

THE MESSENGER

OCTOBER, 2021

From Your Senior Warden



Greetings from your wardens and vestry! By now, I am certain most, if not all, of you have seen the parish-wide communications from the vestry and Mother Debra regarding our recent decision to not renew her contract as Interim Rector. Hopefully you have had a chance to say farewell and thank her for her ministry with St. Paul's

these last ten months. We ask your prayers for her well-being and John's, and for a blessed next chapter in their lives.

We want to reassure the people of St. Paul's that we are working closely with the diocese to find clergy leadership to support us through the remainder of our transition to a new permanent rector. We will be hosting supply priests for a few weeks, but are working to identify at least a part-time priest in charge who can celebrate weekly services, help manage pastoral care needs, provide staff supervision and offer some office hours during the week. Thankfully Deacon Pat has helped develop our pastoral care capacity and will continue to support St. Paul's through her covenant.

Canon Karen Olson joined the vestry meeting this week to express her support and discuss some of our most pressing next steps, including support and training for the rector search team for which we are currently seeking nominees. Please prayerfully consider if this is a ministry you are being called to! It will be a significant investment of time, hard work and thoughtful discernment, but also a unique opportunity to help us call the right rector to lead St. Paul's in our spiritual journey. The vestry will be taking nominations through October 4, and will be seeking to form a team that fully represents the parish demographics.

I want to thank the many people who helped make our Rally Day such a success! I especially want to thank Holly Hansen who seemed to manage the coordination of all the moving parts so effortlessly and enthusiastically. The sun beamed down brightly on our fine feast, our games & activities (including the dunk tank!), and the Ministry Fair. It was good to have this chance to talk about the work of our various committees and ministry opportunities, and take new names and numbers to fill out those ranks as we move towards a more "normal" life in our parish.

Please mark your calendars for October 31, and plan to be at St. Paul's that Sunday. No, not just because it's All Hallows' Eve and we have pumpkins to carve; it's time for the parish to learn what we've learned about ourselves through the **Faith in our Future** meetings this past summer! Our consultant, Linda Buskirk, will be joining the FIOF team and vestry to share the input many of you provided and the clear priorities that emerged. This important effort has borne significant and relevant information for not only the timing and direction around a future capital campaign, but also giving our rector search team a great foundation for beginning their work.

Finally, I want to convey my heartfelt thanks to the people of St. Paul's who have weathered our storms and been steadfast in your support for this parish, in your prayers, your continued giving and stewardship, and in your encouragement for the work of the vestry. I think we share a vision of this community in Christ that is hopeful and vibrant.

Peace,

*Nancy Schuldt,
Senior Warden*

From Mother Debra



Farewell Holy Ones

Sunday, September 26th was my final Sunday with you at St. Paul's. When the wardens shared the vestry's decision that my one-year contract would not be renewed, they encouraged me to conclude my ministry very soon.

I will be returning to my permanent residence in northern Ohio where we get lots of lake effect snow! I know that each time it snows, I will be thinking of St. Paul's and what I am certain will be a wonderful and bright future with your new rector.

Much has been accomplished during this time, some remains. The foundation has been laid so that the vestry can carry on the work that they shared with me beginning at our interview process. The groundwork is in place, thanks to the FIOF gatherings, so that the Search Committee will be able to move through the search process expediently.

As I say "good-bye," I want you to know how thankful I am for the time we have shared together on this part of your transition journey. Thank you also for providing a holy, warm, and welcoming place for John and I to land and supporting me through my breast cancer journey. I will never forget your care. My prayer for all of you is that you will always see yourselves as God sees you, a beautiful, holy, worshiping community that provides a beacon of hope and the light of Christ in your community.

And now, may "a slow wind work these words of love around you, an invisible cloak to mind your life," and the blessing of God Almighty: Father, Son and Holy Spirit be among you and remain with you always. Amen.

In Christ's love,

Mother Debra

From the Archives

From the Duluth News Tribune, November 4, 1881

St. Luke's Hospital

From circulars kindly sent us by parties who have the matter in charge, we learn that the above is to be the name of the hospital... The government of this hospital is entrusted to a board of managers, who are to be elected by the vestry of St. Paul's church at every regular annual meeting; such board of managers to consist of seven members, whose term of office shall be three years each... Indigent patients will be admitted to the hospital on the certificate of the visiting physician or of one of the board, stating that the applicant is in needy circumstances and needs hospital care and treatment.

No religious test will be made. Patients will be admitted without regard to nationality or creed, and allowed to call in any minister they choose.

As soon as sufficient funds can be secured, the managers will proceed to erect or buy a suitable building for the purpose of inaugurating a charitable Cottage Hospital, to be known as St. Luke's Hospital of Duluth, Minn. For the present the board have secured a building for temporary use on Third Ave East, between Superior and First streets, and are today having some beds which Mr. Graham has kindly tendered the use of, placed therein, and are getting things in readiness for the care of patients. The institution will be ready for business in a couple of days and will prove a blessing to many a weary sufferer.

Submitted by Bob Silverness in honor of the Feast of Saint Luke, October 18.

From Your Bookkeeper

Dear Parishioners,

August financials were presented at the September 2021 Vestry meeting. Here is a summary of the August **General Fund** Statement of Activities.

August update of 2021 pledges:

Pledge income received in August 2021	\$ 18,626
YTD 2021 pledge income as of August 31, 2021	\$249,935
YTD budgeted pledge income as of August 31, 2021	\$225,313
Variance of actual to budget pledge income as of August 31, 2021.	\$ 24,622
YTD 2020 pledges as of August 31, 2020	\$242,277
YTD income as of August 31, 2021	\$308,966
YTD expense as of August 31, 2021	<u>\$309,223</u>
YTD income over expense August 31, 2021	\$ -257
YTD budgeted income over expenses through August 31	\$ -31,571



A reminder that statements will go out at the end of September and to reduce postage, paper usage and office expenses, they will now be delivered to you via email. Please make sure we have a current email address on file for you. It might end up in your spam or junk folder, so be sure to check that folder if you don't see it in your inbox. If you do not have email, a paper statement will still be supplied to you via US postal service.

If you have any questions, comments, or suggestions, please call the office 218-724-3535 or email me at bookkeeper@stpaulsduluth.org

Christine Melone,
Bookkeeper

Deadline for submissions to the
November issue of *The Messenger* is
8:00 am, Tuesday, October 19, 2021.

Please email items to:
office@stpaulsduluth.org

The Deacon's Stoop



Are you feeling more than a bit of stress these days? No matter where I turn, I encounter tired people who are struggling.

In June we started to breathe easier as Covid rates fell, only to be back in the thick of it now with the Delta variant. So many different perspectives emerge as frustration

and often anger directed at each other. Caring, compassionate people struggle to listen and understand, when their every impulse is to convince someone else of a different definition of what is right.

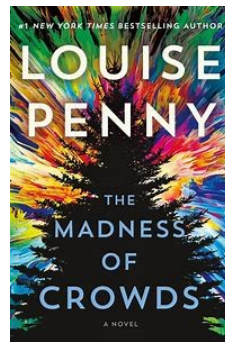
In June we came back together, rejoicing in a return to St. Paul's, only to find many familiar faces, voices, smiles and hugs missing from the gathering. Clergy are different, music is different, liturgy is different, ministry is different, and so many are still missing among the congregation. No coffee hour, no Wednesday night church night, and much that was familiar seems lost. I'm reminded of what a transition consultant said to the search committee for Bishop X: "You don't know who your next bishop will be, but God knows." I want you to remember that while we at St. Paul's don't know who will come to us as our priest and shepherd, God knows. I invite you to pray for that person, and to pray for ourselves, for St. Paul's, as we continue to follow our call to the Way of Jesus, the Way of Love, to become Beloved Community.

Bishop Craig has urged us to pray, daily, saying "you cannot give what you do not have." He has called us to begin every congregational meeting with a reflection on scripture, joining the Episcopal Church in Minnesota to listen deeply to the voice of God in our midst. "We are one church in 104 locations, bound together by our commitment to follow the Way of Jesus, joining God in God's project to heal the whole world with love" (ECMN homepage on the new website). His message is on page 8 in this newsletter, and I hope we all get into the habit of listening, because God is surely speaking.

The Bible is the narrative of a love story between God and humanity, stories filled with drama and holy struggle. St. Paul's is part of God's love story with humanity here in Duluth. God continues to bring people to this faith community, people calling for assistance with basic needs,

people calling for someone to accompany them on the more challenging parts of life's journey, calling others to join the community, calling all of us to embrace the promises of our baptism, to become part of God's project to heal the whole world with love.

Look for "Find Your Happy Place" tips in this newsletter. Most of these tips aren't unique to stress during a pandemic, and there are many others that I would have included. On my list would be spending time with my children and grandson, with weekly phone calls and frequent visits (virtual if needed), camping trips, biking, gardening, porch sitting with books or my guitar. I'm a fan of mys-



teries, and one of my favorite authors is Louise Penny. She invites me to reflect on human nature while solving puzzles with Chief Inspector Armand Gamache. In The Madness of Crowds, Louise writes, "What made a place safe were the people. The caring. The kindness. The helping. Sometimes the mourning. And often the forgiveness."

You, the people of St. Paul's, have cultivated a safe space filled with kindness and caring. Helping is second nature to you. You have found ways to support each other and your neighbors, known and unknown, through this past very difficult year. You stepped into the gap and checked in on each other when there was a need for pastoral care. A group of you just trained as BeFriendsers, to make sure we make pastoral care a core feature of our community, with or without clergy. You stepped into the gap to train Lay Eucharist Ministers, and Acolytes. You stepped into the gap to provide music for worship. You stepped into the gap to provide Faith Formation. You stepped into the gap to record services, to livestream services, to preach. The Altar Guild is here faithfully serving the worship needs of this community, exploring ways to send communion home when we couldn't gather around the table. The outreach ministries have continued, stripped down to the core for safety, modified out of love for all. The wardens and vestry have served faithfully, thoughtfully, and prayerfully through a most challenging time at St. Paul's. I can't begin to recognize Rita enough for all the tasks she has picked up during this time of transition. The first time I saw the Carriage

House was when I followed her to flush the toilets and make sure everything was in working order!

I am humbled and honored to walk with you on this journey, and will continue to walk with you. I invite you to join me in prayer, and in thanksgiving.

Eternal Spirit, earth-maker, pain bearer, life-giver, source of all that is and that shall be...

Thank you for St. Paul's, a place made safe by the people. The caring. The kindness. The helping.

Sustain our hope even as we struggle and mourn.

Fill us with your love as we offer forgiveness.

Nourish us with the bread we need to sustain us.

Strengthen us and fill us with love as we follow Jesus through times of temptation and test.

Remind us that your love is now and forever.

Amen.

Respectfully submitted,

Deacon Patricia Benson

Email: Deacon@stpaulsduluth.org

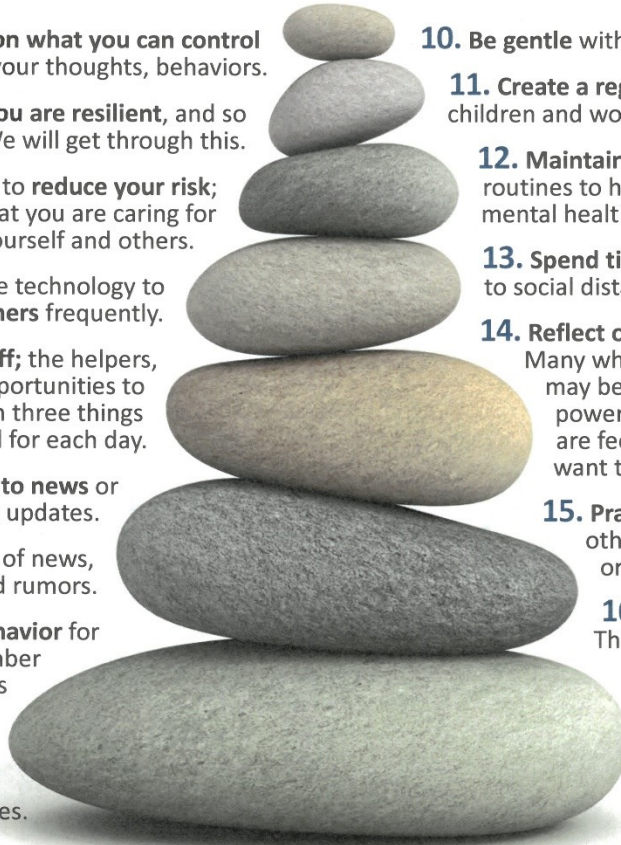
Phone: 218-724-3535



Find your happy place.

TIPS TO REDUCE COVID-19 STRESS

1. **Focus on what you can control** – including your thoughts, behaviors.
2. **Remember that you are resilient**, and so is humankind. We will get through this.
3. Do what you can to **reduce your risk**; take comfort that you are caring for yourself and others.
4. Use technology to **connect with others** frequently.
5. **Look for the good stuff**; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
6. **Limit exposure to news** or social media updates.
7. Use **reputable sources** of news, avoid speculation and rumors.
8. **Model peaceful behavior** for those around you. Remember everyone experiences stress in different ways.
9. **Don't let fear influence** your decisions, such as hoarding supplies.
10. **Be gentle** with yourself and others.
11. **Create a regular routine**, especially for children and work from home.
12. **Maintaining a healthy diet and exercise** routines to help your immune system and mental health.
13. **Spend time in nature** while adhering to social distancing guidelines.
14. **Reflect on your reactions.**
Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
15. **Practice meditation**, yoga, or other mind-body techniques. Find apps or online videos to help.
16. **Reach out if you need to talk.** There are local and national hotlines and warmlines that can help!



DISASTER DISTRESS HELPLINE
1-800-985-5990

'TalkWithUs' TEXT 66746

STAY SAFE MN

What to Do if You Have COVID-19

If you have tested positive for COVID-19, you must separate yourself from others and watch yourself for symptoms such as fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, fatigue, congestion, or loss of taste or smell. This is to protect yourself, your family, and your community.

If you need medical care, follow the instructions on the back page. If you have mild to moderate COVID-19 symptoms and are at high risk for severe disease, you may be able to get medicine. Visit [COVID-19 Medication Options \(www.health.state.mn.us/diseases/coronavirus/meds.html\)](https://www.health.state.mn.us/diseases/coronavirus/meds.html) for more information.

Separate yourself from others



Stay home. Do not go to work, school, or any other place outside the home. Stay home until all three of these things are true:

- You feel better. Your cough, shortness of breath, or other symptoms are better.
and
- It has been 10 days since you first felt sick.
and
- You have had no fever for the last 24 hours, without using medicine that lowers fevers.



Stay away from other people in your home. As much as possible, stay in a separate room and use a separate bathroom, if available.



Wear a facemask if you need to be around other people, and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly afterward.



Avoid sharing personal household items. Do not share food, dishes, drinking glasses, eating utensils, towels, or bedding with other people in your home. After using these items, wash them thoroughly with soap and water. Clean all frequently touched surfaces in your home daily, including door knobs, light switches, or faucets.



Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.

Please carefully review additional information provided to you by the health department and CDC's webpage on [Cleaning and Disinfecting Your Home \(www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html\)](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html).

WHAT TO DO IF YOU HAVE COVID-19

Monitor your symptoms



FILL IN YOUR INFORMATION TO KNOW WHEN YOU CAN GO BACK TO YOUR NORMAL ACTIVITIES.

If you have symptoms:

My symptoms started on _____ (fill in date). I am starting to feel better and have been fever-free for 24 hours. I still need to stay home and away from others through _____ (10 days after your symptoms started).

If you do not have symptoms:

I tested positive for COVID-19 on _____ (fill in the date), but do not have any symptoms. I still need to stay home through _____ (10 days after the day you were tested).

IF YOUR SYMPTOMS GET WORSE, YOU HAVE DIFFICULTY BREATHING, OR YOU NEED MEDICAL CARE:

Contact your health care provider. Call ahead. Do not use public transportation, ride-sharing (such as Uber or Lyft), or taxis if you need to go to a clinic or hospital.

If you need emergency medical attention any time during the isolation period, call 911 and let them know that you have been diagnosed with COVID-19.



Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975

Contact health.communications@state.mn.us to request an alternate format. | 8/3/2021



Beloved in Christ,

One question it's often suggested congregations ask themselves when assessing their mission, vision, and unique identity is, "If this congregation ceased to exist, what would the community miss about it?" That's a good question to ponder for sure, but it seems to me a more important and foundational question is: "when the community sees our congregation, do they see Jesus?"

Our core work as faith communities is to so deeply root ourselves in the person of Jesus that our life together represents Jesus and his gospel of love to the world around us. When people see what happens in our buildings, does it look like the Jesus who welcomes the outcast and the forgotten? When people see how we show up at community meetings, or school gatherings, or non-profit committees, or even soccer practice on a Wednesday night, do they see the Jesus who signals God's intent to reconcile and heal all that has been broken down and wounded? When people join us in person or online for worship, are they invited to tether their lives to the living God, whose love alone has the power to pierce the darkness that so often surrounds us? When ethnic, racial or religious groups are targeted by small or large acts of violence and hate, do we join Jesus in declaring "no more of this"? When despair and death feel like they will crush us and our neighborhoods, do we join Jesus in shouting the defiant alleluia of resurrection? When all appears lost, do we show up as a people who simply won't count God out, and always hold onto the hope of new life?

The most important question we can ask ourselves as individuals and communities is, when people see us, do they see Jesus? I see Jesus in the communities that make up our diocese each and every day. I'm grateful for the life we share, and the ways we are always encouraging and challenging one another to be more fully conformed to Jesus' image and likeness, that we might use whatever we have, for as long as we have it, to join God's project of healing a dark and painful world with the light and balm of perfect love.

Grace and Peace,

The Right Reverend Craig Loya
 X Bishop
 Episcopal Church in Minnesota



ECMNM Dwelling in Scripture

Dwelling in Scripture Together as a Diocesan Household 2021-2022

You are invited to join together with the whole diocesan household to dwell in scripture together this year. We have selected a text for each season and ask that every meeting or other gathering in the diocese begin with either Dwelling in the Word or Gospel-Based Discipleship using the text for that season.

As we move through this year of dwelling in scripture together, may God form us more fully into the image of God's son Jesus, so that everything we do together might point to God's dream of Beloved Community, and so that we might witness boldly that there is no greater force for change and healing in the heavens or earth than the fountain of God's endless love.

Dwelling in the Word Instructions

Listen and Reflect

1. One person reads the entire passage appointed for the current season out loud.
2. Ask people to be open to the Spirit through these questions:
Where was your imagination sparked in this text?
What word or phrase leapt out?
Is there something you'd like to ask a biblical scholar about?
3. Another person reads the passage aloud again.
4. Invite people to ponder the questions. Take 3 - 5 minutes for quiet reflection.
5. Pair off with a reasonably friendly stranger in the room. Introduce yourselves, and share: What did you hear God saying to you?
6. Invite people to regather and to share with the broader group what they heard their partner say. (This is the hard part! And this is where we build our capacity for listening.)

Adapted from: [Dwelling in the Word](#)

Gospel-Based Discipleship Instructions

1. One person reads the entire passage appointed for the current season out loud. Consider and discuss the question: *What word(s), idea(s), or sentence(s) stand out to you?*
2. Read the passage again. Consider and discuss the question: *What is Jesus/the passage saying to you?*
3. Read the passage a third time. Consider and discuss the question: *What is Jesus/the passage calling you to do?*

Adapted from: [A Disciple's Prayer Book](#)

Learn more at episcopalmn.org/discipleship

ECMN Dwelling in Scripture

Dwelling in Scripture Texts

2021-2022

Late Pentecost 2021

John 15: 1-11

"I am the true vine, and my Father is the vinegrower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit. You have already been cleansed by the word that I have spoken to you. Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit, because apart from me you can do nothing. Whoever does not abide in me is thrown away like a branch and withers; such branches are gathered, thrown into the fire, and burned. If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples. As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete."

Advent

Matthew 4:17-22

From that time Jesus began to proclaim, "Repent, for the kingdom of heaven has come near." As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, "Follow me, and I will make you fish for people." Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him.

Epiphany

Mark 1:9-11

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. 11 And a voice came from heaven, "You are my Son, the Beloved;[a] with you I am well pleased."

LAY MINISTRY SCHEDULE –OCTOBER 2021

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

	October 3	October 10	October 17	October 24	October 31
ALTAR GUILD	K LEONARD	C CONRAD	J MARINAC	J JARNIS	C CONRAD
	J Harvey	S Hall	J Elliott	D Kolquist	S Hall
	L Hultkrantz	S Hartley	C Miller	A Schliep	S Hartley
		A Sadowski		R Ballou-Buck	A Sadowski
LECTOR	J Pastor	K Smith	M Gustafson	S Stromquist	P Kruschke
LIVESTREAM	J Austin	J Austin	J Austin	J Austin	J Austin
USHERS	M & S Brown	R Lyle	D Morin	C & B Dinan	M & S Brown
	D Kolquist	P Waite	K Swanson	G Olson	D Kolquist
		M Gustafson	D Barthel	P Enenbach	
LOCK UP	G Maloney	D Pederson	J Austin	M Brown	C Fellman
LEMONADE	M Gustafson	L & B Brunfelt	A & D Sadowski	C Andrews and J Peterman	S M Anderson

Altar Guild Other Duties for October:

October Linens:

Z Stodola, S Hall; Subs: C Conrad, C Miller

Sept/Oct Brass Cleaning:

C Miller, J Jarnis, A Abraham, D Kolquist;
Brass Subs: J Sederberg, C Miller



Attention Altar Guild Members!

Be sure to mark your calendars for our Fall Altar Guild Meeting. Saturday, October 16 at 9:00 am in the Olcott Room. Hope to see you all there - we have a lot to catch up on!

Save the Date!

Sunday, October 3, 10:00 am: Feast of St. Francis & Blessing of the Animals

Saturday, October 16, 9:00 am: Altar Guild Meeting

Friday-Saturday, November 5-6: ECMN Convention, Bemidji, MN

Sunday, November 7, 10:00 am: All Saints Day

Sunday, November 28, 10:00 am: First Sunday of Advent



SOURCE: ISTOCKPHOTO

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

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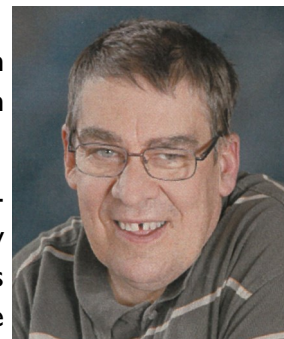
Visit our website:
www.stpaulsduluth.org

Rest in Peace, David Weston

Last Friday, Nelson and I attended the funeral of David Weston. It was held at Pilgrim United Church of Christ. David used to attend St. Paul's Episcopal for years, until a Pilgrim member whom he knew gave him rides to Pilgrim.

The lovely service was attended by about 150 folks. Former pastors Jack Kemp and Charlotte Frantz and soloist Bill Bastian celebrated David's life. Moderator Julie Johnson knew David from his teen years, in a group home where she worked. Frantz and other members recalled David's loyal attendance at the two churches he liked that had good music, fine stained glass windows and good food, especially chocolate chip cookies.

Frantz recalled how much David was a true child of God in his memory of people, his compliments about others' pretty clothing, especially green, and his good cheer when meeting folks at church or at the mall, and his amazing ability to navigate the DTA system. Parishioners JoAnn Chesser and Pat Kruschke who were county employees and knew his social workers helped us understand David in many ways. He brightened our worship and gatherings. We were fortunate to know him.



Respectfully submitted by The Rev. Margaret Thomas