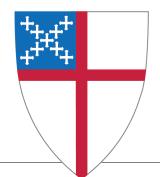
ST. PAUL'S EPISCOPAL CHURCH, DULUTH, MN



THE MESSENGER

SEPTEMBER, 2022

A Hopeful Beginning to a New Program Year

As I mentioned in my messenger article last month, there are several programs at St. Paul's that will begin anew during the next month. Those programs include:

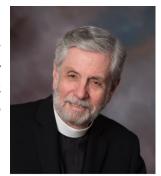
- Sunday Faith Formation classes for children
- Wednesday Worship, Fellowship and Faith Formation

We will kick off the Sunday Children's Faith Formation on **Sunday, September 11** with **Rally Day**. All parents and youth alike are encouraged to be present for the 10:00 am worship service and the fun, fellowship, and information gathering to follow. All of our children together with their parents will be recognized and celebrated during the service, and the events after the service will be a delight for one and all. More specific information about Rally Day will be forthcoming between now and the big event.

The Committee working on reinvigorating this ministry has chosen a seasoned coordinator, Amy Gustafson, to help us get our Sunday faith formation programs up and running in a meaningful way. There is obviously much to do to set up these programs for children and it is heartening to see the energy and enthusiasm with which the committee working with Amy is approaching these challenges.

September 18, the Sunday following Rally Day, will be the official commencement of Sunday children's Faith Formation classes during our 10:00 am worship service. We are still looking for a few additional adults to serve as instructors for the various age groups on Sunday. Please consider joining this program and help us make Sundays a meaningful faith formation experience for our

youngest members. Please contact either Rita, Parish Secretary at office@stpaulsduluth.org or A m y G u s t a f s o n a t St.PaulsFaithForm@gmail.com to volunteer.



On Sunday, September 25,

the Vestry will present a **Ministry Fair**, which will be set up in the Parish Hall after the 10:00 am service. Again, please bring the family to experience and learn about all the wonderful ministries taking place at St. Paul's and our surrounding community.

In addition to all these events in September, on **Wednesday, August 31**, we will begin offering a Eucharist Service at 5:30 pm followed by a light meal and an Adult Forum. Wednesday formation programs for youth and children will also be developed during the month of September, so stay tuned.

During September, the Adult Wednesday Evening Forum will examine the six Eucharist Prayers in our Book of Common Prayer from a theological and spiritual point of view. In addition, in order that you might experience the beauty and spiritual depth of these liturgies, we will be celebrating all four of the Rite II Eucharist Prayers on alternating Sundays during September and October. Please join us on Wednesday Evening to study these Eucharist Prayers and then experience them on Sundays.

Faithfully yours, The Rev. Rick Swenson

From Your Rector Search Committee

Thank you all very much for supporting us during the rector search! Your prayers, questions, affirmations, altar flower honor, and special coffee hour meant a lot to us.

During the search, we focused each discussion and decision, of which there were many, on what best reflected who we are as a church com-

munity, and what and who would best meet our needs. We believe the candidate we recommended to



Vestry will be "a spiritual gift to St. Paul's" (quoting Rev. Rick).

Serving on the search committee was a gift to each of us. Thanks very much to Nancy Schuldt, Eirik Rennan, and Vestry members for selecting us to serve.

Respectfully submitted,

Amber Sadowski, Angie Shambour, Kathy

Leonard, Nat Constance, Nelson Thomas, Rebecca Butler, Mark Brown, Ryan Erspamer, Paul Almirall, Terry Roberts, Mary Dragich

To Benefit CHUM

You may have an unused health insurance benefit, with which you could really help with CHUM's work. Some BC/BS Medicare supplements offer their policyholders a quarterly benefit for free over the counter supplies (band aids, toothbrushes, etc.). Look over the list of what is available and think about what may be useful for our neighbors living unsheltered, in shelter, or just struggling to meet their basic needs.

To find out if your policy provides similar benefits, with your insurance card in hand either:

1. Go to their website and search for OTC (over the

counter) benefits and follow the directions to claim it, OR

2. Call the customer service number on the card to talk with an agent about helping you sign up. They are very helpful, and can help if you have challenges accessing a computer.

Bring your donations to CHUM or to Deacon Pat for delivery. Thank you!

Respectfully submitted,



Joel Bamford and Deacon Pat

From Your Outreach Committee

The next Outreach event is on Wednesday, September 21 from 5:30-7:30 pm to welcome students to the neighborhood. All are welcome to attend!



Donated funds or things college students may need for their apartments, like paper towels and cleaning supplies.

Let Deacon Pat know if you are interested.

Respectfully submitted,

Leslie Brunfelt

We are looking for:

- Volunteer to coordinate the event
- Volunteers to cook hot dogs
- Volunteers to create gift bags for students (this can be done ahead of time)

From Your Vestry



Greetings from your wardens and Vestry. It is with much excitement but somewhat bittersweet that I write the September update. As some of you know, I will be moving to Hinsdale, IL around the first week of October to care for my 97-year-old father. It will come with some challenges but mostly blessings for the time we

can spend together. There is no time frame as I will be there as long as needed and will return to Duluth at a later date. But, this means I will not be able to continue in my role as Junior Warden.

The Vestry did not meet in July as Eirik was in Norway on a family vacation. It was a wonderful experience so please ask him about it. The August Vestry meeting was extremely productive. Twelve members were present. Our Treasurer, Becky Ballou-Buck, and our Bookkeeper, Christine Melone, reported that to date St. Paul's is doing well financially. Currently there is a surplus which is expected until we have more staff hired. If all hiring takes place, our budget will be close to breaking even. There is hope that a 2023 preliminary budget will be ready by October which will then drive the stewardship campaign.

The next order of business was calling a new rector. Considerable time was spent going around to each Vestry member to make sure everyone had a chance to ask questions and enter into the discussion. Eirik stressed how impressed he was with the great faith the search committee had in their discernment process. A vote was taken, and a resounding and unanimous vote approved the candidate presented by the search committee. Eirik, as Senior Warden, will proceed with the schedule of events that must occur to finalize this process. If all goes well, a final announcement can be made on Rally Day Sunday.

The remainder of the meeting was spent on the discussion and process for the three open positions that St. Paul's is currently seeking: Event Sexton, Music Director, and Christian Formation Coordinator. More information

will follow on this later.

Starting August 31, 2022, St. Paul's will return to the Wednesday Eucharist service at 5:30 pm followed by a light meal and Christian education for youth 6th grade and older and adults. Confirmation classes will continue as regularly scheduled.



Mark your calendar for Rally Day Sunday September 11, 2022. The nursery is now open every Sunday and Sunday school starts for all children 3 - 10 years of age on

September 11. Holly Hansen is to be commended for pulling Rally Day together and securing some fun activities for all. Food will be provided. The Vestry decided to separate out the Ministry Fair from Rally Day in order to focus on youth and families for Rally Day.

Also mark your calendar for September 25 and join us after church in the Parish Hall for the Ministry Fair. Booths will be staffed all around the



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hall so you can get information on different committees you can join/participate in during the year. We need volunteers to help in a variety of ways to address the needs of St. Paul's and the community. This is your chance to get more information and ask questions.

It is such an exciting time at St. Paul's as we move forward in calling our new rector and finalizing the process to hire a Christian Formation Coordinator and Music Director. St. Paul's is moving forward with energy and enthusiasm, and it is palpable.

Peace,

Kathy Leonard, Junior Warden

CHUM Book Club

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

By Bessel Van Der Kolk (\$20)

More than 80 members of our Duluth congregations gathered for three nights of training with Stepping On Up, and when two of our expert practitioners recommended this text, pens were moving all over the room as people jotted down the title. Let's read it together and learn:

- What things you might do to build trust with a person who has been through a traumatic experience
- What happens to the brain/body connection as a result of trauma, and why
- What physical consequences can result from repressed trauma
- How we carry trauma in our body and paths to recovery

Visit www.CHUMDuluth.org to sign up for a Wednesday discussion group at noon or 4:30 pm. We will cover one section on each of the following dates:

Sept 7, 21, Oct 5, 19, Nov 2, and 16. (5th section is split over two weeks due to length)

Meetings will be hybrid (both in person and on Zoom).





Due to strong community interest, the Stepping On Up Education Committee is hosting a second series this fall. Each session of the six-week series will take a deeper look at an issue that contributes to chronic homelessness or that deeply affects the lives of people experiencing chronic homelessness - and others. Our goal with the series is to cultivate a resilient community that can respond effectively and compassionately to friends, family, neighbors and strangers in need. The series is open to all community members; come for the entire series or

attend sessions as you are able.

Please pre-register for the series at this link: Fall Education Series (steppingonupduluth.org)

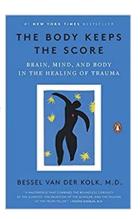




The annual free Pride Festival will celebrate its 36th anniversary in Duluth's beautiful panoramic Bayfront Festival Park. With beer tents, food trucks, an exciting group of exhibitors, information booths, merchandise vendors, an area of fun games and activities for children & families, and a full day of entertainment on the main stage. All are welcome to attend!

St. Paul's and several other faith communities will have a booth at this event. Contact Deacon Pat if you would like to volunteer.

Saturday, September 3, 11:00 am – 7:00 pm at Bayfront Festival Park, Duluth



St. Paul's Faith Formation

Rally Day and the return of children's Christian formation Sunday activities are exciting events to look forward to this month. Please join our congregation on September 11 at the 10:00 am service, where we will begin by having young children process in, with a "Backpack Blessing" to follow. Students of all ages, teachers and school workers will be invited forward to have backpacks (or briefcases!) blessed by Fr. Rick. Children will then go outside for supervised activities until their return to the service. Rally Day activities including fun, fellowship, and food will begin on the lawn immediately following the service. How wonderful to have this opportunity to reconnect with one another and resume St. Paul's treasured traditions, continuing to move into a "new normal."

Speaking of a new normal, we want to prepare the way for our upcoming permanent rector! As a part of Rally Day, there will be a station for you to have an individual or family photo taken, which will be mounted on paper. You will be asked to write some information about yourselves as a way of introduction. Names, length at the parish, involvement, hobbies, pets? It's all fair game! Your contributions will be compiled in a scrapbook and given to our new priest upon his or her arrival, to help with familiarization to our church family. And let's face it, most of us have difficulty remembering the name of one person we have just met. Imagine the challenge for an incoming priest! In the event that you are not able to participate on Rally Day, please contact Rita or Amy Gustafson and alternate arrangements will be made.

Also at this booth, parents will be asked to fill our consent forms for all minor children, allowing for use of photos and video in the newsletter, church and diocesan social media platforms, bulletin boards and local news forums. These forms will remain in effect until minors turn 18 (although they can, of course, be revoked upon request at any time), which means you will never have to fill it out again. Hooray! There will also be forms for all children nursery aged through 5th grade, where parents can provide information necessary to provide a safe and healthy Sunday morning experience for all children. Copies will be confidentially maintained in the nursery and Sunday School class-rooms for reference.

And last, but certainly not least...CHILDREN'S CHRISTIAN FORMATION BEGINS AGAIN ON SEPTEMBER 18! The 10 am worship service will begin by calling all teachers and children ages 3 through 5th grade to the front, where children will lay hands on their teachers while Fr. Rick blesses their ministry. As we await collaboration with our incoming priest for use of ongoing curriculum, a variety of Christian formation activities, such as Bible storytelling with discussion and related craft activities, music, and family church, will be enjoyed. We look forward to rolling out formation plans and activities for our middle and high school students in the near future, so stay tuned!



Please know that the formation team has been faithfully meeting every week to ensure St. Paul's brings back activities in a meaningful and successful way, which requires a gradual process...and volunteers. This is another call out to all who would consider joining our youth ministry team. More adults means a stronger formation program as well as more flexibility in scheduling. We need you! Please contact Amy Gustafson to express your interest, and to ask any welcomed questions. St.PaulsFaithForm@gmail.com

Respectfully submitted,

Amy Gustafson

Lost Treasures from the Archives

Sometimes it is amazing how one idea or search leads to many threads one cannot imagine at first. Each time I enter the Olcott room I notice the name on the fire-place, Fannie Olcott. Who was she and what did she look like? So I started to search area historical societies, libraries and archives with no success. I am still searching.

Perhaps you have noticed the other plaques throughout the church. They become ubiquitous, so visible they are invisi-

ble. Who were these people? I thought there were only six or eight plaques... oh no, there are many more, many "hidden" in plain sight. In the future when I can locate information about them, I hope to place



an article in the Messenger. My goal is to bring these people back to light! (I hope others in the church will help me in this quest if they have information about any individuals inscribed on the plaques.)

This month we start with Thomas Wood.

Respectfully submitted, Bob Silverness

article from Duluth News Tribune, May 19, 1921

THOMAS S. WOOD

In the passing away of Thomas S. Wood, Duluth loses a most lovable man, a citizen who was nothing if not an optimist, a member of the bar who had the highest respect both of the bench and his fellow lawyers.

It is needless to set forth what a loss is sustained by St. Paul's Episcopal church. A more devoted, earnest, energetic member that congregation never had. His labors as a layman on behalf of that church will be remembered.

It was his fortune to know personally many of the highest dignitaries of the Episcopal church. St. Paul's time and again sent him to the greatest gatherings of bishops, clergymen and laity.

Mr. Wood had the honor of being at Yale university with William Howard Taft. There was a genuine affection between them. Mr. Taft graciously accepted an invitation to meet Mr. Wood and a group of his friends at his home on East Superior street. The geniality of the jurist and high civil official, famed though it be, was not greater than the good nature, wit and general happy atmosphere which surrounded the host at that never-to-be-forgotten gathering.

Thomas S. Wood. like his friend the President, was an Ohioan. He came from Steubenville, and the home in which he first saw the light stands today, "the old Wood place." There are few structures in that state that are older.

Mr. Wood was identified with the interests of Duluth in various ways for many years. He was loyal as steel to his home city. Indeed, loyalty was one of his cardinal characteristics.

The people of Duluth feel a sorrow too deep for expression because Thomas S. Wood is no longer among them.

From Your Bookkeeper

Dear Parishioners,

July 2022 financials have been presented to the Vestry at the August 16, 2022 meeting. Here is a summary of the July **General Fund** Statement of Activities.

MONTHLY FIGURES: July	THLY FIGURES: July This Month	
Total Pledges collected	\$22,848.80	\$192,806.96
Prior year pledges	\$0.00	\$1,339.57
Total non-pledged collection	\$4,722.85	\$12,613.73
Investment support	\$8,206.03	\$59,881.13
Total Collected	\$35,777.68	\$266,641.39
Monthly expenses	\$22,491.46	\$211,388.01
amount over/(short)	\$13,286.22	\$55,253.38



The pledge collection amount for July is \$2632 over budget, and the Year-to-Date pledges are ahead of budget by \$15,033.

Expenses are \$23,820 under budget for the month and \$66,195 under budget Year-to-Date. It is expected that expenses will more closely fall in-line with the budget once we have additional staff on board.

If you have any questions, comments, or suggestions, please call my office or email me at bookkeeper@stpaulsduluth.org.

Christine Melone, Bookkeeper

St. Enmegahbowh



The Rev. Stephen Schaitberger and Mr. Verne Pickering have published a book called <u>Stands Before His People</u>. It is a biographical history of Enmegabbowh and the Ojibwe community. Fr. Steve was kind enough to send us five more copies of his book. They are for sale for \$32 each plus \$3 for tax and handling. Steve's portion of the proceeds go to Indian Missionary work in ECMN. Please contact Rita in the Parish Office if you wish to purchase a copy. The Rev. Margaret Thomas and Terry Roberts are starting a Book Study group to read this book in the fall! Call Margaret (218-525-5785) or Terry (218-341-4519) if you would like to join. Dates and times will be determined later. Two copies of this copy will be available through the Church Library for those who cannot buy it.

The Deacon's Stoop

On Becoming Beloved Community

Peacemaking doesn't mean passivity.

It is the act of interrupting injustice without mirroring injustice,
The act of disarming evil without destroying the evildoer,
The act of finding a third way that is neither fight or flight
But the careful, arduous pursuit of reconciliation and justice.
It is about a revolution of love that is big enough
To set both the oppressed and the oppressors free.



From Common Prayer: A Liturgy for Ordinary Radicals, by Shane Claiborne

As followers of Jesus, our highest calling is to love. Jesus modeled this not in some general statement of caring for all humanity, but in a deeply personal connection with the people he met. Think about each of the encounters we see in the gospels. Jesus listened to people, touched people, connected with them. He is God incarnate, knowing when and how his human life would end, and yet his focus was not selfcentered. He noticed Zacchaeus in the tree; he noticed the man in the synagogue with the crippled hand; he noticed the man who had been an invalid for 38 years waiting for healing by the pool of Bethesda; he noticed the woman who reached out to touch the hem of his cloak. He listened to the Samaritan woman: he listened to the rich man seeking salvation; he listened to the disciples arguing over who was greatest among them. He met them where they were at, addressing their stated concerns while also challenging them to more.

Jesus invites us, as he invited his disciples, to participate together with the people they encountered. When the crowd of 5,000 followed him to an out-of-the-way place and it was suppertime, he told the disciples to feed them. I can imagine the look of astonishment on their faces, wondering where the food was supposed to come from. But they had asset-mapped the folks around them, because they were able to report they had found a boy with five loaves and two fish. It was Jesus who took what they could offer and made it sufficient to meet the need. We can trust him to do the same as we follow him into our neighborhood!

St. Paul's Outreach is following the pattern Jesus taught us. We have asset-mapped our property resources, and now we are exploring our neighborhood. We participated in a Loaves & Fishes block party, where we met people who live around us and listened to their stories. We are listening to members of St. Paul's family, engaging our members to participate in the work God is doing in our community. We have folks once again preparing meals at Damiano Center (and there is still room for more volunteers), folks offering resources when someone approaches us with a need for furniture and household goods, providing food and fuel gift cards to people who contact us in their need. But we also look to invite these people to partner with us, to share their dreams, gifts and skills for the common good of our community. We aren't here to fix, but to walk together as we companion each other through life.

This is what Asset-Based Community Development is about. It's also what Faithful Innovation is about. We are not present as fixers, or simply doers of good deeds in the community, but as *lovers* who are formed and nurtured by God to join in God's work of healing the world with God's love.

Growing Disciples...

Brene Brown writes,

"My mom taught us to never look away from people's pain. The lesson was simple: Don't look away. Don't look down. Don't pretend not to see hurt. Look people in the eye. Even when their pain is overwhelming. And when you are in pain, find the people who can look you in the eye. We need to know we are not alone, especially when we are hurting. This lesson is one of the greatest gifts of my life."

Jesus taught Brene's mom well. Jesus doesn't look away, and he calls us to follow him, to feed his sheep, to bring love and healing to those we encounter on life's journey.

"Even when their pain is overwhelming."



In September we are beginning a discussion group on The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma, by Bessel Van Der Kolk, which equips us to meet people in pain and walk alongside them without becoming overwhelmed. We are also offering a Community Education Series on topics design to help us

deeply understand and respond to the trauma we encounter in our neighbors and friends. Look for registration info on page 4, and join us as we continue the work of becoming Beloved Community.

In Duluth

(since 2015)

Changes we've experienced from 2007 to 2020:

Sheltered homelessness	↑ 12 %
Total homelessness	↑ 22%
Unsheltered homelessness	↑ 37 %
Individual homelessness	↑ 50%
Chronic homelessness	↑ 83 %
Homelessness in St. Louis Cty	↑ 25%

At St. Paul's we are getting consistent requests for assistance with gas gift cards, food gift cards, and assistance with housing. Outreach provides gift cards each month, but the need is greater than our supply. The need will get more urgent as cold weather approaches and people are living in their cars or a tent or the Warming Center, trying to survive the winter. Is the Holy Spirit burning in your heart to respond to this

ministry? Please contribute to our Outreach by donating gift cards for groceries or gas, funds to assist with security deposits and application fees, or volunteering at CHUM, Damiano Center, or the Warming Center. Contact me to explore what this might look like for you.

God's various gifts are handed out everywhere; but they all originate in God's Spirit. God's various ministries are carried out everywhere; but they all originate in God's Spirit. God's various expressions of power are in action everywhere; but God himself is behind it all. Each person is given something to do that shows who God is: Everyone gets in on it, everyone benefits. All kinds of things are handed out by the Spirit, and to all kinds of people!

I Corinthians 12

Hear what the Spirit is saying to God's people.

Blessings, Deacon Pat

Email: Deacon@stpaulsduluth.org

Phone: 218-724-3535



ACOLYTES

We need more acolytes!! We have not added any new acolytes in two years and are down to just twelve acolytes. We plan to have a training session for new and returning acolytes after church on September 18. We will meet in the Olcott room at 11:30 am, have lunch and do a brief training. If you are interested in becoming an acolyte, and you are currently entering 6th through 12th grade, please let me know! We can schedule another training session if needed.

We need additional acolytes to better meet our resumption of traditional services, and so we have more depth in our ranks. At this time every acolyte serves once every four weeks and we have a few people to call if a sub is needed.

Please let me know if you have any questions or need more information.

Thank you,

Rebecca Butler,
Director of Acolytes
218-348-2380
rebecca@reltub.us



Rally Day and Ministry Fair



Mark your calendar for Rally Day! Sunday, September 11

Everyone is encouraged to attend Rally Day Sunday! Bring your backpack or briefcase for a back-to-school blessing. Enjoy fun and games, a bouncy house, gunny sack races, a picnic on the lawn, and get your children signed up for Faith Formation groups. Please let a volunteer take your picture and gather information so we can create a helpful guide for our future rector. All ages welcome.

Attend the Ministry Fair! Sunday, September 25

Everyone is encouraged to attend the Ministry Fair! There are many opportunities to get involved at St. Paul's — we have a ministry for everyone! Visit ministry tables at Coffee Hour to learn about all the ways people serve St. Paul's, and sign up for the ministries that interest you. All ages welcome.



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LAY MINISTRY SCHEDULE -SEPTEMBER 2022

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

	September 4	Sept 11	Sept 18	Sept 25	October 2
ALTAR GUILD	K LEONARD	C CONRAD	J MARINAC	J JARNIS	K LEONARD
	S Cox	S Anderson	A Gustafson	D Kolquist	S Cox
	J Harvey	S Hall	L Hultkrantz	R Ballou-Buck	J Harvey
		A Sadowski	C Miller	A Schliep	
LECTOR 8:00 am	J Pastor	A MacKenzie	M Gustafson	J Pastor	M Gustafson
LECTOR 10:00 am	J Pastor	K Smith	D Rogers	S Stromquist	J Pastor
ACOLYTES	L Fellman	A Barthel	O Morin-Swanson	A Dodge	L Fellman
	E Erspamer	E Barthel	M Butler	L Gustafson	J Bauer
	A Rennan	L Gustafson	G French	C Gustafson	A Rennan
LIVESTREAM	D Clanaugh	J Austin	R Lyle	J Austin	D Clanaugh
COFFEE HOST	French Family	Rally Day	Bauer Family	B & K Silverness	M & S Brown
USHERS	M & S Brown	D Morin	R Lyle	B Dinan	M & S Brown
	D Kolquist	K Swanson	G Olson	C Dinan	D Kolquist
		D Barthel	P Waite	N Schuldt	
		P Enenbach	M Gustafson		
LOCK UP	J Austin	D Pederson	C Fellman	M Brown	J Austin

Altar Guild Other Duties for September:

September Linens:Sept/Oct Brass Cleaning—Weekly Team Subs:J Harvey, L HultkrantzDate TBD:G Bouschor, E Killen

J Jarnis, D Kolquist, A Abraham, A

Subs: C Conrad, C Miller Slattery Sub: C Miller

Deadline for submissions to the October issue of *The Messenger* is 8:00 am, Tuesday, September 20, 2022.

Please email items to:

office@stpaulsduluth.org



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

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To receive an electronic copy of the newsletter, email us at office@stpaulsduluth.org or call 218-724-3535

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Mark your calendar for Rally Day!
Sunday, September 11