

# United Methodist Herald

June/July 2025



## Inside this Issue

June/July Worship	1
Message from the Pastor	2
NUMC 170th Anniversary	
Welcome Statement	3
Summer Splash Party	
Finance Update	4
Leadership Board	
Family Ministry	5
ISAIAH	6
Pride in the Park	7
MICAH	8
Mugs and Muffins	9
Mission Sewing	
IT Tech Corner	
Parish Nurse	10
United Women in Faith	11
Announcements	12
Photos	13
June/July Calendar	14 -15
Church Staff	16

## June Worship

**June 1, 2025**  
**Graduation Sunday**  
**Celebration of Holy Communion**  
**Jeremiah 29:11-15, Romans 12:9-18**  
**Pastor Donna Dempewolf**

**June 8, 2025**  
**Acts 2:1-12**  
**Pastor Donna Dempewolf**

**June 15, 2025**  
**Romans 12:3-8**  
**Pastor Donna Dempewolf**

**June 22, 2025**  
**Colossians 2:9, John 2:1-11**  
**Pastor Gordon Orde**

**June 29, 2025**  
**Bruce Dalgaard**

## July Worship

**July 6, 2025**  
**Celebration of Holy Communion**  
**Luke 22:14-23**  
**Pastor Donna Dempewolf**

**July 13, 2025**  
**Mark 4:35-41**  
**Pastor Donna Dempewolf**

**July 20, 2025**  
**NUMC 170th Anniversary**  
**Amos 7:7-17**  
**Colossians 1:1-14**  
**Pastor Clay Oglesbee**

**July 27, 2025**  
**Mark 10:13-16**  
**Pastor Donna Dempewolf**



# Message from the Pastor

## Summer On

As the season turns and the days stretch long with sunshine, we're inviting you to lean into a new rhythm of life and faith. Our summer worship series—"**Summer On**"—celebrates the sacred in the simple, the divine in the daily, and the holy moments that find us outdoors, at ease, and in community.

Each week, we'll explore a different setting where many of us find joy, connection, and maybe even a little soul rest. We'll ask: What does it mean to follow Jesus not just in church pews, but on ball fields, at picnic tables, beside the lake, and in the sounds of laughter on a playground?

### Upcoming Sermons:

- **@ the Ball Park** – Where do we find grace in the game? What does it mean to be part of a team or a community of fans?
- **@ the Picnic Table** – Who is invited to share the meal? How does connection look when it's casual, joyful, and shared under open skies?
- **@ the Lake** – In the stillness and in the storms of life, what can water teach us about rest, resilience, and the sacred rhythm of renewal?
- **@ the Playground** – What does it mean to embrace curiosity, creativity, and holy playfulness in a grown-up world?

We'll also be blessed by guest preachers and speaker in late-June who will lead worship while I am away on vacation. Their wisdom and presence will be a gift to our summer rhythm.

Mark your calendars for **Sunday, July 20**, as we celebrate **Northfield's and Northfield UMC's 170th Anniversary!** We'll honor our legacy and look to the future with a special service—a day of gratitude, remembrance, and joyful celebration.

And stay tuned for our **late-August Summer Splash!** Expect laughter, community, and a whole lot of fun—with a slip n' slide, water balloons, and refreshing joy for all ages.

Whether you're heading out on vacation or staying close to home, we hope this season brings you fresh perspective and renewed delight in your walk of faith. Let's keep the "**Summer On**"—in our worship, our wonder, and our welcome.

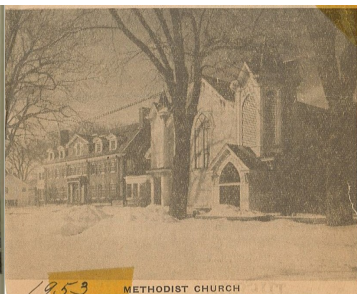
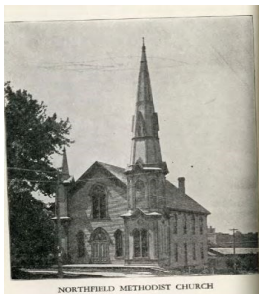
Bring a friend, wear your sandals, and come ready to play, pray, and be surprised by grace.

Blessings, Donna

## Save the date! 170<sup>th</sup> Anniversary Celebration – Sunday, July 20, 2025

In 1855 Northfield was founded by abolitionist and land speculator John W. North. On Sunday, July 24, 1855 the first Methodist service was held at a homestead in Northfield which led to the organizing of the parent society of the Northfield Methodist Church.

Join us on Sunday, July 20<sup>th</sup> as we celebrate the 170<sup>th</sup> anniversary of Northfield and the Northfield United Methodist Church with Rev. Clay Oglesbee as guest preacher. Sermon: *Platted by the Plumbline of Abolition*. Including period hymns and camp meeting songs. Watch our weekly email news for more information on the celebration activities, including a special 170th Anniversary fundraising opportunity (give \$170, \$1700, \$17,000, etc.) that will benefit the many ministries of NUMC and the wider community.



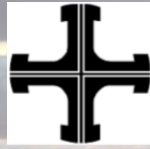


## NUMC WELCOME STATEMENT

We affirm that all people are created in the image of God and, as beloved children of God, all are worthy of God's love and grace, regardless of their sexual orientation, gender identity, family status, race, ethnicity, physical or mental ability, socio-economic status, or age. We unreservedly support and affirm the full inclusion of persons of all sexual orientations and gender identities in all facets of ministry at Northfield UMC, including ordination and marriage. Following Christ's example, we open our hearts, minds, and doors to welcome all who come to us in God's grace.

### **Northfield United Methodist Church Mission Statement**

We are companions in Christ,  
called, nurtured, and sent out  
for this purpose: to glorify God  
by acts of  
worship, devotion,  
compassion, and justice.



### **Northfield United Methodist Church Worship. Devotion. Compassion. Justice.**

*Open our hearts, O God, to your presence already at work in our lives. Break through any barrier in our hearts separating us from you and others. By your Spirit, show us possibilities beyond what we can imagine for ourselves and our church. Make us ready; our hands are yours. Through Jesus Christ our Lord, Amen.*

At the May 14<sup>th</sup> church conference Pastor Donna lifted up the following recent church endeavors:

#### **In Celebration:**

- **Everything [In] Between Series:** The creative and collaborative worship series using resources from *A Sanctified Art* invited us to engage scripture with fresh eyes and open hearts.
- **Creation Care Series:** Through worship, adult forums, and prayer, we explored faithful responses to the climate crisis, sparking meaningful conversations and renewed commitments.
- **Leadership Board Recruitment:** We are grateful for those who have stepped into leadership roles with wisdom, courage, and vision for the future.
- **Shared Leadership:** We celebrate the many ways in which we are in ministry together, from music to Meals on Wheels to Youth Mission Trips.

#### **On Going Considerations:**

- **Strategic Purposing:** Engaging in a time of reflection and shared discernment as we clarify our mission and identity.
- **Lay Ministry Development:** Expanding shared ministry such as a Children's Ministry Team, Worship Team and Missions Team, as well as remaining open to new areas where the Spirit is moving.
- **Ongoing Initiatives for Creation Care:** Continuing to explore ways to care for creation through spiritual practices and hands-on engagement, including partnerships and practical steps toward sustainability as a faith practice.
- **Stewardship:** As we approach the next budget cycle, discerning how to share our story in ways that inspire generosity, transparency, and trust.



**Save the date for this year's  
Summer Splash Party!  
Saturday, August 23<sup>rd</sup>  
1:00-4:00 pm on the church lawn  
More info to come!**

## FINANCE UPDATE

### Enjoy the Convenience of Electronic Giving!

Electronic giving offers convenience for individual congregation members and provides much needed donation consistency for our congregation. Authorization forms are available on our website [northfieldumc.org](http://northfieldumc.org) or by emailing [northfieldumc@gmail.com](mailto:northfieldumc@gmail.com).

**General Fund YTD 2025 contributions \$106,395.02**  
**General Fund YTD 2024 contributions \$108,197.64**  
**General Fund YTD Budget 2025 \$108,333.36**

### How to make tithes and offerings

You can make your tithes and offerings other ways as well:

1. Donate online using a credit card, by clicking on the GiveMN tab on the church website [northfieldumc.org](http://northfieldumc.org).
2. Drop a check in the offering basket during in person worship.
3. Mail a check to: Northfield United Methodist Church  
1401 S. Maple St., Northfield, MN 55057

**General Fund April 2025 contributions \$30,191.66**  
**General Fund April 2024 contributions \$20,801.66**

## Treasurers Report for March and April 2025

### General Fund

The CRB checking account balance at the end of February was \$41,681.64. The end of March balance was \$39,223.83 which then decreased to \$37,921.76 at the end of April. Only January and February apportionments of \$4,106.50 each have been paid.

Respective Monthly Offering Income for March and April was \$23,259.91 and \$30,191.66. YTD Actual Offering Income was \$106,395.02; \$1,802.62 less than YTD Last Year and \$1,938.34 less than YTD Budget of \$108,333.36. Other Income Totals from March and April of \$2,724.31 and \$3,343.47 came from Interest Income, Super Wednesday Meal Proceeds and Regular Facility Usage. Thus, General Fund Income Totals for March and April were \$25,984.22 and \$33,626.13. General Fund YTD Actual Income was \$116,579.69; \$4,468.87 less than YTD Last Year, and \$3,273.67 less than the YTD Budget of \$119,853.36.

Monthly Expenses for March and April were \$29,547.03 and \$36,373.65. YTD Actual Expense Totals were \$141,919.69; \$11,366.58 less than the YTD Budget of \$153,286.27. YTD expenses exceed income by \$25,340.00 which is \$8,092.91 less than was budgeted for the end of April 2025.

### Physical Plant

Monthly income (Support from General Fund) for March and April was \$9,058.09 and \$7,774.00. In February \$18,000 was withdrawn from the Building Maintenance Endowment Fund to pay planned expenses associated with the kitchen, dining room and main floor bathroom cabinet upgrades at the parsonage. YTD Actual Income was \$61,530.02; \$41,405.02 from General Fund Support for Physical Plant, \$2,125.00 from continuing contributions to the Building Fund, and \$18,000.00 from the Building Maintenance Endowment. YTD Actual Expenses were \$61,006.21 which leaves a positive balance of \$523.81.

### Endowment Funds

At the end of December, the total value of the four endowment funds was \$742,577.34. In February \$199,046.17 from the Jim Finholt Estate was deposited into the Undesignated Endowment Fund and \$18,000 was withdrawn from the Building Maintenance Endowment Fund to pay for the estimated costs of the parsonage kitchen cabinet remodel. Thus, the YTD Balance at the end of April (including market value fluctuations) was \$923,289.66 which shows a YTD gain of \$180,712.32.

## Northfield United Methodist Church - Leadership Report: 2025

### Lay Member to Annual Conference

- Jolene Barjasteh

### Leadership Board Members

#### Term Ending 2025 (Extended to Year 4)

- Kevin Dahle – Co-chair
- Pierce FollansbeeDelong – Co-chair
- Sara Newberg – Staff-Parish Relations (six months)

#### Term Ending 2026 (Year 3)

- Thailia Duffield – Secretary
- Crystal Greenfield – At Large

#### Term Ending 2027 (Year 2)

- Kerry Cipra – Stewardship / Finance / Trustees – Legal
- Marilyn Hanson – Staff-Parish Relations

### Term Ending 2028 (Year 1)

- Pam Franz – Staff-Parish Relations
- Diane Lyman – Stewardship / Finance / Trustees – Legal
- Kevin Merkle – Stewardship / Finance / Trustees – Legal
- Merrill Thornton – Staff-Parish Relations
- Yosh Soltis – Stewardship / Finance / Trustees – Legal

### Financial Support to “Stewardship / Finance / Trustees – Legal”

- Sandy Vesledahl – Bookkeeper / Accountant
- David Wolf

### Facilities Support to Leadership Board

- Kerry Hanson or Facilities Team Representative

## Children's Ministry

### **Kids ages 8-12: Sign up for Trailblazers Camp - June 17-20**, Camp Koronis, Paynesville

All kids aged 8-12 years are invited to go to Trailblazers at Camp Koronis. More information and registration can be found at <https://www.campminnesota.org/campsessions>. The camp is fully staffed. Parents will coordinate rides to get there and back, carpooling is always a great option. We will once again offer full scholarships for any families who would like financial assistance-no questions asked. Contact Gregory Ennis at [gennis@northfieldumc.org](mailto:gennis@northfieldumc.org) for scholarship opportunities so that everyone who wants to can attend. Camp registration is on a first come first serve basis so register now!

### **Save the Date!**

**Sunday, June 29th**, we will have a family fun night at the Northfield Old Memorial Pool with pizza and swimming from 5:00-7:00 pm. This is open to families of all ages, parents, grandparents and anyone else who wants to join us. We will order pizza, share a meal and swim together in community.

### **Game and Movie Night**

**Sunday, July 13th** we will have a game and pizza night at the Church from 5:00-7:00 pm. We will play board games, games in the gym and share a pizza meal together. This event is open to families of all ages, parents, grandparents and friends. Please join us!

### **Vacation Bible School**

We are planning to have a Vacation Bible School in August – specific dates to be announced. Watch the next Herald and weekly church email for more information. Parents and families will be contacted as soon as dates/plans are set.

## Youth Ministry

### **Northfield UMC Youth Group (current grades 6-12)**

NUMC Youth Group includes time for fun and recreation, community building games and activities, a mini-lesson to help our young people connect to God in everyday moments, and time for supporting and celebrating each other through our highs and lows.

### **Senior Sunday/HS Grad Sunday - June 1**

We will be celebrating our HS Seniors on Sunday, June 1 during the 9:30am worship. Seniors will participate in the service as well as share a few photos for a slide show. There will be a reception in the Fellowship Hall following worship for all. Email [youth@northfieldumc.org](mailto:youth@northfieldumc.org) for more information or to sign your HS Senior up.

### **Summer Youth Group**

Youth Group will continue to meet through the summer approximately 2 times per month for outings, games and special events. More info to come!

June 4: It's Summer - Ice Cream Sundae Bar

June 18: Memorial Pool Swimming Outing

### **Youth Mission Trip - Kansas City, MO - August 3-8**

The NUMC Youth will travel to Kansas City, MO to participate in Service Learning Camps, a justice, service, and educational outreach program. While in KC, our youth will work in one of the largest foodbanks in the US, learn about Red-Lining, serve with an inner city congregation, and participate in other projects throughout the greater KC area. They will enjoy retreat time together, community building activities, plus eat some famous Kansas City BBQ and spend a fun day together at Worlds of Fun Amusement Park. For more information contact Kristen Twitchell at [youth@northfieldumc.org](mailto:youth@northfieldumc.org).

### **Youth Mission Trip Car Wash Fundraiser**

It's time to get all that salt and sand off your car, and help support our youth! NUMC youth are selling KwikTrip Ultimate Car Wash cards. The cards are \$37 for 5 Ultimate washes good at any KwikTrip or KwikStar location. That is \$2.60 savings per wash. Youth will be pre-selling cards after church on Sunday, June 1.



Spring Capture the Flag: Middle School vs High School!



## Isaiah 1:17 (NRSV)

*"Learn to do good; seek justice, rescue the oppressed,  
defend the orphan, plead for the widow."*

ISAIAH is a vehicle for congregations, clergy, and people of faith to act collectively and powerfully towards racial and economic equity in the state of Minnesota. Isaiah works to create a Minnesota that ensures the conditions in which all Minnesotans can be healthy. By uniting local congregations in a large regional organization, ISAIAH strengthens the ability of people of faith to address both local and regional issues.

We are in unprecedented times as a county, state, and community. Isaiah leaders are organizing volunteers to meet with local and county officials to urge them to stand against the proposed efforts cutting Medicaid, Social Security, food assistance, and early childhood education and childcare, and, in turn, to contact their state and national representative to vote against these measures. We know that these proposed cuts further harm working families already struggling to get by. Hospitals and long term healthcare facilities are worried that they may not be able to continue. ( 5/18 Minnesota Tribune )

Your voice matters. Contact your state representatives and ask that they:

- Oppose cuts to Social Security, Medicaid, CHIP, SNAP, HeadStart and Childcare Funding
- Reject tax cuts that would defund essential programs working people in our communities depend

In this moment of division and economic uncertainty across our country, our constituents need these programs more than ever. Stand with us in defense of them.

Note :

A huge shout out and thank you to Evelyn Burry, who for years was our faithful liaison and representative to Isaiah. I so appreciate the leadership she provided. I will now be assuming the role. Please contact me anytime with questions or opportunities for further involvement. - Mary Lynn Oglesbee, [mlnorthfield@gmail.com](mailto:mlnorthfield@gmail.com)

## Caring for Creation: What Then Shall We Do?

Our Caring for Creation series marked a powerful beginning in our congregation's journey toward deeper environmental stewardship and faithful action. With thoughtful leadership from our organizers and guest speakers—and the overwhelming engagement of our congregation—we opened space for learning, reflection, and connection.

As we asked throughout the series, "What then shall we do?" (John 3:10), we were reminded that creation care is not a one-time event, but an ongoing call to discipleship.

Thank you to all who participated, planned, and prayed. Stay tuned for next steps as we continue to discern how God is leading us forward. - Pastor Donna





# PRIDE in the park NORTHFIELD



## NUMC at Northfield PRIDE in the Park Celebration Saturday, June 7, 2025, 12:00-4:00 pm Please join us!

We invite you to stop by Central Park any time between noon and 4:00 p.m. on June 7th to join in the festivities and show your support for our LGBTQ+ siblings in Christ and their allies. Come say hello to the NUMC Reconciling Ministries Team members at our table - we will be on the lookout for you!

You might want to know...

**PRIDE** stands for Professionalism, Respect, Integrity, Diversity and Excellence.

**PRIDE** calls for greater unity, visibility, and equality for the LGBTQ+ community.

**PRIDE** in the Park is part of **PRIDE Month**, an annual commemoration during the month of June that recognizes those who identify as LGBTQ+ community members, as well as their supporters and allies. **PRIDE Month** is dedicated to these communities in U.S. cities and in countries throughout the world.

Events held during **PRIDE Month** recognize the impact of LGBTQ+ people have had in the world. According to GLAAD (the Gay and Lesbian Alliance Against Defamation), this annual recognition provides "an opportunity for the community to come together, take stock and recognize the advances and setbacks made in the past year. It is also a chance for the community to come together and celebrate in a festive, affirming atmosphere."

The first **PRIDE** marches were held in New York, Los Angeles and Chicago on June 28, 1970, to commemorate the New York City Stonewall Uprising, which had occurred at the end of June the year before. Thousands of LGBTQ+ people gathered to commemorate Stonewall and demonstrate for equal rights. Since then, three U.S. presidents have officially recognized the month: Bill Clinton in 1999, Barack Obama in 2009, and Joe Biden in 2021.

The first Northfield **PRIDE** in the Park celebration was held in June of 2021. NUMC, which became a Reconciling Congregation in August of 2019, was there, represented by members of our Reconciling Ministries Team, and has been each year since.

Please join in the celebration this year. Our active engagement in **PRIDE** events is an important - and fun! - step we can take, individually and together, toward living into our congregation's commitment to becoming truly reconciling. If you would like to volunteer to take a shift at the NUMC table just show up between noon and 4pm.

Clare Mather, on behalf of the NUMC Reconciling Ministries Team





## Methodists Investing in Care and Action for the HolyLand

*“What does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God.” - Micah 6:8*

On May 8, 2025 in the Catholic Church, Cardinal Robert Prevost was elected as the first US-born pontiff Thursday and will be known as Pope Leo XIV. Before being elected to this role, Pope Leo XIV spent most of his ministry in Peru, one of the largest host countries in Latin America for refugees. His papal name, Leo, is widely associated with the social justice legacy of Pope Leo XIII. He is expected to continue much of Pope Francis's reforms in the Catholic Church.

*Prayer: God of all wisdom and mercy, we lift our prayers for Pope Leo XIV as he steps into this sacred role of leadership. May his papacy reflect the compassion of Christ, the justice of your prophets, and the courage of those who walk with the marginalized. Holy Spirit, as you guide him in his new ministry, may we, too, be strengthened to walk alongside him in the shared work of justice, healing, and liberation.*

**MICAH's Question Of The Month:** *How would you define apartheid?*

Look for MICAH's answer next Herald, along with a new question of the month for reflection.

### Remembering the Nakba event:

On Saturday, May 10, about 50-60 people gathered at Bridge Square to learn of the Palestinian catastrophe on May 15, 1948 when over 400 Palestinian villages were depopulated and razed. 750,000 displaced people have not been allowed to return. This ethnic cleansing of the Palestinians from their homes continues today. During the event on May 10, the names of these villages were read and as each name was read, a bell was rung, and those attending were invited to participate in placing a small flag on a large map on the location of one of the villages. This year was the 12<sup>th</sup> year for this remembrance ceremony, where there has always been Methodist involvement. One first time attendee commented, "The Nakba event was meaningful and inspiring. I'm happy to have experienced it." [NAKBA EVENT PHOTOS](#) courtesy Tim Freeland (to view photos go to MICAH page on northfieldumc.org)

### Pilgrimage for Palestine Walk:

Dozens of Northfielders including MICAH members participated in the Pilgrimage for Palestine Walk in downtown Northfield on April 19th. There were around sixty people of all ages that took part. We walked along Highway 3, the long and short of Division Street, and generally made our presence known with no small supply of signs, songs, and horn honking. As always we wished that legions of people had taken part, but we're not discouraged. MICAH has been faithfully represented at several demonstrations and ceremonies recently. [PILGRIMAGE EVENT PHOTOS](#) courtesy Bruce Benson (to view photos go to MICAH page on northfieldumc.org)

### MICAH'S advocacy work aligns with the UMC REVISED SOCIAL PRINCIPLES

The Social Principles as adopted by General Conference Charlotte, 2024, will officially take effect January 1, 2025. Cokesbury Publishing, the United Methodist publishing house will print the updated, official UMC Social Principles booklet in June 2025.

UMC Revised Social Principles: The Political Community

#### A. Church and Governments

We reject governmental use of threats, extortion, unlawful detentions, extrajudicial killings, and other forms of coercion to silence political opponents and those objecting to unlawful or immoral government policies and practices. In keeping with international laws and ordinances, we vehemently protest the use of torture, slavery, genocide, war crimes, crimes against humanity, and crimes of aggression by any government and call for the strictest international sanctions to be imposed in such cases.

While we do not believe churches should affiliate with particular political parties, we do encourage churches to speak out boldly on social issues from a Gospel perspective. We further believe churches have a right and a responsibility to educate and equip their members to be effective advocates for justice in the wider world.

[READ THE FULL STATEMENT](#) or see the MICAH page on northfieldumc.org.

"The newly adopted Social Principles were produced as a teachable document that is for all United Methodists," said Bishop Sally Dyck, GBCS Board Chair, "It is for Sunday school classes, preaching from the pulpit, for seminary classes and as a guide for all of us to use right now."



### Olive Oil for Sale

Palestinian organic, fair trade,  
extra virgin olive oil.

**500 ml/16.5 oz for \$20.00**

**750 ml/25.4 oz. for \$25.00**



## Mugs and Muffins

Mugs and Muffins will meet on June 16th to continue our study of "Boys of the Bible" Quilt Blocks. The men we will be studying are Lazarus (beggar), Pilate, Calaphas, Augustus, and Tiberius. We will meet On July 21<sup>st</sup> continuing our study of "Boys of the Bible". We will study Herod the Great, Herod Antipas, Herod Agrippa I, Herod Agrippa II, and Methusaleh. We meet the church library at 9 AM. New members and visitors are always welcome.



## Mission Sewing Project

Mission Sewing is busy working on meeting goals for 2025. One goal is to do 35 quilts for Operation Joy. Another goal is to make items for Midwest Mission Distribution Center. Items include diapers, receiving blankets, layette jackets and gowns. We are always looking for more people to help meet our goals. Our next meetings to tie quilts will be on June 25th and July 23rd. We meet at 9AM in Room 120.



## IT Tech Corner

By Jesse Steed

### The value of collaboration online

As a team leader, I want to make it easy for my team members to participate in the work of my committee, whether it's MICAH, streamdesk, Rotary, whatever. In real estate, we have a saying, "The best system is the one you use!" The systems and tools that help me collaborate with my team often include documents, calendars, email lists, presentations, graphic design work, videos - just all kinds of things that are easy to use and easy to lose. Here are my basic rules to enhance the former and minimize the latter.

Tag everything. If you create something digitally, chances are there are ways to assign keywords, categories, tags of some kind. You can tag people, ministries, events, etc. The more tags you give something, the more breadcrumbs you are dropping to find your way back to it. There's nothing more frustrating than looking all over digital tarnation trying to find a document or information instead of working on the task itself.

Cross pollinate. Provide direct links to content in documents, calendar invites, emails.

No attachments. Stop attaching documents to email messages. When you attach it, you are giving a copy of the original. Instead, provide a link to the original. This is very helpful especially when you are requesting feedback or collaboration because people can comment on or edit the original, saving time for everyone. It also reduces the email storage taken up by attachments, which adds up and pushes people past the 15GB limit common in free providers like Gmail, prompting people to pay Google for extra storage or make decisions on which family photos to delete instead of deleting all the email attachments.

However you collaborate with others, it is important to consider how to collectively save time and energy to put forward your best effort for your cause. The more you can do in cloud-based environments, the easier it will be to pass the baton to the next team leader and incorporate new members into your group.

## Thank you!

Thank you to everyone who supported the NUMC Church Softball team at the recent "Brat Fest". Folks enjoyed brats, potato salad, beans, chips and fellowship! Over \$600 was raised which will help cover the cost of registration and other needs of the NUMC softball team. If you are looking for something to do on a Sunday evening this summer come on out to the ballfield and cheer on our team! For game date, time and field location see the schedule on the newsletter announcement page or weekly in the worship bulletin.





# Notes from the Parish Nurse

June is Dementia and Brain Awareness Month. The incidence of dementia is increasing as our population ages. There are many different type of dementia, the most common being Alzheimer's disease. While researchers aren't sure what causes Alzheimer's, they suspect that plaques and "bundles" in the brain might be responsible. The Alzheimer's Association recommends the following to help promote brain health and possibly prevent dementia. Though it hasn't been proven that these strategies help, some research indicates they may reduce the risk of cognitive decline.



- **Break a sweat.** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to your brain and body.
- **Don't ignore hearing loss!** There is a growing body of evidence that shows a strong relationship between hearing loss and dementia, in that better hearing seems to delay cognitive decline.
- **Hit the books.** Formal education in any stage of life seems to help reduce the risk of dementia. Take a class at a college, community center, or online.
- **Stop smoking.** Quitting smoking can reduce the risk of cognitive decline to levels comparable to those who have not smoked.
- **Follow your heart.** Evidence shows that risk factors for cardiovascular disease and stroke—obesity, high blood pressure, and diabetes—negatively impact cognitive health. Take care of your heart, and your brain might follow.
- **Heads up!** Help prevent brain injury by wearing a seat belt when in a vehicle, using a helmet when playing contact sports or riding a bike, and preventing falls.
- **Fuel up!** Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruits.
- **Catch some ZZZs.** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking. Consult your care provider if you are frequently having problems getting between 6-8 hours of sleep per night.
- **Take care of your mental health.** Seek medical treatment if you have symptoms of depression, anxiety, or other mental health concerns. Also, try to manage stress.
- **Buddy up.** Staying socially engaged may support brain health. Pursue social activities that are meaningful to you.
- **Stump yourself.** Challenge and activate your mind. Build a piece of furniture, complete a jigsaw puzzle, do something artistic, or play games that make you think strategically.

**LOVE YOUR BRAIN and you just might be able to protect it from dementia.** [www.alz.org](http://www.alz.org), [www.fcnnctc.org](http://www.fcnnctc.org)

Those of us living in colder winter weather states cherish the summer months when there are so many fun outdoor activities such as playing sports, enjoying the weather, swimming, bike riding, and so much more. Here are some tips to remember, to ensure a safe summer full of good memories.

- **Use sunscreen and reapply every 2-3 hours.** This is important for children AND adults. 90% of skin cancer is caused by the UV rays of the sun, so avoid the outdoor peak hours of 10 AM to 4 PM. Wear sunscreen with a sun protection factor (SPF) of at least 30, stay in the shade when possible, and wear a hat.
- **Wear UV-protective sunglasses.** Exposure to the sun's rays is a big factor in the formation of cataracts.
- **Wear a bike helmet!!** Yes, even adults! They can save lives and prevent serious head injuries by 60%.
- **Protect yourself from insect bites.** Wear insect repellent when outside, especially at dawn and dusk. Also, wear long sleeves and long pants to protect against bites from mosquitoes and ticks that can carry diseases.
- **Practice good water safety!!** Never swim alone, watch carefully children who are swimming, and wear a PFD (personal flotation device/life jacket) when boating.
- **Have a severe weather plan at home!** A severe weather "kit" should contain batteries, first aid supplies, snacks, bottled water, flashlights, a battery operated radio or NOAA radio, and your cell phone. Talk over a severe weather plan with family members so all are prepared for an emergency.

Following these tips can help you and your loved ones have a safe and wonderful summer! [www.fcnnctc.org](http://www.fcnnctc.org)



United  
Women  
in Faith

## UWFaith Bake Sale - May 4 Mission u “Practicing Hope”

### United Women in Faith: Meeting Dates

**June 2, 2025 – UWF Executive Board meeting** – 10:00 am Fellowship Hall **No July Meeting**  
**September 8, 2025 - Esther Circle** – Kildahl, 888 Cannon Valley Drive, 1:00 pm **No Summer Meetings**  
**June 16 and July 21, 2025 - Mugs and Muffins** - 9:00 am room #120

Website: [UWFaith.org](http://UWFaith.org) – National UWFaith [mnconfumw.com](http://mnconfumw.com) – Minnesota UWFaith

**Thank you to all that contributed** to the **May Bake Sale** for the children and youth of NUMC. Donations that day were \$230. The Northfield United Women in Faith have added to that amount to give a total to children’s ministries \$150; youth ministries \$150 and a donation toward the youth mission trip of \$600.

**Sole Care Ladies Day Apart 2025** – Last year the Sole Care Ladies Day Apart was at River Bend Nature Center. – This year (2025) United Women in Faith ladies would like to have a special Sole Care date inviting ladies from Northfield area churches. This would be much like we once did for Northfield Ecumenical Women (NEW). We would come together for inspiring programs and lunch. **Watch for more information but save the date.** “Sole Care is part of an event for enrichment and is a pathway to connect with new women focused on giving care to the whole person – mind, body, and spirit.” (source: UWFaith.org)

### **Sole Care Day Apart Saturday, September 27, 2025**

**9:30 Registration – 10:00 Welcome & Speaker – 11:00 Special Presentation**  
**12:00 to 1:00 PM Salad Lunch Northfield United Methodist Church Fellowship Hall**

**Quilting and Sewing Group** – Dorothy Orde has announced the Community Action Committee (CAC) has asked our sewing group to **make 35 quilts for Christmas Joy!** They have started making the twin sized quilts, meeting most Wednesdays at 9:00 AM in the sewing room #120. The whole group meets once a month on the fourth (4<sup>th</sup>) Wednesday. You do not need to sew to be a part of this group.

**Holiday Bazaar and Bake Sale November 16, 2025** – We welcome the creations of men, women, and younger crafters to fill out the offerings for this sale. When you are making your crafts for family and friends, please make an extra five (5) or so to donate to this mini Holiday Bazaar. Knitting, sewing, woodworking, painting, decoupage, crocheting, other crafts you are willing to give for sale are all welcome. Monies go to the UWFaith general budget which is passed on to UWFaith Minnesota conference and then on to national for world mission. Keep the buzz going! Questions? Call or email Lin Wolf – 612-532-1467 or [lin\\_wolf@charter.net](mailto:lin_wolf@charter.net) Bring your craft offerings to Lin after November 1<sup>st</sup>.

**Mission u study “Practicing Hope”** – Join us at Mission u as we explore what it means to practice hope as followers of Christ. Mission u this year will study the resurrection appearances of Jesus and the example of early Christian communities to explore what it means to practice hope in God even when things seem to be falling apart. There are two ways to participate - online or in-person.”  
ONLINE Option: 4 sessions 6-8:30 pm CDT **June 4, 5, 17, 19 on ZOOM** Cost: \$25 per person  
Register on <https://www.uwfaithmn.com> website.

Please make your check payable to:

Minnesota Conference UMW and mail to Linda Oberg, 715 East Larpentuer Ave., Unit G, St. Paul, MN 55117

**Spend some time reading the great books in the UWFaith reading library this summer. Find them on the cart to the left in our church library. Children and youth books are there too.**

# Announcements

Join us for fellowship and coffee in the Fellowship Hall following worship every Sunday!



## Aluminum Cans for Operation Backpack

Collect your aluminum cans and place in the container behind the church kitchen. All proceeds from the cans go towards Operation Backpack.

## NORTHFIELD NOONTIME ORGAN RECITALS

18th Season – Seven Recitals  
Wednesdays, 12:15 to 12:45 pm

**July 2 – James Bobb**, Boe Chapel, St. Olaf College, 1523 Campus Dr.

**July 9 – David Beccue**, First United Church of Christ, 300 Union St.

**July 16 – Richard Collman**, All Saints Episcopal Church, 419 Washington St.

**July 23– Karen Olson**, Studio A., Christiansen Music Hall, St. Olaf College

**July 30 – Brian Carson**, First United Church of Christ, 300 Union St.

**August 6 – Joanne Rodland**, Organ; **Donna Paulsen**, Piano, United Methodist Church, 1401 S. Maple St.

**August 13 – Stephen May**, First United Church of Christ, 300 Union St.

Some recitals will include a free-will offering to defray publicity expenses. For more information, contact Richard Collman at 507-645-1357 or email [rcollman@msn.com](mailto:rcollman@msn.com).

For Sunday 9:30 am  
livestreamed worship service,  
visit our website: [northfieldumc.org](http://northfieldumc.org)

## 2025 NUMC Church Softball Schedule

Sunday, June 1, 6:00 pm, Sechler 2, NUMC vs Trinity  
Sunday, June 8, 7:05 pm, Babcock, NUMC vs River Church  
Sunday, June 15, 7:05 pm, Babcock, NUMC vs Hosanna  
Sunday, June 22, 8:10 pm, Sechler 1, NUMC vs Bethel  
Sunday, June 29, 8:10 pm, Babcock, NUMC vs Life 21  
Sunday, July 13, 7:05 pm, Sechler 1, NUMC vs St. Johns  
Sunday, July 20, 6:00 pm, Babcock, NUMC vs St. Dominic Johnnys  
Sunday, July 27, 6:00 pm, Sechler 1, NUMC vs St. Dominic White  
Sunday, August 3, 7:05 pm, Babcock, NUMC vs Canvas



**Summer  
Church Office Hours**  
**Mon.– Thurs.,  
8:00 am - 4:00 pm**  
**Friday – closed**

## Super Wednesday Community Meals

**THANK YOU** to all the volunteers who helped provide another season of meals and fellowship on Wednesday evenings. It takes a dedicated crew each week. Super Wednesday meals will return in the fall!

Don't Miss the  
**DEADLINE!**

**August  
Herald Newsletter  
Deadline**

The deadline for the August issue will be:

**Noon on Tuesday, July 22, 2025**

Please submit your items for the newsletter in a digital format (word document) to [northfieldumc@gmail.com](mailto:northfieldumc@gmail.com).

## Thinking about making Northfield UMC your church home?

We'll be welcoming new members during worship on **Sunday, June 8**—and we'd love for you to be part of it. Whether you're new to town, returning after time away, or transferring from another congregation, Pastor Donna would love to hear your story and talk all things United Methodist. Please reach out to start the conversation by contacting Pastor Donna at [ddempewolf@northfieldumc.org](mailto:ddempewolf@northfieldumc.org).

# Because every picture has a story to tell...



Thank you to the hardworking crew who spent a Saturday clearing the overgrown trees and brush from around the north entrance sign. Then replaced the flag pole with a taller more sturdy one and put up the new Progress Pride Flag. See the below photos to see what a difference it made for visibility of the sign, flag and the church for those approaching from the north.



Before and after photos of the north entrance. The Progress Pride Flag differs from other pride flags by incorporating elements from various LGBTQ+ flags to signify broader inclusion and the ongoing need for progress. It is an evolution of the traditional rainbow flag, adding stripes to represent transgender, non-binary, and people of color within the LGBTQ+ community.



Cookie break for the crew!

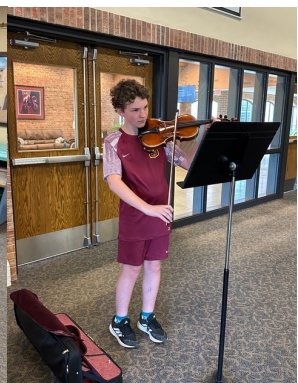
We call them our flagpole handlers. Tricky business and these guys mean business.



The Superman Prayer!



Youth group writing thank you notes to the Easter Egg Hunt helpers.



Robert Steed provides background music for Super Wednesday diners.

# June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>Graduation Sunday</b> <b>9:30 Worship with Communion</b> 10:30 Coffee in Fellowship Hall 1:00-6:00 Community Reservation	<b>2</b> 3:00 UWF Mtg. 7:00 Community Reservation	<b>3</b> 9:00 Bible Study	<b>4</b> 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation	<b>5</b> 12:00 Community Reservation	<b>6</b> 8:00 Men's Breakfast Church Office Closed	<b>7</b> 9:30-11:00 Community Reservation 12:00-4:00 Pride in the Park
<b>8</b> <b>New Member Welcome</b> <b>9:30 Worship</b> 10:30 Coffee in Fellowship Hall 6:30 Community Reservation	<b>9</b> 10:00 MICAH mtg 1:30 Esther Circle - Kildahl 6:30 Community Reservation 7:00 Community Reservation	<b>10</b> 9:00 Bible Study	<b>11</b> 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation  Annual Conference	<b>12</b> 10:30 Community Reservation 12:00 Community Reservation  Annual Conference	<b>13</b> 8:00 Men's Breakfast Church Office Closed  Annual Conference	<b>14</b> 9:30-11:00 Community Reservation
<b>15</b> <b>9:30 Worship</b> 10:30 Coffee in Fellowship Hall	<b>16</b> 9:00 Mugs and Muffins 10:00-2:00 Community Reservation 7:00 Community Reservation	<b>17</b> 9:00 Bible Study 10:00-2:00 Community Reservation 7:00 Facilities Mtg  Trailblazer Camp	<b>18</b> 9:00 Mission Sewing 10:00-2:00 Community Reservation 12:00-1:00 Community Reservation 5:00 Community Reservation  Trailblazer Camp	<b>19</b> 10:00-2:00 Community Reservation 12:00 Community Reservation 7:00 Renewal via zoom  Trailblazer Camp	<b>20</b> 8:00 Men's Breakfast Church Office Closed  Trailblazer Camp	<b>21</b> 9:30-11:00 Community Reservation
<b>22</b> <b>9:30 Worship</b> 10:30 Coffee in Fellowship Hall	<b>23</b> 7:00 Community Reservation	<b>24</b> 9:00 Bible Study	<b>25</b> 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation	<b>26</b> 12:00 Community Reservation	<b>27</b> 8:00 Men's Breakfast Church Office Closed	<b>28</b> 9:30-11:00 Community Reservation
<b>29</b> <b>9:30 Worship</b> 10:30 Coffee in Fellowship Hall 5:00-7:00 Family Ministry Pool Party	<b>30</b> 7:00 Community Reservation					

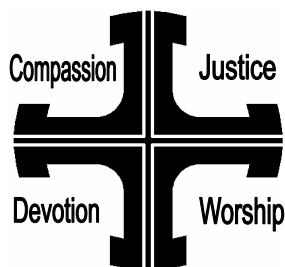
# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Bible Study	2 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation	3 12:00 Community Reservation	4 <b>Closed July 4th Holiday</b>	5 9:30-11:00 Community Reservation
6 9:30 Worship with Communion 10:30 Coffee in Fellowship Hall	7 3:00 UWF Mtg. 7:00 Community Reservation	8 9:00 Bible Study	9 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation	10 10:30 Community Reservation 12:00 Community Reservation	11 8:00 Men's Breakfast  Church Office Closed	12 9:30-11:00 Community Reservation
13 9:30 Worship 10:30 Coffee in Fellowship Hall 6:30-8:30 Community Reservation 5:00-7:00 Youth Movie, Game, Pizza night	14 10:00 MICAH mtg. 1:30 Esther Circle - Kildahl 6:30 Community Reservation 7:00 Community Reservation	15 9:00 Bible Study 7:00 Facilities Mtg.	16 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation	17 12:00 Community Reservation 7:00 Renewal via zoom	18 8:00 Men's Breakfast  Church Office Closed	19 9:30-11:00 Community Reservation
20 NUMC 170th Anniversary 9:30 Worship 10:30 Coffee in Fellowship Hall	21 9:00 Mugs and Muffins 7:00 Community Reservation	22 9:00 Bible Study <b>Noon - August Herald Newsletter Deadline</b>	23 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation 5:30 NUMC Board Mtg	24 12:00 Community Reservation	25 8:00 Men's Breakfast  Church Office Closed	26 9:30-11:00 Community Reservation
27 9:30 Worship 10:30 Coffee in Fellowship Hall	28 7:00 Community Reservation	29 9:00 Bible Study	30 9:00 Mission Sewing 12:00-1:00 Community Reservation 5:00 Community Reservation	31 12:00 Community Reservation	1 8:00 Men's Breakfast  Church Office Closed	2 9:30-11:00 Community Reservation

**NORTHFIELD  
UNITED METHODIST CHURCH**

1401 South Maple Street  
Northfield, MN 55057

Phone: (507) 645-5689  
Email: northfieldumc@gmail.com  
Website: www.northfieldumc.org



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**E - NEWSLETTER  
SIGN UP**

E-NEWSLETTER  
SIGN-UP

Northfield United Methodist Church offers an electronic option for our monthly newsletter. By having our newsletter available electronically, we will save costs on paper, postage and copier usage. The newsletter will still be available to those who want to receive a hard copy in the mail.

For those that sign up, you will receive an e-mail directing you to a link to view the newsletter. If you have more than one member in the household that would like to receive this e-mail, please list them also.

Please cut out this form, fill in the information and place it in the basket in the church office or place it in the offering plate on Sunday mornings.

Please print clearly! Thank you!

Name \_\_\_\_\_

E-mail Address \_\_\_\_\_

Name \_\_\_\_\_

E-mail Address \_\_\_\_\_

**Our Church Staff**

Pastor	Donna Dempewolf
Parish Nurse	Ruth Kruse
Office Administrator	Sandy Vesledahl
Child Care Provider	Kathryn Steed
Interim Youth Director	Kristen Twitchell
Children's Ministry	Gregory Ennis
NUMC Band	Dave Miller
Handbell Choir Director	Kathy Szydlo
Adult Choir	Deborah Rae Miller
Organists	Donna Paulsen Joanne Rodland
Custodian	Arturo Rosas Avila
Information & Worship Technology Consultant	Jesse Steed
Treasurer	David Wolf (Volunteer)

Retired Clergy: Wayne Abdella, Carl Caskey, Richard Collman, Melvin Henrichs, Dana Houck, Mary Keen, Jeanne Martin, Clay Oglesbee, Gordon Orde, Dick Waters