

THE MESSENGER

MARCH, 2022

From The Rev. Rick Swenson

It is interesting to contemplate the meaning of the word we use to describe this liturgical season: Epiphany. As I was trying to annunciate its meaning, I decided I should do what I was taught to do in grade school - look it up. I found that there are three primary definitions: a) a usually sudden manifestation or perception of the essential nature of or meaning of something; b) an intuitive grasp of reality through something (such as an event) usually simple and striking; c) an illuminating discovery, realization, or disclosure. It also means, in a more general theological sense, "an appearance or manifestation especially of a divine being." All four of these definitions have something to offer in understanding what it is that we are actually remembering and celebrating during the season of Epiphany.

I believe that we should always be alert to recognize those "epiphanies" that bring into stark reality the divine presence that manifests in our lives. In my own personal experience, I always seem to recognize and realize that presence "in the rearview mirror." I see the Spirit at work in my life as I look back on events and directions that my life has taken that I did not, nor perhaps could not, recognize at the time they occurred.

I do try to maintain a disciplined spiritual practice of prayer, reflection, and contemplation. A daily practice of prayer and reflection often called the "daily examine" is a helpful way to discern those epiphanies in our lives through which God speaks to us and calls us to follow our Lord and Savior. I highly recommend and encourage you to set aside a period of prayer and reflection each day to look back over your day and reflect on the "highs" and the "lows" and how God may have been manifested in the happenings of your day.

As I have reflected over the past several months about my unexpected call to serve you here at St. Paul's, I have become very much aware of the working of the Holy Spirit here in this place and at this time. Everyone I have met and come in contact with here at St. Paul's virtually exudes a vitality and commitment to the Gospel of Jesus Christ. In

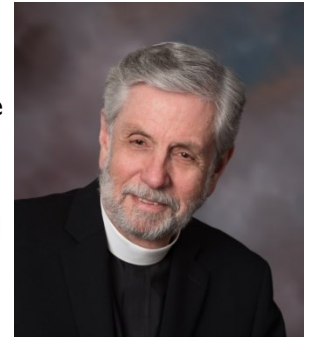
fact, one of my biggest challenges so far has been to try to "keep up with" the workings of the Spirit here at St. Paul's.

The next few months here at St. Paul's will be full of events which will challenge all of us to follow where God is leading us. We will welcome a new Music Director, we will host our Bishop, we are engaged in a process of discernment around the next Rector of this faith community, we will observe Lent and celebrate Easter, we will re-form our pastoral care ministry, we will re-imagine a program of faith formation and youth ministry, and a myriad of other projects and ministries. All of these efforts are, must be, and will continue to be, led by the Holy Spirit.

Please keep your heart and mind open to those epiphanies which will guide the way and show us the true face of God in all that we do.

I have come to know for certain during my ministry that as your Priest I will be not so much leading these efforts as following the prompting of the Holy Spirit in each and every one of you. As we move into an uncertain future and out of a terrible pandemic into a "new normal," I pray that we all will recognize and abide by God's call to "build back better" God's Kingdom here in this corner of God's vineyard on this earth.

Always remember and give Glory to God whose power, working in us, can do infinitely more than we can ask or imagine.



Faithfully,

The Rev. Rick Swenson

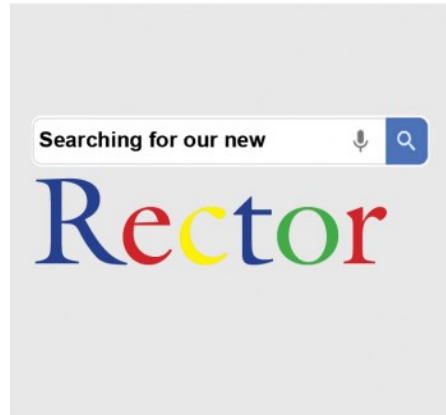
From Your Rector Search Committee

The rector position was posted by ECMN on February 16.

Candidates will have four weeks to submit their materials. The search committee will receive all candidate information by the middle of March. First interviews will be conducted as soon as we are able, allowing time for review and discernment.

Each of us is integral to this search process. The stories you've submitted for the web page will help St. Paul's come alive to candidates. They are stories each of us can enjoy. I hope you'll wander over to the rector search web page and read them. Stories will be added as they are received. Please send yours to tutormary1027@gmail.com.

As we inch closer to welcoming a new rector, please continue praying "that we may receive a faith-



ful pastor, who will care for your people and equip us for our ministries." (BCP, p. 818) Other prayers are encouraged, too!

Thanks to Rita Rosenberger, Ken Buck, Bob Silverness, David Clanaugh, David Sadowski, and others who have helped in many ways during the process thus far.

*Respectfully submitted,
Mary Dragich*

*On behalf of: Paul Almirall, Mark Brown,
Rebecca Butler, Nat Constance, Ryan Erspamer,
Kathy Leonard, Terry Roberts, Amber Sadowski,
Angie Shambour, and Nelson Thomas*

The future of health begins with you



The *All of Us* Research Program is inviting one million people across the U.S. to help build one of the most diverse health databases in history. We welcome participants from all backgrounds. Researchers will use the data to learn how our biology, lifestyle, and environment affect health. This may one day help them find ways to treat and prevent disease. You will receive a map showing from where your ancestors come.

<https://participant.joinallofus.org/#/register>

*Respectfully submitted,
Joel Bamford*

From Your Vestry



Backs against the wall! It's gut-check time! Go big or go home! Do or die! There is no "I" in team!

Sports clichés can be so obnoxious. I tried hard to avoid the manipulation of these words in my years as a high school soccer coach,

refusing to insult my players' intelligence with these trite phrases. For there to be mutual respect, being honest and straightforward was always the right approach.

One phrase bothered me more than any other: **"Give one hundred and ten percent!"** If we all just gave it our very best, try not to do too much, and share responsibility, we would always succeed. That is true *teamwork*. But in my new role as the Senior Warden of the Vestry at St. Paul's, giving one hundred and ten percent has a new meaning. Let me explain why that is.

We, as a parish, are just coming off an insightful Annual Budget Forum and an optimistic Annual General Meeting. Mike French of the Budget Committee provided us with detailed charts and graphs, showing us in the simplest terms where we stand financially heading into fiscal year 2022. Estimated expenses are \$489,227. If you subtract estimated income (mostly pledges) of \$448,747, we wind up with a deficit of \$44,874. Thanks to continued giving and disciplined spending in 2021, albeit a pandemic year, we enjoyed a surplus. We should all celebrate and be encouraged by this. But the anticipated deficit for this year is like we have seen in the last ten years, where the average is \$40,550.

This trend needs to change. Benefactors who can carry the financial load, income from the sale of the "House Next Door" or relying on bequests may be a thing of the past. But a few years ago, we got a major boost from a one time, thirteenth month of giving, proving what we are capable of when we identify and communicate a need and act together to seek a resolution.

The moral of the story is this: The income side of our budget is once again approximately \$40,000 shy of our expense side, causing us to draw more than expected from the Pooled Investment Fund. We are regularly only ten percent shy of a balanced budget or even a surplus.

Imagine our outlook then if it were possible to pledge not the standard one hundred percent, but one hundred and ten percent.

The vestry understands that our annual budget is much more than numbers. It reflects our values as a church. We value our historic place of worship in this community. We pride ourselves in community outreach, respecting the dignity of those in need. We believe in compensating our dedicated employees with a fair wage. This year we will invest in our growth potential by welcoming a talented new Music Director to enhance our music ministry and worship experience, and a Christian Formation Director because we value Christian education for young and old. And we prepare to welcome a new rector to spiritually lead us to do God's will and welcome all. These values were made clear in the Faith-In-Our-Future sessions and excitement builds as we now visualize all this coming together.

Giving to St. Paul's is a very personal and prayerful process. My purpose today is not to say all must give more, but to help us to see the opportunity before us in a different light. In this year of transition, we not only can get back to normal, but reimagine our future and thrive. By all of us understanding how close we are to live out our values with a balanced budget, collectively, may we endeavor to achieve it.

The work ahead is going to take an ongoing team effort where I was tempted to use a lot of motivating clichés. Please allow me this one: Let's give it one hundred and ten percent!

Respectfully submitted,

Eirik Rennan,
Senior Warden



THE WARMING CENTER IS OPEN

8pm- 8am

Sunday-Saturday

From Nov.1- March 31

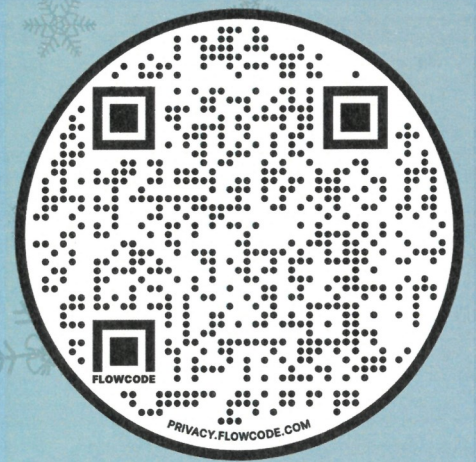
At The Rainbow Center

211 N 3rd Avenue East

The CHUM Drop-In Center is also open

**FREE DTA rides to and
from the Warming Center**

**If you would like to volunteer
or donate please go to
www.chumduluth.org or scan
the QR Code**



**The Warming Center is a partnership between CHUM, St Louis County,
the City of Duluth, Duluth HRA, and Loaves & Fishes.**

8:00 am Rite I Services Resume in Lent

Great news! The Rev. Rick Swenson is bringing back the 8:00 am Rite I service in the Chapel every Sunday beginning in March! All are welcome.

Applications for New Scholarships



Applications for new scholarships for the 2022-2023 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, 2022. Application forms are available in the church office.

Outreach Ministry Meeting

Topic: Outreach Meeting

Time: Mar 10, 2022 12:00 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/7701953671?pwd=cUthdzZpcEtXeGozTmZnckFqUG91UT09>



Meeting ID: 770 195 3671

Passcode: 1710

For more information please contact Leslie Brunfelt or Deacon Pat.



Meeting for Ushers
 Sunday, March 13, 2022
 11:00 am, in back of church

Welcome Bishop Loya

On Sunday, March 6, the first Sunday in Lent, we are pleased to welcome back The Rt. Rev. Craig Loya, X Bishop of ECMN, to St. Paul's, Duluth. Please join us for worship, either in-person or online, for the 10:00 am service. Our services are livestreamed on our YouTube channel at this link: <https://www.youtube.com/c/StPaulsEpiscopalChurchDuluth>



Lost Treasures from the Archives

From Duluth News-Tribune, May 16, 1920

MISS ALICE SJOSELIUS,



Who Will Give Final Concert Tomorrow.

deserved special training she was placed with competent teachers, and after some good foundation work here went to New York where she enjoyed two years under the well-known teacher and accompanist, Luckstone of that city.

Two succeeding years were spent in Duluth, where as a member of the choir of St. Paul's Episcopal church and as a frequent soloist both on public occasions and in private homes Miss Sjoselius continued to win the admiration of her audiences.

Since it seemed then that the time had arrived for study abroad, the seasons of 1910-11 were spent in Berlin under the guidance of Madame Schoen-Rene, the well known teacher of voice.

The first year was mainly devoted to ballad singing—the folk songs of Sweden being peculiarly adopted to

Miss Sjoselius' style. But more pretentious work had already been commenced when the illness occurred which interrupted all plans. While in Berlin Miss Sjoselius was frequently asked to take part in musical affairs and everywhere her beautiful voice and pleasing manner won instant recognition from that most critical of all audiences—the public of Berlin.

Miss Sjoselius also held the position of soloist in the American church in Berlin, to the great satisfaction of the congregation.

On her return to Europe, Miss Sjoselius will resume the study of grand opera and dramatic art, already begun, and her many friends here will look forward to hearing of her success in the field of her choice. Miss Sjoselius has a high soprano of peculiarly clear and pure timbre, a sympathetic tone quality, that makes its appeal to the heart of the listener, and a simple, unaffected personality.

*Respectfully submitted,
Bob Silverness*

From Your Bookkeeper

Dear Parishioners,

January 2022 financials will be presented at the February 15, 2022 Vestry meeting. Here is a summary of the January **General Fund** Statement of Activities.



| MONTHLY FIGURES: JANUARY | MONTHLY |
|---------------------------------|--------------------|
| Total Pledges collected | \$62,713.40 |
| Prior year pledges | \$1,339.57 |
| Total non-pledged collection | \$1,189.00 |
| Investment support | \$8,205.14 |
| Total Collected | \$73,447.11 |
| Monthly expenses | \$33,914.07 |
| amount over/(short) | \$39,533.04 |

The pledge collection amount is quite high due to several 2022 annual pledges being pre-paid in 2021 and recognized in the month of January. Expenses are \$8546 under budget for the month; however this will “catch-up” over the next few months as we pay insurance premiums, bring on staff, and pay heating bills.

If you have any questions, comments, or suggestions, please call the office 218-724-3535, or email me at bookkeeper@stpaulsduluth.org.

Christine Melone,
Bookkeeper

From Peace Church

Peace Church, in partnership with United Theological Seminary is hosting Rev. Alvaro Duran, theologian, church leader, and LGBTIQ+ advocate in El Salvador. He will speak at Peace Church at 7:00 pm on Thursday, March 10, 2022. All are welcome. Visit their website www.peaceucc.org for more information to be added soon.

Deadline for submissions to the April issue of *The Messenger* is 8:00 am, Tuesday, March 22, 2022.

Please email items to:
office@stpaulsduluth.org

The Deacon's Stoop



“Arise, shine, for your light as come, and the glory of the Lord has dawned upon you.”

—Surge, *illuminare*

I appreciate the way our liturgical calendar fits with our seasonal calendar in this northern clime. The coming of the Light of Christ aligns with longer hours of sunlight, the season of Lent moves

us through the depth of winter into a Holy Week that might be warm or cold, but always includes signs of spring. Winter invites me to mimic the patterns of nature with a period of rest, of watching and waiting. This is the season of nursery catalogues, of planning gardens, of starting seeds. We reflect on what is past, and dream of what is to come.

In our liturgical calendar, we also are entering a season of attentiveness. We reflect on who we are, how we've been living; about how we have loved, and how we might love more deeply. We nurture the seeds of faith with prayer, study, sharing the Lord's table together, and by following Jesus into the world to share God's love for all. Many of us deepen our devotionals and open our eyes and hearts to see more clearly as we journey into Lent.

I'm new to St. Paul's, and in the last year I have heard many stories about how this community of faith has brought healing to the world with love. I learned about the Gabriel Project, where you've joined with several other congregations to more fully meet the needs of those calling out for help by seeking to know them and connect them to community resources. I learned about Damiano Center, where you have prepared food and shared table twice a week as you fed the hungry. You contribute food to CHUM Food Shelf, to Loaves and Fishes, to the families at Steve O'Neil Apartments, at CHUM Drop-in Center and Shelter, and now to St. Francis Apartments. You turned an empty apartment into a home for a family at Steve O'Neil Apartments and have responded generously to appeals for the specific needs of families we encounter.

You have volunteered at the Warming Center, at Loaves and Fishes, at Damiano, at CHUM, and have guided these organizations by volunteering your time as a delegate, a board member, or in countless other capacities. I understand the tall cabinets in my office were originally filled with diapers for parents in need, and it was a frequent stop for someone looking for assistance in obtaining their ID.

Are there more stories coming to mind? What else have you been up to as you follow Jesus into the world? Please share them with me! I want to learn about what you've done, where you've been, what you've learned.

As Covid begins to wind down, Outreach opportunities are opening up. What stirs your heart? Is the Holy Spirit bringing some thought to you repeatedly, or urging you to get involved in an Outreach Ministry? In this Messenger (page 5) is an invitation to a gathering of those who have served, or are still serving; those who carry wisdom, and those who are sensing a desire to get more involved in reaching out to our neighbors in need. Please join us to discover what will be birthed in this changing season.

Housewarming for Todd

I'd like to share a story with you. I met Todd here at St. Paul's during our book study this past summer. Several of you met him at worship, or when he helped with packing lunches for Steve O'Neil Apartments. I was touched by the empathy I saw in him, a homeless man who shared his time putting lunches together for kids in need. Todd was working part-time, had savings, and was staying at Loaves and Fishes as he searched for housing. We've been meeting for coffee about once a month to check in, and he's had a rough winter. Now he is near the top of the HRA list and anticipates getting a 1-bedroom apartment in March or April. Please join me in setting up Todd's place. Watch for a sign-up board at church with a list of what he needs, and add your name and phone number next to items you can provide (so we don't duplicate items), and I'll let you know when he's ready for delivery. When he gets the key, he'll move in only with what he's had in the shelter with him. No furniture, no housewares, nothing to prepare meals, not a glass to drink from, not a pillow or blanket. I am looking for gently used items in good repair, and I'm confident that among us we probably have enough in the back of our cupboards and closets to give him a warm welcome back and the comforts of a home.

“Love begins by taking care of the closest ones – the ones at home.”

—Mother Teresa

Blessings,

Deacon Pat

Email: Deacon@stpaulsduluth.org

Phone: 218-724-3535



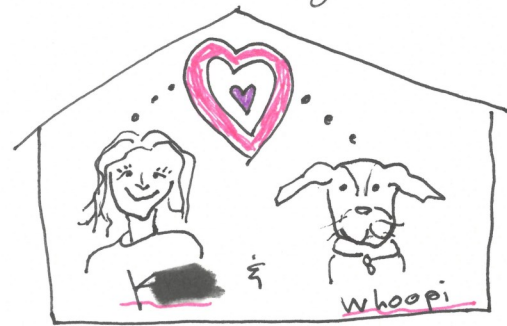
The following note was received at St. Paul's in appreciation for our outreach assistance, and especially for the extra support provided by Deacon Pat.

♥ dear deacon pat —

THANK
You

i want to express my deep & heartfelt appreciation to you & the st. paul's episcopal community for your generous assistance/help with my rent... and even moreso, all the extra time & effort you invested in reaching out to other congregations to coordinate reaching the amount i was in need of. what a kind and caring thing to do! you made me feel like i am someone worth helping... and that even means so much more than the donation itself ♥♥♥.

it is hard to imagine many terrors greater than the threat of losing one's home, with no where else to go. your help has made such a huge impact for me — i still have a place to live. There is no way to thank you enough for that fact. if not for the fact that we have never actually met in person (and covid 😞), i would just give you the biggest hug!! with so much love & gratitude,



Faith Formation: Ash Wednesday

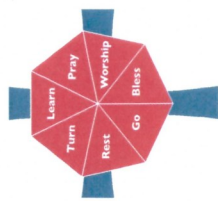
an illustrated
labyrinth meditation

ASH WEDNESDAY



Blessings of your Lenten Journey! We have an Illustrated Labyrinth Meditation for Ash Wednesday to share with you. This simple, meditative resource includes an illustrated labyrinth, a meditation on a scripture passage, space to journal and a short prayer that can help set your intentions for Lent. It was designed by Illustrated Ministry, to be used for personal reflection, intergenerationally, by **youth and adults**.

Please feel free to pick up a printed copy here at church, or contact Rita in the Parish Office to request one. Let me know if you'd prefer it emailed or printed and mailed. Thanks!



Life Transformed: The Way of Love in Lent

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|--|--|
| <p>Reflections from "Living the Way of Love" by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.</p> | <p>8 Pray Go for a walk today and pray with your feet, each step with intention. Isa. 2:3a</p> | <p>9 Way of Love Where do you see the seven practices of the Way of Love in this story? Luke 5:19</p> | <p>10 Bless Who has taught you to live a Jesus-filled life? Who have you taught? 2 Cor. 4:16</p> | <p>4 Rule of Life How can you build pauses into the day to reflect on the work of the Spirit? John 15:5</p> | <p>5 Worship How does community help or hinder your growing in Christ? John 1:12-13</p> | <p>6 1st Sunday of Lent</p> |
| <p>7 Go Where can you go and intentionally provide kindness? Matt. 5:4</p> | <p>16 Learn What passage of scripture is important to you Why? Isa. 40:8</p> | <p>13 Bless When you reflect on financial giving, are your palms open? Matt. 12:43-44</p> | <p>17 Pray Try praying with Anglican prayer beads. Luke 18:1</p> | <p>11 Worship What is most meaningful to you in worship? BCP, p. 281</p> | <p>12 Rest How do you incorporate rest in your life? Jer. 6:16</p> | <p>13 2nd Sunday of Lent</p> |
| <p>14 Turn Today, intentionally listen devoutly to another. Mark 4:23</p> | <p>23 Rest How can you incorporate rest from technology today? Matt. 11:28</p> | <p>14 Worship How do you want to prepare people to remember you? 2 Cor. 1:3-4</p> | <p>18 Bless Intentionally smile at least ten times today. Phil. 4:4</p> | <p>18 Rule of Life Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p> | <p>19 Go Where are you being encouraged to "show up"? Matt. 25:44-45</p> | <p>20 3rd Sunday of Lent</p> |
| <p>21 Learn How is the Jesus who walked this earth beckoning you to meet him? Mark 10:46-52</p> | <p>30 Rest What can you say "no" to so you can say "yes" to prayer, rest and joy? Lev. 23:3</p> | <p>15 Bless What challenges are you facing today? Job 11:18</p> | <p>24 Pray Try praying with Anglican prayer beads. Luke 18:1</p> | <p>25 Worship In your prayers today, what new words or thoughts touch you? Phil. 4:6</p> | <p>26 Turn How might you share what brings you great joy with others? Rom. 12:6-8</p> | <p>27 4th Sunday of Lent</p> |
| <p>28 Learn Practice lectio divina with this scripture. Luke 15:17-24</p> | <p>6 Learn Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22</p> | <p>7 Worship What seminal moments have informed a need to return to Christ? Ps. 51:10</p> | <p>31 Bless What challenges are you facing today? Job 11:18</p> | <p>Apr 1 Go Create a prayer representing how you seek to serve God and follow Jesus. Matt. 5:15</p> | <p>2 Turn Where do you find joy and passion? Luke 24:32</p> | <p>3 5th Sunday of Lent</p> |
| <p>4 Pray What are you thankful for? I Chron. 29:15</p> | <p>13 Bless When you reflect on financial giving, are your palms open? Matt. 12:43-44</p> | <p>14 Worship How do you want to prepare people to remember you? 2 Cor. 1:3-4</p> | <p>14 Worship How do you want to prepare people to remember you? 2 Cor. 1:3-4</p> | <p>8 Turn What relationships do you need to mend? Isa. 55:8-9</p> | <p>9 Rule of Life How has this Way with God impacted your experience of God? John 7:38</p> | <p>10 Palm Sunday</p> |
| <p>11 Learn Who might you have a conversation with to learn about God? Ps. 119:105</p> | <p>12 Pray Listen to the daily office today at missionstclair.com Ps. 55:17</p> | <p>15 Rule of Life Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p> | <p>15 Rule of Life Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p> | <p>16 Turn How did you turn back towards God's love when you made a big mistake? Luke 15:18</p> | <p>17 Easter Day</p> | |

LAY MINISTRY SCHEDULE –MARCH 2022

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

| | March 6 | March 13 | March 20 | March 27 | April 3 |
|-------------|-------------|-------------|--------------|---------------|-------------|
| ALTAR GUILD | K LEONARD | C CONRAD | J MARINAC | J JARNIS | K LEONARD |
| | S Cox | S Anderson | A Gustafson | R Ballou-Buck | S Cox |
| | J Harvey | S Hall | L Hultkrantz | D Kolquist | J Harvey |
| | | A Sadowski | C Miller | A Schliep | |
| | | | | | |
| LECTORS | | | | | |
| 8:00 am | N Diener | J Pastor | M Gustafson | | |
| 10:00 am | N Diener | Z Stodola | K Smith | S Stromquist | D Rogers |
| | | | | | |
| LIVESTREAM | R Lyle | J Austin | D Clanaugh | J Austin | R Lyle |
| | | | | | |
| USHERS | M & S Brown | R Lyle | D Morin | C & B Dinan | M & S Brown |
| | D Kolquist | P Waite | K Swanson | G Olson | D Kolquist |
| | | M Gustafson | D Barthel | P Enenbach | |
| | | | | | |
| LOCK UP | J Austin | M Brown | C Fellman | D Pederson | T Diener |

| Ash Wednesday March 2 | 12:00 Noon | 5:30 pm |
|--------------------------|------------|-------------|
| ALTAR GUILD | K LEONARD | K LEONARD |
| | S Cox | S Cox |
| | J Harvey | J Harvey |
| | | |
| LECTOR | Z Stodola | K Smith |
| | | |
| USHERS | P Enenbach | B & C Dinan |
| | G Olson | |
| | | |
| LIVESTREAM | | R Lyle |

Altar Guild Other Duties for March:

March Linens:

C Miller, E Killen

Subs: C Conrad, C Miller

March/April Brass Cleaning on 4/15:

J Jarnis, D Kolquist, A Abraham, A Slattery

Weekly Team Subs:

G Bouschor, E Killen



St. Paul's Episcopal Church
1710 E. Superior St.
Duluth, MN 55812

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Visit our website:
www.stpaulsduluth.org



Ash Wednesday Services

Wednesday, March 2, 2022

12:00 noon Service in church.

5:30 pm Service in church — will also be livestreamed on our YouTube channel.