

ST. JAMES WEEKLY E-NEWS

"Putting Christ first in all that we do."

Join us for worship every Sunday at 8:45 am

100 W. Capitol Drive, Appleton

www.umcsj.org

The week of March 18-24, 2026

REGULAR OFFICE HOURS:

9 A.M. – 2 P.M., MONDAY – WEDNESDAY

Announcements

We are in need of treats for fellowship time. Contact Mary if you can help. These can be store bought or homemade.

Ladies Nite Out has been rescheduled for Monday March 23rd, 5:30pm, at Asian Garden.

Sunday School has been rescheduled for Sunday, March 29th. Palm Sunday.

We are in need of an usher for **Maundy Thursday worship at 7pm on April 2nd** and also 2 communion servers.



Thanks to Bill & Deb Kraemer and LuAnn Van Handel for their help in making the online worship service last Saturday.

Thank you to the crew who cleared the kitchen items in preparation for the floor. Tom S., LuAnn V., Arnie & Linda M., Gary L., Bill K., and Vets & Friends.

Thank you to Tom Graf, Bill Kraemer and Pastor Rok for shoveling snow after the 27.5 inch blizzard.

A very sincere thank you to all the un-named, who share of their time and talents week after week for the ministries of St. James.

You may not always be named but please know how much you are appreciated.

Laity Team for this Sunday

Usher	Carol Carlson
Reader	Lori Larson
Counters.	Deb Ebben & Rich Stewart
Music.	Praise Team
Tech Team	Bill Kraemer & Diane Linstad

Pastor Rok's Schedule

Pastor Rok wants everyone to know that he is doing phone calls and home visits. So don't be surprised if you get a call from a Washington phone number. (You may want to put his number, **202-227-0313** in or near your phone.) For email contact, his address is: **cakanrok@gmail.com**. He is available anytime.

Here are Pastor Rok's office hours...

Tuesday at St. James
Wednesday at Emmanuel
Thursday & Friday by appointment.

Pastor Rok would like you to know that in the afternoons, he may be out of the office visiting people.

Henderson Settlement

Are you interested in learning more about Henderson Settlement?

What about information on how to join the mission team?

Would you like to support Henderson Settlement and the mission team?

Would you like to meet the mission team members and join in fellowship?

What exactly does the mission team do?

You are invited to "the Gathering" for fellowship and information:

March 28, at 6:00 p.m.

(LouAnn will be making chili for us)

Tom and LouAnn Graf's house

2404 W. Seneca Dr. Appleton, WI

920-740-2330 fivesuisse@sbcglobal.net

All are welcome, even if you will not be joining the mission team, but just want to support and fellowship with each other.

Our mission trip is planned for October 11 – 17, 2026.

For questions, see also Gary Linstad or Rich Stewart.

PRAYER and Praise

Prayer is not about asking; it's about listening.... It is just opening your eyes to see what was there all along.
Chagdud Tulku Rinpocheetan teacher)

Joys, Prayers & Concerns...

- For all the prayers of your heart, shared with God on your personal journey each day and may we give thanks for all answered prayers.
- Blessings for all that God provides. May we always remember that each day is a gift and we should use it for good.
- Continued prayers for Rick Bahr, who is recovering from hip surgery.
- Continued prayers for Joan C.
- Prayers for our country that our leaders make decisions based on sound reasoning.

Ongoing intercessory prayer...

- Joys for those celebrating birthdays and anniversaries this week.
- Continued prayers for our church family, and prayers for our shut-ins, some temporarily, others permanently.
- Prayers that we patiently listen to each other and always choose kindness and compassion over hatred and fear.
- Prayers for those who are needlessly suffering due to food insecurity, especially the children.
- Prayers for citizens being treated and deported unjustly. Continued prayers for Minnesota and all communities experiencing unnecessary injustice at the hands of our government.
- Prayers for those suffering loss due to weather extremes. If you would like to help, you can make a donation through St. James. Put "UMCOR" in your memo line.
- Prayers for our immigrants, and others who are oppressed.
- Prayers for those who are silently praying for healing.
- Continued prayers for our country with the uncertainty that is happening.
- Continued prayers for the victims of the continuing American epidemic of gun violence in our nation.

Lord, hear our prayers. Amen.
"Be joyful in hope, patient in affliction, faithful in prayer."

Romans 12:12

When Life Needs a Little Wind

Botanists say that trees need the powerful March winds to flex their trunks and main branches, so that the sap is drawn up to nourish the budding leaves.



Perhaps we need the gales of life in the same way, though we dislike enduring them. A blustery period in our fortunes is often the prelude to a new spring of life and health, success and happiness, when we keep steadfast in faith and look to the good in spite of appearances.

—Jane Truax

(Reprinted for Church Art Pro)

Did You Know?

You can submit your prayer requests at any time by using this link, [prayer request](#).
This link goes directly to Pastor Rok

The Choice to Be Human

Both Adam and Jesus faced the same temptation—the lure to “be like God.” Adam reached for divinity and stepped over the line, bringing sin and separation into the world. Jesus, however, chose humility. He remained obedient, fully human, and through His obedience brought redemption to all.

Adam’s choice turned humanity into a burden; Jesus’ faithfulness made humanity a blessing. The irony is striking: the one who tried to be God failed even to live as a man, while the one who was content to be human became known as the Son of God.

As Philippians 2:6-8 (NIV) reminds us, “[Christ Jesus], being in very nature God, did not consider equality with God something to be used to his own advantage... he humbled himself by becoming obedient to death—even death on a cross.” May we follow His example in humility and obedience.

(Reprinted for Church Art Pro)

Are you interested in becoming a member of the St. James family?

If this is something you have been contemplating, Pastor Rok would love to have a conversation with you.

You may reach Pastor Rok at:

cakanrok@gmail.com or 202-227-0313.

Or contact the church office at 920-734-5371.



Easter Altar Flowers

Easter Sunday is April 5th. We are looking for altar flower donations of Lilies and Tulips for the Easter morning worship service.

As always, please let the office know if you plan to donate and who you are honoring or memorializing. As in the past we find it more economical to purchase at a place of your choosing. Please have flower donations to the church between March 29-April 1, but no later than Wednesday, April 1st during a time when the church is open. (M-T-W, 9am-2pm) We will have Maundy Thursday worship on April 2nd at 7pm which gives you another opportunity. They may be left in the library. Flowers may be taken with you after the Easter Service.

Looking to the future, we are seeking more people willing to help with displaying **altar flowers** at Easter and Christmas time. Perhaps you would like to assist with changing the paraments (altar cloths) throughout the year. If this is a gift you would like to share, please talk with Deb Kraemer for more information.

Please fill out the form below and give to the church office by March 29th so that I have time to prepare the bulletin insert.

Flowers will be given: (Please print clearly) Emailing this information is preferred. Office@umcsj.org

In honor of: _____

or **In memory of:** _____

Donated by: _____

your name goes on this line ↑



Detroit Service Trip June 21-27

Suamico UMC is coordinating a second mission trip to Detroit this summer, **June 21-27**.

Last year's intergenerational trip brought together 24 people from eight churches to serve alongside local folks in neighborhoods and ministries in Detroit.

For many participants, it was a life-changing experience. See the video here... (<https://youtu.be/SHjYieAktYQ>)

Cost of the trip is \$650 per person, including transportation, lodging, and most meals. **A \$100 deposit is due April 1.** Learn more here... (<https://www.suamicoumc.org/detroit-service>)

Contact Judy Schneck (Campbell0724@gmail.com) for more details.

ACTION ALERT: Tell the Senate to Stop the SAVE America Act to Protect U.S. Elections




posted by the Church & Society Board

The SAVE America Act proposes sweeping changes to federal voting law, including requiring documentary proof of U.S. citizenship like birth certificates to register to vote and stricter photo identification, such as passport requirements for casting a ballot.

As United Methodists, we believe the right to vote is a sacred trust—one of the clearest ways we help shape a nation grounded in justice, dignity, and the common good. [Read more](#)

Reprinted from the WI Conference E-News

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Communion Sunday 8:10 am Praise Practice 8:45 am Worship 9:45 am Fellowship 11am-2pm Iglesia Bethel 	2 4-11pm Gamer club	3 6:30pm Praise team practice	4 10am to noon Vets & Friends Brunch 2pm Bible Study 6-9pm Iglesia Bethel	5 Office Closed 9am Ladies Breakfast Galvan's Restaurant	6 Office Closed 8-10am V&Fs Breakfast 6-8pm Iglesia Bethel	7 Turn your clocks ahead one hour before bed.
8 3rd Sunday of Lent 8:10 am Praise Practice 8:45 am Worship 9:45 am Fellowship 11am-2pm Iglesia Bethel	9 4-11pm Gamer club COTS delivery 6:30pm Zoom with the District Superintendent	10 6:30pm Praise team practice	11 8:30am Men's Breakfast Black Bear 10am to noon Vets & Friends Brunch 2pm Bible Study 6-9pm Iglesia Bethel	12 Office Closed	13 Office Closed 8-10am V&Fs Breakfast 6-8pm Iglesia Bethel	14 9am Removing appliances to prepare kitchen for floor work Church Audit
15 4th Sunday of Lent 8:10 am Praise Practice 8:45 am Worship 9:45 am Fellowship 11am-2pm Iglesia Bethel 6pm-9pm Bethel Youth Gathering	16 5:30pm Ladies Nite Out – Asian Garden	17 	18 Vets & Friends Brunch off-site 2pm Bible Study 6:30-9pm Embroiderer's Guild Moved to next week	19 Office Closed	20 Office Closed 6-8pm Iglesia Bethel 	21
Kitchen unavailable because of kitchen floor replacement project.						
22 5th Sunday of Lent 8:10 am Praise Practice 8:45 am Worship 9:45 am Fellowship 11am-2pm Iglesia Bethel	23 4-11pm Gamer club 5:30pm Ladies Nite Out – Asian Garden	24 6:30pm Praise team practice	25 10am to noon Vets & Friends Brunch 2pm Bible Study 6-9pm Iglesia Bethel	26 Office Closed	27 Office Closed 8-10am V&Fs Breakfast 6-8pm Iglesia Bethel	28 6am-noon Iglesia Bethel
29 Palm Sunday 8:10 am Praise Practice 8:45 am Worship Sunday School Welcoming New Members 9:45 am Fellowship 11am-2pm Iglesia Bethel	23 4-11pm Gamer club	31 3:00pm Accountable Board meeting 6:30pm Praise team practice	1 April 10am to noon Vets & Friends Brunch 2pm Bible Study 6-9pm Iglesia Bethel	2 Maundy Thursday 7pm Maundy Thursday Worship at St. James	3 Good Friday 8-10am V&Fs Breakfast 6-8pm Iglesia Bethel	Noon Ecumenical Good Friday worship at First English Lutheran 326 E. North St.

Non Perishable Food Collections are now given to Emmanuel's Neighborhood Pantry. The collection container can be found in the back of the sanctuary.

No pressure, give as the spirit moves you.

Website: UMCSJ.ORG
Email: office@umcsj.org
Like us on [Facebook](https://www.facebook.com/umcsj)

REGULAR OFFICE HOURS:
9 A.M. - 2 P.M.
MONDAY, TUESDAY, WEDNESDAY

Did You Know?

If you have an old pair of **eye glasses** that are no longer useful to you, you may donate them to the Lion's Club. Place them in the square bucket that is on the shelf next to the Connection Center table. If you need help finding it, ask Deb Kraemer.



Used Medical Equipment Needed

The Lions Clubs of the Fox Valley have joined together to open a place that will loan out medical equipment. We need to gather gently used and clean medical equipment listed below.

- Wheelchairs
- Rollators
- Gait Belts
- Walkers
- Ice Machines
- Grabbers
- Canes
- Travel Chairs
- Crutches
- Toilet Risers/Commodes
- Bed Rails
- Knee Scooters
- Transfer Benches
- Shoe Horns
- Incontinence Supplies

Take to:

312 W. Northland Avenue, Appleton

We are now a collection site for plastic grocery bags etc. The collection box is in the coat room. Details can be found at the Connection Center.

Our **1st Quarter** mission offering will go to **UMCOR**
United Methodist Committee on Relief
(Jan. Feb. March.)

The Thompson Center is now the **Mary Beth Nienhaus Activity Center**
Here is a hyper-link (*you just need to click on it*) which is filled with all kinds of activities for those over 50 years of age.

They have moved to 3000 E. College Ave.
[Senior Activity Center](#)

Cans for COTS

(**C**ommunity **O**utreach **T**ransitional **S**helter)

Did you know that St. James collects aluminum beverage cans? If you find that you don't know what to do with yours, you may bring them in and we will recycle them. There is a collection container near the furnace room. All proceeds will go into the **COTS** mission.

Thanks to Chris & Rick Bahr for cashing in our cans and always looking for the best value. To date we have collected **\$293.25** since we began cashing in cans.

New participants are welcome to join this ministry at any time. Each person makes a component of the meal (such as dessert) at home, and then someone delivers the completed meal. For more information, contact Kay Christenson at christenson4@live.com.

What Is Phone Pals

Are you looking for volunteer work to fill the winter days? Are you in need of companionship? Phone Pals is a confidential telephone outreach program for homebound adults, people with disabilities who live alone, and people who lack a social support system.

Calls are from trained and vetted volunteers. You and your volunteer agree on a time and how often to call. There is no charge.

If you would like to volunteer to be someone's Phone Pal, or sign up to receive calls from a Phone Pal, call Volunteer Fox Cities at 920-832-9360. All volunteers are vetted.