ST. PAUL'S EPISCOPAL CHURCH, DULUTH, MN



March 2018 Deadline for submitting articles for the April Messenger is March 23rd. Email them to:

office@stpaulsduluth.org

<u>Yield</u>

She wandered in from the street and sat down outside my office. She put her head in her hands and sobbed. I sat down next to her and asked if I could help. She looked up at me for an uncomfortably long time before she spoke through the tears. She whispered that she had two heavy bags that she had left outside on the corner because she just could not carry them any longer. I offered to retrieve them. Then I offered her something to drink. She sat with her head bowed, sobbing quietly.

I asked again if I could help her. She did not speak or even lift her head. So I just sat with her. As much as I wanted to help, as much as I was willing to hear her story or some part of it, there was only sadness and silence. So I just sat with her.

Afterward, I felt powerless and angry at God. I wanted to do something to make it better and I could not find an opening. I wanted more than anything to offer some comfort or relief, but I had done nothing. I wondered where she was and if she was okay.

The next day, I received this email "word of the day" from the Society of St. John the Evangelist (ssje.org):

Yield

We must recognize and accept our inadequacy to do the work of God in our own strength and by our own cleverness and power. We also must yield ourselves wholly to God, looking for God's greater strength to do in us what we cannot do ourselves. -Br. David Vryhof

It is always difficult when we come face-to-face with the fact that we can't fix everything. But as I reflected on the woman and my feelings of inadequacy and powerlessness, I realized that sometimes all we can do is be present. Perhaps what she needed was someone who was just willing to sit with her in her sadness rather than try to pull her out of it. Perhaps all she needed was that little bit of kindness.

Br. David's insight on how we are called to yield to God is a wonderful insight for the Season of Lent. God works through us to accomplish God's purposes in our world. God works though our kindness, understanding, generosity and goodness to show others that they are cherished and loved. Sometimes this happens not through words, but through the gift of presence.

As we continue our Lenten journey this month, let us keep in mind the words found in Ephesians 3:20-21: "Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever." *Amen*

Peace, Bill Van Oss, Rector

VESTRY MEETINGS HIGHLIGHTS - FEBRUARY 2018

The Vestry met for the February meeting on the 20th. The attendance was light due in part to the winter break and a quorum was not present. Normal business was reviewed and discussion took place on financial resolutions, the Parochial Report, and the water incursion issue of the building. Even with the low attendance the discussions were productive. Voting on these items will be handled in the next regular meeting in March.

Your Vestry members are Jay Austin, Jason Butcher, Ryan Erspamer, Craig Heidenreich, Ina-Marie Kenndedy, Don Pederson Eirik Rennan, Amber Sadowski, Angie Shambour, Sue Stromquist, Peg Sutherland, and Nancy Schuldt, Junior Warden.

Mark Brown, Senior Warden

NEW THIS YEAR!

We will be offering a service of **Tenebrae** at 7:00 p.m. on Good Friday, March 30. Tenebrae from the Latin means "darkness". The service of Tenebrae has origins in the church dating back to the eighth century and commemorates the final hours of Jesus life on earth. The tone of the service is one of deep and solemn meditation. The Tenebrae service includes scripture readings, music and the Solemn reproaches of the cross which have their origins in the Good Friday liturgy of the Latin Church. During the service, light is gradually extinguished to symbolize the dimming of the light of the world as Christ departs from it.

This solemn Good Friday evening service is in addition to the Good Friday service at noon and Stations of the Cross at 1:00 p.m.

St. Paul's Altar Guild Invites You!

Please come join members of the Altar Guild as we prepare for Palm Sunday and Easter Sunday services this year. On March 24^{th} , we will gather to create palm crosses from fronds, which will be given to all during the Palm Sunday services. On March 31^{st} , join us during the Alleluia Festival where we will assist families in assembling flower bouquets, which will be used to adorn the beautiful floral cross on Easter Sunday. Both of these activities are treasured customs of the Altar Guild. We encourage anyone who would like to be a part of these traditions to join us – all are welcome!



Palm Cross Workshop

Saturday, March 24th @ 9:00am in the Parish Hall

Floral Cross Bouquet Workshop

Saturday, March 31 @ 9:30 in the Parish Hall – we will prep the flowers and then stay during the Alleluia Festival to help children make the bouquets



(Bring an extra pair of scissors or floral snips for either event, if you are able.)

CHURCH NIGHTS IN MARCH

Wednesday Church Nights continue during the Season of Lent. We will offer one of our most popular formats – **Parishioner Reflections** – this month.

Church Night begins with our 5:30 p.m. Eucharist in church. This is a great way to attend service if you are not able to make it on Sunday. We gather in the front pews. We are grateful that Brad Brunfelt leads our music on his guitar. This service is less formal and briefer than Sunday. We use the scripture readings for the coming Sunday.

I am delighted that Buffy Helstrom and helpers prepare our 6:00 pm simple suppers. 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.

The 6:30 p.m. program includes Christian formation for children in preschool grade through Confirmation. Character Club is a new program for prek-3rd grade with fun activities based on a different core value each month. 4th-Confirmation age will have formation groups also. There will continue to be a speaker or program for adults. Please let me know if you have suggestions for speakers or programs.

Church Nights will meet three times per month. Two Wednesdays the children/youth will be in their age specific program, one Wednesday we will be together for GIFT; Growing in Faith Together, and we will have one Wednesday where we don't gather at church. Instead that time can be used for focusing on faith at home.

March Church Night Programs:

March 7 – Parishioner Reflections – Jesus commands us to "Love the Lord your God with all your <u>heart</u>, with all your <u>soul</u>, with all your <u>strength</u>, and with all your <u>mind</u>." (Luke 10:27) Parishioners will offer a reflection on one or more of the four areas of wellness: Heart (relationships, emotions), Soul (spirituality, rest and play), Strength (resilience, care for the body), Mind (vocation, organization).

March 14 – Parishioner Reflections Part 2 (see March 7 above)

March 21 – Our monthly intergenerational **G.I.F.T.** (Growing In Faith Together) night. The topic will be **Exploring Our Church – Learn more about St. Paul's**! This fun, interactive evening will include a scavenger hunt, an archives display, parishioners' storytelling, and a tour of the undercroft and organ!

March 28 – Church Night is **OFF** for Holy Week. This would be a great opportunity to do "Faith at Home" using suggestions that can be found at: stpaulsfaithformation.org.

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

Church Night Menus

March 7—Salad bar. Kid's Option—P B & J

March 14—Corned beef and cabbage in honor of St. Patrick's Day. Kid's Option—Mac & cheese

March 21—Tacos. Kid's Option—Quesadillas



March Women's Event

All women of the parish are invited to attend our events designed for fun, relaxation, meeting new people and fitting into busy schedules.

Lenten Local and Global Mission Projects

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 March 25, 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 March 25, 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!

At the end of 2016, the UN Refugee Agency reported that there are more than 65.6 million refugees, asylum seekers and internally displaced people worldwide – the highest level ever recorded. Of the 65.6 million displaced, 22.5 million are refugees, over half of whom are children. Finding solutions to refugee crises is complex. While some refugees may choose to go home when it is safe, some may find that the countries that first offered them safety may also offer them a pathway to legal residency and citizenship, and a very small number of refugees may be offered the opportunity to resettle to a third country. At current levels, less than 1% of refugees will ever be resettled.

How can you support refugees?

- learn about refugees at episcopalmigrationministries.org/act-now/
- Contact your elected officials to tell them that you support your refugee neighbors and the resettlement program. You can do this through the Episcopal Public Policy Network (EPPN). The EPPN is a grassroots network of Episcopalians dedicated to striving for justice and peace. Visit this website to learn more about the Episcopal Church's ministry of advocacy: <u>https://tinyurl.com/JoinEPPN</u>
- **Donate to Episcopal Migration Ministries,** which is one of only nine national agencies through which all refugees enter the United States. To date, Episcopal Migration Ministries has helped more than 80,000 persons resettle and thrive in this land. www.episcopalmigrationministries. org/donate-now or pick up an envelope by the display in the Parish Hall

DAMIANO SOUP KITCHEN

Monday, March 5, 2018 is St. Paul's day to serve at Damiano Soup Kitchen located at 206 W. 4th St. from 8:30 a.m.—11:30 a.m. or 1:00 p.m. Helpers are always appreciated. Bring a hat. Let Nelson Thomas, 525-5785, know if you can help.

OUR PARISHIONERS IN ASSISTED LIVING OR HOMEBOUND

Mt. Royal Pines III: Phyllis James, Jean Manthey, and Joy Williams

Franciscan Health Center: Howard Martz Homebound: Charles Kehler Beehive Home: Gloria Stone







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CHRISTIAN FORMATION NEWS

1. March Formation Schedule:

Sunday, March 4 - KidsWord Wednesday, March 7 - prek-3rd grade Character Club, Formation for grades 4/5, 6/7, Confirmation and Adults Sunday, March 11- KidsWord Wednesday, March 14 - prek-3rd grade Character Club, Formation for grades 4/5, 6/7, Confirmation and Adults Sunday, March 18- KidsWord Wednesday, March 18- KidsWord Wednesday, March 21- Gift Night- Growing in Faith Together for All Ages Sunday, March 25- KidsWord- Palm Sunday Wednesday, March 28- No Church Night, Holy Week Maundy Thursday, March 29 – 5:30pm Service Good Friday, March 20- Service at noon, Stations of the Cross at 1pm Holy Saturday Alleluia Festival and Egg Hunt 10am, Vigil Service at 6pm Easter Sunday- Services at 8am and 10am, Brunch at 11:15am

2.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 shelfs 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!

We are also having a Global Mission Project to support refugees and immigrants from around the world that are being aided by Episcopal Migration Ministries. See the separate flyer in this Messenger for more information.

3.. **March 21 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! Explore the undercroft; the secret passage to the bell tower; and peek at the organ pipes from behind; go on a scavenger hunt, see a display of items from the archives and hear stories from parishioners who have been members since they were born! Lots of fun for all ages!

4. HOLY WEEK/EASTER ACTIVITIES:

Palm Sunday March 25- Kids in grades preschool-3rd grade will be a part of the opening procession of palms and then have a special retelling of the Passion story.

Maundy Thursday March 29: Service is at 5:30pm in church, the nursery will be staffed and open for infants- age 3.

Good Friday March 30 : Noon service on Good Friday & Stations of the Cross at 1pm. Nursery will not be staffed

Alleluia Festival/Egg Hunt will be Saturday, March 31 from 10-11:30 a.m. 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 10:15am 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, March 31 at 6pm

Easter Sunday April 1– No April fools... Jesus did really rise from the dead! The nursery will be staffed for infants and toddlers during the 10:00 a.m. service.. Following the service, all are welcome to an Easter Brunch served in the parish hall!

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

- Vacation Bible School- June 25-28

- Hands Across Duluth Service Experience July 16-18

- Episcopal Youth Music Camp- August 5-11

Youth Opportunities: 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 13-15, 2018, St. Mark's Cathedral, Minneapolis \$50 fee, Deadline: March 23, 2018 or until 48 candidates register. Online registration at www.episcopalmn.org/tec. This is a new, larger combined TEC. On April 20-22 the St. Paul TEC will be held at Ascension in Stillwater, led by Mindy Boynton and Rev. Michael Tippet and teens who will serve on several leadership teams. Registration is \$60 and there is a limit of 36 participants. Registration forms are available from Sue.

7. **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.

. **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 an Bible based! Also like/subscribe to our church FaceBook page, pinterest boards and instagram and youtube accounts.

And the next time you are on google; feel free to give St. Paul's a review; the more 5 star reviews, the higher up we appear!

INQUIRERS' CLASS

Inquirers' sessions-for those who have more questions about what it is to be Episcopalian...

Bill Van Oss and Barbara Elliott are leading a series of Inquirers' Classes during Lent. If you are interested to learn more about the Episcopal Church and St. Paul's, do consider joining us.

The sessions will be in the Olcott Room following the 10 a.m. service on March 4, 11 & 18. You do not need to attend every Sunday—each session will stand on its own. Please sign up in the office with Susan Anderson, or talk with Bill or Barbara so we know to expect you. Childcare will be provided if requested by the Friday before each date by emailing office@stpaulsduluth.org

NOON EUCHARIST AND SOUP!

Wednesday March 7, 14 and 21 there will be a simple service of Holy Eucharist in the chapel at noon followed by a soup lunch in the Parish Hall. The sign-up to provide soup is on the wall outside the kitchen. All are welcome!

ST. PAUL'S SCHOLARSHIP APPLICATIONS

Applications for new scholarships for the 2018-2019 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, 2018. Application forms are available in the church office. Submitted by Bill Dinan



ST. PATRICK'S DAY CEILI DANCE—LOAVES & FISHES

Loaves & Fishes Fundraiser

St. Patrick's Day Ceili Dance at St. Paul's! Saturday, March 17 7:00 p.m. 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





Passing on the Christian faith involves a partnership of generations, individuals and families within the Christian congregation.

Exploring Our Church Wednesday March 21 6:30pm

EVER WONDER WHAT'S UNDERNEATH THE CHURCH? WANT TO SEE THE ORGAN PIPES FROM BEHIND? SEE THE SECRET PASSAGE TO THE BELL TOWER? THIS IS YOUR CHANCE! EXPLORE PARTS OF THE CHURCH YOU HAVE NEVER SEEN; HEAR STORIES YOU HAVE NEVER HEARD, AND SEE ARTIFACTS USUALLY TUCKED AWAY! WE WILL HAVE SPECIAL TOURS, A 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 6:00PM IN THE PARISH HALL BEFORE GIFT.



New Easter Memorials and Thanksgivings

The beautiful lilies and spring plants that decorate the Church on Easter Sunday are funded by generous donations given in memory of departed loved ones or in thanksgiving for someone. NEW MEMORIALS may be added by submitting the name(s) to the Altar Guild by Monday, March 19th or by calling Joanne Marinac, Altar Guild Floral Memorial Coordinator, 218-728-6330. The suggested minimum donation is \$20. Please make the checks payable to ST. PAUL'S ALTAR GUILD and note on the memo line EASTER FLOWERS. Memorials included last year will be continued without resubmitting. An acknowledgment will be sent to donors after Easter Sunday. The Altar Guild is grateful for the memorial donations that make is possible to beautify the Church on Easter as well as provide altar flowers each Sunday.

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	March 4	March 11	March 18	March 25	April 1 Easter	April 1 Easter		
ALTAR	C SPENCER	C CONRAD	J MARINAC	J JARNIS	8 a.m. J MARINAC	10 a.m. J MARINAC		
GUILD	C SPENCER	CONRAD	JIMARINAC	J JARNIS	JIMARINAC	JIVIARINAC		
	K Leonard	S Hall	J Elliott	O Hansen	J Elliott	J Elliott		
	L Hultkrantz	A Sadowski	M MacDonald	D Kolquist	M MacDonald	M MacDonald		
	J Harvey	S Hartley	P Markert	M Parks	P Markert	P Markert		
		S Meyer	C Miller		C Miller	C Miller		
8:00 AM	S Stormquist	J Pastor	A Mackenzie	N Diener				
0.00710								
USHERS	M & S Brown	J Jarnis	B & C Dinan	G & K Bubalo	C & B Dinan	G & K Bubalo		
	J Jarnis	N Schuldt	K Swanson	J & S Dusek	D Morin	J Jarnis		
	D Kolquist	C Orsak	P Waite		P Waite	D Kolquist		
		D Kolquist						
ACOLYTES	See www.stpaulsfaithformation.org for current acolyte schedule							
				Ĩ				
LECTOR	L Van Oss	A Mackenzie	J Pastor	N Diener	M Gustafson	D Rogers		
				N.D.				
CHALICE	S Anderson	A Mackenzie	J Pastor	N Diener	M Gustafson	S Anderson		
BEARERS	P Enenbach	S Stromquist	M Gustafson	K Baumgarten	A Mackenzie	G Maloney		
	Z Stodola	G Maloney	J Stromquist, Jr.	Z Stodola	P Enenbach	J Pastor		
FLOWER Delivery	C Spencer	S Furo	D Kolquist	Palm Sunday	Easter	Easter		
Delivery				No delivery	No delivery	No delivery		
005555	B Fait &				Easter D			
COFFEE HOSTS	E Rennan	K Halverson	J & R Erspamer	S & M Brown	Easter Brunch following 10 am service			
	TO							
LOCK UP	T Diener	J Austin	G Maloney	C Fellman		D Pederson		

Altar Guild Other Duties: Linens: E Killen, C Miller. Sub: C Conrad, C Miller

Fair Linens: J Marinac, C Miller

<u>Mar/April Brass Cleaning:</u> *S Hartley, * K Leonard, S Meyer, A Abraham, O Hansen Subs: J Sederberg, C Miller.

Wednesday Teams: 3/7—Team 2, noon and 5:30; 3/14—Team 3, noon & 5:30;

3/21—Team 4, noon & 5:30; 3/28—No service, Holy Week

Wednesday Team Alternates—C Conrad, C Miller, N Brunfelt

Sunday Team Alternates: G Bouschor, E Killen

HOLY WEEK

3/29—Maundy Thursday—Team 1 3/30—Good Friday—Team 1 3/31—Saturday Vigil—Team 1 4/1—Easter Sunday—Team 3

HOLY WEEK

3/29—Maundy Thursday: Lector— Z Stodola, Chalice—Z Stodola & K Baumgarten

3/30—Good Friday: Lector—P Kruschke

3/31—Saturday Easter Vigil: Lector—S Stromquist, Chalice—S Stromquist & J Stromquist Jr.

SATURDAY			17 Ceilee Dance PH	24 9 am Palm Crosses, PH	31 HOLY SATURDAY 10-11:30 Alleluia Festival—Floral Bouquets PH 6:00pm Easter Vigil
Friday	m	10	Cei	²³ ²⁴ ^{9 ar} ⁹	J FRIDAY –Service tations of the Cross Fenebrae
THURSDAY	1 7pm Social Ministries	ο Ο	16	Ď Ž 3	292930MessengerGoolMailing1 pm SMAUNDY7 pm 7THURSDAY5:30 Service
WEDNESDAY	1 7p	 7 9:00am Staff Meeting, OR 10:30 am Bible Study, RR 12 noon Service & Soup Lunch 12 noon Service & Soup Lunch 5:30pm Eucharist 6pm Meal *6:30pm Program/ Adult/4-8/Conf/ CC 6:15pm Sanctuary Choir 7:40pm Bell Choir 	14 9:00am Staff Meeting, OR 15 10:30 am Bible Study, RR 12 12 12 noon Service & Soup Lunch 5:30pm Eucharist 5:30pm Fucharist 6pm Meal *6:30pm Program/ Adult/4-8/Conf/ CC 6:15pm Sanctuary Choir 7:40pm Bell Choir 7:40pm Bell Choir 7:40pm Bell Choir	 21 9:00am Staff Meeting, OR 23 am Bible Study, RR Noon Service/Soup Kon Service/Soup GIFT 6pm Meal 6:30pm—GIFT Exploring St. Paul's 6:15pm Sanctuary Choir 7:40pm Bell Choir 	28 9:00am Staff Meeting, OR 10:30 am Bible Study, RR 10:30 am Bible Study, RR No Church Night N 6:15pm Sanctuary Choir 7:40pm Bell Choir 7:40pm Bell Choir
TUESDAY		6 8:30am Bible Study	13 8:30am Bible Study	20 8:30am Bible Study 6pm Vestry Meeting	27 8:30am Bible Study
MONDAY		5 Serve Meal at Damiano Center 1-1:45pm Gentle Yoga- Children's Room	12 1-1:45pm Gentle Yoga- Children's Room	19 1-1:45pm Gentle Yoga- Children's Room	26 11 am Affirmation of Vows, followed by lunch in PH 1-1:45pm Gentle Yoga- Children's Room
SUNDAY		4 8am Service 10:05 Kids Word (preK-3rd) 10am Service 11:30 Coffee Hour	11 8am Service 10am Service 10:05 Kids Word (preK-3rd) 11:30 Coffee Hour/	18 8am Service 10:05 Kids Word (preK-3rd) 10am Service 11:30 Coffee Hour/	25 PALM SUNDAY 8am Service 10:05 Kids Word (preK-3rd) 10am Service 11:30 Coffee Hour/ Bake Sale

MARCH 2018

4-7--4-7 grade, Conf-Confirmation, CC--Character Club for pre-K through 3rd grade

St. Paul's Episcopal Church 1710 East Superior Street Duluth, MN 55812 Nonprofit Organization U.S. Postage PAID Permit No. 667 Duluth, MN

ADDRESS SERVICE REQUESTED

Church email: office@stpaulsduluth.org Website: www.stpaulsduluth.org

Holy Week

Palm Sunday – March 25 – Services at 8:00 and 10:00 a.m. No Wednesday Church Night service, meal or program during Holy Week
Maundy Thursday – March 29 – Service at 5:30 p.m.
Good Friday – March 30—Service at noon. Stations of the Cross 1:00 p.m. —Tenebrae New this year! 7:00 p.m. (see p. 2 for details)
Saturday, March 31—Alleluia Festival—10 a.m. —Easter Vigil—6:00 p.m.
Easter Sunday – April 1 – Services at 8:00 and 10:00 a.m. (both in church)
Easter Brunch to follow the 10:00 a.m. service!