

ST. PAUL'S EPISCOPAL CHURCH, DULUTH, MN

# MESSENGER

AUGUST  
2017

Deadline for submitting  
articles for the September

Messenger is August 25

Email them to:

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

## Reading the Bible

I spend a fair amount of time giving spiritual guidance, and something that people often ask is how to read and understand the Bible. Often they inquire after having tried something that did not work, like starting at the beginning. People who try this generally make it to Leviticus and then give up. The other common practice is to simply open up the Bible, put your finger on the page and start reading. This often produces the same results: confusion and frustration.

Here are a few suggestions I have for people who are interested in understanding and appreciating the Bible more deeply:

Attend Sunday worship regularly. Four pieces of scripture are proclaimed each Sunday. There is a reading from the Old Testament, a Psalm, an Epistle and a Gospel. The great thing about Sunday is that different aspects of those readings are interpreted by the preacher, the prayers and the music that we sing. In the three year Lectionary cycle, most of the New Testament and a significant part of the Old Testament are covered.

Attend a Bible study. I offer a Bible study on the scripture readings for the coming Sunday every Tuesday at 8:30 a.m. in the Olcott Room. We read the readings and then discuss history, culture, context, what these readings are saying to us and what they are calling us to do. Barb Elliott also has an evening Bible study on a theme or book of the Bible.

Use a Bible commentary. I recommend William Barclay's *Daily Study Bible Series* or the *New Interpreter's Bible Commentary* (which can be found in the church library). Commentaries offer helpful background, culture, context and thoughts about how the scriptures apply to our lives today.

Use Brian McLaren's book *We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation and Activation* or similar resource. McLaren's book offers a brief, inspiring reflection and suggestions for how to engage three passages of scripture. Reading the passages and reflection takes 20-30 minutes. This is a great way to start the day! Regularly engaging this kind of practice helps to deepen understanding and appreciation of the Bible and our world today.

Even though the Bible was written a long time ago it contains eternal truths that continue to speak to us today. I encourage you to consider how you are being called to engage the scriptures more deeply and to take steps to make that happen. It could be a life-changing experience!

Peace,  
Bill Van Oss  
Rector

## VESTRY MINUTES—JUNE 20, 2017

The vestry met on June 20, 2017. We had further discussions about the Missional Assessment Process that we will begin this fall to define our parish mission in the broader community. Please reach out to one of your Vestry members if you are interested in participating in this process. We began to refine our plans for an October Harvest Fest and decided to incorporate a craft sale/silent auction into the event.

The vestry will next convene August 15, 2017.

Your vestry members are Amber Sadowski, Craig Heidenreich, Diane Kolquist, Eirik Rennan, Ina-Marie Silverness, Karen Dingle, Matt Gustafson, Melanie Spencer, Nancy Schuldt, Peg Sutherland, Ryan Erspamer, Sue Stromquist, and Mark Brown, Junior Warden.

Jane Jarnis, Senior Warden

### EVENING BIBLE STUDY

Our future evening Bible study session is scheduled for August 31. Each session meets 6:30-8:00 p.m. in the Parish Hall.

During our meetings this summer we are discussing The Book of Joy by the Dalai Lama and Archbishop Tutu. At our next meeting we will be deciding both our Fall meeting dates and what our next focus of study will be. What ideas would you suggest?

You are welcome to join us too! Please call the office to learn about the sessions, or email Reverend Barb about it. ([belliott@d.umn.edu](mailto:belliott@d.umn.edu))

### CHURCH NIGHTS!

Wednesday evening “Church Nights” will resume next month. If you have suggestions for topics, speakers or different formats, please contact Bill Van Oss ([billvanoss@stpaulsduluth.org](mailto:billvanoss@stpaulsduluth.org) 724-3535)

### DAMIANO SOUP KITCHEN

Monday, August 7, 2017 is St. Paul’s day to serve at the soup kitchen from 8:30 a.m.—1:30 p.m. Bring a hat. Call Nelson Thomas if you have questions—525-5785.

### UPDATE

Well it's official....Gemma is going to Minnesota Life College! Thanks in part to our wonderful St. Paul's family. This opportunity is life-changing for Gemma, of course, but also for me as her mom. I know she is going to learn to be a self-sufficient adult and not let her disability stop her from doing anything she wants to in her life.

Thank you again. Marne Guthrie

There is still time to contribute, here’s how:

- On the go fund me page: <https://www.gofundme.com/2aeuj4a> (they take 7.9%)
- Send a check made out to St. Paul’s with “Gemma fund” in the memo line.
- Donate online [www.stpaulsduluth.org](http://www.stpaulsduluth.org) with your credit card, select “youth activities” but be sure to indicate Gemma fund on blank line .

### CALLING ALL “CRAFTERS”

As you can see from the vestry minutes, we are planning an October Harvest Fest which will include a craft sale/silent auction. Hopefully, getting the word out now will enable those of you who do crafts to have them ready for the October event.

### OUR PARISHIONERS WHO ARE IN ASSISTED LIVING OR HOMEBOUND

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

Franciscan Health Center: Howard Martz

Beehive Home: Chick & Gloria Stone

Homebound: Charles Kehler

## HANDS ACROSS DULUTH 2017 WAS THE BEST ONE YET!

Hands Across Duluth in mid-July saw nearly 35 youth and adults spending three days experiencing what God's dream is for our earth, the people in it, and all creatures great and small. Monday we focused on what God dreams for our earth and specifically Lake Superior and our responsibility to take care of it. We toured the UMD research vessel the Blue Heron, thanks to Liz Austin-Minor and Jay Austin and then set out to do some beach clean-up. We learned about the importance of beach grass and the dangers of plastics from our hosts Dawn and Ted Buck and Gary and Nancy Glass as we enjoyed an evening on Park Point thanks to their marvelous hospitality.

Tuesday we focused on God's dream for animals as we worked at Animal Allies clearing their trails and packaging up dog food and cat litter. In the afternoon we made fleece blankets and bird seed suet balls that we brought to Wildwoods and learned about caring for all creatures, not just our pets, and what to do if we find an injured animal or bird.

Wednesday we learned about God's dream for all people; especially those in need of shelter, food, healthcare and love. We made over 500 meals for Loaves and Fishes, and worked in the bike cave and at the houses. Check out how nice the roundabout looks now down on Jefferson street! We ended the time together with fun water activities at Laura Budd's house.

Beyond all the learning and service work, I think this HAD was the most successful of any of them in the bonding that occurred within the vast majority of youth who attended, and in the depth of the sharing in small groups and one on one. Teens shared some of their joys and struggles and received comfort and care from their peers and the knowledge that God loves them and so does their church family.

So many to thank; I hope I get them all; but apologize in advance if I miss anyone; you all know who you are that made HAD happen: Cook- Sue Stromquist; Dishwasher- Mark Brown; Chaperones/Drivers- Brad Brunfelt, Bill Van Oss, Peg Sutherland, Carrie Miller, Craig Fellman, Holly Hansen, Nat Constance, Rita Rosenberger, Mike French, Hosts Dawn and Ted Buck, Gary and Nancy Glass, Laura Budd, Liz Austin-Minor, Jay Austin; Teen Leaders Luisa, Nick, Charlotte, Cara, Jesse and Ugo; and my amazing colleague from Ascension Episcopal Church in Stillwater, Mindy Boynton.

The closing Eucharist was very powerful as youth wrote down on the piece of driftwood they had collected on Monday one way in which they want to live out God's dream in their own lives, and shared their prayers out loud that formed a powerful litany. Each night they reflected in their journals about what they had experienced and how they could live out God's dream for the earth, the people in it and all God's creatures.

### **Below are reflections from some of the teen participants:**

*My HAD experience this year was so far the best one I've had, because I feel like everyone got along very well and we did everything as a team and everything worked out very well. I also learned many things like how much micro plastic is in Lake Superior and how we can help keep the earth clean and healthy. I think this was a very good experience and that anyone in middle school or high school should try it because just helping the community in some kind of way with such a great group can make such a big difference, like at the animal shelter for example, when we were sorting the bags it took us 30 minutes but if one volunteer tried to sort them it would have taken them hours and that is amazing. To sum it all up I am definitely coming back next year and I can't wait to see the new faces and new projects.- **Annie***

*We enjoyed many parts of Hands Across Duluth. We really liked meeting new people from Stillwater and getting to know St. Paul friends better. We also enjoyed all the places we went to like Animal Allies, the bike cave, sunshine lake, and many more. We learned a lot about helping the community and all about God's dream. The night prayers helped us think about our lives and others. **Emma and Lucy***

*It was a great experience. I had a great time volunteering and helping others, and also getting to know more people. **Charlie***

*My fourth year participating in Hands Across Duluth was definitely the best. Not only did I get to see old friends from Stillwater and Woodbury, but I got to see young people get involved in our church and our community. We started as 30 people, but we ended as one family and that was really amazing to see. As we did service work in Duluth I saw God in everyone there. Whether it was them cooking food, or inviting others to hangout with them during free time, or singing along during night prayer. I saw God in each and every person. I got to see the future of our church, that's what I took away from Hands Across Duluth 2017. **Luisa***

Continued on next page

*This was my first year at HAD and I have to say I really enjoyed it. My favorite part was probably getting to know all the people from Ascension and getting closer to all the people from St Paul's. At the beginning of those three days I thought that I was going to not really enjoy it but in the first couple of hours I realized that I would have many friends through out the whole thing. From that experience I learned that you can make a difference and even though it might seem small to you it can be like a dream come true to someone else. Working down in the bike cave, helping out at Animal Allies, or even picking up trash at the beach is helping your community and that is what HAD is to me. **Gabe***

## EPISCOPAL YOUTH EVENT (EYE) REFLECTIONS

Emily Hanna and Luisa Van Oss represented our parish and the Episcopal Church in Minnesota at the National Episcopal Youth Event in Oklahoma July 10-14. They will be sharing more about their life changing experience this fall at a Wednesday Church Night, at a Sunday service and at future youth events.

### **Below are their reflections:**

EYE was the best week of my life. In 15 years I have never experienced something so powerful. I have never been a part of such a big community. It was an eye opening experience for me. As soon as I arrived at the airport I felt it; the feeling of belonging. Once we arrived on the campus in Oklahoma City I was greeted with open hands and hearts. Emily and I were the first from our diocese to arrive so we got settled in and then we got to explore the campus. If you know me, you know that I never hesitate to meet someone new! EYE brought that out in me even more than normal. It was amazing to be surrounded by people who were all there for the same reason, all connected by faith.

I wanted to meet as many new people as possible and I got that chance! Over the 5 days there I got to attend Praxis Sessions; which are workshops lead by priests, youth ministers, Presiding Bishop Curry, and many more. We also went to evening Plenary's where we sang and prayed as one, as the Episcopal Church. There was also a Eucharist at the beginning and end of the week. I was so fortunate that I got to go and I'm so thankful to all of those that contributed to our trip! EYE was the start of my life as a young adult in the church and I hope to continue work in our church as long as I can as well as in the national church! I will be going to General Convention next summer in Austin, Texas and ECMN's convention in Duluth this September. EYE was the best week of my life, and now I am working to bring it home with me.



Emily and Luisa with Presiding Bishop Michael B. Curry

Submitted by Luisa

The 2017 Episcopal Youth Event will be a week I never forget. I made awesome friends, sang some fabulous songs, and created endless memories. But what I won't forget sitting in a college auditorium hearing our presiding bishop, Michael Curry, talk about the Jesus Movement. I won't forget this moment because it was the time when I discovered why I'm an Episcopalian. Because even though I'm sitting in a two hour praxis hearing a speech about the Jesus Movement, we are talking about civil rights, women rights, refugees, homelessness, climate change, the importance of the LGBTQ+ community, and so much more.

To loosely quote Bishop Curry "We [Episcopalians] don't read in between the lines of the Bible. We don't worry about how this one action at this one time was documented, but the morale of the story. To figure out what Jesus and God wanted us to do with this reading- to bring out the learnings to the world and create peace."

The Jesus Movement and the Episcopal mission statement isn't just about educating congregations on the readings, but how we use them to strive for peace and equality everywhere and within everyone. That's why everyone is welcome at God's table. That's why I'm so thankful that I'm an Episcopalian.

Thank you, St. Paul's for supporting my journey to the Episcopal Youth Event, it has been life changing. I cannot wait to bring back what I learned to help other youth within the congregation!

Submitted by Emily

## CHRISTIAN FORMATION NEWS

God doesn't take a vacation and neither does the faith life of St. Paul's in the summer! June and July have been filled with many spirit filled moments as our children, youth and families have gathered EPIC adventures with our friends at First United Methodist Church (*1 more scheduled for August 16, see below for details*); Summer Son Sports Sundays for children that brings a Bible story to life through various sports, Vacation Bible School, Hands Across Duluth, a celebration of Lake Superior Day outdoors, an exciting experience at the National Episcopal Youth Event, and 14 youth heading to Episcopal Youth Music Camp next week! Summer is actually a great time for many kids and teens who are busy during the school year to engage in faith formation and it's also a time when new families visit area churches. So it's been a very exciting summer so far!

**There will be much more in the September Messenger about the wide range of faith formation opportunities resuming in the fall, but for now, here's a few dates to keep in mind as we look ahead to August and the fall:**

- 1. Sunday, August 13 at 11am is EYMC Sponsor Recognition Reception:** All those who contributed to helping our youth attend camp are invited to a special reception in your honor in the Olcott Room after the 10am service. Campers will be sharing some of their music, photos and stories
- 2. Wednesday, August 16 is our final EPIC** at Second Harvest Food Bank on Airpark Blvd. This is a great chance to engage in a service project as a family, a couple or as an individual. Meet at the food bank at 5:30pm for a provided dinner, then help out in a huge assembly line as we pack food for those in need! It's a lot of fun and it's exciting to see how much can get done with many hands working together! Children should be at least 8 years old to participate.
- 3. Thursday August 17 and Sunday August 20 Pie and Possibilities:** Our annual gatherings to look back and look forward at faith formation at St. Paul's will be happening Thursday, August 17 at 7pm (in the children's room) and Sunday, August 20 at 11am (during coffee hour in the children's room). Both sessions are the same so you can attend whichever one fits in your schedule. There are no strings attached to the meeting, other than eating great pie and sharing your thoughts and ideas! Everyone is welcome!
- 4. Sunday, September 10 is Rally Day!** It's kind of a homecoming of sorts, as we celebrate the start of a new academic year of faith formation and welcome back those who have been away during the summer. Join in the spirit filled festivities at the 10am service, picnic lunch, games and time to reconnect with friends, old and new! **Kids Word** will also resume on September 10.
- 5. Wednesday, September 13 is our first Wednesday Church Night** of the year! Formation for upper elementary, teens and adults will be held! It is also an important orientation meeting for parents and teens in 7<sup>th</sup> and 8<sup>th</sup> grade who will begin their **Confirmation** journey so at least one parent should plan to attend with their child.
- September will usher in a refreshed website and social media presence that provides 24/7 faith at your fingertips! Coming September 1, checking out [www.stpaulsfaithformation.org](http://www.stpaulsfaithformation.org), and subscribe/like our social media outlets!



**VBS Thanks:** Many thanks to all who helped make our 10<sup>th</sup> Anniversary Beach Party Vacation Bible School such a faith-filled week for our children and youth leadership team! Many God filled moments were experienced by all! Thanks to our youth leadership team and Ina Silverness for their remarkable leadership. Blessings on these remaining weeks of enjoying God's creation in all it's summer glory!  
Sue Van Oss, Director of Christian Formation

### FROM THE PARISH RECORDS

**DEATHS:** June 18, 2017 Hazel Gallup

**BAPTISMS:** July 9, 2017 Jasper Lee Pohjola, son of Aaron and Stacy Pohjola

**WEDDINGS:** July 22, 2017 Ina-Marie Silverness and Branden Kennedy

## SERMONS

This was part of Barb Elliott's sermon on July 23. (All of our sermons as well as the rest of this one are on our website: <http://www.stpaulsfaithformation.org>)

Recently, I found some helpful words in Anne Lamott's new book, Hallelujah Anyway. She describes one of the basic messages she uses when she teaches middle-school Sunday School classes with advice she learned from a friend of hers. She says: "Anything that leaves you more fearful, more isolated, more disconnected from other people, more full of judgment or self-hatred, is not good. It does not follow the Rule of Love—and you should stop doing it."

These words do add guidance on how to live in this world—for 12 and 13 year olds and for those of us who are older than that. These words extend the lessons in today's Bible readings and solidly stand on the Great Commandment (that we love one another and love God).

With this advice, we have a sense of how to welcome our faith as the sustaining resource that it is, holding on to hope and allowing God to be in charge. With this guidance, I can continue to reduce my exposure to the news, trusting that with time—and patience—those addressing these issues will work it all out.



### JODI PHARR—SATURDAY SEPTEMBER 9<sup>TH</sup> 8:30AM—4:30PM EFFECTIVELY LIVING AND WORKING IN A DIVERSE WORLD

*Providing the toolbox to build a bridge between communities*

Family Freedom Center and Community Action Duluth are excited to bring back the talented Jodi Pharr to provide training to the Duluth community on the intersections of Race, Poverty, and Class <http://jpfarr.com/>

Community Action Duluth and the Family Freedom Center are bringing Jodi Pharr to Duluth for a training on September 9th called "Effectively Living and Working in a Diverse World." This is part of their work to build "a community within Duluth, and to foster the development of professional relationships across race and class lines in

order to collaborate, develop a common language, and an understanding that can be shared about the intersections of race, poverty, and class."

The training will be in the downstairs cafeteria at Community Action Duluth (2424 W 5th St.) Cost to attend is \$45 which includes continental breakfast, lunch and training materials. Childcare is provided.

Call 726-1665 ext. 232 to register. Some scholarships are available through CHUM which is a co-sponsor of the event.



Save the date for  
**Sunday, September 10**  
 when we kick off Fall programming for  
 all ages!  
**Lunch on the lawn & fun activities!**

## Episcopal YOUTH MUSIC CAMP

Sponsor Recognition Reception

Sunday August 13 11:00 a.m.

Olcott Room

Contributors to our Sponsor-A-Camper program are invited to attend this special reception in your honor and hear the kids sing/play, share videos, photos and stories. Watch for an invitation coming your way! Special treats and beverages will be served.

	August 6	August 13	August 20	August 27	Sept 3
ALTAR GUILD	C SPENCER	C CONRAD	J MARINAC	J JARNIS	C SPENCER
	L Hultkrantz	S Hartley	C Miller	D Kolquist	L Hultkrantz
	K Leonard	A Sadowski	P Markert	O Hansen	K Leonard
	J Harvey	S Hall	M MacDonald		J Harvey
		S Meyer	N Brunfelt		
8:00 am LECTOR	N Diener	A Mackenzie	M Gustafson	N Diener	S Stromquist
USHERS	J Jarnis	M & S Brown	C & M Howard	G & K Bubalo	B & C Dinan
	K Swanson	D Morin	C Orsak	M & N Rubin	J & H Ransom
	D Kolquist	P Waite	N Schuldt		
	P Waite				
ACOLYTES	See <a href="http://www.stpaulsfaithformation.org">www.stpaulsfaithformation.org</a> for current acolyte schedule				
LECTOR	D Rogers	M Gustafson	A Mackenzie	Z Stodola	S Stromquist
CHALICE	Z Stodola	M Gustafson	A Mackenzie	Z Stodola	S Stromquist
BEARERS	P Enenbach	S Anderson	M Howard	P Enenbach	P Enenbach
	G Maloney	G Maloney	J Stomquist	S Anderson	M Howard
FLOWER DELIVERY					
COFFEE HOSTS	S & J Dusek	C Andrews & C Bauer	M & D Helf	K Swanson & D Morin	K & B Silverness
LOCK-UP	G Maloney	C Fellman	D Pederson	M Brown	C Howard

Altar Guild Other Duties: Linens: S Hall, K Leonard Substitutes: C Conrad, C Miller Fair Linens: J Marinac, C Miller  
Cleaning: C CONRAD, S Hartley, A Abraham, J Marinac Subs: J Sederberg, C Miller

Sunday Team Alternates: G Bouschor, E Killen *Please get yourself a Sub if you cannot fulfill your Team's duty.*

### CAMPING EQUIPMENT YOU ARE NO LONGER USING?



The Duluth Homeless Project is in need of camping equipment for homeless people. Most urgently needed are tents, tarps and sleeping bags. They do not have to be new, just in reasonable condition. They can be dropped off at the CHUM offices downtown or at the Loaves and Fishes house in our church neighborhood. If you need help getting them delivered or have questions, reach out to Sue Stromquist ([suestromquist@charter.net](mailto:suestromquist@charter.net) or 218-340-2063). I am sure that part of God's Dream is homes for all. As Duluth works toward

that goal, all help is appreciated.

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

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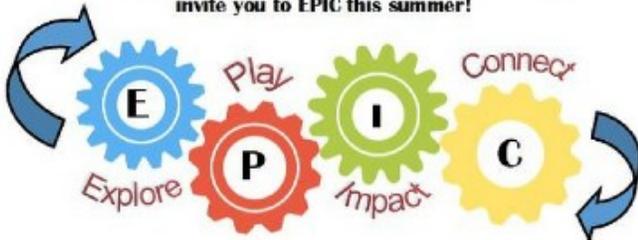
Church email:

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

Website:

[www.stpaulsduluth.org](http://www.stpaulsduluth.org)

First United Methodist & St. Paul's Episcopal Churches  
invite you to EPIC this summer!



Join us for the final EPIC event of the summer, Wednesday, August 16 from 5:30 p.m.-7:00 p.m. at Second Harvest Food Bank, 4503 Airpark Blvd. Enjoy a provided dinner and then hop on the massive assembly line to pack meals for those in need! Great service project for individuals, couple and families!

Children should be at least 8 years old)

### **CHUM'S BACK-TO-SCHOOL BACKPACK AND SCHOOL SUPPLY DRIVE:**

This year's Back to School Fair is scheduled for the end of August and we have the opportunity to help CHUM fill 600 backpacks! Please consider making a generous contribution. Financial donations can be dropped off in the parish office or you can mail them directly to CHUM. Checks should be made payable to CHUM with Backpacks on the memo line. For those who prefer to contribute items for the backpacks, here is a list of needed supplies: Wide Ruled Notebooks, College Ruled Notebooks, College Rule Loose Leaf Paper, Pocket Folders, Box of Crayons, Colored Pencils, and Backpacks.

**DONATIONS ACCEPTED THROUGH  
AUGUST 15TH.**