



Cherokee Park United Church

*Welcoming people of all ages, sexual orientations,
races, and ethnic origins*

A Progressive Congregation
Theological Elbow Room
Global Music
Community Connected
Kid Friendly

Newsletter July 2014

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 July	2 Antiracism Team 6:30 pm	3 Loaves & Fishes*	4	5
6 -Foodshelf - Faith Action Vigil 2:30 pm	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22 Asdic "mouth" wkshp 6:30 pm	23	24 Lay Ministry 5 pm	25	26 Justice & Witness 7 pm
27 Outdoor worship & picnic Cherokee Park 9:30 am	28	29 -Asdic wkshp 6:30 pm -Lay Ministry 6:30 pm -Stained Glass taskforce 7 pm	30 Faith Life 7 pm	31 Council 7 pm	1 August	2
3	4	5 Nursery clean 6:30-8:30 pm	6	7	8	9

* the first Thursday of odd numbered months

*Loaves and Fishes
and Crayons
and Coats
and Toothpaste (Oh My)*

We will be serving supper to people in need on our usual first Thursday in July. In addition, we would like to help those families prepare for school, by **providing school supplies** such as notebooks, markers, crayons, pencils. If you cannot help prepare or serve food, this is one way you can still participate. There is a collection box in Fellowship Hall, or just give to anyone at church and they will be happy to run it downstairs for you.

In **September** we will offer a collection of gently used or new warm **clothing** such as coats, hats, mittens, so please keep those in mind. And in **November** we would like to offer **personal hygiene products** such as toothpaste and shampoo; free hotel-size items are also much appreciated.



Serving times on July 3 are: meal prep from 3:30 - 5 p.m., serve from 4:45 - 6:15 p.m., and/or clean up until 7 p.m. (at the latest). Young people are welcome to help.

Contact: Michelle Rehm Johnson

Cherokee Park Pavilion Outdoor Worship – Sunday, July 27

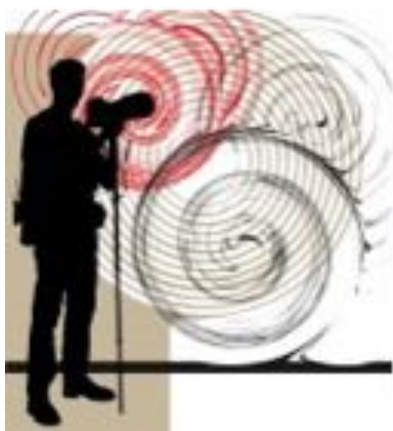
The Caring Ministries team will again host our annual outdoor worship at 9:30 a.m. followed by a potluck picnic and games; the beverages will be provided. In case of bad weather, we will worship and picnic at the church. Contact: Mike Bates



Tutoring Opportunity on the West Side

Anyone who is interested in tutoring but unable to be there during the normal Building Blocks tutorial hours, or who would like to interact with older children, might consider a new opportunity to serve our West Side children. See flyer "Tutor kids in CPUC's neighborhood!"

Church Pictorial Directory



Hold the dates: October 21 & 22 (2:20 p.m. to 9:00 p.m.) for a portrait session for a new church directory. Sign up opportunities will be made available in early September.

All participants will be given a free 8 ½ x 11 portrait and the church receives a free directory for every individual or family photographed. We will again be working with Lifetouch Directories.

June Storytime: When God was a Little Girl



Flower-Lovers, Unite

Here's a chance to learn more about our landscape plants and to help keep them blooming and healthy. Even if you can only help one time for an hour or two, your efforts will be much appreciated. No gardening talents necessary as we can pair you with an experienced person. And if you would like to start a perennial flower bed of your own, or add to your collection, I also have plants at home that need to be shared. Contact: Susan Strebog



Hosting Philippine Delegation

It has been the joy for several of us to spend time with our Philippine delegation from the United Church in the Philippines, who have been visiting, building relationship and sharing about the hopes, joys, and challenges of ministry. They are an impressive and courageous bunch. Andy Barnett and Jen Folkers hosted Hazel Corro Navarra in their home, and Pastor Tim and Michele hosted Bishop Modesto Villasanta and Rev. Jesse Pagalan.

On Wednesday evening about 16 members of CPUC met at Okogyeamon's home for a beautiful and generous spread of food and wonderful evening of learning and sharing with our guests.



May Families Exploring Spirituality

Appreciating God's earth, so easily overlooked and taken for granted.

Water - taste it

Dirt - scoop it

Rock - name it

Worm - examine it (it has five hearts!)

Seed - plant it



Plant four seeds:
One for the neighbor
One for the crow
One to rot, and
One to grow



May "Sounds of the Neighborhood" Cabaret



May Building Blocks Celebration



Slight Of Mouth Techniques

Addressing Racist Remarks

ADSIC is conducting workshops to learn delightful ways to loosen boundaries that individuals have built up around “race.” Workshops will be held at Cherokee Park United Church on two Tuesday evenings, July 22 and July 29, from 6:30 - 9:30 p.m., with a light supper at 6:00 p.m. Cost is \$35 for both sessions, with scholarships available.

Contacts: Okogyeamon, and Margery Otto

We Bought a What?

Our contributions to the residents of Ostuma, El Salvador made it possible for them to purchase a molino (mill), enabling them to now obtain their daily needed masa without traveling a great distance, and without the danger that travel poses.

The corn they bring in is nixtamalized to free up the niacin. (Perhaps the “tamali” portion of this word is the origination of the word tamale.) Niacin, or vitamin B3, is an important vitamin in corn, but is not accessed with fresh corn. Without niacin, humans risk pellagra whose symptoms include skin lesions, stomach problems, and dementia.

Pre-Columbian people began soaking corn (maize) in an alkaline solution (water mixed with ash) which frees up the niacin. It also dissolves the glue holding the husk of the kernel to the meat, called the endosperm, so the husks can easily be rubbed off and separated, and then the endosperm can be ground into masa and taken either fresh or dried. Balls of masa were, and still are, flattened and cooked on a griddle, becoming the ancient flatbread know as tortillas. If the soaked kernels are cooked instead of ground into masa, they’re called hominy, the large, white starchy kernels used in soups and stews.

Deadline for newsletter articles is the 22nd of the prior month. Please contact editor Susan Strebog at kellystrebog@comcast.net or 651-457-1404.



Our Nation is Blessed by Her Life and Her Legacy

Dr. Maya Angelou, poet, author, civil rights activist, passed away in May at the age of 86.

Maya was born in Missouri and grew up without the family support and safety that many of us take for granted. She experienced firsthand racial prejudices in her early childhood in Arkansas, and at one point, as a child, was so traumatized she stopped speaking for years. In her teens she moved to San Francisco, winning a scholarship to study dance and acting and the California Labor School. She gave birth to a son, married, and by the mid 1950's began her career as a performer.



She acted in off-Broadway and toured in a production of *Porgy and Bess*. A civil rights activist and member of the Harlem Writers Guild, she organized and starred in a benefit, *Cabaret for Freedom*, for the Southern Christian Leadership Conference. In the 1960's she continued her acting in off-Broadway plays, and then expanded into work as an editor and freelance writer in Egypt and Ghana, including a position at the University of Ghana.

After returning to the United States she was encouraged by James Baldwin to write about her life experiences, resulting in the enormously successful 1969 memoir, *I Know Why the Caged Bird Sings*. She continued to write, becoming the first African-American woman to have her screenplay, *Georgia, Georgia*, produced, and went on to earn a Tony Award nomination for her role in the play *Look Away* (1973) and an Emmy Award nomination for her work on the television miniseries *Roots* (1977). She has written several autobiographies and collections of poetry, including *Just Give Me a Cool Drink of Water 'Fore I Die* (1971), which was nominated for the Pulitzer Prize. One of her most famous works, *On the Pulse of Morning*, she wrote especially for and recited at President Bill Clinton's inaugural ceremony in 1993, and won a Grammy Award for the audio version of the poem. In 1995 she was lauded for remaining on *The New York Times'* paperback nonfiction best-seller list for two years - the longest-running record in the chart's history. She went on to direct and write films, plays, books, and cookbooks.

Maya's spirit propelled her through a marvelous life. President Barack Obama's statement issued after her passing remarked that she "had the ability to remind us that we are all God's children; that we all have something to offer."

Cherokee Park United Church

United Church of Christ/Presbyterian Church (U.S.A.)

Open & Affirming, Multicultural, Antiracist

651-227-4275

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cherokeeparkunited.org

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St. Paul, MN 55107

Sunday Worship - 10:15 a.m.

Summer: Worship starts at 9:30 a.m.

Dr. Timothy M. Johnson - Pastor

Ione Boettcher Butler - Organist/Choral Director

Jill Jackson - Building Blocks Tutorial Director

Rebecca Knott - Nursery Supervisor

Andrew Gbaa - Custodian

Be a rainbow in someone else's cloud.

Maya Angelou, *Letter to My Daughter*