

# United Methodist Herald

April 2025



# everything [in] between

Meeting God in the midst of extremes

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## April Worship

**April 6, 2025 - Celebration of Holy Communion**  
**Luke 19:1-10**

**Pastor Donna Dempewolf**

**April 13, 2025 - Palm/Passion Sunday**  
**Luke 19:29-40**

**Pastor Donna Dempewolf**

**April 17, 2025 - Maundy Thursday 6:30 pm**  
**Holy Communion and Foot/Hand Washing in Fellowship Hall**  
**Luke 22:1-27**

**Pastor Donna Dempewolf**

**April 18, 2025 - Good Friday**  
**Luke 23:32-49**

**Pastor Donna Dempewolf**

**April 20, 2025 - Easter Sunday**  
**Luke 24:1-12**

**Pastor Donna Dempewolf**

**April 27, 2025**  
**John 20:1-18**

**Rev. Dr. Kiara Jorgenson**



# Message from the Pastor

## From Suffering to Sunrise: A Holy Week Reflection

Our Lenten journey with *Everything [In] Between* invites us to explore the liminal spaces of faith—the unanswered questions, the waiting rooms of grief and hope, the uncertain terrain where endings and beginnings blur. Holy Week, especially the movement from Maundy Thursday through Good Friday to Easter Sunday, brings these in-between spaces into focus. We are asked to remember—not just the events, but the meaning, the movement, and the mystery at the heart of our faith.

**Maundy Thursday** asks us to remember, not passively, but as Jesus intended: “Do this in remembrance of me.” To *re-member* is to put back together what is broken. Around the table, we reclaim the radical love and vulnerability of the One who knelt to wash feet, who gave bread and cup as signs of self-giving love, and who asked us to do the same. It’s an invitation into relationship, service, and sacred memory that shapes how we live now.

**Good Friday** names the brutality of injustice and the weight of suffering. It demands honesty about the way power is abused, love is betrayed, and bodies are broken—then and now. In Jesus’ crucifixion, we see the consequences of fear, empire, and silence. And yet, even in that agony, God is not distant. God is not *up-there, out-there*, but *right here*—suffering *with us* and *in us*.

The tomb is more than a resting place for Jesus’ body. It is a metaphor for all the times when the story feels over, the light seems gone, and hope is sealed away. And yet, this is where resurrection begins—not in power or certainty, but in mystery. The risen Christ doesn’t return to punish or prove a point. He comes to speak peace, break bread, and embody love—wounded and real.

**Easter** doesn’t erase Maundy Thursday or Good Friday. Resurrection doesn’t deny suffering—it transforms it. Life is not a straight line from sorrow to joy. It’s a sacred dance of both/and—death and life, despair and courage, grief and hope. That’s why the in-between matters. It’s where our faith is forged.

This Easter, we don’t celebrate to escape the world’s pain. We celebrate as God’s defiant “**yes**” to life, justice, and beloved community—even when the world says otherwise. We proclaim that the tomb cannot contain the Spirit, that love cannot be silenced, and that even in the darkest nights, morning is coming.

So come as you are this Easter – with hallelujahs or heavy hearts, or a mix of both—and trust that Christ will meet you *in between*. And that is holy ground.

With courage and hope,  
Donna

## Lenten Schedule

**Sunday, April 13, 9:30 am - PALM/PASSION SUNDAY**

Children’s sing during service

**Thursday, April 17, 6:30 pm - MAUNDY THURSDAY**

Holy Communion and Foot/Hand Washing in the Fellowship Hall

**Friday, April 18, 6:30 pm - GOOD FRIDAY**

Service of Tenebrae

**Saturday, April 19, 1:00 pm - COMMUNITY EASTER EGG HUNT**

**Sunday, April 20, 9:30 am - EASTER SUNDAY**

Easter Brunch following service in Fellowship Hall





## 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.*

## Power Like a Seed

In a world that wants power like a machine gun,  
power like a bomber plane,  
power like a gated fence to keep the hungry out,  
I want power like a seed –  
power that will crack me open and grow  
something good;  
power like an open door,  
an invitation that says, "Come on in;"  
Power that feels like a strong spine with a soft heart.  
I want the power to listen, to lean in, to ask follow-up  
questions.  
But more than anything, I want the power to bring  
us together, to lift you up.

There are different kinds of power.  
One will build a wall.  
One will plant a garden.  
We should know by now, only one will bear fruit.

Poem by  
Rev. Sarah Speed

## 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).

### **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 February 2025 contributions \$21,945.90**  
**General Fund February 2024 contributions \$36,603.66**

**General Fund YTD 2025 contributions \$52,943.45**  
**General Fund YTD 2024 contributions \$65,129.32**  
**General Fund YTD Budget 2025 \$54,166.70**

## Treasurer's Report for January and February 2025

### General Fund

The CRB checking account balance at the start of 2025 was \$51,749.08. The end of January balance was \$53,545.04 which then decreased to \$41,681.64 at the end of February. Only January apportionments of \$4,106.50 were paid.

Respective Monthly Offering Income for January and February was \$30,997.55 and \$21,945.90. YTD Actual Offering Income was \$52,943.45; \$12,185.87.00 less than YTD Last Year and \$1,223.25 less than YTD Budget of \$54,166.7. Respective General Fund Income Totals for January and February were \$33,485.53 and \$23,483.81. General Fund YTD Actual Income was \$56,969.34; \$15,934.21 less than YTD Last Year, and \$2,957.36 less than the YTD Budget of \$59,926.70. Other Income Totals of \$4,025.89 came from Interest Income, Super Wednesday Meal Proceeds and Regular Facility Usage.

Respective Monthly Expenses for January and February were \$39,347.98 and \$36,651.03. YTD Actual Expense Totals were \$75,999.01; \$1,874.66 less than the YTD Budget of \$77,873.67. YTD our expenses exceed our income by \$19,029.67 which is \$1,082.70 more than was budgeted for the end of February 2025.

### Physical Plant

Respective Monthly income (Support from General Fund) for January and February was \$12,802.2 and \$11,770.73. YTD Actual Income was \$25,707.93; \$24,572.93 from General Fund Support for Physical Plant and \$1,135.00 from continuing contributions to the Building Fund. YTD Actual Expenses were \$26,245.95 which leaves a negative balance of \$538.02.

### Endowment Funds

At the end of December, the total value of the four endowment funds was \$1,007,729.88 which includes \$334,802.54 that we owe ourselves. In February, \$199,046.17 from the Jim Finholt Estate was deposited into the Undesignated Endowment Fund. \$18,000 was withdrawn from the Building Maintenance Endowment Fund in February to pay planned expenses associated with the kitchen, dining room and main floor bathroom cabinet upgrades at the parsonage. Thus, the YTD Balance at the end of February was \$1,275.784.03 which resulted in a YTD gain of \$180,489.75.

## NUMC Leadership Board

Do you have a background in finance or fundraising? Strategic visioning or tactical planning?  
Or simply an overwhelming love for God and NUMC?

We are actively recruiting new members to serve on our Leadership Board. If you're willing to nominate yourself—or someone else—please contact Pastor Donna.



## IT Tech Corner By Jesse Steed

### Livestreaming our Services

NUMC has been livestreaming worship services for years now. We are also able to offer livestreaming of weddings and funerals, if the family so desires.

#### How does it work?

We stream to Youtube and embed the broadcast on our website. To watch the livestream, simply go to our website or Youtube channel and you watch the service. The recording is archived on our website and Youtube channel so you can watch it at a later date.

#### The broadcast is sticky or missing segments. Is it just my device?

While it could be your device or internet connection, occasionally we do experience issues while broadcasting. Lag or intermittent connectivity can impact what gets streamed to Youtube, but we always have a local backup. If the livestreamed version has issues, watch for a backup to be posted online within a few days. The backup recording is generally free of blemishes.

#### How many people watch the livestream?

Statistics show that about 20 devices watch the services live, and another 30 or so will watch during the week. These are the device count, so the number of people watching could be much higher in some cases if families or groups watch together.

We are happy to provide livestreaming of our worship services to members and the community. If you are watching online, please let us know! Contact the church office or [fill out our webform](#) so we know you're with us online.

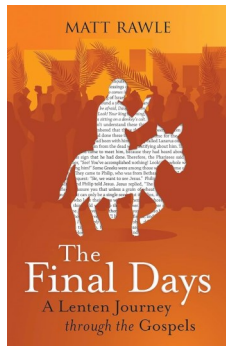
# Adult Forum

## The Final Days: A Lenten Journey through the Gospels

Each Sunday, March 9 - April 13, 10:45 am (Reception Room)

Facilitated by Bruce Dalgaard

Each session is free-standing, come to one or all. Books may be purchased at Content Book Store or online (Cokesbury, Amazon)



The four New Testament Gospels aren't the same story, but they offer the same Resurrection hope. Matthew, Mark, Luke and John devote most of their story detailing Jesus' last week in Jerusalem, all highlighting Jesus' triumphant entry into the city, the suffering and humiliation of the cross, and the empty tomb come Sunday morning, but the stories they tell aren't quite the same.

Each gospel offers a different lens through which we understand Jesus' Passion. One portrait reveals Jesus to be in control, while another emphasizes his suffering. In one story Jesus offers hope to the thief on the cross, and in another Jesus only receives derision. These different perspectives aren't a reason to dismiss the Gospels; rather they reveal an abundant, diverse and complementary picture of God's work in the suffering, death and resurrection of Jesus.

## Caring for Creation: What Then Shall We Do? (John 3:10)

An invitation from Tim Goodwin and Clay Oglesbee (retired Elder)

**Starting on Sunday, April 27 our congregation will host a four-week worship-and-teaching series, *Caring for Creation: "What Then Should We Do?"* We invite our members, as well as guests from the wider community, to consider together current understandings of climate change or climate crisis, the implications for us and for all in these times. We ask, depending on our understanding of what is taking place, what is a faithful response? "What then shall we do?" (John 3:10).**

Why are we offering this series? Studies and observations by most trained scientists today indicate that we are undermining our planet's ecosystems and its healthfulness for living creatures by the extent and rate of burning fossil fuels and emitting carbon dioxide and other gasses like methane into our atmosphere. In fact, 99.3 percent of active researchers and scientists say that we are experiencing "incontrovertible evidence of planetary-scale warming" due to the Greenhouse Effect (carbon dioxide and other gases accumulating in the atmosphere which tends to hold heat on the surface or in the oceans). The effects include:

- Arctic sea ice is being reduced by 12% per decade since 1979 (the air conditioning for our planet)
- Some monitored wildlife vertebrate and fresh water species have been reduced in numbers by 75-85% since the first Earth Day fifty-five years ago (World Wildlife Federation)
- Sea levels are rising, and there are more and longer-lasting heat waves and global drought so that public health and adequate food and water supplies are threatened
- Increasingly powerful and damaging hurricanes, tornadoes, fires, hail and flooding point toward increasing losses and insurance costs
- Infectious diseases or pandemics are more common and spread more rapidly due to intense and extended heat waves
- Global climate refugees are said to be in the tens of millions now and projected into the billions in decades to come
- Carbon dioxide and other gases in the atmosphere will linger for decades or centuries or longer, and will already indefinitely affect quality of life on earth; carbon storage and many other technological steps are needed to slow, reduce or eliminate carbon emissions

Our Leadership Board, while holding varying opinions about climate change, has agreed it is important and timely to examine scientific evidence, to observe our own experiences, and to reflect together on how our Faith guides us to care for the planet, and what actions we each might take. We are open to many answers to these questions; the point is to share questions, share our values, and act to Care for Creation.

See the full weekly schedule for the Caring for Creation series on the following page.

**CARING FOR CREATION:  
“WHAT THEN SHOULD WE DO?” (JOHN 3:10)**

**Sunday April 27**

**For God’s Creation: Gratitude, Suffering and Deep Hope**

9:30 Worship with Preacher Kiara Jorgenson PhD, Eco-Theologian, St. Olaf College

10:30 Class with Dr. Mark Seeley, U of MN & MPR climatologist and meteorologist

**Sunday May 4**

**Our Creatureliness in the Creation/Earth**

9:30 Worship & 10:30 class with Preacher Dr. Timothy Eberhart PhD, director of the Center for Ecological Regeneration

**Sunday May 11**

**The Face of Loss and Challenge: Resilience and Nurturing Care**

9:30 Worship with NUMC Pastor Donna Dempewolf  
10:30 Class with Mary Lynn Oglesbee, Courage and Renewal Retreat Facilitator

**Sunday May 18**

**The Path of Engagement and Action**

9:30 Worship with Rev. Howard White, ELCA clergy & Citizen’s Climate Lobby Leader  
10:30 Panel discussion facilitator Rev. Clay Oglesbee, retired Methodist clergy

**NORTHFIELD UNITED METHODIST CHURCH**

1401 Maple St. Northfield

[northfieldumc.org/caring-creation](http://northfieldumc.org/caring-creation)

Questions: Call Clay Oglesbee (507) 507-251-9283  
or Tim Goodwin (507) 403-9296



## Children's Ministry

### Sundays:

**Children's Church (5th grade and under)** Children's Church meets every Sunday morning during worship. Children's Church is geared towards pre-k through elementary age disciples and are dismissed from the Sunday worship service at 9:40 am for a worship service of their own. We worship, read scripture, talk, sing and share in community. For more information contact Gregory Ennis at Gregory.ennis@gmail.com.

### Wednesdays

**3:30-5:30 pm - KC3** (Kids Creating Community Through Christ) is our Wednesday afternoon youth program for K-5th grade. We meet every Super Wednesday right after school until 5:30 pm (ending just in time for community dinner). Transportation from all local schools is available free of charge. To sign up or for more information email Gregory Ennis at Gregory.ennis@gmail.com.

### April Children's Ministry Schedule:

#### **Children's Hymn Sing - Palm Sunday, April 13**

Children are encouraged to come learn a hymn that morning and the Sundays before to sing for the congregation during worship.

**Community Easter Egg Hunt - Saturday, April 19, 1:00 pm**, meet at church south entrance.

## Youth Ministry

**Wednesdays from 6:30-8pm unless otherwise noted.** (6th-12th grade) meet in the Youth room. 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. For more information email Kristen at [youth@northfieldumc.org](mailto:youth@northfieldumc.org).

### April Youth Group Schedule:

**April 2: Lent 2.0** - Join us for our 2nd Lenten program of games, activities, and discussion of the Lenten Season.

**April 9: Games and More** - Weather permitting we will be outside for part of the program, so dress for weather and wear tennis shoes.

**April 16:** Easter Egg Hunt Prep plus Peep Games!

**Saturday, April 19 from 11am-3pm: Easter Egg Hunt and Brunch Prep Service Project** - All youth are invited (great way to get those service hours in for Scouts, NHS, etc!). We will finish prepping and hiding eggs for the Easter Egg Hunt at 1pm, and help prep for the Easter Brunch.

**Sunday, April 30 from 8:30am-12pm: Easter Brunch Youth Fundraiser** - Youth and their parents are needed to help finish prepping for the Easter Brunch, and then help serve and clean up. This is a Fundraiser for the Youth!

**April 23: Face the Music** - We are in the season of Spring concerts and performances. Games and program about the music that inspires us. Let's make a Youth Group playlist!

**April 30: Spring Surprise** - More info TBA!

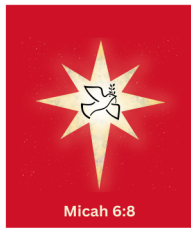
## Easter Brunch Egg Bake Donations

The Youth are holding their annual Easter Brunch on Sunday, April 20 immediately following the Easter service. Please use the Sign-Up Genius link below or email [youth@northfieldumc.org](mailto:youth@northfieldumc.org) to bring an Egg Bake. The Brunch is a fundraiser for our Youth Mission Trip to Kansas City. Traditional or Vegetarian sign-up options. Thanks for your help and support!

<https://www.signupgenius.com/go/10C0945A5AD2AA1FDC70-55876263-easter>

### **Easter Brunch - Sunday, April 20**

Immediately following Easter worship. Egg Bakes, pastries, and fresh fruit. Free-will donation. This is a Fundraiser for our Youth Mission Trip to Kansas City in August, 2025.



**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*

**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**  
(We are currently out of stock, will  
update when available)

**No Other Land**, a film about Palestinians resisting home demolitions in the West Bank, won the Oscar for Best Documentary Feature—the first-ever Oscar for Palestine. Filmed between 2019 and 2023, it follows activist Basel Adra as he risks arrest to document the destruction of his hometown, Masafer Yatta. Adra and Israeli filmmaker Yuval Abraham accepted the award together, urging the global community to pressure Israel to end its human rights abuses.

**God of Truth, we give thanks for the recognition of *No Other Land*. Through this film, illuminate to the world the reality of Palestinian life under occupation. We lift up Basel Adra, Yuval Abraham, and all who labor to speak truth. Strengthen all who work for justice, and may this moment encourage the people of Masafer Yatta, affirming that their struggle is seen, their voices are heard, and their steadfastness is not in vain.**

**Locations in Minnesota where the film is currently listed:**

- Riverview Theater, [3800 42nd Ave S, Mpls. MN](#) 612-729-7369
- The Main Cinema, [115 SE Main Street, Mpls. MN](#) 612-395-4444 [mspfilm.org/showtimes/](http://mspfilm.org/showtimes/)
- Pop's Art Theater, 619 6<sup>th</sup> Ave NW, Rochester MN 763 489-8365, playing March 28 - April 3 [popsarttheater.com/movies/](http://popsarttheater.com/movies/)

**Christians Stand against Forced Displacement and False Doctrines**

[www.fosna.org](http://www.fosna.org)

All are encouraged to sign online to this statement:

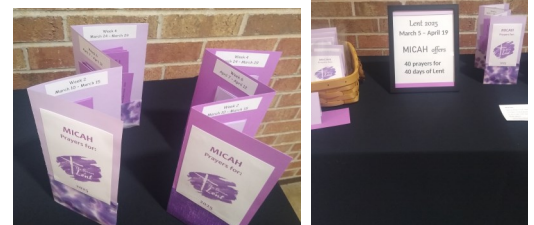
*The undersigned signatories reaffirm the Palestinian people's inalienable right—affirmed by theology, history, and international law—to a life of freedom and dignity in their homeland. We reject all efforts—from the United States, Israel, and others—to dispossess the Palestinian people. Peace will come only when all peoples of the Holy Land today—Palestinian and Israeli, Christian, Jew, Muslim, people of all faiths and none—live together in a shared land. We reject ethnic cleansing. We reject the supremacy of one people over another. And, as Christians, we categorically reject the misuse of the Bible to justify acts that betray the core of our faith and the ministry of Jesus.*

Friends of Sabeel North America (FOSNA) is an interdenominational Christian organization seeking justice and peace in the Holy Land through education, advocacy, and nonviolent action.

**MICAH MEMBER PROFILE - Mary Twitchell.**

In addition to being a member of the MICAHA Team, Mary is also involved with the Haiti Partnership. This group grew out of a couple of Volunteers in Mission teams doing reconstruction after the earthquake. The reconstruction work was a cooperative project between the UMC and the Methodist Church of Haiti. When this joint project ended, these volunteers wanted to keep working in the Miragoane district of south western Haiti. Several teams went to Haiti, building partnerships with the local Haitian leaders while working alongside them on projects. Although it is currently impossible to send teams to Haiti, the Haiti Partnership continues to work with its partners in Haiti to meet basic needs. In February, Mary participated in a Zoom call where it was decided to expand a goat project which provides funds for monthly nurse clinics. Sixty female goats and three male goats will be purchased. Training will be provided for the selected farmers, and medicine and veterinary care will also be covered. Funds were also allocated to pay for a medical clinic in June with a physician and dentist, and for the purchase of food for some of the most vulnerable elderly in the area. If you want to know more about any of these projects, please ask Mary. She would be happy to share her love for Haiti and its wonderful people.

The pictures are of the Lenten prayer books MICAHA prepared to help people prayerfully remember the modern day suffering of the Palestinians in the Holy Land.







## Mugs and Muffins

Mugs and Muffins will meet on April 28th to continue our study of “Boys of the Bible” Quilt Blocks. The men we will be studying are Zebulun, Manasseh, Ephraim, Matthias, and Barsabbas. We meet in Room 120 at 9 AM. New members and visitors are always welcome.



## Mission Sewing Project

On March 2<sup>nd</sup>, we donated a Happy Hearts queen size quilt to Emma Norton Services. Pictured with the quilt are Catherine Williams (UWF president), Linda Betzold (Esther Circle chair), Shawna Nelsen-Wills (Emma Norton representative), Dorothy Orde (Muga and Muffins chair), and Pastor Donna Dempewolf.

Mission Sewing is busy working on meeting goals for 2025. We are always looking for more people to help meet our goals. Our next meeting to tie quilts will be on April 23<sup>rd</sup>. We meet at 9AM in Room 120.



*ISAIHAH is a multi-racial, state-wide, nonpartisan coalition of faith communities, Black barber shops, childcare centers, and other community-based constituencies fighting for racial and economic justice in Minnesota. It is advocating for three important initiatives under discussion in the current legislative session:*

**Paid Family and Medical Leave**, enacted in the 2023 legislative session, is facing pushback in the Minnesota legislature from those who want to delay its start date scheduled for January 2026. Local small business owner, Jessica Peterson White, recently wrote a piece in the Minnesota Star-Tribune in which she spelled out the ways this insurance policy can make life better for employees and employers, and the sooner the better.

A **Manufactured Home Park Residents Bill of Rights**, important locally for those who live in Viking Terrace, is being heard in both houses of the legislature. It includes

- a cap on lot annual rent increases on lot rent at 3% and a limit on late rent payments at 8%,
- an opportunity to purchase the land as a co-op in the event of a sale, and
- improved protections and rights such as clear billing for services provided and a choice of methods to pay rents other than digital.

The **Yes to Homes Legislative Agenda** which includes bills to address housing challenges in three key ways:

- 1) Build more homes – jumpstart production of more homes, especially starter homes, townhouses and apartments, that are often torpedoed by overregulation.
- 2) Build homes faster – provide local leaders with the tools needed to streamline project approvals.
- 3) Make homes more affordable – eliminate local regulations that drive up prices, such as excessive parking, requiring HOAs and mandating luxury materials.

Every family, no matter where we live, the color of our skin, or how much money we make, deserves a home we can afford and count on now and tomorrow. With common sense and inclusive zoning reform we can build more housing. Minnesotans can really put down roots, resulting in more connected communities, healthier families, and more stable workforces. We can make sure our housing reflects the Minnesota value of what it means to be a welcoming neighbor.

*(If you would like more information on any of these initiatives, or to join the ISAIHAH-NUMC Team, please contact Evelyn Burry – [evelynburry@hotmail.com](mailto:evelynburry@hotmail.com) or 507-581-4684).*



# Notes from the Parish Nurse

April is Parkinson's Awareness Month. Parkinson's is a nervous system disease that affects your ability to control body movements. It causes "nerve cells in one part of the brain to slowly degrade (get damaged) or die over time. As this nerve damage gets worse, it causes a cascade of symptoms throughout your body." ([www.clevelandclinic.org](http://www.clevelandclinic.org)) These nerve cells normally produce dopamine, which is a chemical (neurotransmitter) that helps the cells of the brain to communicate. With decreased dopamine, movement symptoms occur. Norepinephrine, another neurotransmitter, is also lost by people who have Parkinson's disease. This affects the sympathetic nervous system which controls heart rate, digestion, breathing, and blood pressure.

It is estimated that 1 million people in the United States and 10 million worldwide have Parkinson's disease. There are about 90,000 new Parkinson's cases diagnosed each year in the United States. ([www.parkinson's.org](http://www.parkinson's.org)) Most commonly, people are in their 60s or 70s when they are diagnosed, and men are more likely than women to develop the disease.

"There's no blood test or imaging scan that can definitely confirm whether" a person has Parkinson's or not. ([www.clevelandclinic.org](http://www.clevelandclinic.org)) A neurologist can diagnose Parkinson's based on signs and symptoms, history, and neurological and physical exams. A therapeutic drug trial can help confirm the diagnosis if a person's signs and symptoms improve while take the Parkinson's medication.

There are four main groups of signs and symptoms that are used to diagnose Parkinson's. They are all movement related.

- **Tremor.** It often begins with shaking of hands and arms (occasionally jaw or foot) on one side of the body and on one limb. As the disease progresses, the tremor becomes more widespread and worsens with stress.
- **Bradykinesia (slowed movement).** Body movements slow because the brain transmits instructions slowly from lack of dopamine. This can be unpredictable and disabling.
- **Rigid muscles/stiff limbs.** Muscles cannot relax normally so it is difficult to move about freely and range of motion is limited. Aches and pains in muscles occur.
- **Coordination and balance problems.** Walking becomes unsteady and short shuffling steps occur. Difficulty to start and stop walking also occurs, as does a forward leaning posture, which makes falls more likely to happen.

People with Parkinson's disease experience symptoms in their own unique way. Some people have many symptoms and others have just a few. Also the speed with which symptoms develop varies from person to person. In general though, there are four stages of Parkinson's disease.

- Early stage is where symptoms are mild, don't interfere with daily activities, and may seem like normal aging. They include fatigue, slow and small handwriting, lack of facial expression, speech changes, depression and anxiety, constipation, and sleep problems.
- Mid stage has worsening symptoms, balance problems and falls, difficulty in bathing and dressing, and increased tremors and muscle stiffness that affect both sides of the body.
- Mid-late stage is signaled by more difficulty standing and walking, which may result in the need to use a walker. Some mild cognitive impairment may set in during this stage. Chewing and swallowing problems may also occur.
- Advanced stage signs and symptoms may include increasing dementia and the development of hallucinations and delusions. At this point the person may need to use a wheelchair or might be bedridden.

Exercise is very beneficial, both physically and psychologically, for the well-being of a person who has Parkinson's. Motor coordination, walking, balance, and movement can all improve with exercise. Types of exercise should include aerobic, strength training, flexibility training, and balance and agility training. Activities can include dancing, gardening, golfing, no-contact boxing, water aerobics, tai chi, yoga, or pilates. An exercise program can be set up by a physical therapist after an assessment of walking and balance is made. Occupational and speech therapy should also be included in an exercise plan.

Medication is also a very important part of the treatment for Parkinson's. The goal is to help nerve cells in the brain make dopamine or to mimic the effects of dopamine in the brain. Other medications can help reduce some of the specific symptoms of Parkinson's. About 15% of people with Parkinson's find that medications don't alleviate their symptoms very well. They can usually get relief from surgical treatment. "Although there's still no cure for Parkinson's...treatment can make a big difference in managing symptoms and quality of life." ([www.mayoclinic.org](http://www.mayoclinic.org)) Future treatments may include gene therapy, stem cell transplants, biomarkers, or vaccines.



United  
Women  
in Faith

**\*Cindy Andrade Johnson– Missionary to Migrants**

**UW Faith Bake Sale May 4, 2025**

**United Women in Faith: Meeting Dates**

**April 7, 2025 – UWF Executive Board meeting – 10:00 am room #120**

**April 14, 2025 - Esther Circle – Kildahl, 888 Cannon Valley Drive, 2:00/3:00 pm Special Guest**

**April 28, 2025 - Mugs and Muffins - 9:00 am room #120**

Website: [UWFaith.org](http://UWFaith.org) – National UW Faith

[mnconfumw.com](http://mnconfumw.com) – Minnesota UW Faith

**April 14, 2025, Meeting at 2:00 PM, United Women of Faith Esther Circle hosts a Special Guest – Rotary exchange student, Stephanie Basemera. She will speak to Esther Circle at 3:00 PM.**

**Emma Norton Services' 2025 Opening Doors Gala will be held on Thursday April 24, at the InterContinental St. Paul Riverfront!** We can donate toward their silent auction and/or purchase a ticket.

**Thank you to all that donated in any way to the Emma Norton March Madness donation drive.** We made our pledge of \$750 and delivered many needed household items to the residents of Emma's programs. We thank Shawna Nelson-Wills for her time with us on Sunday, March 2nd. She went home with a car full of donations. Thank you for responding to the call to help support God's work in St. Paul, MN.



**\*\*\*April 5, 2025 UW Faith sponsors the River Bluffs area meeting at The Well UMC in Rosemount, MN.** All are invited to attend a special day with **Deaconess Cindy Andrade Johnson.** Ms Johnson is a humanitarian advocate who has worked with migrants. She lives with her husband on the US/Mexican border in Brownsville, Texas. She is currently working as a consultant in the following areas: education, cultural competence, Migration, and Missiology.

Cindy will be able to give current information about the migrant situation at the US border. The presentation will be live streamed. **You have to register at [UWFaithmn.com](http://UWFaithmn.com)** - on the **top menu** next to home, click on **area connections**, scroll to **River Bluffs - registration-** to have the live stream code sent to you.

An article about Cindy's work at the Southern border in early 2021 is [Migrants looking to Biden for immigration reform | UMNews.org](http://Migrants looking to Biden for immigration reform | UMNews.org). At the end of the article, there is a video of Cindy in the Matamoros camp.

Cindy also takes donations toward her work with La Posada Providencia. Funds are used for educational activities for young children, and for food, underwear, socks & healthcare in Mexico via her partnership with Ayudandoles a Triunfar A. C. Donations could also be mailed to: La Posada Providencia, Attn: Magda Bolland, 30094 Marydale Road, San Benito, TX 78586

**Where does the United Women in Faith money go?**

Northfield UMC has a pledge of \$2,600 to our River Bluffs Area. It then goes on to the UW Faith Minnesota Conference, and eventually to our national organization of United Women in Faith.

The UW Faith **Response** magazine tells of a group of women in India, supporting themselves and their families through microloans given to them by donations from UW Faith. The women gained loans to start their own businesses in cooking, food market sales, rope-making, and sewing (tailoring) for their home based clothing shops. In a 300 member self-help women's group, each receives about \$100 seed money to start their small businesses. They repay the loan from their profits so others can benefit from their success.

**Alliance Stamp Ministry:** All types of cancelled postage stamps and Stamp collections are accepted. Put them in the box in Fellowship Hall. This is an ongoing ministry.

# Announcements

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

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



## 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.

## Easter Flowers

Place your Easter Flower order by filling out the below order form and return it to the church office with payment by Wednesday, April 9th. Please print the "In Memory of" or "In Honor of" clearly and remember to check the box if you are going to take your plant after Easter worship or leave it at the church. Thank you!

## Card Making with Margie

Tuesday, April 15, 2025

2:30-4:00 pm, in classroom #120

Cost: \$10 to cover supplies.

Join Margie Brockton for a fun time of making greeting cards. She will have all the supplies needed.

Call 507-649-2324 to register.



## Church Office Hours

Monday - Thursday,

8:00 am - 4:00 pm

Friday, 8:00 am - noon

The Church office will be closed Monday, April 21st.

## Easter Flower Sign-up Sheet

PLEASE PRINT CLEARLY

Name \_\_\_\_\_

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

Select from the following:

\_\_\_\_\_ Lily (\$22.00)

\_\_\_\_\_ Cyclamen (\$22.00)

\_\_\_\_\_ Begonia (\$22.00)

\_\_\_\_\_ Kalanchoe (\$22.00)

\_\_\_\_\_ Easter Mum (\$22.00)

\_\_\_\_\_ Donation to Easter Visuals



After Easter services, I will:

\_\_\_\_\_ Leave my plant at the church

\_\_\_\_\_ Take my plant home

Make checks payable to NUMC and return this form with payment to the box in the church office by

Wednesday, April 9, 2025

**(DO NOT PUT IN OFFERING BASKET)**

Don't Miss the

**DEADLINE!**

**May Herald Newsletter Deadline**

The deadline for the May issue of the Herald Newsletter is:

**Noon on Tuesday, April 22, 2025**

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

Late submissions will not be accepted.

## NORTHFIELD EARTH DAY CELEBRATION

Saturday, April 26th, 11-4  
Armory Square | Northfield



April is Earth Day Month, but thankfully, due to a suggestion by Philip Spensley several years ago; every month is Earth Month at NUMC.

Thank you to all who have been and are supportive. Each week at least 63 gallons (one large trash container) of compost gets composted instead of going to the landfill.

Some friendly reminders:

1. Every room in the church has clearly marked containers and signs to help everyone know what goes in which bin.
2. The bins (and signs) are even color-coded to make this even easier.
3. NUMC has compostable supplies available for use at all church functions and available for purchase to outside groups that use the building. Contact Sandy in the church office for details.
4. Napkins are ALWAYS compost and should be put in green bins.

If you want to start composting and recycling at home, DO!!!

If you feel overwhelmed or just want encouragement and/or help, please contact Mary Ann Polley 507-645-6271 [mapks@msn.com](mailto:mapks@msn.com)  
Every little bit helps!

## Super Wednesday Community Meals

Food for the soul and the stomach! Serving 5:30-6:15 pm on Wednesdays during the program year.

### April Menu

#### Wednesday, April 2

Chicken Parmesan Alfredo with Penne, Broccoli, Green Salad, Bread, Ice Cream and Bars

#### Wednesday, April 9

Tater Tot Hotdish, Green Beans, Jello, Bread, Ice Cream and Treats

#### Wednesday, April 16

Chicken Wild Rice Hotdish, Roasted Carrots, Green Salad, Cottage Cheese with Peaches, Bread, Ice Cream and Treats

#### Wednesday, April 23

Ham, Potatoes, Peas, Green Salad, Fresh Fruit, Bread, Cake and Ice Cream

#### Wednesday, April 30

Beef Lasagna, Caesar Salad, Garlic Bread, Ice Cream and Treats



## Maintenance Help Needed!

Help! We are in need of backup maintenance and boiler/heating system help.

Are you "mechanical", trained as an engineer or mechanic, or just plain handy with mechanical/electrical, plumbing, etc/? Please contact or see Bruce Paulson, 507-301-5428.



## Facilities Workday: April 26th 8:30 am - Noon(ish)

Spring comes, and with it comes spring cleaning! Facilities Team spring work day is Saturday April 26th, from 8:30 - noon(ish). Bring appropriate outdoor work clothes and gear; brush cutting equipment, rake, shovel, tough boots, gloves, etc.. There will be inside tasks to do and in case the weather does not cooperate, we will all be inside. Many hands make quick work! No need to RSVP.

Questions? Contact Bruce Paulson at 507-301-5428.



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



Over 300 hours of volunteer time was contributed to updating the parsonage kitchen cabinets and buffet with a beautiful end result! Thank you to all those who contributed their talents and labor!



The NUMC youth enjoyed a bonfire in February!



March came in like a lion with a snowstorm on Ash Wednesday.

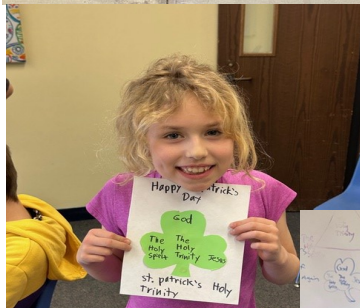


Some scenes from "Ash Sunday". Since Ash Wednesday services were cancelled due to the March 5th snowstorm, we had Ash Sunday instead.



Approximately 20 folks attended the Rule of Christ training held March 12th.

NUMC Youth held a bowling party in March.



KC3 (Kids Creating Community Through Christ) learning about St. Patrick and the Holy Trinity: God, Jesus and the Holy Spirit.



# APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Bible Study	2 9:00 Mission Sewing 12:00-1:00 Community Reservation <b>Super Wednesday</b> 3:30 KC3 5:00 Streamdesk training 5:30 Shared Meal 6:15 Adult Choir 6:30 Handbell Choir 6:30 Youth	3 12:00 Community Reservation	4 8:00 Men's Breakfast	5 9:30-11:00 Community Reservation
6 9:30 <b>Worship with Communion</b> 9:40 Children's Church 10:30 Coffee in Fellowship Hall 10:45 Adult Forum - The Final Days	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 <b>Super Wednesday</b> 3:30 KC3 5:00 Streamdesk training 5:30 Shared Meal 6:15 Adult Choir 6:30 Handbell Choir 6:30 Youth	10 10:30 Community Reservation 12:00 Community Reservation	11 8:00 Men's Breakfast	12 9:30-11:00 Community Reservation 3:00-7:00 Community Reservation
13 9:30 <b>Worship - Palm/Passion Sunday</b> 9:40 Children's Church 10:30 Coffee in Fellowship Hall 10:45 Adult Forum - The Final Days 6:30-8:30 Community Reservation	14 1:30 Esther Circle - Kildahl 6:30 Community Reservation 7:00 Community Reservation	15 9:00 Bible Study 2:30 Card Making with Margie 7:00 Facilities Mtg.	16 9:00 Mission Sewing 12:00-1:00 Community Reservation <b>Super Wednesday</b> 3:30 KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Handbell Choir 6:30 Youth Fellowship	17 12:00 Community Reservation 6:30 <b>Maunder Thursday Holy Communion and Foot/Hand Washing</b> 7:00 Renewal via zoom	18 8:00 Men's Breakfast 6:30 <b>Good Friday Service of Tenebrae</b>	19 9:30-11:00 Community Reservation 1:00 <b>Easter Egg Hunt</b>
20 9:30 <b>Easter Sunday Worship</b> 9:40 Children's Church 10:30 <b>Easter Brunch</b>	21 7:00 Community Reservation  <b>Office Closed</b>	22 9:00 Bible Study  <b>Noon-Herald Newsletter Deadline</b>	23 9:00 Mission Sewing 12:00-1:00 Community Reservation <b>Super Wednesday</b> 3:30 KC3 5:30 Shared Meal 6:15 Adult Choir 6:30 Handbell Choir 6:00 Youth Fellowship	24 12:00 Community Reservation	25 8:00 Men's Breakfas	26 9:30-11:00 Community Reservation 8:00-12:00(ish) <b>Facilities Spring Work Day</b>
27 9:30 <b>Worship</b> 9:40 Children's Church 10:30 Coffee in Fellowship Hall 10:45 Adult Forum - Caring for Creation	28 9:00 Mugs and Muffins 7:00 Community Reservation	29 9:00 Bible Study	30 9:00 Mission Sewing 12:00-1:00 Community Reservation <b>Super Wednesday</b> 3:30 KC3 5:30 Shared Meal 6:00 Adult Choir 6:30 Handbell Choir 6:00 Youth Fellowship	1 12:00 Community Reservation	2 8:00 Men's Breakfast	3 9:30-11:00 Community Reservation

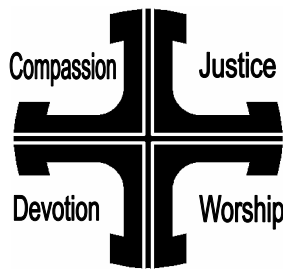
**NORTHFIELD  
UNITED METHODIST CHURCH**

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Website: www.northfieldumc.org

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**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