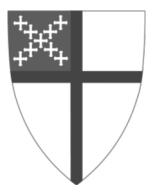


# ST. PAUL'S EPISCOPAL CHURCH, DULUTH, MN



## MESSENGER

MARCH  
2019

Deadline for submissions to  
next month's Messenger is  
8:00 am, March 22.

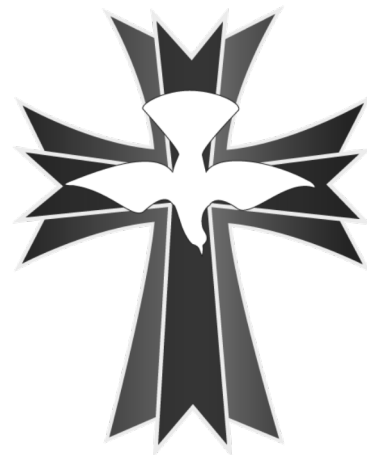
Email them to:

[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

### Confirmation and Reception

Bishop Bruce Caldwell (retired bishop of Wyoming) will be here on Sunday, April 28, for confirmation and reception. He will confirm our youth who have been part of a two-year confirmation process with Karen Alison that also includes mentors and service work. He will also confirm and receive others who seek to be confirmed or received into The Episcopal Church.

The *Book of Common Prayer* (p. 412) defines confirmation as “a mature public affirmation of (ones) faith and commitment to the responsibilities of (ones) Baptism (through) the laying on of hands by the bishop.” Reception is for those who were confirmed in another denomination who seek to become Episcopalian. They are “received” by the bishop during the service. Please talk to me or Barb Elliott if you would like to be confirmed or received on April 28.



Those desiring to be confirmed or received are encouraged to receive some instruction. This March and April we will offer four “Episcopal 101” sessions during Wednesday Church Nights. We will be using a new curriculum called “Walk in Love.” These courses will cover basic Episcopal beliefs and practices including: the sacraments, grace, daily prayer and the liturgical calendar, core beliefs, the nature of the church, creeds, the Anglican way of Christianity, the Bible, prayer and spiritual practices.

Here's the description from the developers: “this series is ideal for people who are new to or curious about the Episcopal Church. It covers the uniquely Episcopalian approach to different central aspects of the faith. The courses are also good for people who want to go back and re-explore the basics — the big questions. How do we know what God wants from us? How do we think about the mystery of the Holy Trinity? What exactly happens when we are baptized? These and other great questions are addressed in ways that are accessible to people who are new to the church while offering food for thought to Christians who want to revisit these central tenets of the faith.”

Walk in Love sessions will be 6:30-7:30 pm Wednesdays, March 13 & 20 and April 3 & 24 in the parish hall. These sessions will be helpful preparation for those seeking to be confirmed or received, and for anyone wishing to explore the basics of our faith in a group setting. There will be lots of opportunities for you to ask questions. New to Christianity? New to the Episcopal Church? Looking for a refresher on the basics? Check out “Walk in Love” in March and April!

Peace,  
Bill Van Oss  
Rector

# Pancake Supper & Talent Show

## Tuesday, March 5, 2019

**Dinner is served starting at 5 pm**

**Talent Show starts at 6 pm**

Join in the fun as we celebrate Mardi Gras with a delicious pancake and sausage dinner prepared by the men of the parish. (Contact Tom Diener if you would like to help!) The meal will be set up, served and cleaned up by the youth who would like to attend Episcopal Youth Music Camp this summer. The meal is a fundraiser to help them raise funds towards the \$600 cost to attend the weeklong camp. Suggested donation is \$5 per person or \$20 per family.

All are invited to sign up to sing, play an instrument, tell a story, write a poem, dance, juggle, do a trick or something else! This is your chance to let your talents shine! Sign up on the sheet posted on the bulletin board outside the sacristy or contact the parish office, 218-724-3535 or [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

**MAKE  
LENT  
COUNT**  
PRAY · ACT · GIVE

## Lent Festival

### Sunday, March 3, 11:00 am

Adults, families, couples, singles, children, teens; come to the parish hall at 11 am and find out what Lent is, and how you can enter into the season of Lent in your home! There will be items for all ages, 0-99!

Pick up a Lent "To Go" Bag filled with simple prayer, fasting and almsgiving ideas, learn about our Lenten mission projects, devotional booklets and more!

## NEWS FROM CHUM

### Most Wanted Item for CHUM Food Shelf Takes a Vacation

Each spring, our St. Paul community participates in the FoodShare Campaign. This effort will once again be led by our Youth Leadership Team (see pages 7 and 10 for more information). During this Campaign, we will pause the Most Wanted Item collection. The Most Wanted Item will return in May! If you have any questions, please contact Jane Jarnis. (763-226-0856). Thank you for your generosity.

*Respectfully submitted by Jane Jarnis*



## LETTER FROM BISHOP BRIAN PRIOR

### Action from General Convention regarding clergy sexual misconduct

February 6, 2019

Greetings ECMN,

At General Convention in July of 2018, The Episcopal Church took action in response to conversations that have been happening for years regarding the failures of the church to address issues of sexual harassment, exploitation, and abuse.

One of those actions came in the form of resolution 2018-D034. Beginning in January 2019, for a period of three years, the time limit set on bringing complaints and initiating proceedings in cases of clergy misconduct against adults is being lifted. *There has never been a time limit for reporting clergy sexual misconduct against children and youth. This will remain the same.*

Any allegations of misconduct in the Episcopal Church in Minnesota can be directed to the ECMN intake officer, Rebecca Bernhard, who can be reached by email at [bernhard.rebecca@dorsey.com](mailto:bernhard.rebecca@dorsey.com) or by phone at (651) 261-8940.

This is just one small step among the many necessary to bring justice and accountability around this issue. We hope, however, as stated by the President of the House of Deputies, The Rev. Gay Clark Jennings, and the Presiding Bishop, The Most Rev. Michael Curry, that actions like these help "our church move closer to the day when, having repented of our sins and amended our common life, we may be restored in love, grace and trust with each other through our Savior Jesus Christ." The full letter can be found at:

[episcopalchurch.org/posts/publicaffairs/letter-episcopal-church-presiding-bishop-and-president-house-deputies](http://episcopalchurch.org/posts/publicaffairs/letter-episcopal-church-presiding-bishop-and-president-house-deputies)

It is requested that this letter is posted and shared widely within each faith community to ensure that everyone in ECMN knows about this provision and can utilize it in order to see that justice is done.

The Rt. Rev. Brian N. Prior  
IX Bishop of the Episcopal Church in Minnesota

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## KEEPING UP WITH THE BISHOP SEARCH PROCESS

The Bishop search process continues. Three more members have been added to the team for a total of fifteen. Part of the mission area communications is to have a voice in the walk-about process. Select Bishop Candidates will travel around Minnesota to meet Episcopalians and share a bit about themselves.

Another part of voting for the Bishop is at the Election being held in January, 2020. This meeting will be a continuation of the September 2019 Convention. The same lay delegates who are credentialed at the October convention will be the delegates voting in the January convention.

Do you know who your St. Paul's lay delegates to ECMN are? We currently have four delegates and one alternate delegate. The delegates are Nat Constance, Sue Meyer, Jill Peterman, and Rita Rosenberger. The alternate delegate is Nelson Thomas. Nat Constance also has the role of serving the Northeast Mission Area Team, which represents the eleven Episcopal faith communities in the region stretching from Moose Lake, Duluth, Grand Marais, International Falls and the Iron Range.

*Respectfully submitted by Nat Constance and Rita Rosenberger*

## CHURCH NIGHTS IN MARCH

Check out Wednesday Church Nights this month. 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 leads our music on his guitar. This service is less formal and shorter than Sunday. We use the scripture readings for the coming Sunday.

Buffy Helstrom (and friends) prepare our simple suppers that begin at 6:00. 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 2<sup>nd</sup> grade. Faith formation is lifelong; 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 five Wednesdays, our church leaves the building and engages in a service project with a local social service agency or group.

### March Church Night Adult Program & GIFT Topics:

This month will feature two sessions of "Walk in Love" an "Episcopal 101" course on the basics of the faith. Whether you are new to Christianity, new to the Episcopal Church or are just looking for a refresher on what you might have missed in Sunday School 50 years ago, this is for you. We will cover basic Episcopal beliefs and practices including: the sacraments, grace, daily prayer and the liturgical calendar, core beliefs, the nature of the church, creeds, the Anglican way of Christianity, the Bible, prayer and spiritual practices. This will also be great preparation for those desiring to be confirmed or received by the bishop in April!

**March 6– Ash Wednesday** – Services at noon and 5:30 pm will include ashes and communion.

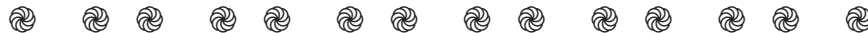
**March 13** – "Walk in Love" **Episcopal 101** Session 1 "The Sacramental Journey: the Anglican Way of Christianity"

**March 20** – "Walk in Love" **Episcopal 101** Session 2 "Marking Time: The Liturgical Year"

**March 27** – Our **GIFT** (Growing in Faith Together) activity is 150<sup>th</sup> Anniversary "Church Search 2.0" This will be great fun for all ages! (more info on page 10)

*Hope to see you at Church Night!*

*Bill Van Oss, Rector*



**Save the Date** for a Lent Morning of Reflection on Saturday, March 16 on our theme: "Called to the Way of Love." Details on page 13.

## CALLING ALL MEN

The annual Shrove Tuesday pancake supper and talent show is coming up on Tuesday, March 5! The Men of St. Paul's do the cooking, and the EYMC campers help to serve as a fundraiser for camp. Mark your calendars now for this great event! Contact Tom Diener (tgdiener@gmail.com) if you can help out.



## EVENING BIBLE STUDY

Our evening Bible study group continues as a book discussion through Lent. For our March and April meetings we will be discussing Presiding Bishop Curry's book The Power of Love. It includes sermons and essays he has written in reflection on the Way of Love.

Dates for our meetings are the 4th Tuesday of each month: **March 26; April 23; and May 28**. We meet 6:30-8:00 pm 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](mailto:belliott@d.umn.edu)).

By the way, we recently discussed Nadia Bolz-Weber's Accidental Saints and enjoyed her insightful and humorous approach to what it is to be a Christian. You might also be interested to watch her 2-minute webcasts titled "Have a Little Faith/Makers": <https://www.makers.com/playlists/5b0df8e4597f3100013d3753>

God's blessings... --Barbara Elliott

## GENTLE YOGA

Colette Bitz's yoga classes meet every Monday from 1:00 - 1:45 pm in the Children's Room. Try a class for \$10 and your second class is FREE! Some of the benefits of yoga include improved range of motion and pain management, better circulation, lung capacity and sleep, greater balance, strength and joint mobility, and better posture and immune function. This is a wellness class, rather than a fitness class. All levels are welcome. A great class for beginners!

## FROM YOUR MUSIC DIRECTOR

Sisters and brothers in Christ,

In the summer of 2013, I sat down at the desk in the music office on the top floor of the church and looked out the window for a while. Then I set about the task at hand, and I knew I had come home. I was, once again, needing to immerse myself in the lectionary readings for the upcoming Sundays and answer the question, "What does this community of faith need to sing in order to live out these readings?" My previous employment was as organist, and I did little to no worship-planning in that congregation. I didn't realize how much I had missed it. As you may know, the readings we use in church (the lectionary) are on a three-year cycle. I have been through that three-year cycle several times, but it is always new and fresh. It is humbling to approach the ancient readings and discern how we can illuminate them in liturgical song for God's gathered people. It is central to my faith journey as I live into these texts each week.

I encourage you to experience the readings for the upcoming Sunday as part of your Lenten discipline. I believe it will make a difference as you come to worship on Sunday if you have read the Biblical texts beforehand. An online resource for this is at [www.lectionarypage.net](http://www.lectionarypage.net). There you will find a calendar where you can click on the Sunday, and the readings will come up. You can also download the texts as a Word file. Together, let us live into the Sunday readings. I trust it will enrich your faith journey.

Peace,  
Tom Hamilton,  
Director of Music

## DAMIANO SOUP KITCHEN

St. Paul's will be serving at the Damiano Soup Kitchen on **Monday, March 4**, from 8:30 am to 1:00 pm. Volunteers are always welcome; half-shifts are available. Let me know if you can help. Remember to bring a hat.

Thanks, Nelson Thomas (218) 525-5785



## CHRISTIAN FORMATION NEWS

### Connecting the Generations

We are blessed at St. Paul's to have many generations all worshipping under the same roof. But we do much more than worship together; we are a church family that cares for one another, learns from each other, serves together and shares in the joys and sorrows of daily life.

Each Christmas our children prepare notes and gift bags for our elders filled with useful items that can assist them in their daily lives. Some of the items in this year's bags included notecards, post-it notes, dish cloths, sudoku puzzle books, and zipper and button-helpers. The thank you notes received show how appreciated not only the gifts are; but more importantly the feeling of our elders that they are remembered, valued and loved:

"As one of the elders, I want you to know how happy you made me with your thoughtfulness. It was great fun to pull out the nice card and each of the lovely and useful items. You may not even realize that there was an extra gift--a very special one with a meaning all its own--that means so much to us. It's knowing that you are learning to think of others and devoting time and energy to make others feel included- the Way of Love! Thank you for that!"

"To all the young people of St. Paul's who participated in filling gift bags for the oldest members of the church. It is so much fun to discover all the items you have collected to make our lives easier. I have to tell you that my number one choice this year was the book of Sudoku puzzles. I work them every morning in the newspaper and am thrilled to have a book of extras we work later in the day. I think one of the special things about St. Paul's is the way in which we are all cared about throughout the various stages of our lives. We are so blessed; with thanks, love and prayers."

"My Christmas gift from you was a bag of treasures filled with the loving spirit of giving. I so enjoyed pulling out one useful thing after another. From these lovely note cards to post its, each item was a delight. Thank you for being so thoughtful."

"To the young people of St. Paul's; Thank you for your thoughtful gifts and greetings this past holiday season. It's wonderful to be remembered by my church family. When I read of all the good works you young folks are doing in our community, I know you will continue to be active good citizens! Thank you for carrying the St. Paul's traditions forward and remembering us "Oldsters."

"The Bag of wonderful things is so nice; thank you. I have use for everything in it. Your thoughtfulness for us; the Grandmas and Grandpas at St. Paul's is appreciated!"

"I loved finding all the very useful items which are nice to have on hand. I will enjoy using them and think of your kindness every time I do."

May we continue to appreciate and honor the many generations of our church family!

--Sue Van Oss Director of Christian Formation

### Christian Formation News:

#### 1. March Formation Schedule:

- Sunday, March 3- KidsWord
- Tuesday, March 5- Shrove Tuesday Pancake Supper and Talent Show- Fundraiser for campers
- Wednesday, March 6- Ash Wednesday service at 5:30pm, simple supper served at 6:15 pm
- Sunday, March 10- KidsWord
- Wednesday, March 13- prek-2<sup>nd</sup> grade Music and Movement, Formation for grades 3/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, 7<sup>th</sup>/8<sup>th</sup>, Confirmation and Adults
- Sunday, March 17- KidsWord- St. Patrick's Day Bake Sale
- Wednesday, March 20- prek-2<sup>nd</sup> grade Music and Movement, Formation for grades 3/4<sup>th</sup>, 5<sup>th</sup>/6<sup>th</sup>, 7<sup>th</sup>/8<sup>th</sup>, Confirmation and Adults
- Sunday, March 24- KidsWord
- Wednesday, March 27- GIFT Night, 150<sup>th</sup> Anniversary Church Search
- Sunday, March 31- KidsWord, Coffee Hour will feature the Confirmation students' faithful displays



**2. Sunday, March 3, Lent Festival-** Stop down to the parish hall during coffee hour and visit various booths to see how you can bring the church season of Lent into your home. Pick up a Lent to Go Bag filled with items that you can use to simply and quickly engage in acts of prayer, fasting and almsgiving during Lent.

**3. Lenten Mission Projects:** The Youth Leadership Team is again this year coordinating the Food Drive for the CHUM Food Shelf. March is MN Food Share month which means all food donations are matched to benefit our local food shelves like the one at CHUM (churches united in ministry that our parish is a part of) Pick up a reusable purple grocery tote in the parish hall and bring it back with nonperishable food items and leave at the altar; youth will empty it right after the 10am service and bring bags back down to coffee hour to be picked up again. Palm Sunday is the last day to bring food and then you can keep the bag as a Thank You!



**4. Sunday, March 17-** celebrate the luck of the Irish with some delicious baked goods/food items at our St. Patrick's Day Bake/Food sale! The 25 Episcopal Youth Music Campers are raising funds to help pay for their camp fee of \$600 per person. Many delicious baked goods and food items will be available for purchase after both services. Support our youth and enjoy delicious food items!

**5. Friday, March 22-Saturday, March 23- Find Your Fit Overnight for High School Youth.** Join with youth from Ascension Stillwater in exploring your future! If you attended the Navigating Life Retreat at Audubon, this is similar! Come on this overnight to have fun with friends, prime your thoughts about future careers, and realize you are unique, you are valuable, and you have an incredible future! No cost to attend, but RSVP is needed to Sue by March 15. (see flyer on page 9).

**6. March 27 GIFT (Growing in Faith Together) Night-** Exploring Our Church! Come and learn things about St. Paul's that you never knew, and go places you have never gone! If you came to last year's Church Search; we will be exploring new areas! Lots of fun for all ages!

#### 7. HOLY WEEK/EASTER ACTIVITIES:

- **Palm Sunday April 14** Kids in grades preschool-4th grade will be a part of the opening procession of palms and then have a special retelling of the Passion story.
- **Maundy Thursday April 18** Service is at 5:30 pm in church, the nursery will be staffed and open for infants through age 3. There will be a special KidsWord where children will experience foot-washing and the Last Supper on their level.
- **Good Friday April 19** Noon service on Good Friday and Stations of the Cross at 1 pm. Nursery will not be staffed.
- **Alleluia Festival/Egg Hunt will be Saturday, April 20** from 10-11:30 am. Through fun, engaging activities, crafts and food families will learn the meaning of Easter beyond the chocolate bunnies and dyed eggs! The hunt begins about 10:15 am to ensure all children have arrived with separate ages for the different ages and all children search for the same number of eggs. Each family will also get to make an Easter centerpiece and we will also learn about flowering the cross and help make the bouquets for Easter Sunday
- **Easter Vigil Service Saturday, April 20 at 6 pm**
- **Easter Sunday April 21** services at 8:00 am and 10:00 am. The nursery will be staffed for infants and toddlers during the 10:00 am service. Following the 10:00 am service, all are welcome to an Easter Brunch served in the parish hall!



**8. Summer Experiences:** Are you getting brochures for summer camps already? Save these dates:

- **Vacation Bible School** June 17-20
- **Hands Across Duluth** Youth Service Experience Wednesday, July 10 through Saturday, July 13 (back to 4 days/3 nights!)
- **Episcopal Youth Music Camp** August 4-10
- **Episcopal Family Camp** August 18-22, Covenant Pines, McGregor all ages/families

**9. Youth Opportunities:**

**Pre-TEC March 15-16 St. Anne's Sunfish Lake** is an overnight retreat for middle school students, led by a small high school-aged team. Activities are uniquely designed for middle schoolers, with games, videos, and interactive prayer stations. It's called "Pre-TEC" simply because it's intended to be a gateway into (not a copy of) TEC. Pre-TEC lays a foundation for teens to have a positive Episcopal retreat experience in a community full of God's Agape love. Register <https://episcopalmn.org/tec>

**Teens Encounter Christ (TEC) weekends:** There are two opportunities coming up in the next few months for high school age youth to attend this faith filled and fun-filled weekend. MN TEC is April 26-28, 2019, St. Mark's Cathedral, Minneapolis. Online registration at [www.episcopalmn.org/tec](http://www.episcopalmn.org/tec). This is a new, larger combined TEC. On April 5-7 a smaller TEC will be held at Ascension in Stillwater. Registration forms are available from Sue.

10. **Milestone Kits:** Have you picked one up yet? If not, take a look at the many kits that are available to help all ages mark the special moments in life's journey and bring God's presence into those moments. Check out the two black rolling carts in the parish hall during coffee hour today and pick out a milestone kit to bring home and celebrate in a few short minutes.

11. **[www.stpaulsfaithformation.org](http://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! Also, please like/follow/subscribe to our church FaceBook page, Pinterest boards and Instagram and YouTube accounts.



**Mark your calendar!**  
**Sunday, March 31: our Coffee Hour will feature the Confirmation students' faithfold displays. They appreciate your prayers and support.**

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**St. Paul's Episcopal Church Staff Directory**  
**Phone: 218-724-3535**

**Clergy**

The Rev. William Van Oss, Rector  
 The Rev. Dr. Barbara Elliott, Assistant Priest  
 The Rev. Margaret W. Thomas, Priest Emerita

[billvanoss@stpaulsduluth.org](mailto:billvanoss@stpaulsduluth.org)  
[belliott@d.umn.edu](mailto:belliott@d.umn.edu)  
[tmsnelmw@cpinternet.com](mailto:tmsnelmw@cpinternet.com)

**Parish Staff**

Dr. Tom Hamilton, Director of Music  
 Kathy Jurasek, Sexton  
 Rita Rosenberger Parish Secretary  
 Natalie Smith, Parish Treasurer  
 Sue Van Oss, Director of Christian Formation

[tomhamilton@stpaulsduluth.org](mailto:tomhamilton@stpaulsduluth.org)  
[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)  
[natalie@stpaulsduluth.org](mailto:natalie@stpaulsduluth.org)  
[suevanoss@stpaulsduluth.org](mailto:suevanoss@stpaulsduluth.org)



MARCH 22-23, 2019  
ST. PAUL'S CHURCH

# FIND YOUR FIT

*You're Unique. You're Valuable. And You Have an Incredible Future!*

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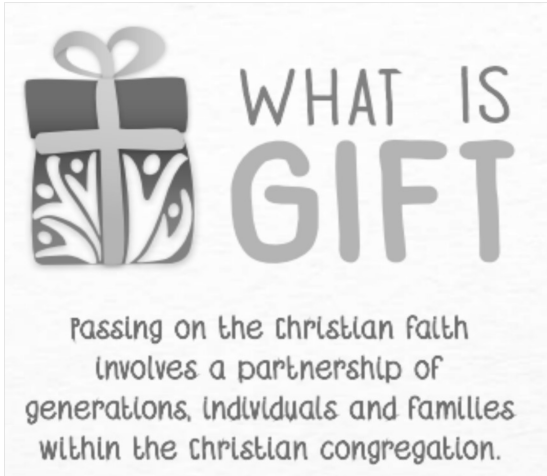
5pm Friday - 3pm Saturday  
Grades 9-12

Did you know that you're gifted in ways you've probably never thought of? Come on this overnight to have fun with friends, eat great food, prime your thoughts about future careers and set you loose to be who you are! Don't let the future sneak up on you. Seize the moment and start learning how you can reach your true potential!

Free! But RSVP to Sue by March 15



**CHRISTIAN FORMATION NEWS**



**150th Anniversary**

**Church Search**

**Wednesday**

**March 27**

**6:30pm**

THIS IS YOUR CHANCE TO EXPLORE PARTS OF THE CHURCH YOU HAVE NEVER SEEN; HEAR STORIES YOU HAVE NEVER HEARD, AND SEE ARTIFACTS USUALLY TUCKED AWAY! IF YOU ATTENDED LAST YEAR'S CHURCH SEARCH— THIS ONE WILL BE DIFFERENT! WE WILL HAVE SPECIAL TOURS/SCAVENGER HUNT WITH PRIZES, DISPLAYS OF ARTIFACTS AND ARCHIVES AND STORYTELLERS WHO HAVE BEEN A PART OF ST. PAUL'S FOR MANY DECADES! FUN FOR ALL AGES!

INDIVIDUALS, COUPLES, AND FAMILIES ARE ENCOURAGED TO ATTEND!

AN OPTIONAL DINNER IS SERVED AT 6:00 PM IN THE PARISH HALL BEFORE GIFT.

**Lenten Local Mission Project**



Pick up a reusable purple grocery bag in the parish hall and bring it back with non-perishable food items or monetary donations for the CHUM food shelf that provides life saving food for those in need in our community. Keep the bag in your car as a visible reminder to purchase a few items for the food shelf when you go to the grocery store! Or keep it by your back door and each day place a food item in it to donate from your pantry!

Each Sunday through April 14, place your bag in front of the altar before the service; afterwards the Youth Leadership Team will remove the bags, store the food and tally the food items and any monetary donations and update it on a display in the parish hall and have the bags available to bring home again in the hall. At the end of the food drive on April 14, you can keep your bag as a thank you for participating in the food drive!

All of the donations will count towards the March FoodShare program, which will allow CHUM to will receive incentive dollars for donations of food and cash that they receive!





## ST. PAUL'S RUMMAGE SALE

St. Paul's Rummage Sale will be Saturday, May 4 in the Parish Hall. Call the Church Office 218-724-3535 or email [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org) if you have items you'd like stored. We'll make arrangements to have the garage open for you.

Volunteers are needed the week of the sale to help set up. Let us know if you'd like to help!

For more information or to volunteer, please contact Susan M. Anderson (218-724-3732) or Susan Hartley (218-724-5095).

**Save The Date! Rummage Sale Saturday, May 4**



## NEW EASTER FLOWER REMEMBRANCES



The beautiful lilies and spring plants that adorn the altar and church on Easter Sunday are funded by your generous donations given in memory of departed loved ones or in thanksgiving. The names are list in the Easter bulletin. New names may be added by submitting them in advance by Wednesday, April 10. Please make checks payable to Altar Guild Easter Flowers with a suggested minimum of \$20. Mail it to Altar Guild Easter Flowers, c/o St. Paul's Episcopal Church, 1710 E Superior St, Duluth, MN 55812; or call Joanne Marinac, the Altar Guild Flower Coordinator, at 218-728-6330. All donors will be sent an acknowledgment of these remembrances with our gratitude.

*Respectfully submitted by Joanne Marinac*



You are invited to make palm crosses  
with Altar Guild volunteers.

Saturday, April 13,

9:00 am

Parish Hall

*It's very simple and fun to do!*

## NEWS FROM SCHOLARSHIP COMMITTEE



Applications for new scholarships for the 2019-20 school year from the St. Paul's Church Scholarship Fund must be submitted to the Scholarship Committee c/o St. Paul's Church by March 15, 2019. Application forms are available in the church office.

## FEBRUARY 2019 VESTRY MEETING HIGHLIGHTS

The newly elected members of the Vestry attended their first meeting this month and introductions were made. We moved right into approvals for funding resolutions and the Parochial Report. The January financials were presented and approved.

Discussed initial results of the 13th month giving request. Thank you to all who have given already.

*Respectfully submitted by Mark Brown, Senior Warden*

## NEWS FROM EPISCOPAL CHURCH WOMEN OF MINNESOTA

LaDonna Boyd is the MN Diocesan ECW Co-coordinator; she sends newsletters to the churches in Minnesota. The ECW Spring meeting will be held on Saturday, May 4 in Farmington, MN. All are welcome. If you are interested in learning more about ECW, please call her at 612-978-4613 or email her at ladonnamboyd@gmail.com.

## LOAVES & FISHES FUNDRAISER

St. Patrick's Day Ceili Dance at St. Paul's  
 Sunday, March 17, 2:00 pm, Live Music  
 \$10 for individuals, \$25 for families, \$5 low income  
 (no one turned away for lack of funds)

All are welcome to this family friendly sober St. Patrick's Day Event! No experience or partner necessary, all dances are taught, and **all ages are welcome!**



## March Programs sponsored by the Center for Spirituality and Enrichment

A ministry of the Benedictine Sisters of St. Scholastica Monastery

- The Art of Weaving... Together: Friday, March 8; from 9:00 am to 4:00 pm
- Renouncing Violence, Embracing Compassion: Saturday, March 9 from 9:00 am to 3:00 pm
- Taizé Prayer: Monday, March 11 at 7:00 pm
- Desert Day: A Quiet Time Away: Monday, March 18 at 9:00 am to 3:30 pm
- Praying with The Saint John's Bible: Illuminating your Lenten Journey: Friday, March 22 starting at 9:00 am and ending on Sunday, March 24 at 2:00 pm
- The Water of Life: Saturday, March 30 from 9:00 am to 5:00 pm

Visit [www.DuluthBenedictines.org](http://www.DuluthBenedictines.org) for information and registration

## Five Things for March

### A Lent Morning of Reflection

We are offering a wonderful way to keep the Season of Lent on Saturday, March 16 from 8:30 a.m. until noon. This morning of reflection will center on our theme "Called to the Way of Love" and explore the seven practices for a Jesus-Centered life: turn, learn, pray, worship, bless, go and rest. There will be time for input, reflection and prayer. The morning will conclude with lunch (optional). The morning of reflection and lunch are free (paid for by our C3 grant!).

Please RSVP to Rita in the office: 218-724-3535 or [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org) so we can have enough materials and a number for lunch.



### Lent Wednesday Noon Service and Lunch

Each Wednesday in March (and April 3 & 10) we will have a simple service of Eucharist in the chapel followed by a soup lunch in the parish hall. If you would like to provide or make soup or bread for one of these lunches, please sign up on the sheet outside of the kitchen.

### 150<sup>th</sup> Anniversary

You might know that 2019 is the year our parish celebrates its Sesquicentennial anniversary! If you have ideas for how we should celebrate or would like to help with planning events, please come to a meeting on Sunday, March 17 after the 10:00 service in the Olcott Room. Many thanks to Terry Roberts for leading our efforts!

### Pancake Supper & Talent Show

**Tuesday, March 5**, Dinner is served starting at 5 pm, Talent Show starts at 6 pm. Join in the fun as we celebrate Mardi Gras with a delicious pancake and sausage dinner prepared by the men of the parish. Contact Tom Diener ([tgdienner@gmail.com](mailto:tgdienner@gmail.com)) if you would like to help! The meal will be set up, served and cleaned up by the youth who will attend Episcopal Youth Music Camp this summer. The meal is a fundraiser to help them raise funds towards the \$600 cost to attend the week-long camp. Suggested donation is \$5 per person or \$20 per family.

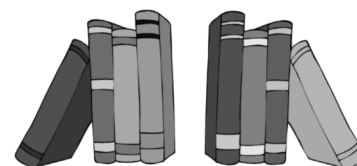
All are invited to sign up to sing, play an instrument, tell a story, write a poem, dance, juggle, do a trick or something else! This is your chance to let your talents shine! Sign up on the sheet posted on the bulletin board outside the sacristy or contact the parish office, [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org) or call 218-724-3535. Please show your support for our young music campers!

### Ash Wednesday

March begins the Season of Lent this year. Wednesday, March 6 is Ash Wednesday. We will have services at noon and 5:30 pm. Both services are in church and include music, the imposition of ashes and communion. Soup lunch will follow the noon service and a light supper will follow the 5:30 pm service.

## From Your Church Library

Do you question issues of faith or Scripture? Clergy/theologians Marcus Borg and John Spong may interest you with some surprising opinions to ponder. Find them in the Olcott Room library awaiting you.



## LAY MINISTRY SCHEDULE

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

	March 3	March 10	March 17	March 24	March 31
ALTAR GUILD	K LEONARD	C CONRAD	J MARINAC	J JARNIS	K LEONARD
	J Harvey	S Hall	J Elliott	D Kolquist	J Harvey
	L Hultkrantz	S Hartley	P Markert	A Schliep	L Hultkrantz
		S Meyer	C Miller		
		A Sadowski			
LECTOR 8:00 AM	M Gustafson	A MacKenzie	S Stromquist	N Diener	M Gustafson
USHERS	G & K Bubalo	J & H Ransom	B & C Dinan	M & S Brown	B & C Dinan
	J & S Dusek	P Waite	D Kolquist	C Orsak	P Waite
		J Jarnis	K Swanson	D Morin	J Jarnis
ACOLYTES	See <a href="http://www.stpaulsfaithformation.org">www.stpaulsfaithformation.org</a> for current acolyte schedule				
LECTOR 10:00 AM	M Gustafson	L Van Oss	J Pastor	S Stromquist	S Meyer
CHALICE	M Gustafson	S Anderson	M Gustafson	K Baumgarten	S Anderson
BEARERS	G Maloney	P Enenbach	A MacKenzie	N Diener	N Diener
	Z Stodola	S Stromquist	J Pastor	S Stromquist	J Pastor
FLOWER Delivery	C Spencer	D Kolquist	S Furo	J Jarnis	M & S Brown
COFFEE HOSTS	J Farmakes & C Heidenreich	M & B Minter	S Stromquist and C Andrews	S & J Dusek	M & C Bauer
LOCK UP	J Austin	M Brown	T Diener	C Fellman	G Maloney

### Ash Wednesday Services:

Noon—Lector: Z Stodola; Chalice: Z Stodola, A MacKenzie

5:30 pm—Lector: P Kruschke; Chalice: K Baumgarten, J Pastor; Ushers: D Kolquist, C Orsak

### Altar Guild Other Duties:

#### March Linens:

E Killen  
C Miller

#### Mar/Apr Brass Cleaning—Date TBD

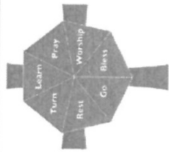
S HARTLEY  
J JARNIS  
S Meyer  
A Abraham  
D Kolquist

### Substitutes:

Weekly Teams: G Bouschor, E Killen  
Wed. Service: C Conrad, C Miller, N Brunfelt  
Linens: C Conrad, C Miller  
Brass: J Sederberg, C Miller

#### Wednesday services: Noon and 5:30 pm

03/06/19—ASH WEDNESDAY Team 2  
03/13/19—Team 3  
03/20/19—Team 4  
03/27/19—Team 1



THE WAY OF LOVE  
Devotions for Lent - Grounded Life

# THE WAY OF LOVE IN LENT 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Reflections from <i>Living the Way of Love</i> by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.</p> <p>11 BLESS What challenges are you facing today? Job 11:18</p>	<p>12 GO Where are you being encouraged to "show up"? Matt. 25:44-45</p>	<p>March 6 TURN How did you turn back towards God's love when you made a big mistake? Luke 15:18</p> <p>13 REST What can you say "no" to so you can say "yes" to prayer, rest and joy? Lev. 23:3</p>	<p>7 LEARN Practice lectio divina with this scripture. Luke 15:17-24</p> <p>14 TURN What relationships do you need to mend? Isa. 55:8-9</p>	<p>8 PRAY What are you thankful for? 1 Chron. 29:15</p> <p>15 LEARN Who might you have a conversation with to learn about God? Ps. 119:105</p>	<p>9 WORSHIP What is most meaningful to you in worship? BCP prayer, p. 281</p> <p>16 PRAY Listen to the daily office today at <a href="http://www.missionstclair.com">www.missionstclair.com</a> Ps. 55:17</p>	<p>10 LENT 1</p>
<p>18 WORSHIP How do you want to prepare people to remember you? 2 Cor. 1:3-4</p>	<p>19 BLESS Intentionally smile at least ten times today. Phil 4:4</p>	<p>20 GO Where can you go and intentionally provide kindness? Matt. 5:4</p>	<p>21 REST How do you incorporate rest in your life? Jer. 6:16</p>	<p>22 TURN Where do you find joy and passion? Luke 24:32</p>	<p>23 LEARN What passage of scripture is important to you Why? Isa. 40:8</p>	<p>24 LENT 3</p>
<p>25 PRAY Go for a walk today and pray with your feet, each step with intention. Isa. 2:3a</p>	<p>26 WORSHIP In your prayers today, what new words or thoughts touch you? Phil. 4:6</p>	<p>27 BLESS Notice the pattern of your breathing. Pray for awareness of blessings. Gen. 2:7</p>	<p>28 GO Where might God be asking you to take your great love into the world? Isa. 48: 6b</p>	<p>29 REST How can you incorporate rest from technology today? Matt. 11:28</p>	<p>30 TURN Today, intentionally listen devoutly to another. Mark 4:23</p>	<p>31 LENT 4</p>
<p>April 1 LEARN How is the Jesus who walked this earth beckoning you to meet him? Mark 10:46-52</p>	<p>2 PRAY Try praying with Anglican prayer beads. Luke 18:1</p>	<p>3 WORSHIP How does community help or hinder your growing in Christ? John 1:12-13</p>	<p>4 BLESS Who has taught you to life a Jesus-filled life? Who have you taught? 2 Cor. 4:16</p>	<p>5 GO Create a prayer representing how you seek to serve God and follow Jesus. Matt. 5:15.</p>	<p>6 REST How might you connect with others in the spirit of renewal? 1 Kings 19:11-12</p>	<p>7 LENT 5</p>
<p>8 TURN How might you share what brings you great joy with others? Rom. 126:8</p>	<p>9 LEARN Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22</p>	<p>10 PRAY Take 20 minutes in contemplative prayer today. Matt. 4:18-22</p>	<p>11 WORSHIP What seminal moments have informed a need to return to Christ? Ps. 51:10</p>	<p>12 BLESS When you reflect on financial giving, are your palms open? Matt. 12:43-44</p>	<p>13 GO Where can you seek and serve Christ in someone unlike you? Jer. 30:22, 31:4-5.</p>	<p>14 LENT 6</p>
<p>15 REST How do your creative outlets impact on taking rest? Gen. 1:1-2:4</p>	<p>16 WAY OF LOVE Where do you see the seven practices of the Way of Love in this story? Luke 5:19</p>	<p>17 RULE OF LIFE How has this Way with God impacted your experience of God? John 7:38</p>	<p>18 RULE OF LIFE How can you build pauses into the day to reflect on the work of the Spirit? John 15:5</p>	<p>19 RULE OF LIFE How do others experience the love of Christ through you? Gal. 5:22-23</p>	<p>20 RULE OF LIFE Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p>	<p>21 EASTER DAY</p>

**St. Paul's Episcopal Church**  
**1710 East Superior Street**  
**Duluth, MN 55812**

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Email for the church:  
[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

**Visit our website:**  
[www.stpaulsduluth.org](http://www.stpaulsduluth.org)



Ash Wednesday Services  
Wednesday, March 6, 2019  
Noon Service in church.  
5:30 pm Service in church.  
Each service is followed by a  
simple meal in the Parish Hall