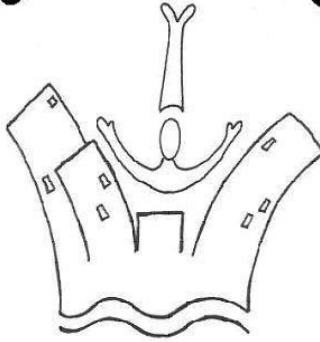


URBAN PLUNGE



2006 Urban Plunge Bring a Friend!

This October Rosemount UMC will participate in our 4th annual Urban Plunge. The Urban Plunge is an all-age, church-wide project to engage in service ministry throughout the Twin Cities. This year there are 22 different projects from which to choose. The projects are spread over 6 different days in October. You may sign up for more than one project. More detailed information about each site is posted on the Urban Plunge sign-up board in the Narthex. Bring a friend and experience together the joy of being Christ's hands and feet in the world.

T-Shirts with the new church logo are being sold for \$12.00. Funds raised will be used to help offset the cost of the Urban Plunge projects. T-Shirts are available in adult sizes M, L, XL and XXL.

Please contact Pastor Karen Bruins at (651) 423-2475 with questions about the Urban Plunge.

The projects are listed below in Alphabetical order.

PROJECT NAME and DESCRIPTION	DATE/TIME	RUMC SITE LEADER
Adopt-a-Highway - Apple Valley Clean Diamond Path Road between Cty. Road 42 and Pilot Knob. Meet at Diamond Path Elementary School.	Saturday October 14 9:00 a.m.	Nita Hanson 651-688-3480
Augustana Health Care Center - Apple Valley Visit with residents, play games, provide music, manicures etc. Babies are a BIG HIT at this site.	Saturday October 14 10:00-11:00 a.m.	Bonnie Student 952-432-8024

<p>CHANCEL CHOIR ROADTRIP to Walker Methodist Health Center - Minneapolis. The choir will be singing for the 10:15 a.m. Sunday worship service. 150 residents of the health center and independent living gather each Sunday for worship.</p>	<p>Sunday October 15 Leave RUMC at 9:00 (approx.)</p>	<p>Tami Luckhardt 651-423-2475</p>
<p>Emma's Place Carnival - Maplewood Emma's Place is a townhouse community for single parents and their children. It is part of Emma Norton Service, a United Methodist ministry.</p>	<p>Saturday October 14 1:00-3:00 p.m. Meet at Emma's Place</p>	<p>Marcia Behm (651) 423-2478</p>
<p>Epworth UMC - Minneapolis Painting project - at Epworth we will be doing indoor painting.</p>	<p>Saturday October 14 Meet at RUMC at 8:15</p>	<p>Ross Hubbard 651-216-5754</p>
<p>Epworth UMC - St. Paul CARNIVAL - assist with a carnival for the guests who use the "GOD'S CLOSET" clothing ministry.</p>	<p>Saturday October 14 2:00-5:00 p.m. Meet at 1:15 at Epworth</p>	<p>Beth and Dave Giliuson 651-423-2930</p>
<p>Feed My Starving Children - Eagan Package nutritious meals for starving children around the world. PLEASE NOTE WE HAVE TWO SERVING OPPORTUNITIES AT FEED MY STARVING CHILDREN.</p>	<p>Friday October 13 8:00-9:30 p.m. 40 spots available.</p>	<p>Elvi and Jim Frisbee 952-423-2991</p>
<p>Feed My Starving Children - Eagan Package nutritious meals for starving children around the world. PLEASE NOTE WE HAVE TWO SERVING OPPORTUNITIES AT FEED MY STARVING CHILDREN.</p>	<p>Saturday October 14 9:00 - 11:00 a.m. 20 spots available.</p>	<p>Jennifer Larsen 952-232-4181</p>
<p>Grocery Give Away Mounds Park UMC in St. Paul. Unload truck of food, assist with distribution, clean up.</p>	<p>Saturday October 21 Meet at RUMC at 7:00 a.m. We are usually done by 12:30 or so.</p>	<p>Jerry and Sue Sood 952-891-5065</p>
<p>Grocery Give Away - Health Fair Offer a health fair (blood pressure checks, dental advice, etc.) for the guests using the Grocery Give Away. Medical folks are especially needed for this site.</p>	<p>Saturday October 21 - meet at RUMC at 7:00 a.m. (approx.)</p>	<p>Sherrie Holck 952-423-4550</p>

<p>North UMC - Minneapolis Clothing Ministry Sort, iron, organize clothing that is distributed free to the community through North UMC's clothing ministry.</p>	<p>Saturday October 14 Meet at 8:00 at RUMC to carpool.</p>	<p>Leslie Hailer 651-322-1302</p>
<p>North UMC - Minneapolis MUSIC TEAM - Heidi Hutchinson is leading a team of musicians and singers who will provide contemporary music during Sunday worship at North UMC.</p>	<p>Sunday October 15 There will be two rehearsals to prepare.</p>	<p>Heidi Hutchinson (651) 423-2475</p>
<p>Rosemount Family Resource Center Assist with cleaning, organizing, painting etc.</p>	<p>Saturday October 14 9:00 - 2:00 p.m.</p>	<p>Rich Wirt (651) 322-5113</p>
<p>Second Harvest Heartland - St. Paul Assemble food boxes for distribution to low income seniors and mothers with children under age 6 years of age. PLEASE NOTE WE HAVE TWO SERVING OPPORTUNITIES AT 2ND HARVEST.</p>	<p>Friday October 13 9:00 - 11:45 a.m.</p>	<p>Becky Kinkead 651-322-7782</p>
<p>Second Harvest Heartland - St. Paul Assemble food boxes for distribution to low income seniors and mothers with children under age 6 years of age. PLEASE NOTE WE HAVE TWO SERVING OPPORTUNITIES AT 2ND HARVEST.</p>	<p>Friday October 14 1:15-4:00 p.m.</p>	<p>Ann Sample 952-431-6868</p>
<p>Sewing Angels - Blankets Make blankets for children who are experiencing trauma. Blankets may be made ahead of time.</p>	<p>Blankets are made at home and brought to church for delivery.</p>	<p>Jill Middlecamp 952-953-0621</p>
<p>Simpson Shelter Cooking - Rosemount UMC. Prepare the meal to be served at Simpson Shelter.</p>	<p>Monday October 16 Afternoon</p>	<p>Joyce Peggs 651-322-3583</p>
<p>Simpson Shelter Serving - Minneapolis Transport the meal to Simpson, serve and clean up.</p>	<p>Monday October 16 Arrive at RUMC at 5:15 p.m. (approx)</p>	<p>Kelly Davis 651-463-4476</p>
<p>Stamping Project Create stamped Thank You cards for distribution through the Sewing Angel project.</p>	<p>Monday October 16 7:00 p.m. at RUMC</p>	<p>Linda Rock 651- 423-1713 Pat Roberts 651-423-1382</p>

<p>The Family Place - St. Paul The Family Place is a day shelter for homeless families with children. Provide noon meal, activities and supper for the guests. <i>PLEASE NOTE - WE HAVE TWO SERVING OPPORTUNITIES AT THE FAMILY PLACE.</i></p>	<p>Saturday October 14 Approximate time: 1:00 - 6:00 p.m.</p>	<p>Pastor Rick Ormsby 651-423-2475</p>
<p>The Family Place - St. Paul The Family Place is a day shelter for homeless families with children. Provide noon meal, activities and supper for the guests. <i>PLEASE NOTE - WE HAVE TWO SERVING OPPORTUNITIES AT THE FAMILY PLACE.</i></p>	<p>Saturday October 7 Approximate time: 1:00-6:00 p.m. Sr. High Youth Ministry is leading this project.</p>	<p>Sally Swart 651-322-7386</p>
<p>Wesley UMC - Minneapolis Paint the Lounge. This space is used as a drop-in center for residents of the community, guests at the Wesley Meals program etc.</p>	<p>Saturday October 14 12:30 p.m.</p>	<p>Bob Reding 952-953-6387</p>