ST. PAUL'S EPISCOPAL CHURCH, DULUTH, MN



January 2019

Deadline for submissions for next month's Messenger is 8:00 am, January 25. Email them to:

office@stpaulsduluth.org

Character

I enjoyed watching President George H.W. Bush's funeral services at our beautiful National Cathedral in Washington D.C. and his home parish St. Martin's Episcopal Church in Houston. I found the testimonials about President Bush to be especially moving.

The speakers highlighted his significant accomplishments in life and politics. He achieved some great things and made some mistakes, as we all do. But what impressed me most was when people who knew him well and loved him spoke about his character: volunteering for military service when he didn't have to, love for his family, service, sacrifice, humility, honesty, honor, kindness, faith in God, doing the right thing. Many spoke about how he supported tax increases after saying "read my lips," even though he knew it would cost him reelection, because it was the right thing to do for the country.

I like to believe that President Bush was the person he was because he was a practicing Episcopalian. He was an active church goer, attending on Sunday, teaching Sunday School, participating in events, volunteering, presumably engaging in private prayer. The story was told how one cold Sunday he came to church and noticed an usher without a coat. He gave the man his coat. This act is right out of the scriptures.

Practicing our faith through worship, Christian formation, prayer, fellowship and service helps to shape and form us. Practicing the way of love that Jesus lived and taught helps us to develop Christian character and reflexively practice things like kindness, service, sacrifice, honesty, humility and integrity. These are the things that make the world a better place and leave a mark that outlives us.

The Letter to the Philippians says "let the same mind be in you that was in Christ Jesus." With enough practice, it is possible to think like Jesus thought, serve like Jesus served, love like Jesus loved. I hope that many people were inspired by the life of President Bush, a life filled with Christian virtues, built on practicing his Episcopalian faith.

Peace, Bill Van Oss, Rector

St. Paul's Scholarship Committee

Applications for New Scholarship for the 2019-2020 school year from the St. Paul's Church Scholarship Fund must be submitted to the Scholarship Committee, c/o St. Paul's Episcopal Church by March 15, 2019. Application forms are available in the church office.

OUTREACH PROJECTS AND THANKS RECEIVED

We recently had two outreach events; Our St. Nicholas service projects on December 5 and S.O.S. (serving others Sunday) on Sunday, December 9. On St. Nicholas eve, children and youth wrote cards to their prayer partners, made door hangers for assisted living residents, made pinecone bird feeders for Wildwoods and wrote notes of welcome for 38 families that the Minnesota Council of Churches and Episcopal Migration Ministries is settled in MN from Afghanistan, the Congo and Mynamar. On SOS day, we stuffed 140 pairs of new slippers with toiletry bags, assembling 300 favor bags for the Loaves and Fishes Christmas party, made dog toys for Animal Allies, blankets for Wildwoods, and wrote more cards of welcome for refugees and notes of thanks to veterans. All the agencies were very appreciative of our gifts of love. Here is a note from the Minnesota Council of Churches:

Sue,

Wanted you and your team to know how very moved the MCC staff (not just those in Refugee Services) by your letters of love and support for our families. Each group made VERY sure they got letters to include in their bags of gifts when they went out to deliver them.

I think part of our heart-felt response to your idea was that a parish congregation at such a distance was partnering with us in this critical ministry of MCC. Thank you, again!

A very blessed Christmas to all at St. Paul's Episcopal!

Kathryn Berger, SSND, M.T.S.

MOST WANTED ITEM FOR CHUM FOOD SHELF



The soup for the month of January is the soup of your choice! Please donate your favorite chunky soup. You can bring your donation to the Sunday or Wednesday service or drop it by the parish office. If you have any questions, please contact Jane Jarnis at 763-226-0856. Thank you for your generosity.

EVENING BIBLE STUDY

This year, our evening group has decided that the Bible study will become book discussions beginning in January. We will first use our January and February sessions to discuss Nadia Bolz-Weber's <u>Accidental</u> Saints. It reads quickly, and we plan to do the first half or so in January.

Following that, during Lent, we plan to read and discuss Bishop Curry's book The Power of Love.

Dates for our meetings after the holidays are the 4th Tuesday of each month: **January 22**; **February 26**; **March 26**; **April 23**; **and May 28**. We meet 6:30-8:00 in the Parish Hall. You are welcome to join us! Please call the office to learn about the sessions, or email Reverend Barb about it. (belliott@d.umn.edu).

CHURCH NIGHTS IN JANUARY

Check out Wednesday Church Nights in January. Church Nights have become an important part of our Christian Formation program and include something for everyone.

Our 5:30 pm Eucharist is held in church. This is a great way to attend service if you are not able to make it on Sunday (or even if you are able!). We gather in the front pews. We are grateful that Brad Brunfelt will once again lead our music on his guitar. This service is less formal and shorter than Sunday. We use the scripture readings for the coming Sunday.

I am delighted that Buffy Helstrom is preparing our simple suppers again this year. Buffy does a wonderful job preparing a simple, healthy meal that we ask you to help support by making a donation toward defraying the cost.

Church Nights will meet three times per month with programming from 6:30-7:30pm. Two Wednesdays, the children and youth have age- specific faith formation for grades 3 through Confirmation. There is a new "Music and Movement" activity for preK through 2nd grade. Faith formation is life- long; so adults have the opportunity to engage in programs, speakers and discussions on various topics. Please let me know if you have suggestions for speakers or programs.

One Wednesday we will be together for GIFT; Growing in Faith Together, which gives a chance for all ages to engage in fun faith activities together. We will have one Wednesday where we don't gather at church, instead that time can be used for focusing on faith at home. On the months where there are 5 Wednesdays, our church leaves the building and engages in a service project with a local social service agency or group.

January Church Night Adult Program & GIFT Topics:

January 2 – Church Night is OFF for holiday break.

January 9– Journey to the South Pole! Our own **Gavin Reynolds** will show pictures and give accounts of his work at the South Pole. Gavin writes: "Since 1957 only 1,564 different individuals have wintered

over at the South Pole. My number is 1,513. I had the privilege to work as the 2017 Winter Safety Engineer for the National Science Foundation at the Amundsen -Scott South Pole Station Antarctica. Please join me as I tell tales of chapped lips, brittle, frail fingernails, extreme cold, 24 hours of light that turns into five months of complete darkness, all while living/working at one of the most uninhabitable locations on earth. Prior to the 2017 winter season the station population went from 150 individuals down to 46 hardy souls who had the enormous responsibility of keeping the station running smoothly, complete long-term sustaining projects along with the many science experiments such as the Ice Cube Lab, South Pole Telescope and the Atmospheric Research Observation lab."



January 16 – Bag It! Jamie Harvie, Bag It Duluth Coordinator will present a screening of the award winning film, Bag It. Americans use 60,000 plastic bags every five minutes; single-use disposable bags that we mindlessly throw away. But where is "away?" Where do the bags and other plastics end up, and at what cost to our environment, marine life and human health? Our vestry signed on in November to support the efforts of Bag It Duluth in addressing the effects of single use plastic and Styrofoam. Come and learn more!

January 23 – Music! Our Growing in Faith Together (GIFT) night will feature 150 years of **Music at St. Paul's** with **Tom Hamilton and Friends!**

January 30 – Will be our 5th Wednesday Service Night – stay tuned for details.

Hope to see you at Church Night! Bill Van Oss, Rector

ST. PAUL'S RUMMAGE SALE



We are planning our 2019 Spring Sale for early May! If you have items to drop off, there's plenty of storage space. Call the office (218-724-3535) if you need help with larger items.

Submitted by Susan Hartley

The Giving Tree

Thank you to everyone who helped with the Giving Tree this year, it was a great success! Thanks to those who donated the wonderful assortment of gifts, to those who collected them each week, and to those who delivered them to Safe Haven. The children at Loaves & Fishes and the mothers and children at Safe Haven had a brighter Christmas because of your generosity.

Submitted by Susan Anderson



From the Parish Treasurer

To be recorded as a 2018 contribution, end of the year contributions and pledge payments should be in the offering plate by Sunday, December 30th or in the office no later than 9:00 am, Friday, December 28th. Please clearly indicate in the memo section of your check to which year your pledge payment should be applied (2018 or 2019). In the absence of this, your payment will first be applied to your 2018 pledge until it is paid in full and then to your 2019 pledge. Thank you.

Submitted by Natalie Smith, Treasurer

Library Update

Let's try a team approach into managing our Olcott Room library. We have many good books and some which may need to go to book heaven,.

How about a Hogwarts book adventure? Get a cup of coffee and meet with The Rev. Margaret Thomas, Priest Emerita, on Sunday after worship on Sunday. January 13, (or January 20 if it storms). Lent comes soon. Choose a book. Questions, call Rev. Margaret at 218-525-5785

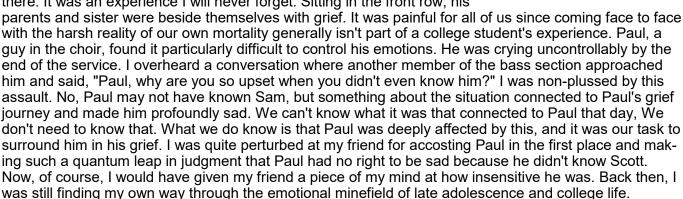


Submitted by Rev. Margaret W. Thomas

NOTES OF A DIFFERENT KIND . . .

When I was a senior in college, one of my classmates died very suddenly. He was at hockey practice one afternoon and suffered from a brain aneurysm. They said he was probably dead before he hit the ice. I did not know him, but I heard from those who did that he was a nice guy, and this huge loss was felt all over campus.

A few days after his death, there was a memorial service held during the regular chapel time. The choir sang for that service, so I was required to be there. It was an experience I will never forget. Sitting in the front row, his



You may be familiar with Elizabeth Kubler-Ross's stages of grief; denial, anger, bargaining, depression. and acceptance. Some of the reading I have done on grief indicates that you may be in any one of several stages of grief around several issues at one time. A therapist friend and I were leading a workshop on grief, and she referenced Kubler-Ross's work with one caveat. The popular notion of grief is that it is a linear journey. In other words, once you go through the five stages as identified by Kubler-Ross, grief is done and can be put on the shelf until there is another death close by. . My friend told the group that she prefers to think of grief, (and even time in general) in much more of a circular motion. At any given moment, a person may be on several different places on the grief journey. For example, I was feeling very blue after my younger daughter went to kindergarten. I loved the post-diaper/preschool time in my children's lives. Meredith's entry into kindergarten was the end that time in my life, and I would miss it terribly. This, in turn, awakened old grief and pain around completely unrelated issues. I remember getting in my car after leaving Meredith in kindergarten, and I was very upset. In the course of dealing with the present grief, old grief came to the forefront, and I was overwhelmed. The immediate grief of seeing my daughter off to kindergarten opened the flood of other old griefs and disappointments that I hadn't thought about for years. We can never know what triggers us and sends us plummeting into the grief cycle all over again. When I was going through a painful divorce, the grief around my mother's death resurfaced. Often, we don't even know what we are grieving, but we know well how grief feels. Like the day of the memorial service on campus, we couldn't know what was happening for Paul that led him to feel such strong emotion.

Grief is not only prompted by death; we grieve other things as well: the passing of our child-bearing years, the loss of a job, moving out of a home we love, etc. With the ebb and flow of our grief, others are strong when we feel weak. When we feel overwhelmed, others are in a different place with their grief and can help sustain us until we find a place of safety as well. So, thanks be to God who gives us people to lift us up and point us to where we need to go on our journey of faith. This is one of the many reasons why God places us in community. All of us are on the circular journey of grief at any given point in time. We do this for each other and, in so doing, we are Christ for to those around us. Jesus did not say, "Do not be sad." He said, "Do not be afraid." Others around us are sent to help us in our sadness; Jesus is with us so we are not afraid.

Thanks be to God.

Tom Hamilton Director of Music

Women's Overnight Retreat

Join us at One Heartland in Willow River on Friday-Saturday, February 1-2, 2019. Our theme is *Hygee*; which is a feeling of contentment and well being through enjoying the simple things in life. The women who participated last year loved this new location for our winter retreat; with many options for indoor and outdoor activities, with time to relax, rest and recharge. The cost is \$65 for overnight and includes three meals, plus snacks. NEW this year—you can come for the entire day on Friday at no



additional cost! More information and registration is online at https://www.stpaulsfaithformation.org/ adults.html



We love to capture the life of St. Paul's in photos, which can then be used on our social media sites. Pictures are also used for our year in review video for the Annual Meeting.

Please, if you have pictures you took this past year at church events please email them to Sue at suevanoss@stpaulsduluth.org by January

Also, if you like taking pictures, please also contact Sue to be added to the list of photographers for church events! Thanks!



Remember to choose St. Paul's Church to receive a percentage of your purchases from Amazon. AmazonSmile is a simple and automatic way for you to support St. Paul's every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to St. Paul's. The first time you visit the site, simply type in St. Paul's Episcopal Church Duluth and click on it. (make sure to include Duluth to make the search quicker: there are over 170 St. Paul's Episcopal Churches listed). Just log in to smile.amazon.com every time you shop!

<u>Weather Cancellations</u>: A reminder that if the Duluth School District cancels classes, all events or programs at the church are cancelled for that evening. On weekends, if weather causes any cancellations of classes, service or programs, please check the website that will post information: www.stpaulsduluth.org, or our church facebook page.



Christian Formation News

January Formation Schedule

- Sunday, December 30: No KidsWord
- Wednesday, January 2 No Church Night
- Sunday, January 6: KidsWord, Celebration of Epiphany
- Wednesday, January 9 Prek-2nd Music and Movement, 3rd-Confirmation faith formation, adult presentation
- Sunday, January 13: KidsWord
- Wednesday, January 16: Prek-2nd Music and Movement, 3rd-Confirmation faith formation, adult presentation
- Sunday, January 20: KidsWord
- Wednesday, January 23 GIFT Night (Growing in Faith Together) 150 years of Music at St. Paul's with Tom Hamilton
- Sunday, January 27: KidsWord, annual meeting after 10 am, lunch and activities for kids if registered by January 25
- Wednesday, January 30: Fifth Wednesday Service Project



Bag It Duluth Film and Discussion

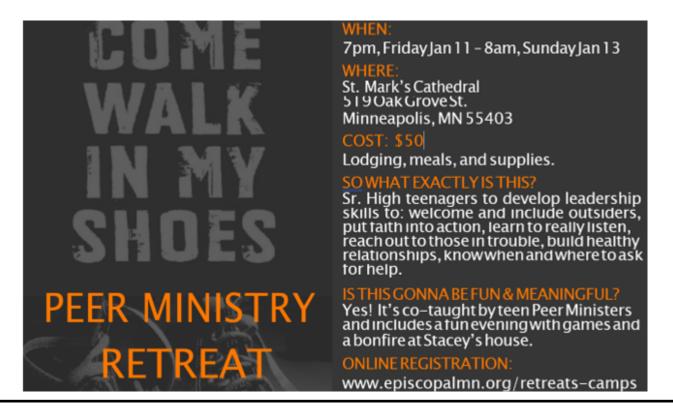
Join us January 16 at 6:30 pm at our Wednesday Church Night for a discussion and screening of the award winning film Bag it. www.bagitmovie.com Here's a synoposis: Americans use 60,000 plastic bags every five minutes: single-use disposable bags that we mindlessly throw away. But where is "away?" Where do the bags and other plastics end up, and at what cost to our environment, marine life and human health? Bag It follows "everyman" Jeb Berrier as he navigates our plastic world. Jeb is not a radical environmentalist, but an average American who decides to take a closer look at our cultural love affair with plastics. Jeb's journey in this documentary film starts with simple questions: Are plastic bags really necessary? What are plastic bags made from? What happens to plastic bags after they are discarded? When Jeb's journey takes a personal twist, we see how our crazy-for-plastic world has finally caught up with us and what we can do about it. Today. Right now.

Also, our vestry in November signed on to support Bag It Duluth's efforts to reduce single use plastics and Styrofoam from infiltrating our beautiful Lake Superior and streams. The Bag it Duluth Zero Waste Pledge is designed to show that there is a large community within our city concerned about clean water, climate change, waste, plastic, litter - people who are striving to make a livable future for all. You can sign the pledge to take small individual steps to reduce waste. Add your name here:

http://bagitduluth.org/addmyname.html
Just imagine, if each person receiving this request brought in five people, we'd have 5000 Duluthians on board. So ask your partner, spouse, neighbor and work colleague to join you in helping slow the flow of plastics into our Lake!

Christian Formation News continued on next page

Christian Formation News continued



The Parish Annual Meeting will be held Sunday, January 27 after the 10 am service. Childcare and a light lunch will be provided for kids in the Children's Room. Please RSVP to the parish office by Friday, January 25 if you would like to have childcare so we know how many attendants to have on duty and can plan for the lunch.

www.stpaulsfaithformation.org—Remember to check out the website for lots of at home faith activities as well as apps, blogs, videos and online games that are values centered and Bible-based!

Weather Cancellations: A reminder that if the Duluth School District cancels classes, all events/ programs at the church are cancelled for that evening. On the weekends, if weather causes any cancellations of classes, service or programs, please check the website that will post information: www.stpaulsduluth.org, or our church facebook page.

It's never too early to think summer! **Episcopal Youth Music Camp Meeting**, Sunday, February 10, 11:10 am - Coffee, juice and treats will be served in the Olcott Room, so come directly to the room when the service has ended. This meeting is for all youth in grades 3-12 (and at least one parent) who is interested in attending EYMC this summer.

Possible Family Summer Camp through Episcopal Church in Minnesota

Place: Covenant Pines Bible Camp in McGregor, MN. Beautiful with great amenities!

Dates: August 18-23, 2019

Prices: For 5 nights and all meals, adults would be around \$500, children around \$250, and little ones 3

and under are free. ECMN would seek to raise some scholarship support for this new program.

Capacity: Individual rooms for a minimum of 10 families and a maximum of about 20-25 families. More cabins are available if more space is needed.

If interested, please contact sarah.b@episcopalmn.org

Nominees for St. Paul's Vestry

Leslie Brunfelt

When we were church shopping in 2007, my daughter, Emily Hanna, asked if we could keep going to St. Paul's. We were instantly welcomed. I was confirmed here in 2008, the same year my girls were baptized. Brad and I were married here in 2016. I have served as a Sunday School teacher. I am a member of the Culture of Calling Committee and I have helped Sue provide meal prep nights for the Women's group. Professionally, I've led a 25-year career in all types of accounting roles in many different organizations. I currently serve as the Finance Director for WDSE-WRPT Public Television and as an Accounting Consultant with Anderson, Kuiti, and Asuma, PLLC. Our blended family with four teenagers is very grateful for the St. Paul's community and I am honored to be nominated and hopefully serve as a vestry member.

Mary Helf

I have been a member of St. Paul's since 2017. I grew up in a large, Roman Catholic family, and attended Catholic Schools until I was 21. I spent my working years in Court Administration in Minnesota and Oregon, and especially enjoyed budget and finance work.

As a child, I loved my church life. It included going to the High Mass on Sunday with my Dad, (we even knew the names of some of the singers), and following the seasons of my life through the beautiful liturgical year. I had lost these connections until I visited St. Pauls at Christmas in 2015. I petitioned to join the choir right away. I hope my Christian Faith will flourish as an adult member of this kindly community.

Jim Ransom

Age 74. Work Experience was Outside Sales with Central Steel &Wire Company, covering Northern Mn, Wi. And Mi U.P. 1970—2007. My wife Heath and I have been married since 1971. We have two sons Jim, 43, and Walter, 41, plus five grandchildren. We have been at St. Paul's Episcopal Church a total of 20 years.

Parish Annual Meeting

Our Parish Annual Meeting will be held in the Parish Hall on Sunday, January 27 immediately following the 10:00 am service. We will elect new Vestrymembers and thank those whose terms have been completed. Child care will be available in the Children's Room — must be reserved in advance by calling or emailing the office with names/ages of children by January 25.

Annual Report—Committee Reports

We are starting to compile the Annual Report for the upcoming Annual Meeting. All committee chairs should submit their reports to the Parish Office by Wednesday, January 9. If you need a copy of last year's report, please call or email Rita, 218-724-3535, office@stpaulsduluth.org. Thanks!

SOUP KITCHEN

Monday, January 7 is St. Paul's day to serve at Damiano Soup Kitchen located at 206 W. 4th Street from 8:30 am-1:30 pm. Helpers are always appreciated. You may work the full shift or a half-shift. Bring a hat. If you have questions, contact Nelson Thomas: 218-525-5785.



LAY MINISTRY SCHEDULE

Please find a sub if you are unavailable for your scheduled date.

	January 6	January 13	January 20	January 27	February 3
ALTAR GUILD	C SPENCER	C CONRAD	J MARINAC	J JARNIS	C SPENCER
	K Leonard	S Hall	J Elliott	D Kolquist	K Leonard
	L Hultkrantz	S Hartley	P Markert	A Schliep	L Hultkrantz
	J Harvey	S Meyer	C Miller		J Harvey
		A Sadowski			
LECTOR 8:00 AM	N Diener	A MacKenzie	J Pastor	M Gustafson	S Stromquist
USHERS	G & K Bubalo	B & C Dinan	J & H Ransom	M & S Brown	
	J & S Dusek	C Orsak	P Waite	D Kolquist	
		D Morin	K Swanson	J Jarnis	
ACOLYTES	See www.stpaulsfaithformation.org for current acolyte schedule				
LECTOR 10:00 AM	S Meyer	J Pastor	M Gustafson	Z Stodola	D Rogers
CHALICE	N Diener	J Pastor	M Gustafson	Z Stodola	M Gustafson
BEARERS	P Enenbach	S Anderson	K Baumgarten	G Maloney	P Enenbach
	S Stromquist	Z Stodola	N Diener	J Stromquist	S Anderson
FLOWER Delivery	B & C Dinan	M Dragich	M Matheson	J Chesser	M Flammang
COFFEE HOSTS	D Barthel & R Rosenberger	J & R Erspamer	S & M Brown	J & D Keto	M Flammang & C Orsak
LOCK UP	M Brown	T Diener	G Maloney	C Fellman	D Pederson

Altar Guild Other Duties:

January Linens: L Hultkrantz, Z Stodola

Jan/Feb Cleaning—Date TBD

C Spencer, K Leonard, S Hall, M Fegley, J Manthey

Wednesday 5:30 services:

01/02/19—No Service 01/09/19—Team 2 01/16/19—Team 3 01/23/19—Team 4

01/30/19—No Service

Substitutes:

Weekly Teams: G Bouschor, E Killen

Wed. Service: C Conrad, C Miller, N Brunfelt

Linens: C Conrad, C Miller Cleaning: J Sederberg, C Miller

What is 2019 bringing?

With Bishop Prior's announcement of his upcoming resignation, 2019 has much work ahead. The election of our 10th Bishop of the Diocese of Minnesota will be at our ECMN (Episcopal Church of Minnesota) Convention on September 13 and 14 in Bloomington. The Ordination and Consecration will be in February of 2020.

Bishop Prior is resigning, not retiring. He and his wife, Stacey, are planning their future path. They are considering their gifts and their family to guide them in their exciting decisions.

Bishop Prior is beginning his tenth year as Bishop. He was elected in 2009 and was officially installed in 2010. He is 59 years young.

Bishop Ousley, on the Presiding Bishop's staff as Bishop for the Office of Pastoral Development has shared some statistics. The average tenure is 8.5 years. We generally talk about between 8 through 12 years. Most finish their Bishop tenure between the ages of 60-65.

Who will be involved in electing the Tenth Bishop of Minesota

The Episcopal Church of Minnesota has Clergy and Lay people in Elected Bodies

The Elected Bodies are Standing Committee, Trustees, Commission on Ministry, and Council. The last named Elected Body, the Council has subcommittee of Mission, Ministry, and Management.

The Standing Committee will form a Search Committee and a Transition Committee.

We, at St. Paul's, are members of the North East Mission Area. The state is divided into mission areas. Elected members in our congregation are delegates to the Mission Area. Everyone at St. Paul's is encouraged to participate in the Mission Area meetings and discussions. Delegates hold a voting position. The next scheduled North East Mission Area meeting is April 13, 2019.

As part of the search for the bishop, there will be walkabouts, with candidates visiting various sites throughout the state to meet with people.

These walkabout dates will be announced and will be your opportunity to meet the candidates.

submitted by Nat Constance, Delegate of the Northeast Mission Area Member of the Council St. Paul's Episcopal Church 1710 East Superior Street Duluth, MN 55812

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office@stpaulsduluth.org

Website: www.stpaulsduluth.org



Budget Forum

The annual forum to discuss the budget will be held in the Parish Hall on Sunday, January 20 immediately following the 10:00 am service. This is a perfect opportunity to preview the budget and ask questions before the Annual Meeting.

Parish Annual Meeting

Our Parish Annual Meeting will be held in the Parish Hall on Sunday, January 27 immediately following the 10:00 am service. We will elect new Vestrymembers and thank those whose terms have been completed. Child care will be available in the Children's Room — must be reserved in advance by calling or emailing the office with names/ages of children by January 25.