

Kindness

One of my shining grade school moments was the year I was chosen to be the innkeeper in the Christmas pageant. I stood in the dark cloak room waiting for Joseph to knock. "There's no room here at the inn" I told the dejected-looking young couple donning bath robes "but you can use my stable..." I remember how good it felt to be able to offer that little bit of kindness: "you can use my stable."

Kindness is powerful. Kindness can be life-saving. Even seemingly small acts of kindness like a phone call, a note or text, a meal delivered can mean the world to someone who is lonely, struggling or in need. Kindness connects us in our increasingly disconnected world. Kindness lets another person know that they are not alone, that someone cares.

Mister Rogers, who dedicated his life to practicing and teaching kindness, would often say: "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.' To this day, especially in times of 'disaster,' I remember my mother's words, and I am always comforted by realizing that there are still so many helpers--so many caring people in this world."

During this Advent season, when life can become even busier and more stressful than it is the rest of the year, remember the power of kindness. Perhaps you have an elderly neighbor, or know a teenager who's struggling, or someone newly divorced. Take a moment to reach out to them in some small way and let them know you care.

It probably didn't seem like much to the innkeeper to offer his stable to Mary and Joseph that cold night so long ago, but his kindness enabled Jesus to come into the world safe and warm. The same is true for us today. Our simple acts of kindness can make all the difference in the world (and they feel good, too)!

Peace,
Bill Van Oss, Rector

*Do all things
with Kindness*

VESTRY MEETING HIGHLIGHTS - NOVEMBER 2018

The November Vestry meeting was held on the 20th. Financial summaries were presented by Natalie and approved by the Vestry. Updates were discussed on several topics including, committee structure and participation as well as upcoming vestry nominations, budget activities and stewardship, and it was decided to endorse the "Bag It" campaign to reduce the use of plastics in our community. A report was provided by Bill on clergy activities.

-- Submitted by Mark Brown, Senior Warden

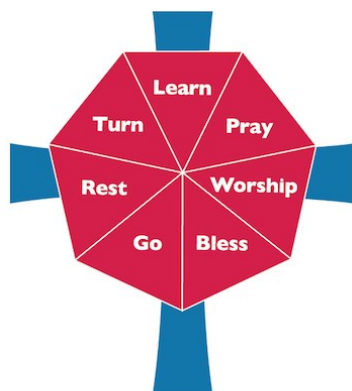
Your Vestry members are Jay Austin, Jason Butcher, Ryan Erspamer, Craig Heidenreich, Ina-Marie Kennedy, Don Pederson, Eirik Rennan, Amber Sadowski, Angie Shambour, Sue Stromquist, Peg Sutherland, and Nancy Schuldt, Junior Warden, and Mark Brown, Senior Warden.

MOST WANTED ITEM FOR CHUM FOOD SHELF

As you know, this fall we joined other Duluth communities of faith in the collection of a "most wanted item" for CHUM. As of November 19, we collected over 60 cans of Minestrone. Thank you!

The soup for the month of December is Chicken and Wild Rice. Or buy any kind of hearty, chunky soup that you like! You can bring your donation to the Sunday or Wednesday service, or drop it by the parish office. If you have any questions, please contact Jane Jarnis: 763-226-0856. Thank you for your generosity. Submitted by Jane Jarnis.

ADVENT REFLECTION SESSIONS



THE WAY OF LOVE
Practices for Jesus-Centered Life

This year our National Church has created an Advent Calendar for our use (see it in the Messenger, too). It suggests daily Advent reflections using the 7 practices of the Way of Love.

On Advent Sundays (December 9, 16, and 23) you are invited to meet me in the Olcott Room between services, 9:00-9:50 am. We will share our Advent reflections and insights with each other.

—Reverend Barb

EVENING BIBLE STUDY

The final Fall evening Bible study session was held Tuesday, November 27, in the Parish Hall.

We recently completed our discussion of the book of Acts. We read to learn how the early church was formed by the Disciples after Jesus died—and finding clues for bringing God's love to our communities today.

You are welcome to join us, too! We will be deciding what to read/discuss next. Bring your ideas! Please call the office to learn about the sessions, or email Reverend Barb about it. (belliott@d.umn.edu). The next sessions will be announced on Sundays and listed in bulletins, too.

CHURCH NIGHTS IN DECEMBER

Check out Wednesday Church Nights in December. Church Nights have become an important part of our Christian Formation program and include something for everyone.

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. We are grateful that Brad Brunfelt will once again lead our music on his guitar. This service is less formal and shorter than Sunday. We use the scripture readings for the coming Sunday.

I am delighted that Buffy Helstrom is preparing our simple suppers again this year. 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.

Church Nights will 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 3 through Confirmation. There is a new "Music and Movement" activity for pre-K through 2nd grade. 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**; **G**rowing in **F**aith **T**ogether, 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 five Wednesdays, our church leaves the building and engages in a service project with a local social service agency or group.

December Church Night Adult Program & GIFT Topics:

December 5 – What is Advent? Advent is a season of great anticipation, both inside and outside of the Church. While the world around us shops, cooks, and prepares for December 25, Christians have their own way of anticipating the birth of Jesus. In this course, Episcopal priest and author Tim Schenck will open up our imaginations to the magic of this holy time of year. We will learn not just more about what Advent is, but how it can change our lives.

December 12 – Homeless in Duluth Lee Stuart, Director of CHUM (Churches United in Ministry) will talk about the realities of homelessness in our community, the challenges we face and what's being done.

December 19 – Caroling! Come and sing Christmas Carols at **Mt. Royal Pines Assisted Living**. We will gather there at 6:30 pm (no Eucharist or meal this evening) and go floor-to-floor bringing Christmas cheer! Great fun for **all ages!**

December 26 – Church Night is **off**. Merry Christmas!

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

SOUP KITCHEN

Monday, December 3, 2018 is St. Paul's day to serve at Damiano Soup Kitchen located at 206 W. 4th Street from 8:30 am-1:30 pm. Helpers are always appreciated. Bring a hat. If you have questions, contact Nelson Thomas: 218-525-5785.



NEW CHRISTMAS FLORAL MEMORIALS AND THANKSGIVINGS

Now is the time to establish NEW floral memorials or Thanksgivings for inclusion in the Christmas bulletin memorial listings. The donations for memorials help make it possible to provide beautiful flowers, garlands and wreaths that decorate the Church during the Christmas season. Names for the new memorials should be submitted in writing to the Altar Guild c/o the Church office by Monday, December 10, or call Joanne Marinac, Altar Guild Floral Memorials Coordinator, 218-728-6330. Names included last year do not have to be re-submitted unless there are changes. The Altar Guild will accept donations in any amount with a suggested minimum of \$20.00. Please make checks payable to ST. PAUL'S ALTAR GUILD with "Christmas Floral Memorials" written on the memo line. Acknowledgments and name listings will be sent to all donors following the Christmas services. --Submitted by Joanne Marinac.



GRATITUDE FROM THE STEWARDSHIP COMMITTEE

Abundant thanks to all of you who have submitted your pledge to St. Paul's for 2019. We had a great turnout on Stewardship Sunday. If you haven't yet submitted your pledge card, there is still time. We hope to hear from you in December. Pledge cards are available in the pews and in the church office. You may drop your pledge card in the collection plate, mail it to the church, or deliver it to the office. If you wish to donate electronically, just visit our website at www.stpaulsduluth.org, or scan the QR code below. Every pledge helps us learn and practice Jesus' Way of Love. Thank you.



MILESTONE KITS

Milestone Kits have been restocked and are available in the two black carts in the parish hall. There are kits for all ages and stages in life to help you bring God's presence into the special moments in life's journey. Each kit contains a simple prayer, conversation starter, blessing and symbolic gift to mark the occasion.

Holiday Services



Monday, December 24

4:00 pm Christmas Eve service with pageant

10:00 pm Christmas Eve service with candles and choir

Tuesday, December 25

10:00 am Christmas service

NOTES OF A DIFFERENT KIND . . .

Happy New Year!

I walked in the church this afternoon, and noticed our ever-faithful altar guild had changed the paraments in preparation for Sunday. The deep and beautiful blue of Advent now adorns our sanctuary. It matches the twilight sky this time of year. After the sun has sunk beneath the horizon and the earth moves into darkness, the sky takes on a beautiful blue. It isn't the bright blue of daytime. It is a peaceful and rich blue of things coming to rest, of the anticipation of the coming rest and the dawn of a new day. While such long nights accompany cold weather, I still find it a comforting time.



But I am one of the fortunate ones. I was driving Hiawatha Parkway in Minneapolis recently, and I saw a tent city which I assume was where many of the homeless people live. I'll be honest, in my world of privilege, I had never seen anything like this before. I didn't realize there were such places in Minnesota, but, then again, I couldn't tell you where the homeless are. They are an invisible population to me, and this bothers me. It's easy to insulate myself from such difficulties. For many, the beautiful twilight sky at 5:00 in the afternoon isn't so comforting. It signals cold against which no one can survive.

As comforting as the blue of Advent is, I look at it differently now. It remains the comforting blue it has always been, but it also calls me to think differently and to be acutely aware that this is not a season of joy and expectation for all. For some, it is very difficult due to lack of shelter or food, emotional support, loneliness and grief. During Advent, we gather around the stories which call us to repent and believe in the Good News. The Good News is that Jesus is coming and will be born anew for all the world, even those without homes. The Good News is that you and I are to be Jesus to the world in such great need of a Savior.

Peace be with you.

Tom Hamilton
Director of Music

GREENING OF ST. PAUL'S CHURCH

DECEMBER 16 – AFTER THE 10:00 AM SERVICE



The Altar Guild invites everyone to help decorate the church for Christmas. Fresh evergreen wreaths and garland will be delivered to the Superior Street entrance at 11:30 am. Help is needed to attach bows to the wreaths, and then hang the wreaths and garland throughout the church.

Just get a quick snack in the parish hall, and please come to the back of the church at 11:30 am if you are able to help.

**COME ENJOY THE FELLOWSHIP AND FESTIVE ATMOSPHERE
OF A WONDERFUL ST. PAUL'S TRADITION.**

Growing In Faith Together

Wednesday, December 19, 6:30 pm

Christmas Caroling at Mount Royal Pines Senior Living Apartments!



Come spread the spirit of Christmas to our elders! We will meet in the main floor lobby of Mount Royal Pines III Assisted Living, 50 E. St. Marie Street at 6:30 pm, then walk the halls while singing for about 40 minutes.

Take a few minutes to bring Christmas cheer for all to hear!

S.O.S. =Serving Others Sunday December 9

As we enter the season of Advent; when we await the birth of the One who came to show us how to serve; we offer an opportunity for all to engage in simple service projects on Sunday, December 9. Children in KidsWord will have special projects to do; and during coffee hour in the parish hall, there will be stations set up for all ages to spend a few minutes in service to others



Upcoming Women's Events

Friday, December 7, 6:30 pm: Leslie Brunfelt presents an encore of **Meal Prep Night!** Make some meals for your family and have in the freezer to pull out during the busy holiday season! This was a very popular event; and spots are filling up; registrations are due by December 1 so food can be ordered. Go to <https://www.stpaulsfaithformation.org/adults.html> to reserve a spot now! Meal options include Mexican Vegetarian Lasagna, Shrimp & Sundried Tomato Risotto, Chicken Bruschetta, Parmesan Chicken Tenders, and Italian Beef Sandwiches, all in two different serving sizes (2-3 servings or 5-6 servings). Final cost depends on number of participants and quantity ordered, approx. \$10-\$20.



Friday-Saturday, February 1-2: Women's Overnight Retreat at One Heartland in Willow River! The women who attended last year loved this new location for our winter retreat; with many options for indoor and outdoor activities, with time to relax, rest and recharge. Mark your calendars now! NEW this year– you can come for the entire day on Friday at no additional cost! More information and registration is online at <https://www.stpaulsfaithformation.org/adults.html>

Let Sue Van Oss know if you have any questions!

Christian Formation News

Advent Around the World Festival, this Sunday! December 2 at 11 am in the parish hall— Visit the booths of TWELVE different countries as you sample the unique foods prepared for the holidays, view special Christmas displays, make an Advent wreath (a NEW design this year), pick up a reusable Advent calendar, make special crafts and more! For all ages!

December Formation Schedule

Sunday, December 2 - KidsWord and ADVENT AROUND THE WORLD FESTIVAL

Wednesday, December 5 - Faith formation for all ages; prek-2nd music and movement, 3rd/4th, 5th/6th, 7th/8th, and 9th/10th grade Confirmation and adults. Since it is St. Nicholas Eve, we will focus on Bishop Nicholas' spirit of giving in secret.

Sunday, December 9 - KidsWord and S.O.S. =Serving Others Sunday stations set up in the hall

Wednesday, December 12 - Faith formation for all ages; prek-2nd music and movement, 3rd/4th, 5th/6th, 7th/8th, and 9th/10th grade Confirmation and adults

Sunday, December 16 - KidsWord— Happy Birthday Jesus Party

Wednesday, December 19 - GIFT Night— Caroling at Mount Royal Pines III Assisted Living— meet in their lobby at 6:30 pm

Sunday, December 23 - Abbreviated Lessons and Carols at the 10 am service.

Monday, December 24 - 4 pm Christmas Eve Service and Pageant, 10 pm Service

Tuesday, December 25 - Christmas Day Service 10 am

December 30 - No KidsWord

Wednesday, December 26 and January 2 - No Church Night programming



DECEMBER 24— CHRISTMAS EVE SERVICE AND PAGEANT 4:00 pm All children are invited to participate in the pageant. Costumes will be distributed in the back of church beginning at 3:00 pm. Children are also invited to play an instrument/sing before the service. A sign up sheet is posted on the second floor bulletin board, or you can contact Tom Hamilton to sign up.

Weather Cancellations: A reminder that if the Duluth School District cancels classes, all events or programs at the church are cancelled for that evening. On weekends, if weather causes any cancellations of classes, service or programs, please check the website that will post information: www.stpaulsduluth.org, or our church facebook page.

Journey to Bethlehem: Let Mary and Joseph visit your home this Advent!



We have sets of Mary and Joseph small figures that are waiting to be welcomed into your home for a week! On the Sundays of Advent you can pick one up on the glass table in the parish hall and take it home for a week; place it in your home to remind you of the long journey Jesus' parents had to take from Nazareth to Bethlehem. Jot down in the provided journal what they did in your house that week. Have fun taking pictures of them engaging in your family's daily life! All of the sets will arrive back at St. Paul's by Christmas Eve.

Advent Around the World Festival Sunday, December 2 11 am in the parish hall



Learn how Advent is celebrated in countries around the world! Experience different traditions, foods, sights and sounds! During coffee hour in the parish hall, take a world tour by visiting various country booths and tasting a variety of foods! Plus, pick up an Advent Calendar, make a wreath, and more! New countries added this year along with some of last year's favorites!

Come one, come all ages!

Prayer Partners Program

Thank you to all the adults who are praying for our children and youth. Know that they also have been praying for you! It is very powerful for these young people to know that their church community supports them in so many ways; especially through prayer as they deal with the joys, fears and challenges of growing up in today's world. Children will be making Christmas cards for their prayer partners in December; but sometimes children are absent when their class is making cards; please know that even if you happen to not get a Christmas card; the children appreciate your prayers!

CHUM Holiday Concert December 14 & 15, 2018 7:30 pm

Cathedral of Our Lady of the Rosary
2801 East 4th Street, Duluth

Featuring the following choirs;
The St. Scholastica Choir
Bella Voce
Cantus Corde
Vox Anima



The same concert is repeated each evening. Doors open at 7 pm. Refreshments following the concert. Tickets, \$10, available at spotlight.css.edu or at the door. CHUM will be requesting a contribution during the concert to benefit programming at the Steve O'Neil Permanent Supportive Housing facility. Donate online at chumduluth.org. Sponsored by The College of St. Scholastica and CHUM.

ADVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Worship Advent 1 Pay attention during worship. What part of the gathering fills your heart?	3 Go Take time to listen closely to someone you may not ordinarily take seriously, or who has a different perspective than you.	4 Learn Read Luke 1:26-38. What is God calling you to say "yes" to?	5 Pray Set a timer for five minutes. Silently repeat this prayer: "Come, Lord Jesus."	6 Bless In the spirit of St. Nicholas, practice a random act of kindness today.	7 Turn Reflect: Where have I fallen short this week? How can I make amends?	8 Rest Do something that replenishes your spirit.
9 Worship Advent 2 What word or words from worship today have found a home in your heart? Share these words with someone close to you.	10 Go Choose to take a different route to work, to school, or to play today. Who or what did you encounter differently?	11 Learn Read Luke 1:39-56. Tell a friend or family member about your practice of the Way of Love and invite them to join you.	12 Pray Join a family member or friend for 10 minutes for prayer, either in person or by phone.	13 Bless Call or write a family member with whom you desire a closer relationship. Tell them what they mean to you. Ask how you can pray for them.	14 Turn Turn away from the busyness of the week and turn toward someone who gives you life or to whom you give life. Give thanks.	15 Rest On this day of rest, pause and breathe deeply with a friend or family member. Give thanks for the restorative power of love.
16 Worship Advent 3 Pray for each person as they receive communion. Imagine who you would like to see at church next week. Invite them to church today.	17 Go Read or watch your local news. Where is reconciliation needed? Pray for healing.	18 Learn Read Luke 1:57-80. Name three ways your faith community challenges you to practice the Way of Love. Share your list with a member of your community.	19 Pray Gather with your faith community for a short time of prayer today.	20 Bless Identify a blessing you have that you could give away. Then share this blessing with your church, a local ministry, or your community.	21 Turn Read the Confession (BCP 352) in an unfamiliar location - in the park, at work, at school, or on the bus. What does the prayer inspire you to turn from in that location? What does it inspire you to turn toward?	22 Rest How can you or your community open yourselves to people in need of rest and relief from overwork? From oppression? From violence?
23 Worship Advent 4 Linger before leaving worship today. Ask God to prepare and send you to go out into the world to witness to God's love.	24 Go Notice and pray for all those who, like Mary and Joseph, are in need of shelter.	25 Learn Christmas Day Read Luke 1-2. Give thanks for the birth of the Christ-child. Pray that you may follow Christ Jesus on his Way of Love with your whole heart, mind, body and				

LAY MINISTRY SCHEDULE

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

	December 2	December 9	December 16	December 23	December 30
ALTAR GUILD	C SPENCER	C CONRAD	J MARINAC	J JARNIS	J MARINAC
	K Leonard	S Hall	J Elliott	D Kolquist	J Elliott
	L Hultkrantz	S Hartley	P Markert	A Schliep	P Markert
	J Harvey	S Meyer	C Miller		C Miller
		A Sadowski			
LECTOR 8:00 AM	J Pastor	M Gustafson	A MacKenzie	N Diener	J Pastor
USHERS	M & S Brown	G & K Bubalo	J & S Dusek	J Jarnis	J & H Ransom
	B & C Dinan	J & H Ransom	C Orsak	D Kolquist	P Waite
			D Morin		K Swanson
ACOLYTES	See www.stpaulsfaitformation.org for current acolyte schedule				
LECTOR 10:00 AM	M Gustafson	Z Stodola	D Rogers	L Van Oss	J Stromquist
CHALICE	S Anderson	P Enenbach	S Anderson	K Baumgarten	S Anderson
BEARERS	K Baumgarten	G Maloney	G Maloney	N Diener	Z Stodola
	M Gustafson	Z Stodola	J Pastor	P Enenbach	J Stromquist
FLOWER Delivery	C Spencer	N Schuldt	J Jarnis	D Kolquist	N/A
COFFEE HOSTS	K Swanson & D Morin	K & B Silverness	J & M French	L Hultkrantz & J Peterman	B Fait & E Rennan
LOCK UP	J Austin	C Fellman	G Maloney	D Pederson	J Austin

December 24 4:00 pm

Lector: A MacKenzie

Chalice: A MacKenzie, M Gustafson, P Enenbach, J Stromquist;

Ushers: P Waite, C Orsak, G & K Bubalo

December 24 10:00 pm

Lector: N Diener

Chalice: N Diener, K Baumgarten, J Pastor

Ushers: J Jarnis, D Kolquist, J & S Dusek

December 25 10:00 am

Lector: P Kruschke

Chalice: P Kruschke

Ushers: Need 1 or 2 volunteers

Altar Guild Other Duties:

Linens: C Conrad, C Miller

Brass: C Miller

December Linens: E Killen, J Harvey

Nov/Dec Cleaning:

C Conrad, C Miller, P Markert, J Sederberg, J Marinac

Substitutes:

Weekly Teams: G Bouschor, E Killen

Wed. Service: C Conrad, C Miller, N Brunfelt

Wednesday 5:30 services:

12/05/18—Team 2

12/12/18—Team 3

12/19/18—No Service

12/26/18—No Service

DECEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 ADVENT BEGINS 8 am Service 10 am Service 11:00 am Advent Festival during Coffee Hour	3 8:30 am Serve Meal @ Damiano Soup Kitchen 1 pm Gentle Yoga	4 8:30 am Bible Study 10:00 am Staff Meeting	5 CHURCH NIGHT 5:30 pm Eucharist 6:00 pm Meal 6:30 pm Faith Formation 6:15 pm Choir Rehearsal 7:40 pm Handbell Rehearsal	6 7:30 pm UMD Low Brass Ensemble Concert	7 6:30 pm Meal Prep Night in Church Kitchen	8
9 8 am Service 10 am Service 11:00 am Coffee Hour	10 1 pm Gentle Yoga <i>Deadline for Giving Tree Gifts</i>	11 8:30 am Bible Study 10:00 am Staff Meeting	12 CHURCH NIGHT 5:30 pm Eucharist 6:00 pm Meal 6:30 pm Faith Formation 6:15 pm Choir Rehearsal 7:40 pm Handbell Rehearsal	13	14 MESSENGER DEADLINE	15 Loaves & Fishes Christmas Party in Parish Hall
16 8 am Service 10 am Service 11:00 am Coffee Hour & Greening of the Church 3:00 pm Festival of Lessons and Carols	17 1 pm Gentle Yoga 6:30 pm Duluth-Vaxjo Soccer Exchange meeting	18 8:30 am Bible Study 10:00 am Staff Meeting 6:00 pm Vestry Meeting	19 6:30 pm GIFT Night : Caroling at the Pines 3 No Choir Rehearsals	20	21	22
23 8 am Service 10 am Service (No KidsWord) 11:00 am Coffee Hour	24 CHRISTMAS EVE <i>Church Office Closed</i> 4 pm Family Service /Pageant 10 pm Service	25 CHRISTMAS DAY <i>Church Office Closed</i> 10 am Service	26 NO CHURCH NIGHT No Choir Rehearsals	27 9 am Messenger Mailing	28	29
30 8 am Service 10 am Service (No KidsWord) 11:00 am Coffee Hour	31 <i>Church Office Closed</i>	1 <i>Church Office Closed</i>	2 NO CHURCH NIGHT 6:15 pm Choir Rehearsal 7:40 pm Handbell Rehearsal	3	4	5

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

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Church email:

office@stpaulsduluth.org

Website: www.stpaulsduluth.org



Hail
Redemption's
Happy
Dawn

Festival of Lessons and Carols | 3:00 pm, Sunday, December 16, 2018 | St. Paul's Episcopal Church