

# THE MESSENGER

FEBRUARY, 2021

## The Interim Rector's Corner



I am delighted to share with you that The Rt. Rev. Craig Loya, Bishop of ECMN, has appointed The Rev. Deacon Patricia Benson to serve as Deacon at St. Paul's. Patricia will join us in ministry beginning February 1<sup>st</sup>. Deacon Pat will assist at liturgies as outlined in The Book of Common Prayer and assist me in re-establishing, training, and supporting a team of members to offer pastoral care.

The major focus of Deacon Pat's ministry will be dedicated to Outreach, particularly gathering, engaging, and supporting members of St. Paul's to: (1) Engage in advocacy for and service to the community, beginning by focusing on our ministry partners; (2) Equip members to meet and build relationship with our neighbors, and to identify what God is doing and calling us to do in the neighborhood; and (3) Meet with retired deacons from St. Paul's to learn their history in the community and re-establish dormant relationships in the community.

Midway through the month of February we shift from the Season after the Epiphany to the Season of Lent. Following the sacred story, we have moved through Advent and Christmas, seasons of expectation and the arrival of the One who is to come, Jesus, then to Epiphany, when we hear stories that make clear that Jesus is indeed God. As we prepare to enter the season of Lent, we read lessons that foretell what will happen to Jesus and his followers during Holy Week, our mood shifts knowing what is to come.

The purpose of Lent is to renew and strengthen our spiritual lives. The Church has ways to do this liturgically, but it is equally important that we also observe Lent on a personal level. Usually, the first thing that comes to mind is fasting. True fasting is going without food altogether or eating only

enough to sustain life. Actually, when people "give up" meat or some other food they are practicing "abstinence." Unless we are going to give up something like a bad habit or something in our lives that has too strong a hold on us, I recommend taking something on. Lent can be a time to embark on a positive new course of action for spiritual development such as: reading one of the Gospels, joining the Tuesday morning Bible Study, reading Morning Prayer regularly, attending adult education on Wednesday nights, helping out at one of our Partner agencies, or taking up a spiritual practice.

Here are some Spiritual Practices you might try:

Anglican Prayer Beads: <http://kingofpeace.org/prayerbeads.htm>

Centering Prayer: <https://www.beliefnet.com/faiths/faith-tools/meditation/1999/12/centering-prayer-guidelines.aspx>

Finger Labyrinth: <https://educationsvoice.wordpress.com/2016/03/26/mindfulness-in-the-classroom-finger-labyrinth-meditation/>

Lectio Divina: <https://www.beliefnet.com/faiths/catholic/2000/08/how-to-practice-lectio-divina.aspx>

Writing a Collect (prayer): <https://anglicancompass.com/the-collects/>

or <https://prayerbookguide.wordpress.com/2010/10/28/writing-a-collect/>

Prayerfully yours,

*Mother Debra+*

## Thank you from Rev. Barbara



Thank you...

Since January 10 when we met in the Retirement Zoom following church, I have thought of you so often! Yes, that day both Tom and I developed all the symptoms of COVID, and since then we have tested positive and been recovering from the infection. I wish you well—stay healthy and safe!

In any case, I do have all the notes and comments you shared with me that day, and they are part of my heart and memories. Our lives are woven together over time, and our friendships will endure well into the future.

I do look forward to worshipping with you and seeing you again when that is possible. In the meantime, I know you will sustain St Paul's as the healthy, caring and loving group that we are. God's blessings.

*Rev. Barbara*

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## Volunteer Opportunity



I volunteer once a week to deliver meals from the Central Kitchen in Lincoln Park. Since they quit paying mileage a lot of volunteers had to give it up. With the pandemic, it has been even harder to keep drivers, especially since some are "Snowbirds." At this time we don't have much person-to-person contact (which takes a lot of the joy out of the job) but hopefully that will change in the future. If anyone can afford the time and expense to do this good work, please call Jacquelin at 218-727-4321.

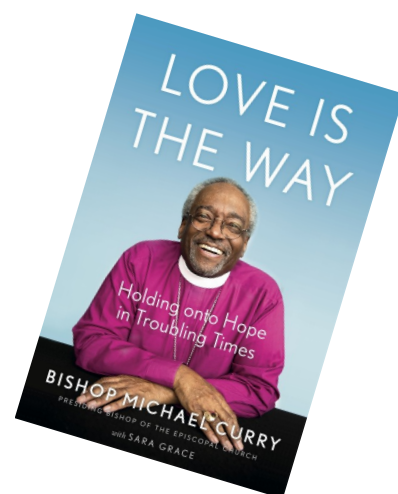
*Respectfully submitted,  
Don Pederson*

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## Evening Bible/Book Study

Just a reminder, our next meeting is Tuesday, February 9, at 6:30 pm on Zoom. I will send out a Zoom link ahead of time. We are reading Love is the Way by Bishop Curry. Looking forward to seeing you all again soon.

*Respectfully submitted,  
Charlie Orsak*



## Lenten Wednesday Night Adult Study: *Groundwork: Digging Deep for Change & Growth*



Join ***Groundwork: Digging Deep for Change & Growth*** Lenten Study each Wednesday evening at 6:30 pm throughout Lent, and till the ground of prayer, learning, reflection, and conversation with your friends. Groundwork will engage the Bible in a way that encourages personal and congregational transformation.

Please register with Rita by calling the Parish Office at 218-724-3535 or emailing [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org). Materials will be available and emailed to each participant in advance. **Groundwork** will take place on the Zoom platform. Don't worry if you don't have a computer; you can call into a Zoom meeting on a telephone, too!

- 2/24: Lent 1 - The Great Temptation
- 3/3: Lent 2 - Faith Story: Traveling with God
- 3/10: Lent 3 – Thirsting Souls: Living Invitation
- 3/17: Lent 4 – Take a New Look: Checking Your Vision
- 3/24: Lent 5 – Leaving the Grave Behind

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## The Episcopal Church and the Biden Administration

People of every ideological persuasion are well aware that the political environment shifted dramatically on January 20, as one American president gave way to a very different successor.

In that context, five department heads from The Episcopal Church gathered virtually on January 11 for a webinar sponsored by the Consortium of Endowed Episcopal Parishes, titled “[Mr. Biden Goes to Washington](#): What a New Administration Means for the Church.” You may click on the link, if you would like to learn more about it. Below is a list of topics covered.

### **Immigration and Refugees**

### **Anglican Communion**

### **Ecumenical and Interfaith Partners**

### **Communication Across Differences**

### **Episcopal Office of Government Relations**

Racial Equity, including topics like disparate COVID impact and police reform

Immigration, in conjunction with Episcopal Migration Ministries

Human Rights & Peace Building

Creation Care, most recently focused on pollution and Arctic preservation

Anti-Poverty Efforts, both domestically and internationally, ranging from food assistance to homelessness

## From Your Treasurer

Dear Parishioners,

December financials were presented at the January 19, 2021 Vestry meeting. Here is a summary of the December **General Fund** Statement of Activities.

December update of 2020 pledges:

Pledge income received in December 2020	<u>\$ 20,610</u>
YTD 2020 pledge income as of December 31, 2020	\$309,587
YTD budgeted pledge income as of December 31, 2020	\$364,641
Variance of actual to budget pledge income as of December 31, 2020.	<u>\$ -55,054</u>
YTD 2019 pledges as of December 31, 2019	\$284,570
YTD income as of December 31, 2020	\$486,074
YTD expense as of December 31, 2020	<u>\$470,240</u>
YTD income over expense December 31, 2020	<u>\$ 15,834</u>

The amounts above from the **General Fund** YTD expense do not include \$84,900 of payroll expenses that have been paid from the Payroll Protection Program loan and are recorded in a separate **PPP Fund**. We expect the entire \$84,900 to be forgiven.

If you have any questions, comments, or suggestions, please call the office or email me at [natalie@stpaulsduluth.org](mailto:natalie@stpaulsduluth.org).

Respectfully submitted,  
Natalie Smith, Treasurer




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## From Our Ministry Partner, CHUM

### CHUM Updates and Opportunities

CHUM will be hosting a Book Club starting in March on the book, "Evicted: Poverty and Profit in the American City" which details stories, statistics and insights about the devastating effect evictions have on families across the country. This book will build your understanding and desire to advocate for creating more opportunities for housing. There will be two separate weekly meeting times, Tuesdays at 7:00 pm and Wednesdays at noon starting on March 2 and 3. The club will meet on Zoom; to sign up and get link to the meeting or for more information please contact Ben Margeson, CHUM's Congregational Outreach and Advocacy Coordinator, at [bmargeson@chumduluth.org](mailto:bmargeson@chumduluth.org) or call 605-690-7619.

### CHUM Assembly Annual Meeting

Save the date! CHUM's Annual Meeting is Thursday, February 25 from 6:30-8:00 pm. This is a wonderful opportunity to learn more about the important work the folks at CHUM do in our community. CHUM will host the meeting on Zoom. The link for the meeting is: <https://us02web.zoom.us/j/85820974364>

Please let Ben Margeson know if you plan it to attend the meeting as CHUM may need to purchase more Zoom meeting space. Ben can be reached at [bmargeson@chumduluth.org](mailto:bmargeson@chumduluth.org).

Respectfully submitted, Jane Jarnis



# Intergenerational Shrove Tuesday Pancake Flip & Crazy Apron Contest



Before we get started with Lent, we are going to have some fun! On Shrove Tuesday we will have a Pancake Flip-off and a Crazy Apron contest on Zoom!

Shrove Tuesday is all about getting rid of the

“fats” in one’s house before the Lenten fast. That’s why we make pancakes.

An old English legend claims that when the pancake makers were busy at their griddles at home, the priest would ring the bell to call people to church. With griddles in hand, still wearing their aprons, they flipped their pancakes all the way to church. In time, it became known as the “pancake race.” Pancake races and parades still take place in England today!

We can’t eat our pancakes together, but we can flip them. And if you don’t think you’re a flipper (or even if you do) you can participate in the Crazy Apron contest. To participate in the fun, find your craziest apron, or make one, or save a pancake from dinner and bring it with your frying pan to our Zoom Pancake Flip! You can participate in both games if you want. Prizes will be awarded and delivered to your doorstep! When we are finished, we can hang out and catch up, too.

Let’s have some fun before we get solemn in Lent. Mark your calendars now: February 16 at 6:30 pm. Look on the website for the Zoom link!

*In Christ’s Love,  
Mother Debra+*

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## “Ashes to Go” on Ash Wednesday

During the pandemic we are not able to go to church in our building. St. Paul’s will be sharing “Ashes to Go” as a way of bringing the church’s presence outside of our building and offering an opportunity for members and others to practice their faith.

In the Christian tradition, Ash Wednesday marks the beginning of Lent, the six weeks leading up to Easter. As a time of self-reflection for believers, Lent is often marked by prayer, penance, and charity. Ashes are an ancient sign of penitence. From the Middle Ages it became the custom to begin Lent by being marked in ash with the sign of the cross. The reminder that we are dust turns our attention to the creative power of God, and God’s ability to heal the brokenness in our lives. Turning to God is the work of Lent; it prepares us for the celebration of Easter.

The traditional Ash Wednesday service will be offered on our website beginning at 7:00 am on Ash Wednesday, February 17. Mother Debra will impose ashes between 1:00 and 2:00 pm outside of the church. In order to attend you

must wear a mask and socially distance while waiting your turn. The exact location will be dependent on the weather, so please stay tuned for future announcements.



Other churches who practice “Ashes to Go” have found that many people had forgotten that it was Ash Wednesday and welcomed the opportunity to receive ashes or a blessing. By venturing outside our church walls, we will offer hope, forgiveness, and healing to people who may still have a spiritual hunger but are not so sure about Church.

*In Christ’s Love,  
Mother Debra+*

## Prayer Shawl Ministry

I would like to express a word of thanks and deepest gratitude to you knitters and crocheters (and here I want to include Covid mask makers) who have helped meet the unprecedented need in 2020 for prayer shawls, lap robes, chemo caps and masks. You are behind-the-scene heroes for the beauty, love, and prayers you've expressed through your art.



Blessings through these items have been sent or given to St. Paul's parishioners and others in need of comfort during these difficult times.

Also a special thanks to Rita Rosenberger for managing this ministry while the church has been closed. Rita has taken responsibility for collecting the prayer shawls and items, monitoring the supply, distributing patterns, as well as send-

ing out shawls, etc. to those who cannot receive them in person from our clergy.

You all are examples to me of the lesson found in Bible scripture 1 John 4:12, "No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us."

We always welcome new members to the prayer shawl ministry. If you are interested contact Marian

Flammang for more information, or supplies, at

[marian.flammang@icloud.com](mailto:marian.flammang@icloud.com)

*Respectfully submitted,  
Marian Flammang*

## Additional Vestry Nominee Bios

### Gary Olson

My wife Kristen and I attended the Catholic Church, she a member and myself not a member. Attending various masses it always struck us that rarely did anybody welcome us to service, nor did anyone try to engage us after any service. As a non member it always bothered me that per the Catholic Church I could not partake in communion. Neither of us knew anything about the Episcopal church. We came to St. Paul's to attend a funeral for a dear friend. When it came time for communion I have to admit I was thinking "here we go again." But to hear the words "This is the Lord's table and all are welcome at the Lord's table." I was so moved to hear these words. Kris and I looked at each other, smiled and said "that sounds about right." The following Sunday we attended our first St. Paul's Sunday service. Before the service even started six people came up and welcomed us to St. Paul's. After that first service, as we prepared to leave I saw Bill Van Oss kind of side-eyeing us and as we moved to the exit he excused himself from the person he was talking with and he came and welcomed us to the church. As we walked to the car smiling we looked back at St. Paul's and said this will be our church. I am looking forward to being more involved now that I have retired from a career with the Duluth Fire Dept. I have volunteered for a couple Shrove Tuesday flipping pancakes and currently I am on the Safety Committee for St. Paul's. Hoping that soon we will be able to worship together again.

### David Clanaugh

David Clanaugh, along with his wife Tracie, has worshiped at St. Paul's for two years. Serving as the regional Habitat for Humanity executive director brought him through the doors to share about Habitat's housing ministry. David recalls his first worship service at St. Paul's felt like a homecoming. He has participated in the church choir and become increasingly involved in the life of the community through Wednesday church nights (he loves helping in the kitchen). David has extensive professional leadership experience with regional faith-based nonprofits: development director at CHUM, Kids Cafe manager at Damiano, and working in various capacities with Mentor Duluth while at the YMCA. He currently coordinates spiritual and support group services at the Minnesota Sex Offender Program in Moose Lake, working with volunteers from 12 spiritual traditions as well as Alcoholics Anonymous. While working as a journalist, he reported extensively about faith and society.

David's first experience with Anglican Christianity was at Christ Church in Calumet, MI thanks to an invitation from friends Dan and Christy. He also has attended St. Paul and the Redeemer in Chicago, IL; Trinity in Houghton, MI; and Holy Trinity in Conrath, WI. He served on the Vestry at Trinity when the parish was discerning how to sustain its ministry through strategic community engagement. He also served on the communications committee of the Diocese of Northern Michigan and was a representative to a conference on environmentalism and spirituality. He consulted with members of a Catholic church slated for closure in his home farming community that led to the formation of Holy Trinity. David is honored by the prospect of helping St. Paul's in its current transition and journey forward in the Way of Love.

## From Your Stewardship Committee



### SUSTAINING ST. PAUL'S CALL TO THE WAY OF LOVE

January 19, 2021

Dear Fellow Parishioners,

As we approach our Annual Meeting, the Stewardship Committee is pleased to report that to date 135 parishioners have made commitments totaling \$308,380 to support St. Paul's financially in 2021. Celebrating a new trend in online giving, 15 parishioners have set up automatic recurring contributions on the website. We are thankful for this generous response to the 2021 Stewardship Appeal.

Many others are still considering their pledge for 2021, and we encourage those who have not had an opportunity to make a financial commitment to St Paul's to do so by the end of January.

In 2020, 129 parishioners pledged a total of \$362,000, and as of this date \$309,587 of that pledge had been received at St. Paul's.

Stewardship is much more than money, but each year we do need to pledge our financial support to help maintain the operational needs of the church. **Where does this money go?** As many often ask the question, we thought it helpful to review the answer in this Annual Report.

We give with gratitude to the church to sustain its efforts, and we pledge to affirm our commitment of money to help develop St. Paul's annual budget. When parishioners pledge, make online monthly commitments or simply place money in the offering plate, our money goes into the "General Operating Fund" and is used for the church's expenses.

**What types of expenses does St. Paul's have, you may ask?** Similar to places of employment, St. Paul's pays for staff salaries and benefits; music and worship; education; administrative expenses such as mailings, supplies, banking fees, dues, licenses, phones, and computers; building expenses such as insurance, supplies, electricity, heat, water, sewer, garbage, cleaning, and snow removal; food and coffee for the parish; and most important, outreach funds to help those in need.

Thank you for your commitment to St. Paul's ministry and operation. If you have not already done so, please send in your pledge card as soon as possible, or make your 2021 commitment online at [www.stpaulsduluth.org](http://www.stpaulsduluth.org) by the end of January.

Gratefully,

Your St. Paul's Stewardship Committee

Nancy Schuldt, Ed Hall, Holly Hansen, Jane Jarnis, Kathy Leonard

## From Your Vestry



Greetings from your wardens and Vestry! The Vestry has been working in December and January to deliberate and approve the 2021 budget, as the Budget Committee worked through the process of evaluating actual 2020 income/expenses and projecting numbers for 2021, and provided us with a conservative but realistic proposed budget. Our pledged income finished

strong at the end of the year, and we profoundly thank all of you who have been able to keep your pledged commitments up to date. The Stewardship Committee continued to track and encourage additional pledges as we turned the corner into the new year, and has recognized that a growing number of “recurring deposits” don’t necessarily track with formal pledges (hard copy and online pledge cards returned or posted). It has made us rethink how the people of St. Paul’s approach stewardship in these times, and how we might engage in the ministry of stewardship differently.

At our January meeting, the Vestry considered and adopted Eric Law’s “RESPECT” meeting guidelines, shared by Mother Debra, which will underpin our ways and means of communicating and conducting the business of the church. This acronym calls out **R**esponsibility for our words and feelings; **E**mpathetic listening; being **S**ensitive to different communication styles; **P**onder what you’ve heard before speaking; **E**xamine our assumptions and perceptions; maintain **C**onfidentiality; and **T**rust ambiguity, as we are not meeting to debate right and wrong. We will follow these guidelines in our discussions as a Vestry, and share them with the parish to guide our interactions anytime we gather to conduct business or make collective decisions.

The bell tower tuckpointing project is wrapping up, and the Vestry determined that we would take on a loan to cover the costs beyond what our dedicated maintenance funds have covered so far. We will be sharing detailed information about the project, this short-term financing ap-

proach, and our longer-term plans for a capital campaign to address broader maintenance needs as well as rebuilding our reserves and recommitting to outreach ministries in our community.

We are also getting ready to conduct our annual meeting – or rather, in this COVID-restricted time, a series of virtual meetings! We will be hosting three sessions over the next several weeks, focused on specific aspects of parish business, during the scheduled Sunday after-service coffee gatherings. On January 31, we will host a meeting to share the budget details for 2021, explaining the changes in (primarily) personnel costs and our best estimates for those needs and projected income for this year. Then, on February 7, we will host a meeting to address more of the typical “business” aspects of our annual meeting: electing new Vestry members and convention delegates, taking time to celebrate the memorable moments of 2020, and engaging in a discussion of goals and objectives for 2021. Finally, we will host a meeting on February 28 to share information and our “roadmap” for continuing our building maintenance and parish revitalization objectives under a capital campaign. We will strive to provide information to all of you in advance and in multiple formats. And, it can’t be emphasized enough: we need your ideas, energy and voices to help us make good decisions for St. Paul’s future!

We are excited to hear from Mother Debra about her beginning the work of transition for St. Paul’s, learning about us through engaging with her team of Transition Companions, and through small group conversations that are happening now on Wednesday evenings. Please take time to sign up and participate in one of those meetings and get to know our Interim Rector, and help her get to know us better so we can chart our course for the future.

Questions, concerns, or ideas for St. Paul’s? You can reach me via email at: [ncosta2799@charter.net](mailto:ncosta2799@charter.net)

Peace,

Nancy Schuldt,  
Senior Warden

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Deadline for submissions to the March issue of *The Messenger* is  
8:00 am, Thursday, February 18, 2021.

Please email items to: [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)



# RESPECT Meeting Guidelines

*St. Paul's Vestry adopted these guidelines at the January 19, 2021 meeting. We will be using them at the Annual Meeting and are encouraging all committees and groups to adopt them as their community norms.*

**R** = take RESPONSIBILITY for what you say and feel without blaming others.

**E** = use EMPATHETIC listening.

**S** = be SENSITIVE to differences in communication styles.

**P** = PONDER what you hear and feel before you speak.

**E** = EXAMINE your own assumptions and perceptions.

**C** = keep CONFIDENTIALITY.

**T** = TRUST ambiguity because we are *not* here to debate who is right or wrong.

Communication is one of the most important elements in building a more inclusive community. People of different backgrounds bring with them different communication styles. Sometimes these differences can cause conflicts among members of a community—often in an unconscious way.

Guidelines for communication are like the traffic rules that one has to understand and observe before getting a license to drive a car. We are required to pass a test proving that we know and will follow the rules in order to lessen the possibility of traffic accidents. With interpersonal communication, we do not require people to pass a test, but we do need to remind people about how to interact respectfully. Conditioned by our society, we may react to others who are different with negative attitudes, put-downs, judgments or dismissal. If we are to express the essence of God's inclusiveness, we need to agree to behave differently when we are attempting to build a more inclusive community. The Respectful Communication Guidelines provide a foundation to uphold the well-being of the community.

These guidelines are helpful for all parishes. We will use them at all future Vestry meetings and at our upcoming Annual Meeting at St. Paul's. They will be helpful in assuring that all voices are heard and respected.

These guidelines were developed by Episcopal priest, The Rev. Eric Law of the Kaleidoscope Institute, and have been developed over the years while working with various churches and secular groups. They are written in an acronym that helps group members remember the guidelines. During the first meeting of the group the meaning of each letter should be explored. In later meetings, the guidelines should at least be read and agreed upon, and sometimes, with briefer explanation.

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## Middle School Faith Formation

The middle school students continue to meet outside on Wednesday evenings. We wear face masks and keep a safe physical distance from each other. We have met steadily since September.

As the weeks progressed and we experienced dusk, then sunset, then darkness with decreasing temperatures, we started to gather around campfires.

Families have welcomed us into their yards, using their stock of firewood to keep us warm and lighted.

Warmth and light to bodies and souls!



*Respectfully submitted,  
Nat Constance*

## February Weekly Worship & Formation Schedule

### Sundays

10:00 am Sunday on St. Paul's via website

10:45 am Zoom Coffee Hour via Zoom

### Mondays

9:00 am Reflection & Announcements via Facebook

### Tuesdays

9:00 am Bible Study via Zoom

6:30 pm Book Study (2<sup>nd</sup> Tuesdays only) via Zoom

### Wednesdays

6:00 pm Children & Family Formation via Website

6:30 pm Adult Formation via Zoom:

February 3, 10, 6:30 pm: Getting to Know Mother Debra+ & Transition

February 24, March 3, 10, 17, 24: Groundwork – Digging for Change & Growth

### Thursdays

9:00 pm Compline via Facebook

9:15 pm Post-Compline Chat via Zoom

### Fridays

9:00 am Morning Prayer via Facebook

### Saturdays

9:00 am Community Connections (2<sup>nd</sup> Saturdays) via Facebook/website

All Zoom links, Meeting ID, and Passwords may be found online at [www.StPaulsDuluth.org](http://www.StPaulsDuluth.org)

Please like us on Facebook.

## Transition and Centering

Throwing clay on the wheel looks so easy when you see a potter do it. It's not!

I was graced during a Sabbatical to be guided by the loving hands of Sister Jane, of the Sisters of St. Francis in Tiffin, Ohio. Sister Jane taught me that throwing a piece of God's precious earth is not just a matter of skill, it is a practice of prayer.



First, the clay is thrown on the center of the wheel and then carefully centered in place so that when it is time to shape the piece it will not wobble but have a nice shape. Centering is absolutely crucial. Without centering the piece, it will quickly become shaky and collapse. If the clay is mostly centered, but not perfectly, the piece will cave in or end up lopsided.

The same is true when a parish is in transition. The parish must be centered in their identity, knowing who they are at the core of their very being, before moving on to the next stage of the Transition Process. One way to think about "centering" is to ask these questions: "Who are we?" "What is it, that if it was missing, we would no longer be St. Paul's?"

One way for parishes to get to their "centered" place is by looking at their Heritage. As we travel our transition journey together you might hear me say: "Think back to a time when St. Paul's was most spiritually alive, when things were really humming, when the parish felt true to itself. What was happening? Who was involved? What did you do as a result of

it?" Chances are that if you ask these questions of yourself, you will come up with several memories to explore. The same is true for parishes.

Right now, in St. Paul's transition, we are still focused on getting to know each other and building trust. We are beginning to explore some new and different things and to reflect on how we feel about them. The Vestry and other leadership are beginning to wrestle with some things to keep St.

Paul's sustainable over the long run. I am doing my best to balance keeping the parish humming, in a time of great uncertainty, while helping you move through your transition. These things take centeredness and time.

My first utterances, as I began my journey at the pottery wheel, sounded nothing like a prayer. What Sister Jane did right in front of me so easily, I found nearly impossible. That was when Jane placed her hands over mine and reminded me that centering is a time for resting in God's presence and deep listening. "First, we must become still, then centered. And we must stay there for as long as it takes, before we move on to what's next," she said.

*In Christ's Love,  
Mother Debra+*

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## February 3, 10, 6:30 pm: Getting to Know Mother Debra+ & Transition Zoom Sessions

Our Transition Companions will join in casting a light on our inhouse "Transition Specialist," Mother Debra+. Come meet her in a smaller Zoom setting and introduce yourself. Learn something about the transition process and be ready to share what you most want her to know and love about St. Paul's.

Space is limited to 15 people per Zoom session. Please contact Rita in the Parish Office (call 218-724-3535, or email [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)) with your first and second choice dates to attend. If more people want to attend than we have space, we will start a waiting list and/or possibly add sessions.



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



Email for the church:  
[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

**Visit our website:**  
**[www.stpaulsduluth.org](http://www.stpaulsduluth.org)**

## St. Paul's Annual Meetings!

The Vestry and Mother Debra will be hosting three sessions in the coming weeks, focused on specific elements of parish business, during the regularly-scheduled Sunday after-service coffee gatherings.

January 31: meeting to share the budget details for 2021, explaining the changes in (primarily) personnel costs and our best estimates for those needs and projected income for this year.

February 7: meeting to address more of the typical “business” aspects of our annual meeting: electing new Vestry members and convention delegates, taking time to celebrate the memorable moments of 2020, and engaging in a discussion of goals and objectives for 2021.

February 28: meeting to share information and our “roadmap” for continuing our building maintenance and parish revitalization objectives under a capital campaign.

Information for each of the meetings will be provided electronically (email, website) and by mail in advance.



*Respectfully submitted,  
Nancy Schuldt, Senior Warden*