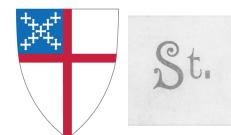
St. Paul's Episcopal Church, Duluth, MN November, 2019



St. Paul's Parish Messenger.

"BEHOLD, I HAVE SET BEFORE THEE AN OPEN DOOR.

Celebrating 150 Years and Looking Forward to Our Future

If you are like me, you recently enjoyed learning a great deal about the history of our faith community and our beautiful building. St. Paul's has been a church home to generations who call the Twin Ports area home.

As members of St. Paul's and as God's Stewards, we are called to:

- Care for each other
- Care for our community
- Care for our building
- Give generously of our time, talent and treasure

Fellowship is shared not only at Sunday services, but throughout the week as well, at Wednesday dinners, Bible Study, choir rehearsals, Messenger mailings, etc.

As a faith community, we generously reach out to those in our community who are in need. Our work with CHUM, Damiano, Loaves and Fishes, and Safe Haven are a few examples. In addition, the carriage house is used by a variety of local organizations.

We are so blessed to worship in such a beautiful church which is truly a place filled with wonder, love and praise.

Let's help ensure that St. Paul's will remain a vibrant and welcoming place for generations to come! Stewardship Sunday is November 24. I am grateful for all of you as you consider making a pledge to St. Paul's.

Thank you.

Jane Jarnis, on behalf of the Stewardship Committee



Evening Bible Study

Our evening Bible study group is now discussing Genesis, re-visiting the origin stories that ground Christianity and the other monotheistic faiths. We have been discussing Abraham and Sarah's experiences, along with Isaac and his family's adventures so far, and will continue with the Jacob stories as we go forward.

Dates for our upcoming meetings are **November 12 and December 10**. We meet 6:30 -8:00 pm—you are welcome to join us! Please call the office to learn about the sessions, or email Reverend Barb

God's blessings... -- Barbara Elliott

Attention Antique Hunters

Do you like treasure hunting? Do you visit antique stores or garage sales? We have several light fixtures throughout the building that do not have globes any more, and we'd love to get some replacements that are vintage-looking. We know of one store up in Two Harbors that sells vintage lighting parts, but there might be treasures elsewhere waiting to be found, perhaps even in your attic! The dimensions of the fixtures we need are 4 or $4\frac{1}{2}$ inches in diameter. Thank you!





Deepest thanks to all those who helped create a joyous a memorable 150th Anniversary celebration for the entire community! Please enjoy the photos in this issue of <u>The Messenger</u> (on pages 8-9) and view them online in our social media accounts and at the following media sites:

www.wdio.com, www.fox21online.com, and www.duluthnewstribune.com

Respectfully submitted by Terry Roberts, 150th Anniversary Chair

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

Clergy

The Rev. William Van Oss, Rector

The Rev. Dr. Barbara Elliott, Assisting Priest The Rev. Margaret W. Thomas, Priest Emerita

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

Prayer Shawl Ministry



Persons interested in knitting Prayer Shawls and Chemo Hats for the comfort and spiritual uplifting of the ill and bereaved are welcome to come to the Olcott Room for an informal gathering on most Sunday mornings between 9:00-10:00 am. Regardless of your knitting skills, we would love to have you join us in this worthwhile ministry. If you are just beginning to knit, we can help you through the rough patches. And if you're a pro, it's a great chance to use your skills to help teach those of us with less experience. Together we can prayerful-

ly create special knit goods to be distributed to parishioners in times of great need. For more information contact Nancy A

Notes of a Different Kind

I got shoes; you got shoes, all of God's children got shoes; When I get to heaven gonna put on my shoes, I'm gonna walk all over God's heaven.



This is one of my favorite African American spirituals. Borne out of the struggle of slavery, it (and many others like it) looks toward a brighter future either when slavery is over or when death comes. I love the simplicity of this text: the ordinary action of putting on shoes and walking around heaven as though it is as familiar as our own neighborhood. The verses continue to talk about having a robe to wear, wings to fly, harp to play – all over God's heaven. What a great image as we gather for All Saints! As with every Sunday, but especially on All Saints, my prayer is that you will feel our song joining with those "of every time and place" as we sing. We are surrounded by a great cloud of witnesses who sing with us. In that chorus, I hear my Dad who led us in song in the car to and from the lake cabin. I hear my Grandmother Serrie who sang *Softly and Tenderly Jesus is Calling* in the kitchen all the time, her voice starting to crack a bit as she got older. I hear my Grandma Hamilton in her monotone version of Silent Night every Christmas Eve, the only time I ever heard her sing. I remember singing the very words to my mother as she died. Listen. They're there. They're singing – for you.

Peace,

Tom Hamilton, Director of Music

Update From CHUM

CHUM Fall Assembly: Thursday, November 21, 6:30 pm, at Hope United Methodist Church, 301 W. St. Marie Street. Social time and fellowship from 6:30 to 7:00 pm, followed by the program which will include an update on CHUM's mission serving members of our community in need.

St. Paul's will be one of the faith communities providing treats for the fellowship time. If you are able to help, please contact Nat or Jane Thank you!



Christian Formation News

Christian Formation News:

We are all Called to follow the Way of Love with Turn-Learn-Pray-Worship-Bless-Go-Rest, the seven practices that can help us grow deeper in our relationship with God, Jesus and our neighbors. In today's world of busy schedules, hurried meals and fleeting time together, it is now more imperative than ever that we take the time to center ourselves and follow the way of Jesus. Check out https://www.stpaulsfaithformation.org/families.html for ideas on how your family can live out the Way of Love!

November Christian Formation schedule:

- Sunday, November 3: All Saints' Day KidsWord
- Wednesday, November 6: 5:30 pm Service, 6 pm Dinner, 6:30 pm Kids Club for prek-1st, Age Specific Faith Formation 2/3rd, 4/5th, 6/7th, 8/9th, Confirmation and adults
- Sunday, November 10: All-in Worship Service: Kids will share what they been learning during the 10 am service
- Wednesday, November 13: 5:30 pm Service,
 6 pm Dinner, 6:30 pm Kids Club for prek-1st,
 Age Specific Faith Formation 2/3rd, 4/5th,
 6/7th, 8/9th Confirmation and adults
- Sunday, November 17: KidsWord
- Wednesday, November 20: GIFT Night is a Homemade Holiday
- Sunday, November 24: KidsWord and Advent Around the World Festival
- Wednesday, November 27: No church night

Now through November 3: Share Your Stash! If you have a child/grandchild ages 18-25 who you would like a package sent to, please email suevanoss@stpaulsduluth.org with their name and address! You are invited to share some of your candy stash from Halloween with our young adults. They love individually wrapped snacks too! Granola bars, hot chocolate mixes, nuts, anything to munch on! Packages will be assembled and shipped on Wednesday, November 6.

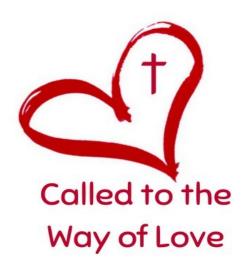
Wednesday, November 20: Homemade Holidays GIFT Night – come to this popular event when all ages gather to create useful, easy to make gifts to give. There will be projects for preschoolers through adults. Last year's gnomes were such a hit, we found a different kind of gnome to make, along with two different wood creations.

November 24: Advent Around the World Festival – Join us after the 10 am service in the Parish Hall for a special trip around the world! We have

some new countries this year along with previous favorites. You can also make an Advent wreath and receive an Advent Calendar. Please consider helping with this fun, faith-filled festival by sharing traditions, foods, decorations and stories from a country that is part of your heritage or one that you have visited/have a connection to. Contact Sue at suevanoss@stpaulsduluth.org to add your country to the list! And mark you calendars to attend this fantastic event for all ages!

For more information on any of the above events, please visit www.stpaulsduluth.org/grow or contact me!

Blessings, Sue Van Oss, Director of Christian Formation



Check it out

www.stpaulsduluth.org is a "one stop shop"; it includes a calendar and registration for events, online giving option, sermons- both audio and printed version, and is also a lifelong faith formation network for the 21st century that connects you with videos, smartphone/tablet apps, blogs, online learning opportunities and websites that you can access 24/7/365. Try out one of the apps, blogs, or videos on the site. Also check out stpaulsduluth on Facebook, Instagram, Pinterest, and our Youtube channel and like our pages/boards.











Advent Around the World Festival Sunday, November 24, 11 am

Learn how Advent and Christmas are celebrated in countries around the world! Experience different traditions, foods, sights and sounds! During coffee hour in the parish hall, take a world tour by visiting various country booths and tasting a variety of foods!

Plus, pick up an Advent Calendar, make a wreath, and more! Come one, come all ages!

If you would like to host a specific country booth, please contact Sue Van Oss; or 218-724-3535.

This is a wonderful chance to share your heritage with our whole church family!





Upcoming Women's Events

Friday, November 8 Meal Prep Night: our most popular annual event!

Leslie B will give an encore of **Meal Prep Night!** Make some meals for your family and have in the freezer to pull out during the busy holiday season! This was a very popular event; and we need to limit it to 24 due to space restrictions. There will be options of meat and vegetarian dishes and options for 2-4 servings or 5-6 servings. Go to www.stpaulsduluth.org/adults.html to reserve a spot now!





Women's Retreat February 7-8, 2020 at new location, Alleluia Lodge at Camp Amnicon. It's a four -season retreat facility with beautiful views of the Anmicon River valley with hiking, skiing and snowshoeing trails. It's a relaxing weekend (option for February 9 add-on) with free time for you to read a book, knit, enjoy the outdoors or whatever else you'd like to do, along with some structured times to get to know the others, reflect, pray, craft, play games and laugh to-

gether! Depending on the number attending, the cost will only be about \$50 a night which includes three meals! Indicate your interest now at www.stpaulsduluth.org/adults. Cabins are reserved on a first come, first serve basis so don't wait!

Note: St. Paul's respects and acknowledges the gender identities of all people and seeks to remove assumption about gender identity. Non-binary and transgender individuals are always welcome at all events.

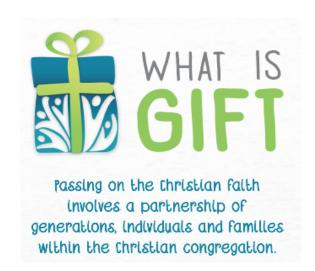
Share Your Stash!



Share some of their candy stash from Halloween with young adults from our parish who are in college, have moved from Duluth for their first job, and serving in the military. From Sunday, October 27-Sunday, November 3, purchase an extra bag of candy that you would usually hand out on Halloween, or bring in your excess candy from trick or treating stash and we will box them up with a note and send them to our young adults ages 18-25 who are attending college, in the armed forces or in the work force! They also love healthy snacks and individual drink mixes too! Granola bars, nuts, protein bars, trail mixes, any individually packaged healthy treat is appreciated!

If you have a child/grandchild that you would like a care package sent to, please email with their name and address!

Homemade Holidays GIFT Night! Wednesday, November 20 6:30pm



GIFT events provide an opportunity for people of all ages to explore God's love for them by sharing the gift of each other and the gift of faith. Individuals, couples, and families are encouraged to attend! Monthly GIFT events are held from 6:30-7:30 pm. You are also welcome to come to the 5:30 pm service and/or 6:00 pm provided dinner before each GIFT event.

Come and get creative at this popular GIFT Night! All ages will spend an hour making thoughtful and beautiful gifts to give to others for Christmas; some of them are pictured here. Don't know what to get a neighbor, teacher, delivery person or Aunt Mabel? In one hour you will make several unique, different gifts which show you care! We will have a variety of projects for different age levels from preschool through adult. And it's free!







Reusable Bag Collection Network



Across Duluth, many homes have an excess of reusable bags. Moreover, many businesses have expressed interest in supporting the transition to reusable bags through donation. The Reusable Bag Collection Network (RBCN) is a group of organizations working to ensure that reusable bags are provided to those with limited means or limited access to bags.

St. Paul's is a drop-off location for your excess bags. If you have **new**, **or clean**, **lightly**-used bags to donate, please bring them to the parish office anytime.

A GLIMPSE INTO OUR 150TH ANNIVERSARY WEEKEND; MANY MORE PHOTOS CAN BE SEEN AT WWW.STPAULSDULUTH.ORG/150TH

Friday, October 25: Sesquicentennial Gala Dinner in the Moorish Room at Greysolon Plaza; site of the 1969 Centennial Dinner.



Saturday, October 26: Morning History Walk honoring the founding of St. Luke's Hospital by St. Paul's in 1881, and the site of the original St. Paul's on Lake Avenue; High Tea preparations



Photo Credits: Thank you to Matthew Denney for capturing the weekend in beautiful photographs. Additional photos are from Henry Roberts and Sue Van Oss



Sunday, October 27: 150th Anniversary Worship Service and Reception



Church Nights in November

Wednesday Church Nights have some exciting offerings this month. Church Nights have become the centerpiece of our Christian Formation program and include something for everyone. The adult programs for Church Night will focus on health, wellness and safety this month.

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. Tom Hamilton leads our music on the piano. 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 pm. 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. Check out the menu in this edition of the Messenger.

Church Nights meet three times per month with programming from 6:30-7:30 pm. Two Wednesdays, the children and youth have age- specific faith formation for grades pre-K through Confirmation. 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 five Wednesdays, our church leaves the building and engages in a service project somewhere in our community.

November Church Night Adult Programs:

Our focus for October, November and December is: **Health, Wellness and Safety**.

November 6 - Climate Justice The Rev. Buff Grace will be with us to discuss Minnesota Interfaith Power & Light's (MNIPL) Climate Justice Congregation Program. From MNIPL: "Climate Justice Congregations are faith communities who are committed to living out their faith through effective and sustained action on Climate Justice. This year-long process will help you and your community gain the focus, resources, and support that can help galvanize your faith community into committed climate action."

November 13 – Nonviolent Compassionate Communication (NVC): The Art of Speaking and Listening From the Heart with Ann Harrington

Would you like to:

- -Build relationships based on compassion, trust and mutual respect?
- -Untangle long-standing conflicts with loved ones?
- -Honestly speak your mind without creating defensiveness?
- -Turn fear of conflict into skills that resolve conflicts peacefully?
- -Enjoy more effective interactions with people in your work life?
- -Be both assertive and negotiable without giving in?
- -Lead as a compassionate communicator when a conversation needs re-centering?

We've all experienced breakdowns in communication, as well as the escalating stress, frustration and disappointment that follows. Compassionate Communication offers you new tools and awareness that can transform the way you relate to yourself and others... including those "challenging" people in your life. What is NVC? It is a way of giving and receiving respect, understanding and a certain quality of connection using a certain language skill. Learning this language of NVC focuses our attention on three areas: 1)How we listen to ourselves, 2)How we listen to others and 3)Expressing ourselves with Compassionate Honesty. We practice ... to cultivate the art of... speaking and listening from the heart!

November 20 – Our **GIFT (Growing In Faith Together)** intergenerational church night is Homemade Holidays. Come and make some beautiful gifts to give your family and friends.

November 27 – Church Night is **OFF** for Thanksgiving Break. Check out stpaulsfaithformation.org for ideas on practicing Faith at Home! *

Hope to see you at Church Night!

Bill Van Oss. Rector



Be the Spark

"Be the Spark" is a dynamic and experiential leadership development workshop series that builds interfaith community and gives participants premier organizing tools and strategic approaches for engaging their community of faith in climate change solutions.

Be the Spark participants learn how to invite the gifts and skills of those in their community to take action that inspires a sustained and creative effort in building a more just and sustainable world.

Join us for the upcoming Be the Spark training this fall!

Be the Spark Training in Duluth

Saturday, November 16th 10 am-3 pm St. Paul's Episcopal Church, Parish Hall

Why Organizing:

Change happens through organizing. Simply developing solutions (Energy Efficiency, Carbon Reduction Policies, Solar Energy) does not mean they will be widely adopted. Organizing builds a container of community identity, motivation, relationship and accountability that can lead to the sustained implementation of solutions in widening circles of faith communities.

Organizing for long-term sustained action on climate change is most effectively accomplished through relationship building, organizing training, and strategic planning. The Be the Spark curriculum features some of the most effective organizing tools and strategic thinking from Marshall Ganz, the New Organizing Institute, and Training For Change and has been adapted specifically for implementation in faith communities. We share how to support the development of leadership in individuals and core teams and assist them in planning their approach to taking sustained action for climate justice.

Facilitators:

Julia Nerbonne - Ph.D. is the Executive Director of Minnesota Interfaith Power & Light (MNIPL) and teaches Environmental Ethics and Sustainability Studies at the University of Minnesota. She has been organizing volunteer leaders to be powerful change-makers for over a decade.

Erin Pratt - LPC is the program director at MNIPL where she designs, coordinates, and facilitates programming for MNIPL and individual faith communities. She is also a facilitator and Climate Organizing trainer for MN350, a Minnesota-based climate justice organization, and for 350.org, an international climate organization. Erin's training is as a therapist working with children, youth, and families in crisis, specializing in nature-based settings. Erin brings a relational-based approach to organizing that she finds effective when working with people in faith communities.

Background about MNIPL:

We believe that faith communities have a pivotal role to play in bringing about the cultural and political transformation that we need to address climate change. Currently, faith communities are not as strong of change agents as we need. How can we build engagement so that we have a powerful interfaith climate justice movement capable of bringing about rapid social transformation through advocating for climate, racial and economic justice?

The purpose of Be the Spark training is to offer organizations and individuals a leadership development and organizing model to activate their faith communities.

My Calling



I would like to say that my "calling" after my retirement came in the form of a reassuring message from above telling me what to do next, a message I could embraced without hesitation or doubt. This would be in keeping with the typical meaning of "calling"..." a strong urge toward a particular way of life or career; a vocation". Alas, my experience has been the alternative definition... "the loud cries or shouts of an animal or person, as in 'the calling of a cuckoo'." In my case, calling out "what the heck should I do with the time I have left."

In reality, finding the answer to my calling has seemed rather meandering and quite accidental. There have been themes, however. First, in one way or another, I have always worked with children. Second, wild places and my faith have been my refuges. Third, is the simple lesson taught to me by my grandmother. It went like this, in times

of trouble or doubt she would first look us in the eye and ask us "What is the right thing to do?", quickly followed by a very stern admonition "And we always do the right thing". In retrospect, it makes sense that the answer to my calling was to focus on issues related to the climate emergency. To me, caring for God's creation is clearly the right thing to do for our children. With this in mind, I hope to devote more of my time to working with the Citizen's Climate Lobby (CCL). CCL's primary goal is to help create the political will to enact a carbon fee and dividend system. At this point, I am climbing the steep learning curve of climate science and the creation care perspectives of various faith traditions. In just a few weeks, I have met many wonderful and dedicated people. At some point, I hope to do my part to mobilize faith communities in working toward a healthier climate for our children. I hope you can join me for the ride.

Respectfully submitted by Charlie Orsak

DAMIANO SOUP KITCHEN

St. Paul's will be serving at the Damiano Soup Kitchen on **Monday, November 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!

Thanks, Nelson



Videotaping Your St. Paul's Story

How has St Paul's been an important part of your life? Perhaps you recall a project you worked on, or something memorable that was part of the Sunday School or youth group, or even a personal story that happened because of church.

These past months, Tim Metcalfe and I have been videotaping our stories as part of our 150th celebration. We each have our own history with this St. Paul's community, and the only way our Way of Love can be remembered into the future is if we record it. These videotapes will become part of our archives, and excerpts of them will be

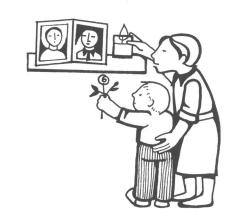
shared with everyone during church events. We would love to record your experiences, too.

Please contact Rita in the office or me to schedule a time and place for us to do the taping (maybe even just after church on a Sunday morning). Looking forward to doing this with you.

All the Saints

As I write this, the celebration weekend of St. Paul's sesquicentennial anniversary is almost here. Many people deserve our thanks for their hard work, especially Terry Roberts who chaired the anniversary committee, Elaine Killen who coordinated the tea, the rest of the anniversary committee and parish staff who worked tirelessly on every detail. It is truly a celebration befitting our 150 years of proclaiming and living Jesus' Way of Love in our community.

It is fitting that we are celebrating All Saints' Sunday (Nov. 3) on the heels of our anniversary celebration. This is the day that we remember those who have died who are now part of "the great cloud of witnesses" (Heb. 12:1) in God's heavenly kingdom. Our anniversary reminds us that they stand in a long line of believers who have called St. Paul's their church home. These believers have gathered, worshipped, prayed, learned, served, celebrated, mourned, triumphed and struggled together for a century and a half. On All Saints' Sunday, we will also baptize two more children who will join our company of believers. Our community continues to grow. I like to believe that the saints who have called St. Paul's home are proud of us today.



This month we will also have the opportunity to help our parish continue to thrive and grow. November is stewardship month, and we will be collecting pledge cards on Sunday, November 24th. You will be receiving a mailing with a letter and stewardship materials. Please take some time to read the information and pray over your pledge to St. Paul's. We stand in a long line of people who have generously given of themselves – their time, talent and treasure – to make this parish shine with the radiance of God's goodness and love in a world so desperately in need of it. We all need to do our part to help keep St. Paul's going strong.

Praise God for all the saints past, present and yet to come! Praise God for our parish community

and 150 years of learning and living Jesus' Way of Love!

Blessings,

Bill Van Oss, Rector



Deadline for submissions to the next issue of *The Messenger* is 8:00 am, November 13, 2019.
Please email items to: office@stpaulsduluth.org

LAY MINISTRY SCHEDULE -NOVEMBER

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

	November 3	November 10	November 17	November 24	December 1
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	J Pastor	N Diener	A MacKenzie	S Stromquist	M Gustafson
USHERS	D Morin	G & K Bubalo	J & S Dusek	J & H Ransom	B & C Dinan
	C Orsak	B & C Dinan	D Kolquist	M & S Brown	C Orsak
	J Jarnis		K Swanson		P Waite
	P Waite				
ACOLYTES	See	www.stpaulsfaith	formation.org for o	current acolyte sch	edule
LECTOR 10:00 AM	Z Stodola	Youth	K Halverson	J Pastor	S Meyer
CHALICE	K Baumgarten	S Anderson	K Halverson	J Pastor	K Baumgarten
BEARERS	D Hanson	M Gustafson	P Enenbach	Z Stodola	J Bamford
	Z Stodola	N Diener	G Maloney	J Stromquist	S Stromquist
FLORAL DELIVERY	M & S Brown	B & C Dinan	J Jarnis	J Chesser	S Furo
COFFEE HOSTS	S M Anderson	H Hansen	C Andrews & J Peterman	M & C Bauer	M & B Minter
LOCK UP	M Brown	T Diener	C Fellman	G Maloney	D Pederson

Altar Guild Other Duties for November:

Wednesday Services

11/6 – Team 2

11/13 - Team 3

11/20 - Team 4

11/27 – No service

Nov/December Brass Cleaning—

week of December 23

C Conrad

C Miller

P Markert

J Sederberg

J Marinac

November Linens:

C Conrad,

A Sadowski

Substitutes:

Weekly Teams: G Bouschor, E Killen

Wednesday Services: C Conrad, C Miller, N Brun-

felt

Linens: C Conrad, C Miller Brass: J Sederberg, C Miller St. Paul's Episcopal Church 1710 East Superior Street Duluth, MN 55812

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Advent Around the World Festival Sunday, November 24, 11 am

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Plus, pick up an Advent Calendar, make a wreath, and more! Come one, come all ages!

If you would like to host a specific country booth, please contact Sue Van Oss; or 218-724-3535. This is a wonderful chance to share your heritage with our whole church family!