIP—Cammy reported that the team is working on the Constitutional rewrite, which they should finish at their April meeting.
- 9) TRUSTEES—Roger had nothing to report.:
- 10) WORSHIP/MINISTRY—Connie reported:
 - We will have communion on Maundy Thursday.
 - We will have an outdoor hymn sing along on Easter Sunday between the services if weather permits.
- 11) VICE-PRESIDENT---Claudia reported:
 - Darlene received a copy of the Administrative Assistant Job Description.
 - All staff members received a copy of the sick and vacation leave policy.
 - Jeanne Greiser made a list of church members that are willing to step in during vacations or sick leave for the Administrative Assistant.
 - Ben requested a week of vacation before the new policy had been emailed. His vacation was the weekend of February 27 and 28. His jobs were covered.
 - The Investment Committee will meet on March 13
- 12) PRESIDENT'S REPORT—Charlene had nothing to add.

The next meeting will be held on April 13 at 7 PM. The meeting was adjourned and Council prayed the Lord's Prayer.

Respectfully submitted,
Debbie Yeager, Recording Secretary

Sunday School for adults at 9:00 a.m.
Holy Communion is shared on the FIRST SUNDAY of every month 10:30 a.m., FELLOWSHIP 9:45 a.m.

Sunday School for children during worship service

| | | | | |
|---|----|---|---|--|
| MAY 2021 | |  | | 1 |
| 2 | 3 | 4 6:00 pm Faith Formation Team 5:30 pm Yoga 7:00 pm Faith Formation Group 7:15 pm Worship Team 8:00 pm Open A.A. Meeting | 5 7:00 pm Development Team 7 | 8 |
| 9 9:00 am Worship Service 10:30 am Worship Service MOTHER'S DAY | 10 | 11 7:00 pm Church Council Meeting | 12 5:30 pm Yoga 7:00 pm Faith Formation Group 8:00 pm Open A.A. Meeting | 13 9:00 am Soup Kitchen |
| 16 9:00 am Sunday School/Adults 9:00 am Worship Service 10:30 am Worship Service Children's Sunday School during the 10:30 am worship service | 17 | 18 5:30 pm Yoga 7:00 pm Faith Formation Group 8:00 pm Open A.A. Meeting | 19 7:00 pm Sisters @ Seven Charlene's home | 20 7:00 pm Sisters @ Seven Charlene's home |
| 23 9:00 am Sunday School/Adults 9:00 am Worship Service 10:30 am Worship Service Children's Sunday School during the 10:30 am worship service | 24 | 25 7:00 pm Faith in Action Team | 26 5:30 pm Yoga 7:00 pm Faith Formation Group 8:00 pm Open A.A. Meeting | 27 28 29 |
| 30 9:00 am Sunday School/Adults 9:00 am Worship Service 10:30 am Worship Service Children's Sunday School during the 10:30 am worship service | 31 | |  | |