

St. Paul's Parish Messenger.

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

Time is getting close for St. Paul's 150th Birthday Celebration. There are activities for everyone. Please mark your calendars.

Friday, October 25

The Gala Dinner will be Friday night at the Moorish Room in the Greysolon. Make reservations on the website or in the office. The cost is \$40 per person.

Saturday, October 26

Saturday morning, get out your walking shoes for a walk at 9:00 am from St. Paul's to St. Luke's Hospital (founded by St. Paul's) and an optional choice to the original site of the first St. Paul's Church on Lake Avenue & Second Street.

Then tour the church between 10:30 am-12:00 noon, to discover secrets and places you might not have seen before.

Then at 2:00 pm we have activities for children featuring games and crafts from 150 years ago.

Elegant Tea at 2:00 pm in the Parish Hall. Reservations needed. Use the website or call the office. Free will offering will be accepted.

Sunday, October 27

A very special 10:00 am service. The preacher will be the Most Reverend Mark MacDonald, a son of St. Paul's and Archbishop of the National Indigenous Anglican Church of Canada. There will be a celebratory coffee hour following the service, including a hot chocolate station sponsored by St. Paul's Youth, and pumpkin carving in the Children's Room.

The St. Paul's mugs made by Duluth potter Karin Kramer are still available. They cost \$30 each; ask Susan Anderson.

A special thank you to all those who have worked so hard to plan this weekend!

*Respectfully submitted by Terry Roberts,
150th Anniversary Chair*



Evening Bible Study



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

Dates for our upcoming meetings are **October 22, November 12 and December 10**. We meet 6:30-8:00—you are welcome to join us! Please call the office to learn about the sessions, or email Reverend Barb about it (belliott@d.umn.edu).

God's blessings... --Barbara Elliott

Welcome TEC

We are pleased to host TEC (Teens Encounter Christ) this month. Each TEC retreat is a journey through Holy Week, which everyone makes at their own pace, bringing their own questions, stories, and gifts. Small-group talks and relationships are the core of the experience. There is talking, listening, eating, singing, playing, and sharing surprises together that help teens discover God's rich, sweeping, unconditional love.

Youth who go to TEC say that the TEC community is why they come back. It also inspires in many a deeper commitment to their own church community. ECMN has led countless TEC retreats since the 1970s, and many TEC alumni still volunteer today. The retreat is October 17-20. The TEC community will be joining us for worship at 10:00 am, and there will be a special service Sunday afternoon at 3:00 pm that is open to everyone.

-BVO

Safe Church

This new training is expansive and includes church security, assisting those with special needs, and more. It's a good training for everyone who attends church here. It is also required for everyone who volunteers with children, youth or vulnerable adults at St. Paul's Episcopal Church, and everyone who has access to the building/property (keys, swipe card or code access).



The training will last approximately two hours and 15 minutes; it will take place in the Parish Hall. The next training session will be Monday, November 4, 6:30 pm

Please register through our website (www.stpaulsduluth.org) or by calling Rita in the parish office (218-724-3535). Thank you for your cooperation!

St. Paul's Episcopal Church Staff Directory

Phone: 218-724-3535

Clergy

The Rev. William Van Oss, Rector
The Rev. Dr. Barbara Elliott, Assisting Priest
The Rev. Margaret W. Thomas, Priest Emerita

billvanoss@stpaulsduluth.org
belliott@d.umn.edu
tmsnelmw@cpinternet.com

Parish Staff

Dr. Tom Hamilton, Director of Music
Kathy Jurasek, Sexton
Rita Rosenberger Parish Secretary
Natalie Smith, Parish Treasurer
Sue Van Oss, Director of Christian Formation

tomhamilton@stpaulsduluth.org
office@stpaulsduluth.org
natalie@stpaulsduluth.org
suevanoss@stpaulsduluth.org



Stewardship

Next month we will be starting our 2020 stewardship campaign and we are looking for people to serve on the stewardship team. We are looking for people with fresh ideas and suggestions.

Interested? Contact Jane Jarnis (jjarnis@charter.net) or Bill Van Oss (billvanoss@stpaulsduluth.org)

Olcott Room Library Update

Now that the days are getting cooler, I start to think about things to do inside my house. Five new books have been added to the collection in the Personal Wellness section that may give you some ideas.

I love Hygge (pronounced "hoo-gah"). Last year for Christmas my children were struggling with gift ideas for me. I just said "hygge." They got it and I received wonderful presents and they're set for gift ideas for years to come. I've seen many attempts to explain hygge. There is no one English word that can be used. Among the meanings are: warmth, happiness, security, friendship, companionship, contentedness, coziness... the removal of things that cause stress in our lives. We have added three books on this topic to the library:

- * Morgan, Melanie "American Hygge" - How you can incorporate coziness into your living space and bring warmth to your relationships without moving to Denmark.
- * Olsen, Helena "Hygge Habits" - Contains 42 habits for a happy life through Danish Hygge that take five minutes or less. This book is a short, easy read with less than 60 pages.
- * Pedersen, Stephanie "American Cozy" - Hygge inspired ways to create comfort and happiness.

There is new Netflix series called "Tidying Up" with Marie Kondo. We have received two books by her. They are "The Life Changing Magic of Tidying Up" and the companion book, "Spark of Joy." These books describe the Japanese art of decluttering and organizing.



Respectfully submitted by Faye Witt

Update From CHUM

Most Wanted Item for CHUM Food Shelf

We are once again joining other Duluth communities of faith in the collection of a "most wanted item" for CHUM. These collections help to ensure that the Food Shelf remains well-stocked with a variety of nutritious foods! Each month we collect a different soup. October's soup is **Chicken & Wild Rice**. You can bring your donation to Sunday or Wednesday services or drop it by the parish office. If you have any questions, please contact Jane Jarnis.



CHUM Outreach Benefit Dinner and Auction, Thursday, October 17

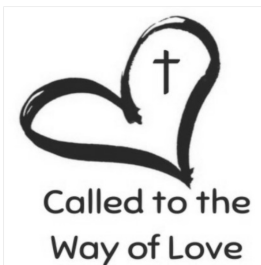
You are invited to join Jane and Jack Jarnis who are hosting a table at the CHUM Outreach Benefit Dinner at the Greysolon Ballroom, on Thursday, October 17. At last year's event, \$41,000 was raised to help support the fine work of CHUM's Street Outreach Program. This program helps those in our Duluth community who are experiencing homelessness. CHUM's social worker provides the necessary support to help folks move from homelessness to housed. Please let either Jane or Jack know if you are able to join us.



Respectfully Submitted by Jane Jarnis

Christian Formation News

We are off to a wonderful start helping our children, youth and families continue to explore how they are **Called to the Way of Love!** We are committed to instilling values of generosity, love, kindness and gratitude into our children through the fostering of intergenerational relationships and outreach projects that develop a commitment to serving others in our parish and community; spreading love into a world desperately in need of it. Our faith formation has three core principles: Love Self: We are all lovable in the eyes of God. Love Neighbor: Children and youth *can* alleviate the suffering of others and make a difference in the world. Love God: Children already experience holiness in their lives; we will help them name it as the love of God.



Gratitude comes first! Thank you to all who helped with Rally Day, the Way of Love with Harry Potter events, and are serving as faith guides in our formation program!

Prek-3rd Grade Kids Word will be on October 13, 20 and 27. On October 6, they will remain in church for the special Blessing of the Animals Service.

Blessing of the Animals Service is on October 6: This shortened service will include blessing for all the creatures in your life! Bring animals on leash or crate, or bring a photo of them and/or a stuffed animal to be blessed.

Faith Formation on Wednesday Church Nights in October are on the 2nd and 9th for Grades 2/3, 4/5, 6/7 and 8/9th Confirmation, and adults.

Kids Club is for prek-1st grade will also on Wednesday nights, October 2 (animals night— so bring your favorite stuffed animal) and 9 (pumpkin night) The hour will wind down with some kids yoga moves and meditations to prepare them for bedtime.

Our next **GIFT Night;** Growing In Faith Together, when all ages come together for a fun, faithfilled hour will be on Wednesday, October 23 with fun activities centered around St. Paul's 150th Anniversary.

October has 5 Wednesdays, so that means its Service Project month! Wednesday, October 30: Dinner and activities at Steve O'Neil Apartments—see details on page 7.

MN Teens Encounter Christ retreat is coming up October 18-20 right here at St. Paul's. TEC is an overnight retreat that empowers teens to integrate the joys, struggles, and epiphanies of their daily lives with the mystery of our shared Christian Faith. Youth who go to TEC say that the TEC com-

munity is why they come back. For many it also becomes a foundational reason to go to Church beyond high school. During your 48 hours at TEC you will journey through Holy Week with personal stories, dramas, delicious meals, music, and a few fantastic, encouraging surprises. Everyone is invited to journey at their own pace, with their own questions, making relevant connections to their daily lives. Each weekend is a new experience with new friends as we all share God's rich, unconditional Agape love with one another.

Each TEC retreat is run by a team of 40-60 youth who have been through TEC before. Around 20-30 adult volunteers are onsite to assist this inspiring team. The Episcopal Church in Minnesota's (ECMN) Youth Commission meets throughout the year as the decision-making body for all TEC plans. Three of our youth, Grace Butcher, Sydney Hanna and Luisa Van Oss represent St. Paul's on the ECMN Youth Commission. To register please go to <http://episcopalmn.org/tec>

150th Anniversary Events for children/youth/families:

While all the events are open to all, some might be of particular interest to children/youth and families:

Saturday, October 26 at 9 am is a historical walk—get some exercise and go on a walk through history as we start outside the church on Superior Street, walk to St. Luke's Hospital which was founded by the members of St. Paul's, and then there will be an option to continue walking to Lake Avenue and Second Street where the original St. Paul's was located, or return back to 1710 East Superior Street for refreshments. Tours of the church will be held starting at 10:30 am.

Saturday, October 26 from 2-4 pm there will be fun historical children's activities led by the teens in the children's room. We will play marbles, dominoes and other things children in 1869 might have played. Each attendee will receive a game to take home. At the same time, a historical tea will occur in the parish hall, please register for that online or in the office.

Sunday, October 27 there will be ONE service at 10 am with several wonderful features, followed by a festive reception in the parish hall and the traditional pumpkin carving in the children's room. The Youth Leadership Team will provide a hot chocolate station as part of the reception.

Weekly Email: Want to get an email on Thursdays with what is happening at St. Paul's for the weekend ahead and important announcements? Want to

know “What’s Up on Wednesday Church Night” including the dinner menu and speakers by getting an email on Tuesdays? Email Sue at suevanoss@stpaulsduluth.org and she will add you to the group list that receives weekly updates!

October Schedule at a glance:

Wednesday, October 2: 5:30 pm Service, 6 pm Dinner Menu is Breakfast for Dinner 6:30 pm Kids Club for prek-1st, Age Specific Faith Formation 2/3rd, 4/5th, 6/7th, 8/9th Confirmation and adults

Sunday, October 6: Blessing of the Animals Service—Bring your pet, photo of pet or stuffed animal No KidsWord

Wednesday, October 9: 5:30 pm Service, 6pm Dinner Menu is lasagna and salad, kid option of mac and cheese 6:30pm Kids Club for prek-1st, Age Specific Faith Formation 2/3rd, 4/5th, 6/7th, 8/9th Confirmation and adults

Sunday, October 13: KidsWord

Wednesday, October 16— NO CHURCH night due to MEA weekend

Friday, October 18—Sunday October 20 MNTEC

Sunday, October 20: KidsWord

Wednesday, October 23: 5:30 pm service, 6 pm Dinner—soup, salad, bread, kid option PB & J, 6:30 pm GIFT Night

Friday, October 25: 150th Anniversary Dinner

Saturday, October 26: walk, tour, children’s activities and tea

Sunday, October 27 150th Anniversary Service: Kids Word, reception and pumpkin carving

Wednesday, October 30: Service Project Night, see page 7

Blessings,

Sue Van Oss, Director of Christian Formation

Green Church – Help needed!

We have been composting all food waste and biodegradable napkins for a couple months, but now need help in bringing the bag each week up to Sara’s Table food waste bins. We have looked into compost pick up from our garbage hauler, but the cost is prohibitive, so we need some parishioners who care about our earth and want to help make a difference to volunteer to be on a rotating schedule to make a quick five-minute trip once a month (if we get four volunteers) or less often if we get more. The bin will be placed outside the back kitchen door so you can take it whenever it’s convenient — ideally later in the week or weekend since most of our food waste is generated on Wednesday nights. If you are able to volunteer, please email (office@stpaulsduluth.org) or call the parish office. Thank you!



Advent Around the World Festival is coming November 24!

Mark your calendars now for this popular intergenerational festival! If you would like to host a country booth please contact Sue now. It’s a wonderful way to share your family’s heritage, or a country that you have enjoyed visiting!



Check it out

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



Upcoming Women's Events

Dinner Out Night, Thursday October 10, 6 pm: Meet at Crooked Pint Ale House, 1402 W Arrowhead Rd., Duluth

Enjoy not cooking for an evening and the laughter and companionship of your church family! We will gather together for a meal and conversation. Each person pays for their own meal. Please call the office to let us know if you plan to join us so we can reserve a big table. Thanks!

Friday, November 8 Meal Prep Night:

our most popular annual event!

Leslie Brunfelt will lead us in making several meals that we can take home and enjoy! Meal options and registration now available at www.stpaulsduluth.org/adults Don't delay — we always fill up with a waiting list!



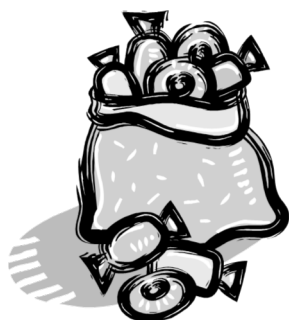
Women's Retreat February 7-8, 2020



at new location, Alleluia Lodge at Camp Amnicon. It's a four-season retreat facility with beautiful views of the Amnicon River valley with hiking, skiing and snowshoeing trails. It's a relaxing weekend (option for February 9 add-on) with free time for you to read a book, knit, enjoy the outdoors or whatever else you'd like to do, along with some structured times to get to know the others, reflect, pray, craft, play games and laugh together! Depending on the number attending, the cost will only be about \$50 a night which includes three meals! Indicate your interest now at www.stpaulsduluth.org/adults.

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

Share Your Stash!



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

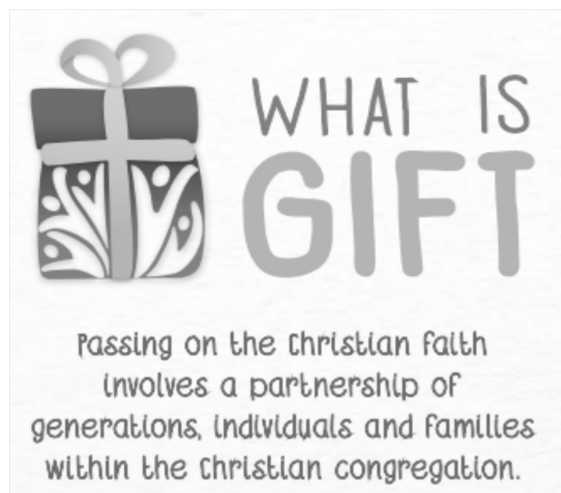
If you have a child/grandchild that you would like a care package sent to, please email suevanoss@stpaulsduluth.org with their name and address!

Pumpkin Decorating Sunday, Oct. 27

Children and teens are invited to the children's room after the 10 am service to carve or decorate a pumpkin. The special reception in celebration of our 150th Anniversary will be held in the Parish Hall at the same time; so feel free to enjoy both! We are grateful to The Rev. Margaret Thomas for generously donating the pumpkins for everyone to enjoy!



**Growing In
Faith Together
Wednesday,
October 23,
6:30 pm**



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

October's theme is **Celebrating our 150th!** There will be various activities to help us learn more about the history of the past 150 years, the present (including YOU!) and what the future holds for the next 150 years of St. Paul's! We'll have People Bingo with prizes, a time capsule, add your name to the timeline, and more. It's a great way to kick off our Anniversary Weekend!

**SAVE THE DATE!
SUNDAY, NOVEMBER 24, IS THE ADVENT
AROUND THE WORLD FESTIVAL!**

If you would like to host a country booth, please contact Sue!



Fifth Wednesday Service Project

Our next **5th Wednesday Service Project** is **October 30** and we would love to have the help of several individuals, families and couples with it; all ages can get involved!

October 30th's service project is at the Steve O'Neil (SON) Apartments, located at 115 W 4th St. The apartments are part of CHUM ministry, and were created specifically to provide housing and services for families experiencing long-term homelessness. We will be serving a meal (you are welcome to eat as well), and then staffing some storytelling and game booths as part of their monthly Literacy Night.

We need help on October 30:

—4 pm at St. Paul's to prepare the meal and then transport it to the apartments at 5:15 pm

—5:15 pm help set up the meal and game booths at SON

—6:00 pm serve the meal and then clean up in the their kitchen and box up the items to be returned to St. Paul's

—6:20-7:30 pm help staff a simple carnival game booth, hand out prizes or read stories and hand out books to children

Please email suevanoss@stpaulsduluth.org and let me know if you are able to help and which area you would like to help in. Thanks! Sue

Videotaping Your St. Paul's Story

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

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

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



--Barbara Elliott (belliottd@d.umn.edu)

Happy Anniversary St. Paul's!

I have spent some time in our church archives the past few months. Bob Silverness has been doing a great job organizing the archives, and I have enjoyed looking through newspaper articles, newsletters, minutes and artifacts. What I have enjoyed the most are the pictures.



I love one picture in particular. It is taken from the stage in the parish hall. Rows and rows of ladies (except for one man in the front, probably the rector) are seated at long tables. There are more than 150 ladies packed in, all dressed up, wearing hats, seated at the tables. Written on the back is "Meeting of Guild Auxiliary, Nov. 11, 1936."

The picture is a reminder that church has been, and always will be, a place to gather. Church is a place where people come together to pray, worship, learn, explore, question and grow in love for God and each other. How we gather has changed over time. There is no longer a Guild Auxiliary, but our church calendar is filled with opportunities to come together for learning, fellowship, service and worship. Our primary gathering takes place every Sunday morning. We also have a vibrant Wednesday Church Night community that gathers for worship, a meal and programs and activities for all ages.

This month, we have a number of special gatherings for our anniversary celebration. Our GIFT night on October 23rd will have anniversary activities for all ages. Friday, October 25th there is a Gala Dinner at Greysolon Plaza. The Venerable Canon Ben Scott, church historian, storyteller, and recent recipient of the Whipple Cross, will give a talk entitled: "Who will be sitting in my pew...?" Please sign up on the website or by calling the church office.

On Saturday the 26th there will be a history walk, tours of the church, children's activities and a historic tea in the parish hall. On Sunday, Archbishop Mark MacDonald, son of St. Paul's and archbishop for the National Indigenous Anglican Church of Canada will deliver the sermon. This service will be followed by a festive coffee hour.

So many opportunities to gather on our anniversary weekend and throughout the month and year. God is with us "anytime two or three are gathered together in (God's) name." (Mt. 18:20) Church has been, and always will be, a place to gather.

Faithfully,
Bill Van Oss,
Rector

Hmong Refugee Ministry: 1981-1987

"Do not neglect to show hospitality to strangers, for thereby some have entertained angels unaware."

-- Hebrews 13:1-2

The memories of those of us who participated in this work are hazy, but the interest and inspiration it generated remain. These efforts began during the tenure of Rector Robert Hardman, at a Social Justice Committee meeting in the House Next Door apartment of Curate Mark MacDonald (now an Archbishop of the Anglican Church of Canada). Those discussions led to a presentation by Penny Baumgarten to the congregation and a vote to sponsor a family. Shortly Plia Her, a Hmong woman in her mid forties, arrived with her children in Duluth.

Lutheran Social Services (LSS) had then been helping settle Hmong refugees in Minnesota since 1980, though earlier refugees (and their families) all of whom had served as scouts for US military in Laos, had come in the late 70's to Maryland and central California. Thousands of Hmong died because they had been US allies. Duluth Roman Catholic and Lutheran churches also sponsored families. Over the next two years several more families, were sponsored by St. Paul's. Many volunteers were involved teaching these new friends how to navigate their new lives, after spending their lives as subsistence farmers in the mountains of Laos. And there was in the beginning little complex understanding of the courage it took to walk through the dangerous terrain of Laos and Thailand toward the refugee camps where many spent years waiting for sponsors, in order to come to the United States.

Beverly Harries and Terry Roberts spearheaded these efforts from the beginning. From the first arrival they gathered volunteers in this effort that included taking refugees for medical visits, arranging housing, helping with food and other shopping, and arranging English lessons and tutoring. Initially there was no skilled interpretation from LSS until Lee Sengthau arrived in 1983, who spoke Hmong, Lao, and Thai.

In October of 1983 the "Hmong Crafts" shop opened in the Sun Room of the House Next Door, supported by LSS. This was again a "many hands" effort, hoping to

empower the Hmong women. Several families lived by this time on upper floors of the HND. Every Thursday women sewed in the spacious basement downstairs, and various projects including Hmong embroidery were considered and tried out within skirts, dresses, etc. by a group of volunteers from St. Paul's that included Carolyn Russell, Susan Anderson, Kate Skelton, Judy Gustafson, Penny Baumgarten, Marty Moeller, Bev, Terry and others. We were beyond pleased when "Port Cities Magazine" featured a wonderful front cover of Plia Her and Pang Kou with Bill Boyce, director of the Tweed Museum, (of St. Andrew's on Park Point) all standing in front of an impressive Hmong Needlework piece. The shop was a success in that the women earned money and within several years they learned (with some humor) what Americans liked to buy and learned to market their beautiful work independently. Our shop volunteers were mainly from St. Paul's, but also included several from Holy Rosary and other churches.



By 1987, most of Duluth's refugee families had moved to live near extended family and other work opportunities in Minneapolis-St Paul. We had learned a great deal – about an ancient culture, an exquisite art form, not to mention a different kind of courage. However, my memory of those days with the Hmong women, sitting and sewing with their infants in elaborately sewn wraps on their backs, is the laughter and joy we shared.

Many thanks to Terry Roberts, Bev Harries, Susan Anderson, Marty Moeller, Joel Bamford, Kate Skelton, and Lee Sengthau. This summary is far from complete, but gives an idea of what happened in those years.

Respectfully submitted by Marilyn H. Bamford

Deadline for submissions to the next
issue of *The Messenger* is
8:00 am, October 23, 2019.
Please email items to:
office@stpaulsduluth.org

Church Nights in October

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

Our 5:30 pm Eucharist is held in church. This is a great way to attend service if you are not able to make it on Sunday (or even if you are able!). We gather in the front pews. Tom Hamilton leads our music on the piano. This service is less formal and shorter than Sunday. We use the scripture readings for the coming Sunday.

Buffy Helstrom (and friends) prepare our simple suppers that begin at 6:00. Buffy does a wonderful job preparing a simple, healthy meal that we ask you to help support by making a donation toward defraying the cost. Check out the menu in this edition of the Messenger.

Church Nights meet three times per month with programming from 6:30-7:30pm. Two Wednesdays, the children and youth have age- specific faith formation for grades pre-K through Confirmation. Faith formation is life-long, so adults have the opportunity to engage in programs, speakers and discussions on various topics. Please let me know if you have suggestions for speakers or programs.

One Wednesday we will be together for GIFT; Growing in Faith Together, which gives a chance for all ages to **engage** in fun faith activities together. We will have one Wednesday where we don't gather at church, instead that time can be used for focusing on faith at home. On the months where there are 5 Wednesdays, our church leaves the building and engages in a service project somewhere in our community.

October Church Night Adult Programs:

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

October 2 – Tracie Clanaugh, will speak to us about **First Witness**, where she is executive director. First Witness Child Advocacy Center is a safe, child-friendly place for victims of child sexual and physical abuse to tell their story. They provide child-appropriate forensic interviews, crisis counseling to children and families and age-appropriate education on personal body safety for children. First Witness believes every child deserves ongoing safety and opportunities to heal from abuse.

October 9 – Kate and Kelly, live-in volunteers at the **Bob Tavani Medical Respite House** in West Duluth will talk about assisting residents who have been discharged from the hospital and have no safe place to go. What do people who are homeless do when they need post-hospital care and have nowhere to go? Our own Sue Stromquist is another volunteer at Bob Tavani and will share some of her experiences.

October 16 – Church Night is OFF. Check out stpaulsduluth.org for ideas about how to engage in Faith at Home.

October 23 – Our GIFT (Growing In Faith Together) intergenerational church night will have fun activities for all ages related to our **150th Anniversary** just before our celebration weekend Oct. 25-27!

October 30 – 5th Wednesday Service Project. See page 7 for further details.

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

Opportunity to Feed Hungry College Students!

Fellowship
Dinner



We have been invited by United Campus Ministry; a collaboration of several denominations to participate in their Dollar Dinner ministry for college students in Duluth. At 5:45 pm on Sunday evenings at Hope United Methodist Church, right across the street from UMD, a dinner is served for college students; typically 25-30 of them. We are being asked to sign up for a date or two and supply a home-cooked meal for hungry college students. They also need lots of help for the big Thanksgiving dinner they serve on Monday, November 25. What a great ministry to participate in! Perhaps even a nice way for parishioners who have college age children away at college to feel connected. If you would like to help coordinate this; please contact Rita in the church office; office@stpaulsduluth.org, or 218-724-3535.

Convention and Bishop Search Updates

The Episcopal Church of Minnesota had their convention recently on September 13 and 14. Rita Rosenberger, Sue Meyer, Jill Peterman, Nat Constance, Sydney Hanna, and Bill Van Oss attended as voting delegates. Luisa Van Oss was an alternate. Sue Van Oss and Liza Anderson also attended. The convention was recessed rather than adjourned because the next step is to reconvene the convention in January.

When the convention reconvenes on January 25, 2020, the same delegates that voted at the September convention will be voting at the Electing Convention at St. Mark's Cathedral in Minneapolis, MN. At the Electing Convention the Tenth Bishop of Minnesota (Bishop X) will be elected from a slate of 3-5 candidates.

The Search Committee and Standing Committee will announce the slate of candidates (3-5 names) in November. The candidates will be driving around Minnesota during the week of January 13. St. Paul's Duluth is the site for Northeast Mission Area visit. The northeast area includes Grand Marais, Ely, Grand Rapids, Virginia, Moose Lake, Hermantown, and Duluth. Parishioners will come to St. Paul's to hear the candidates present themselves. Please mark your calendar for 5:30 pm, Monday,

January 13, for dinner and a candidate forum at St. Paul's in the Parish Hall.



You can find the complete calendar of visits that will occur throughout the state on the ECMN website: www.MNbishopsearch.org. The delegates will be available and pleased to hear your thoughts about the candidates.

Other pieces of business that were voted on included language changes to the Canons and naming our diocese the Episcopal Church in Minnesota. Liza Anderson was elected to attend General Convention in 2021.

Another honor that occurred at the convention on September 14 was the Presentation of the Whipple Cross to Minnie Steele, and to The Venerable Canon Benjamin Scott. Ben Scott will be our guest speaker at the 150th Anniversary Gala Dinner at the Greysolon Plaza. The Rt. Rev. Brian Prior and his wife, Staci, will also be in attendance that weekend.

*Respectfully submitted by Nat Constance,
Council member*

An Open Invitation to Join St. Paul's Altar Guild

Our Altar Guild is in need of new members! You don't need to be a lifelong member of St. Paul's, a certain age or gender, or even attend church services every Sunday to become a member of the Altar Guild. And no previous experience is required! We just need people who are willing to carefully and respectfully serve our beloved St. Paul's church and all that is within.

If you have any questions, would like to hear more, or are excited to begin, you may contact me by phone or email. Or, speak with any member of the Altar Guild—they will happily tell you about our joyful service!

Warmest regards,

Carrie Miller,
Altar Guild Director
218-216-5591
carmil4@msn.com



Our website now features a page to highlight all the events of the 150th Anniversary Celebration! Visit www.stpaulsduluth.org

Gala Anniversary Celebration The Way of Love 1869-2019

Mark your calendars and make reservations for our 150th Anniversary Celebration!

Friday, October 25

Gala Dinner in the Greysolon Plaza Moorish Room

6:00-7:00 pm Social hour (cash bar)

7:00 pm Dinner, featuring music by Jack Jarnis

Guest speaker: The Venerable Canon Benjamin Scott will share his delightful stories of being Episcopalian in Minnesota, in a talk titled "Who Will Be Sitting in My Pew in 2050?"

Cost: \$40.00 per person, sign up on website or in church office



Saturday, October 26

9:00 am History Walk: Meet at the Church on Superior Street, walking from St. Paul's, past St. Luke's Hospital which was started by the women of St. Paul's, optionally continue to Lake Avenue & Second Street—site of the original St. Paul's Episcopal Church, and back. Along the way you will be entertained by learning fun, historical facts. Refreshments will be served upon returning to St. Paul's. Fun for all ages!

10:30 am-12:00 pm Tours of the Church will begin in the Sanctuary and will highlight the unique features of St. Paul's.

2:00-4:00 pm Children's activities, featuring games from 1869. Children will enjoy games that would have been played 150 years ago and are still fun to play today; marbles, dominos, hoop games and more! Each child will get to take a special gift bag home with their own set of marbles! Nursery care will also be provided for infants and toddlers so parents can enjoy the afternoon tea while their children play.

2:00-4:00 pm Lovely historic tea in the Parish Hall, Sign up in the office or through website. The parish hall will be transformed into a beautiful setting to enjoy a special afternoon tea with delicious scones, tea sandwiches and cookies made using recipes from the treasured St. Paul's recipe books. Each table will be adorned with tea sets provided by table captains. Reservations are required and seating is limited. Free will offering will be accepted.

Sunday, October 27

No 8:00 am service this weekend

10:00 am Celebratory Service in the Church: join us as we celebrate 150 years of St. Paul's Episcopal Church with a special worship service that will feature music and prayers from the past 150 years! Archbishop Mark MacDonald of the National Indigenous Anglican Church of Canada (and a son of St. Paul's!) will deliver the sermon.

Birthday Coffee hour will follow the 10:00 am service. St. Paul's youth will sponsor a fancy Hot Chocolate Station. We'll have pumpkins to decorate in the Children's Room. ALL ARE WELCOME!

Respectfully submitted by Terry Roberts, 150th Anniversary Chair

Called to Teach Meditation



A year ago a feeling was growing in me that I was receiving so much from my church and returning so little. How to serve became a lingering question. This question led to an inventory of my talents; which led to the realization that I'm good at meditating. So I mentioned the idea to Rev. Barb Elliott that I would be willing to lead a mediation group at St. Paul's if there was interest. She mentioned this idea to the staff at St. Paul's. Shortly after, Director of Christian Formation Sue Van Oss asked if I'd be willing to teach meditation to the youth in faith formation classes. My first reaction was to think, "That's not what I had in mind. I've never taught meditation to children. Can I do that?"

Fortunately, I had been hearing Barb and Bill preach about "callings" and so I wondered, "Is this what I'm being called to do?" Do ordinary people like me receive callings? In Rev. Bill Van Oss's June-July 2019 Messenger writing he assures us that people like me do receive Everyday Callings. So perhaps that's what I experienced in the fall of 2019. Through the encouragement and support of Sue Van Oss, the faith formation guides, and the St. Paul's staff, I was given the opportunity to contribute my little bit of mediation teachings to the Wednesday night faith formation classes. It's been a wonderful experience for me. I've gained more than I've given, I'm sure. I've had so much fun laughing with the children as I learn to teach them meditation. My first challenge was to select the meditations that would be easily adapted to children; and then to infuse those mediations with the Way of Love message consistent with their faith formation curriculum of Love Neighbor, Love Self, and Love God. I found that in order to teach something means that I need to understand it better myself. So I have benefited from understanding the Way of Love more thoroughly. I have also been able to observe how the faith guides have creatively used this Way of Love faith formation curriculum to bring this concept alive in these children. I am so grateful that I was called and supported in this endeavor.

Peace Be With You.

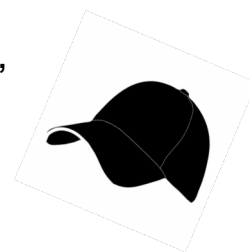
Visit St. Paul's Duluth YouTube channel to see Marian's meditations!

Marian Flammang

DAMIANO SOUP KITCHEN

St. Paul's will be serving at the Damiano Soup Kitchen on **Monday, October 7, and Monday, November 4**, from 8:30 am to 1:00 pm. Volunteers are always welcome; half-shifts are available. Let me know if you can help. Remember to bring a hat. Thanks!

Thanks, Nelson Thomas (218) 525-5785



OPUS II

OPUS II welcomes all. We meet for an hour or so, and lunch following.

OCTOBER: Thursday, October 31, 11:00 am, in the Parish Hall. **MUSIC FEEDS OUR SOULS**, St. Paul's own Dr. Tom Hamilton will join us and give us a background on how and why our worship music is chosen. He will also talk about gospel music, some of its history, and we will be singing some of our old favorites.

The Rev. Margaret Thomas and Nelson Thomas will facilitate the luncheon and meeting this month. And Halloween is one of Margaret's very favorite holidays!



October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30 am Bible Study 10:00 am Staff Meeting	2 <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Faith Formation 7:40 pm Handbell Choir	3	4	5 10:00 am Visitation 11:00 am Funeral Service for Rev. Alice Olson
6 8 am Service 10 am Service "Blessing of the Animals" 11:00 am Coffee Hour	7 1:00 pm Gentle Yoga, Children's Room 6:30 pm Safe Church Training	8 8:30 am Bible Study 10:00 am Staff Meeting 7:00 pm PEO Chapter DD, Parish Hall	9 <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Faith Formation 7:40 pm Handbell Choir	10 6:00 pm Women's Night, meet at Crooked Pint	11	12
13 8 am Service 10 am Service, Kids Word 11:00 am Coffee Hour	14 1:00 pm Gentle Yoga, Children's Room	15 8:30 am Bible Study 10:00 am Staff Meeting 6:00 pm Vestry Meeting	16 <u>No Church Night</u> 6:15 pm Chancel Choir 7:40 pm Handbell Choir	17 <i>CHUM Benefit (see page 3)</i>	18	19
20 8 am Service 10 am Service, Kids Word 11:00 am Coffee Hour	21 1:00 pm Gentle Yoga, Children's Room	22 8:30 am Bible Study 10:00 am Staff Meeting 6:30 pm Bible Study, Parish Hall	23 8:00 am Messenger Deadline <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm GIFT 7:40 pm Handbell Choir	24	25 150th Anniversary Celebration Wknd 6:00 pm Gala Dinner at Greysolon	26 9:00 am History Walk 10:30 am Church Tours 2:00 pm Children's activities 2:00 pm Historic Tea
27 No 8 am service this day 10 am Celebratory Service 11:00 am Festive Coffee Hour, pumpkin decorating and Hot Chocolate bar	28 1:00 pm Gentle Yoga, Children's Room	29	30 <u>No Church Night</u> Fifth Wednesday Service Project at SON (see page 7)	31 9:00 am Messenger Bulk Mailing, Parish Hall 11:00 am OPUS II, Parish Hall		
					TEC Weekend at St. Paul's	

LAY MINISTRY SCHEDULE –OCTOBER

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

	October 6	October 13	October 20	October 27	November 3
ALTAR GUILD	K LEONARD	C CONRAD	J MARINAC	J JARNIS	J MARINAC
	J Harvey	S Hall	J Elliott	D Kolquist	J Elliott
	L Hultkrantz	S Hartley	P Markert	A Schliep	P Markert
		S Meyer	C Miller		C Miller
		A Sadowski			
LECTOR 8:00 AM	M Gustafson	A MacKenzie	S Stromquist	N Diener	J Pastor
USHERS	B & C Dinan	G & K Bubalo	J & S Dusek	J & H Ransom	
	C Orsak	J Jarnis	M & S Brown	D Kolquist	
	K Swanson	D Morin		P Waite	
ACOLYTES	See www.stpaulsfaithformation.org for current acolyte schedule				
LECTOR 10:00 AM	J Stromquist	P Kruschke	M Gustafson	S Stromquist	Z Stodola
CHALICE	K Baumgarten	S Anderson	M Gustafson	N Diener	K Baumgarten
BEARERS	Z Stodola	M Gustafson	J Bamford	K Halverson	D Hanson
	J Stromquist	G Maloney	J Pastor	S Stromquist	Z Stodola
FLORAL DELIVERY	N Schuldt	D Kolquist	S Furo		M & S Brown
COFFEE HOSTS	Gustafsons	J Farmakes & C Heidenreich	Sadowskis	J & S Dusek	
LOCK UP	T Diener	G Maloney	D Pederson	J Austin	M Brown

Altar Guild Other Duties for October:

Wednesday Services

10/2 – Team 1
 10/9 – Team 2
 10/16 – No service
 10/23 – Team 4
 10/30 – No service

October Linens:

Z Stodola, S Hall

Sept/October Brass Cleaning—Date TBD

S Hartley
 J Jarnis
 S Meyer
 A Abraham
 D Kolquist

Substitutes:

Weekly Teams: G Bouschor, E Killen
 Wednesday Services: C Conrad, C Miller, N Brunfelt
 Linens: C Conrad, C Miller
 Brass: J Sederberg, C Miller

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

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Email for the church:
office@stpaulsduluth.org

Visit our website:
www.stpaulsduluth.org

Blessing of the Animals

This Sunday, October 6, 10:00 am

Bring your pet (leashed or in crate) to sit in church with you!

This Sunday, October 6, in honor of St. Francis of Assisi. Photos of pets, and stuffed animals, are also welcome. Each pet will receive a special blessing. Treats for people and their pets will be available at coffee hour.

For those of you with allergies, please be aware that there will be cats and dogs in church on October 6.

