

THE MESSENGER

MARCH, 2021

The Interim Rector's Corner

Lent always holds the possibility for real change, or as we like to say in the church, conversion in our lives. Lent is a time for rich and lasting spiritual growth. The word "lent" comes from the Anglo-Saxon word *lencton*, referring to the springtime of the year when the days grow longer and warmer and brighter.

The beginnings of Lent are first mentioned in Christian writings about 100 A.D. Lent started as a brief period of strict fasting and prayer, observed by all, in preparation for the Paschal Feast. In 325, at the Council of Nicea, the Church word for Lent, *Quadragesima* — meaning a forty-day period, first appeared and was understood as a season of six weeks. The forty days of Lent parallel Christ's forty days of fasting in the wilderness before his temptation and are reminiscent of the 40-year wandering of the Israelites in the wilderness.

The theme of Holy Week is Jesus' passion: his suffering and death on the cross. We walk through the days of Jesus' suffering and death because we believe they had a purpose — the salvation of the world. We believe Jesus' death conquered death itself for us all. The gospel stories of Holy Week are sobering. As we contemplate Jesus' death this year, perhaps more than any year most of us have experienced, we must hold on to the faith that in Jesus God has brought about a new creation, and death itself has been conquered.

"We have been buried with him by baptism into death," wrote the apostle Paul soon after Jesus' death, "so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of

life" (Romans 6:4). Come walk with Jesus this Lent, through our virtual offering, and experience the empty tomb in a new way this Easter.

Prayerfully yours,

Mother Debra+



Walk with Jesus at St. Paul's

Lent & Holy Week

Worship & Formation Offerings

Worship in Lent — Sundays at 10:00 am

Intergenerational Formation — Wednesdays at 6:00 pm
on Facebook and website

Adult Formation: Groundwork — Wednesdays at 6:30 pm
on Zoom

Palm Sunday Worship — March 28 at 10:00 am and
Drive-by Palm Pick Up at 12:00-12:30 pm

Maundy Thursday Virtual Agape Meal — April 1 at 6:30 pm

Good Friday, Stations of the Cross — April 2 at 12 noon
on website

Easter Vigil — April 3 at 7:30 pm, streamed from
St. Mark's Cathedral of Minneapolis

The Day of the Resurrection — Sunday, April 4 at 10:00 am
on Facebook and website

Confirmation Update



Hi everyone! The 2020-2021 confirmation class has been meeting since last fall over zoom. We have 13 confirmands and all are busy working on their faith projects with their mentors. We are so blessed to have such a wonderful community of volunteers to work with the teens on this important project!

The faith projects are the last step in our two-year curriculum; once the projects are completed, the kids will be ready to be officially confirmed! We anticipate that completed faith projects will be uploaded to the St. Paul's website in the first two weeks of April. While we are unable to host a "Faith Fair" in person, we want you to be able to celebrate this milestone and see the kid's efforts virtually; more information will come in the next two months. We do not yet have a confirmed date for the Bish-

op to lead the confirmation service, but we are hopeful that it will be Saturday, August 21, 2021, depending on safety protocols and/or weather. Please keep both the confirmands and their mentors in your prayers as they work on their projects.

On a related note – this is the last class I will guide through confirmation. It has been a service of joy and celebration, but my husband is retiring this summer and it's time for me to step aside. If you are interested in finding out about serving as the faith guide for the confirmation class, please reach out to Mother Debra, Rita or me; we are happy to provide information and answer any questions. The basic curriculum is in place and ready for someone to take it to the next level! Working with the teens has been the most rewarding and heartfelt calling; if you think this is a fit for you, let us know!

Respectfully submitted,
Karen Allison

St. Paul's Outreach Ministry

As an outreach to the community, St. Paul's continues to contribute a meal to the CHUM children's programming at the Steve O'Neil apartments. This occurs on the first and third Wednesday of each month. Cooking in St. Paul's kitchen occurs on Tuesday with delivery of food on Wednesday by 10:30 am. Donations of time for cooking or delivery and financial support are greatly appreciated.



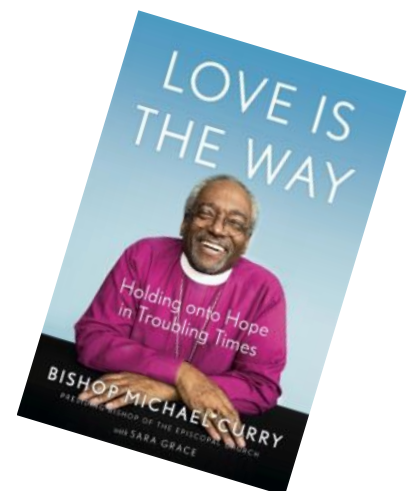
Please contact Sue Brown if you would like to help with this ongoing ministry. Just ask Rita in the Parish Office and she will provide Sue's contact information.

Respectfully submitted,
Sue Brown

Evening Bible/Book Study

The next installment of the Evening Bible/Book Study Group will be March 9th starting at 6:30. The group so enjoyed Bishop Curry's Love is the Way: Holding on to Hope in Troubling Times that we decided to read it again! We felt we could not do justice to the book in one meeting. The book seems particularly relevant to challenging times for our nation, community, and congregation. All are welcome to join the discussion.

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. Demographics, membership, attendance and giving trends will also be discussed. We will review Church/Committee lifecycle theory and there will even be the opportunity to look at St. Paul's the way a visitor would!

Materials and Zoom link are available on our website at <https://www.stpaulsfaithformation.org/covid-19-response.html> Please read each week's lesson prior to coming to the program.

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

St. Paul's Scholarship Applications

Applications for new scholarships for the 2021-22 school year from the St. Paul's Church Scholarship Fund must be submitted to the Scholarship Committee c/o St. Paul's Church by March 15, 2021. Application forms are available in the church office.

*Respectfully submitted,
Bill Dinan*

New Easter Floral Memorials



NEW NAMES for the floral memorials to be printed in the Easter bulletin will be accepted until Friday, March 19. Suggested minimum donation is \$20, payable to St. Paul's Altar Guild Easter flowers. An acknowledgment will be sent to the donors. We are grateful for your contributions for flowers. If you have questions, please call Joanne Marinac, Altar Guild Floral Coordinator. 218-728-6330

*Respectfully submitted,
Joanne Marinac, Altar Guild*

From Your Treasurer



Dear Parishioners,

January financials were presented at the February 23, 2021 Vestry meeting. Here is a summary of the January **General Fund** Statement of Activities.

January update of 2021 pledges:

Pledge income received in January 2021	<u>\$ 52,064</u>
YTD 2021 pledge income as of January 31, 2021	\$ 52,064
YTD budgeted pledge income as of January 31, 2021	\$ 46,117
Variance of actual to budget pledge income as of January 31, 2021.	<u>\$ 5,976</u>
 YTD 2020 pledges as of January 31, 2020	 \$ 47,591
 YTD income as of January 31, 2021	 \$ 95,343
YTD expense as of January 31, 2021	<u>\$ 46,126</u>
YTD income over expense January 31, 2021	<u>\$ 49,217</u>

If you have any questions, comments, or suggestions, please call the office or email me at natalie@stpaulsduluth.org.

*Respectfully submitted,
Natalie Smith, Treasurer*

Natalie Smith to Retire



Natalie Smith has shared her intention to retire as of April 15. Natalie has served St. Paul's faithfully for fifteen years and she will be missed. We will be hosting a special Zoom Coffee Hour for her on April 18. Please plan to come. If you would like to **share a personal "thank you" or special memory** with Natalie, please send it to the church office or email them to office@stpaulsduluth.org **by April 5** and Terry Roberts will put together a memory gift for Natalie. If you would like to make a financial gift in thanksgiving for her work, Natalie requests that you contribute it to Life House, one of our ministry partners. A plan is already underway to discern how to move forward with this position for St. Paul's future.

The Apron & Flipper WINNERS!

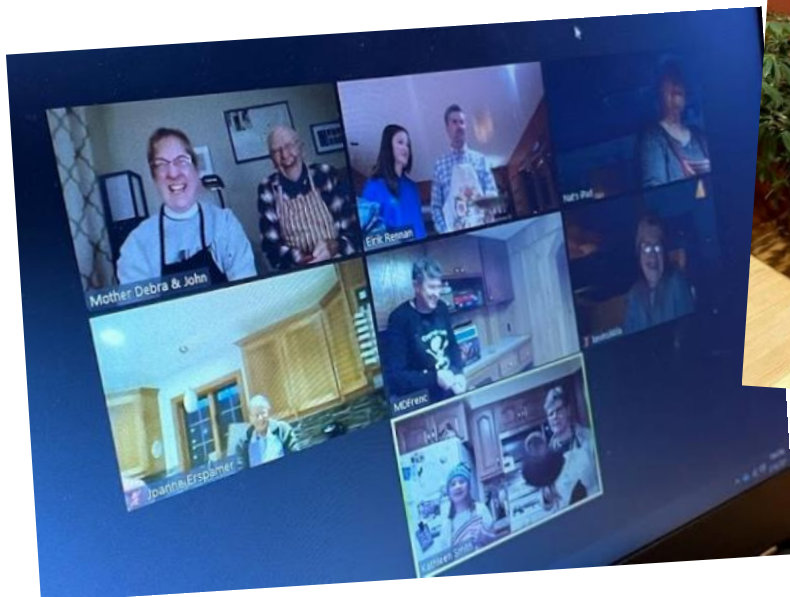


A good time was had by all at the Zoom Pancake Flip and Crazy Apron Contests on Shrove Tuesday! Members of all ages and flipping capabilities came and gave it their best try. Arna Rennan won in the 18 and under division with 48 flips in one minute!

We had to have a "Flip Off" race because four of the adults, Kathleen Smith, Eirik Rennan, Mike French, and Joanne Erspamer were only a flip apart!

We cut the time to 45 seconds and Eirik won with 57 flips! Aprons of all kinds and their back stories were shared. The competition was tough, but the judges finally made their decisions. The Funniest Apron went to Mike French, the Most Colorful Apron went to Tanis Halverson, and the Craziest Apron went to Eirik Rennan. With three wins in the Rennan family, they pretty much cleaned out the prize closet!

Next year, we hope even more Apron Wearers and Pancake Flippers can join us live at the Pancake Supper in the parish hall for some more fun!



The Deacon's Stoop



Please call me Deacon Pat. Forty years ago I came to St Paul's for a Search retreat and in the past decade I brought the younger two (of four) kids here for Teens Encounter Christ. Michael and Elizabeth, and their toddler Lysander, live in Waite Park, where she is the general manager of Chipotle and he is busy chasing around a two-year-

old. Nicholas and April are both teaching in Hong Kong. April has been accepted into a PhD program and they are coming home in August. Matthew lives in Minneapolis and is also planning to move to Duluth, and Anne is a research tech for Rodale in Kutztown, Pennsylvania. We all love this area of Minnesota, and they are thrilled that I've settled in Duluth.

I was a youth director and director of religious education for many years prior to discerning a call to the diaconate in 2014 and ordination in 2018. I served St John's in Linden Hills prior to working as an itinerant deacon in the NW Mission Area, always with a congregation at least 100 miles from home. I look forward to spending more time among you and less time in the car!

I'm eager to meet you, to hear about St Paul's history and your vision of the future, and to walk with you as you follow God into that future. I have been a market gardener, science teacher, community organizer, and most recently the manager of Episcopal House of Prayer in Collegeville. I've been

deeply involved with issues related to environmental justice and working with people struggling with issues related to poverty (hunger, healthcare, homelessness). I love to cook, to gather people around the table where we listen to each other's stories and become the beloved community while sharing a meal. Jesus taught me that. I look forward to the end of this pandemic so we can gather together, gather with our neighbors, and do the same!

My diaconal agreement includes:

- Assist Mother Debra Kissinger in re-establishment, training, and support of a team of people offering pastoral care.
- Outreach: Gathering, engaging and supporting members of the faith community through
 - ♦ Advocacy and service to the community.
 - ♦ Equipping members to meet our neighbors, gathering to build relationship and identify what God is doing in the neighborhood; and
 - ♦ Meet with retired deacons from St. Paul's to learn their history in the community and re-establish dormant relationships in the community.

*Respectfully submitted,
Deacon Patricia Benson*

Email: Deacon@stpaulsduluth.org

Phone: 218-724-3535



The Tridium and the Day of the Resurrection

Due to the pandemic and not being able to gather in the church, we will be exploring a variety of virtual offerings to most fully walk with Jesus throughout Holy Week. You will find links on our website closer to the dates.

Palm Sunday

On Palm Sunday, March 31, the Distribution of the Palms will take place in a COVID-19 safe manner following the Sunday service from 12:00 noon until 1:00 pm at the McGiffert entrance, weather cooperating. Please turn onto 18th from Superior and exit by 17th so that we can keep the traffic flowing.



The Way of the Cross is a custom widely observed by pilgrims to Jerusalem. The offering includes Margaret Adams Parker's Stations of the Cross Paintings (2019) and music composed by Marty Wheeler Burnett which invites us to walk with Christians of every generation on a virtual pilgrimage, meditating on our Lord's passion and death.

The liturgy comes from the Book of Occasional Services of The Episcopal Church. The Department of Lifelong Learning at Virginia Theological Seminary offers this version of The Way of the Cross, with a

reflection guide, for us during this time when we are not able to gather together.

Maundy Thursday: Home Agapé Meal

On Maundy Thursday, April 1 at 6:30 pm, we will share an Agapé Meal with one another from the comfort of our homes. An Agapé Meal is a Christian recalling of the meals Jesus shared with disciples during his ministry. Although its origins in the early church are closely interconnected with the origins of Holy Communion, the two are not to be confused.

The Episcopal Church includes the Agapé for Maundy Thursday in The Book of Occasional Services. The Agapé Meal has appeared only at certain times and has often been held when celebrations of Holy Communion are not appropriate, or in our case in these days, impossible.

The Agapé service will include music, scripture reading, reflection, foot washing (for those who choose), prayer, and the sharing of the Agapé Meal. We recommend preparing a simple meal of soup, bread, and wine or juice. That way, when it is time to share the meal, everything will be ready. You will find a traditional Agapé bread recipe elsewhere in the Messenger, if you would like to bake one. To join in the foot or hand washing, you will need a pitcher with water, a basin, and a towel.

Good Friday: The Way of the Cross

On Good Friday, April 2 at 7:00 am a video devotion known as the Way of the Cross will take the place of our normal Good Friday Liturgy. Due to the pandemic and not being able to gather in the church, this year we see the Stations of the Cross as one of the ways to most fully walk with Jesus.

The Easter Vigil

The Easter Vigil this year will be hosted by St. Mark's Episcopal Cathedral in Minneapolis on April 3 at 7:30 pm Look for the link on our website closer to the date.

Easter: The Day of the Resurrection with Holy Communion!

On Easter, April 4 at 10:00 am we will return to the main church for our festal celebration. Our service will include inspiring music and the celebration of the Holy Eucharist. This year, even though we remain in pandemic mode, the Holy Communion will be distributed in a COVID-19 safe manner in individual servings. Worship virtually and then come share in your first Holy Eucharist since the pandemic close-down began. The elements of the Holy Eucharist will be distributed at the McGiffert entrance from 12:00 noon until 1:00 pm weather cooperating. Please turn onto 18th Avenue East from Superior and exit by 17th Avenue East so that we can keep the traffic flowing.

From Your Vestry



Greetings from your wardens and vestry! The vestry finished up our work on the 2021 budget, and prepared for three annual meeting segments, presenting the 2021 budget to the parish on January 31 and then conducting more of the typical business agenda at the zoom coffee hour on February 7. Thanks to all of you who logged into those meetings and participated! It's

so important for us to share our work with you, but even more important to hear your questions and ideas. I hope that many of you have been able to access the lovely video presentation that Timothy Metcalfe put together, capturing some of the highlights of the "before times" like our Valentine's Day dinner, some of the youth and intergenerational activities that remind us of our connectedness, and poignant memorials for our members who have passed on over the last year.

We are grateful for the service of our outgoing vestry members: Jay Austin, Jason Butcher, Don Pederson and Angie Shambour. They have served St. Paul's with dedication, energy and commitment. And we are equally grateful to the parish members who agreed to serve, and were approved unanimously (by Zoom thumbs-up!): Carol Andrews, Rick Lyle, David Clanaugh, Gary Olson, and Judy Harvey. Jill Peterman and Nat Constance will continue their service as delegates to ECMN Convention, and will be joined by Rebecca Ballou-Buck and Nancy Diener. Nelson Thomas will continue to serve as our alternate, and Kathy Leonard also volunteered as alternate.

We also shared some of the vestry priorities for our work in the coming year, supporting Mother Debra's transition ministry and tackling the issues that need our attention. In addition to selecting a capital campaign consultant (details to be shared at the **third session of our annual meeting, on February 28!**), we will be focusing on:

Policies and Procedures: Reviewing, updating, and developing bylaws, roles and responsibilities, committee in-

put to and integration with vestry

Committees: Revitalizing existing and facilitating new committees; let go of those committees which have run their course, empowering more parish members to actively engage in mission and ministries. In particular, we see as priorities the following:

Communications Committee: Particularly interested in developing a Communications Committee that can assist Rita in spreading the word, updating/refreshing website, examining multiple methods and levels of communication (including old-school, like phone trees, and new school, like technologies)

Safety Committee: Support the Safety Committee in developing a safe reopening plan for St. Paul's, to be approved by the diocese

Video/Technology Team: Support video/technology team as we transition to livestreaming of services

Personnel Committee: Continue to work with Personnel Committee to evaluate emerging staffing needs, and codifying hiring procedures

Outreach Committee: Establish, with the assistance of the Deacon, to begin planning for more robust outreach program supported by capital campaign.

We are excited to welcome a new deacon, Patricia Benson, into our parish life! Her skills and interests are just what we need at this time to support St. Paul's pastoral care needs and strengthen community connections. And as COVID cases and positivity rates decline locally, we are working towards our phased reopening plan for opening our doors and gathering again.

Questions, concerns, or ideas for St. Paul's? You can reach me via email at: ncosta2799@charter.net

Peace,
Nancy Schuldt,
Senior Warden

Deadline for submissions to the April issue of *The Messenger* is
8:00 am, Tuesday, March 23, 2021.

Please email items to: office@stpaulsduluth.org

Transition and Pulling Up



In last month's transition article, I left you at the potter's wheel with Sister Jane's hands over mine and reminding me that resting in God's presence is essential for centering. It took me a while to fully appreciate

the centering of the clay, but I did find that it became easier when I could answer Sister Jane's question, "Are you praying?" with a "yes!"

"Easier" didn't last very long though. Once I mostly got the hang of centering, Sister Jane said, "now it's time to start pulling the clay!" I had watched her take a centered ball of clay and turn it into a pot many times, but I wasn't prepared for what came next.

Once my clay was fully centered Sister Jane taught me how to flatten the centered ball of clay into a disk that looked like a large hockey puck. I learned to slowly "pull out" or widen the disk, pulling more clay to the edge of the disk with the flat sides of two fingers. I had to be careful so that the base didn't end up too thick or thin or, as Sister Jane said, my pot would be "heavy and not be pleasing to the eye." Again, and again Sister Jane had me measure the depth of the base with a tool, then shook her head and said, "still too thick, keep pulling it out."

As I pulled and pulled the base got thinner and a ring of clay collected on the outer rim. "Now it is time to pull it up," Sister Jane pronounced. The process of "pulling up"

creates the sides of the pot. It is a slow and delicate process that requires the fingers of one hand to be placed inside the piece while the fingers of the other hand remain on the outside. Each pull up on the clay must be one slow continuous smooth stroke from the bottom to the top if the desired height of the pot is ever to be realized.

"Pulling" a pot was the most arduous and time-consuming parts of making a pot for me. I actually found it scary. So much was riding on it. That's what it's like for parishes in transition too. In transition we call the process "stretching." Once a parish remembers how its "Heritage" has shaped its "Identity," then the parish can better recognize how they have stretched themselves in the past and can find the faith to stretch themselves into a new future! As culture changes and a parish grows or shrinks it needs to adjust, letting go of things that have run their lifecycle and taking on others in response to their community and the people they serve. Without pulling the pot or stretching the parish neither discover what they are even capable of, or called by God to be!

In Ecclesiastes 3 we read, "There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to tear down and a time to build, a time to weep and a time to laugh...." So, it is in times of transition "God the Potter" pulls on us and asks us to stretch.

Prayerfully yours,

Mother Debra+

Help Pass the Light of Christ this Easter



Help Needed: Members to pass the Paschal Light for the Easter Sunday service. All you need to participate is a white candle and something to record you. Watch the sample video at [this link](#). Remember to pass the light from your left to your right. If you live alone, you still can do this by having another candle lit off camera. That's how Moth-

er Debra did it! It will be so wonderful to see lots of members "passing the light" on our Easter Sunday worship! When you are finished, email your "passing the light" recording to Tim Metcalfe at tmetcalfe@css.edu

March Weekly Worship & Formation Opportunities

Sundays

- 10:00 am Sunday on St. Paul's via website
- 10:45 am Virtual Coffee Hour via Zoom

Mondays

- 9:00 am Reflection & Announcements via Facebook

Tuesdays

- 9:00 am Bible Study via Zoom
- 6:30 pm Monthly Book Study (2nd Tuesdays) via Zoom

Wednesdays

- 6:00 pm Children & Family Formation via Facebook and Website
- 6:30 pm Adult Formation via Zoom:
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 (2nd Saturdays) via Facebook

All Zoom links, Meeting ID, and Passwords may be found online at www.StPaulsDuluth.org

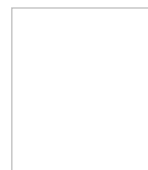
Please like us on Facebook.



Life Transformed: The Way of Love in Lent

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Reflections from "Living the Way of Love" by Mary Bea Sullivan (Church Publishing, 2019). Used with permission.</p>	<p>Feb 17 Bless Notice the pattern of your breathing. Pray for awareness of blessings. Gen. 2:7</p>	<p>18 Worship How does community help or hinder your growing in Christ? John 1:12-13</p>	<p>19 Rule of Life How can you build pauses into the day to reflect on the work of the Spirit? John 15:5</p>	<p>20 Rest How might you connect with others in the spirit of renewal? I Kings 19:11-12</p>	<p>21 1st Sunday of Lent</p>	
<p>22 Worship What is most meaningful to you in worship? BCP, p. 281</p>	<p>23 Pray Go for a walk today and pray with your feet, each step with intention. Isa. 2:3a</p>	<p>24 Way of Love Where do you see the seven practices of the Way of Love in this story? Luke 5:19</p>	<p>25 Bless Who has taught you to live a Jesus-filled life? Who have you taught? 2 Cor. 4:16</p>	<p>26 Go Where can you go and intentionally provide kindness? Matt. 5:4</p>	<p>27 Rest How do you incorporate rest in your life? Jer. 6:16</p>	<p>28 2nd Sunday of Lent</p>
<p>Mar 1 Learn What passage of scripture is important to you? Why? Isa. 40:8</p>	<p>2 Rest How do your creative outlets impact on taking rest? Gen. 1:1-2:4</p>	<p>3 Go Where are you being encouraged to "show up"? Matt. 25:44-45</p>	<p>4 Pray Take 20 minutes in contemplative prayer today. Matt. 4:18-22</p>	<p>5 Bless Intentionally smile at least ten times today. Phil. 4:4</p>	<p>6 Turn Today. Intentionally listen devoutly to another. Mark 4:23</p>	<p>7 3rd Sunday of Lent</p>
<p>8 Go Where can you seek and serve Christ in someone unlike you? Jer. 30:22, 31:4-5</p>	<p>9 Turn How might you share what brings you great joy with others? Rom. 12:6-8</p>	<p>10 Rest How can you incorporate rest from technology today? Matt. 11:28</p>	<p>11 Learn How is the Jesus who walked this earth beckoning you to meet him? Mark 10:46-52</p>	<p>12 Worship In your prayers today, what new words or thoughts touch you? Phil. 4:6</p>	<p>13 Pray Try praying with Anglican prayer beads. Luke 18:1</p>	<p>14 4th Sunday of Lent</p>
<p>15 Bless What challenges are you facing today? Job 11:18</p>	<p>16 Turn Where do you find joy and passion? Luke 24:32</p>	<p>17 Rest What can you say "no" to so you can say "yes" to prayer, rest and joy? Lev. 23:3</p>	<p>18 Learn Practice lectio divina with this scripture. Luke 15:17-24</p>	<p>19 Go Create a prayer representing how you seek to serve God and follow Jesus. Matt. 5:15</p>	<p>20 Rule of Life How do others experience the love of Christ through you? Gal. 5:22-23</p>	<p>21 5th Sunday of Lent</p>
<p>22 Turn What relationships do you need to mend? Isa. 55:8-9</p>	<p>23 Rule of Life How has this Way with God impacted your experience of God? John 7:38</p>	<p>24 Learn Slowly read this passage aloud. How does this speak to the world today? Matt. 4:18-22</p>	<p>25 Worship What seminal moments have informed a need to return to Christ? Ps. 51:10</p>	<p>26 Go Where might God be asking you to take your great love into the world? Isa. 48:6b</p>	<p>27 Pray What are you thankful for? I Chron. 29:15</p>	<p>28 Palm Sunday</p>
<p>29 Pray Listen to the daily office today at missionstclair.com Ps. 55:17</p>	<p>30 Rule of Life Who can support you in living a Jesus-centered life? 2 Cor. 3:6</p>	<p>31 Bless When you reflect on financial giving, are your palms open? Matt. 12:43-44</p>	<p>Apr 1 Worship How do you want to prepare people to remember you? 2 Cor. 1:3-4</p>	<p>2 Turn How did you turn back towards God's love when you made a big mistake? Luke 15:18</p>	<p>3 Learn Who might you have a conversation with to learn about God? Ps. 119:105</p>	<p>4 Easter Day</p>

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



To remove yourself from our list or to receive an electronic copy, email us at office@stpaulsduluth.org or call 218-724-3535

Visit our website:
www.stpaulsduluth.org

Easy Unleavened Bread Recipe - No Yeast Needed!

You can bake unleavened bread! It doesn't involve any yeast or rising or anything! This is perfect for making with children while learning about the Last Supper.



Cook Time
11 mins

Course: Side Dish Cuisine: American Keyword: bread, Holy Week Recipes
Servings: 12 pieces Author: Lacy

Ingredients

- 1 cup cold water
- 2 Tbs vegetable oil
- 8 Tbs honey
- 1 1/2 tsp salt
- 3 tbs softened butter
- 1 egg
- 5 cups all-purpose flour

Instructions

1. Preheat oven to 400 degrees F.
2. Mix all ingredients except for the flour.
3. Slowly add the flour. Knead until the bread is elastic.
4. Oil your hands, then shape balls of the dough in the same way that you shape hamburger patties. Ours were about the same size as hamburger patties. Then poke holes in them with a fork.
5. Grease the pan, and place the bread on it.
6. Bake at 400 degrees F for 10-12 minutes, or until golden brown around the edge.