

THE MESSENGER

OCTOBER, 2022

A Joyous Rebirth at St. Paul's

St. Paul's is joyously experiencing what I believe can best be described as a "rebirth." A new Rector, The Rev. Maggie Nancarrow, has been called; The Rev. Deacon Thomas Hamilton has accepted a call to be our Music Director; Sunday youth formation classes have begun again; Wednesday Holy Communion services have restarted and plans for adult forum speakers and programs are being developed; rejuvenated confirmation classes are beginning again; a robust stewardship pledge campaign is being organized; plans for re-building St. Paul's staff are also being developed and implemented; and next year's budget process is well underway. The Spirit is truly at work among the faithful here at St. Paul's!

With the blessing of the Vestry, we are preparing to bring back many of the liturgical practices on Sunday that we have truly missed during this pandemic. We will shortly begin offering the "blood of Christ," the wine, from a common cup. We will begin administering Communion from the High Altar rail and begin having ushers pass the offering plate as well. You will hear more specifics as we develop a plan to begin implementing these returns to prior liturgical practices.

With all of this activity, the one thing we must never forget is that all of this wonderful work and the effort that goes into making St. Paul's a vibrant joyous community needs always to be grounded in and led by The Spirit of God.

How do we ensure as best we can that we are grounded in and following the prompting of The Holy Spirit? Through the spiritual practice of prayer and discernment, truly listening to the Word of God.

One practice that Bishop Loya has encouraged all committees of the diocese and all congregations to engage in he has labeled as "Dwelling in the Word," asking his staff and all congregations to engage in the practice of reflecting on The Word of God together to begin every meeting within the Church. This practice goes beyond opening a meeting with a prayer and asking for God's blessing on our work. It is a way of truly listening to The Word and trying to discern together what God may be saying to us as we engage in the work of God's Church.



One passage of Scripture that is being used for this practice throughout the diocese is Acts 16:6-15. In this passage, St. Paul and his companions travel throughout the eastern Mediterranean running "up against" the Spirit on occasion who would not allow them to proceed as they had intended to. I ask that you read this passage together at any meeting or gathering and reflect together on several questions: What catches your attention in the passage? What questions does the passage create for you? What do you think God might be saying to you as a group through this passage. Copies of this passage and the questions can be found on the credenza in the hall outside of Rita's office.

Let us all faithfully work and pray together as we listen for and follow the will of our Lord and Savior.

Faithfully yours,
The Rev. Rick Swenson

Help Wanted

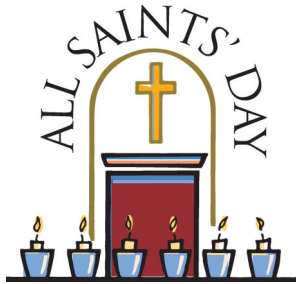
St. Paul's is currently looking to hire a **Church Sexton**.

Duties for **Church Sexton** include oversight of building maintenance, minor repairs, custodial duties, ordering supplies, oversight of cleaning service and boiler service, and eventual supervision of an Assistant or Event Sexton. In this position, you would work with a friendly, team-oriented staff dedicated to meeting the needs of the parish. Flexible hours up to eighteen (18) hours per week or two to three days per week with competitive pay.

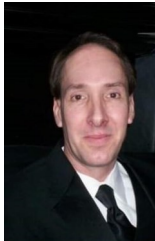
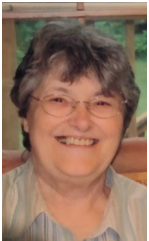
Job description for this position can be requested from our parish secretary at office@stpaulsduluth.org or by calling the church office at 218-724-3535.



All Saints' Day



We remember all the blessed saints who have gone before us on All Saints' Day, which will be solemnly celebrated in a special way here at St. Paul's on Sunday, November 6. Please add the names of your loved ones who have passed away since last November to the list located at the back of the sanctuary. All the names will be read aloud on All Saints' Day. Thank you.



Pedals Pipes and Pizza!

The Arrowhead Chapter of the American Guild of Organists is sponsoring a learning experience about the pipe organ, called **Pedals, Pipes and Pizza**. It will be held at St. Michael's Catholic Church (4901 E Superior St, Duluth) on Saturday, October 15, from 9:00 am-1:00 pm. Registration begins at 8:30 am. The event is free! Youth from grades 3-12 are invited; adults are also encouraged to attend. Come explore the magical inner workings of the "King of instruments" as we delve into the history and wonder behind the pipe organ.



From Your Vestry



As Senior Warden of the Vestry, it is my pleasure to announce Dr. Tom Hamilton as Director of Music at St. Paul's Episcopal Church. His first Sunday will be October 16, 2022. Tom faithfully served in this role from 2013 through 2020. Previously, he has directed the brass, handbell, Chancel Choir, and provided direction for our youth

to develop and contribute music in worship. We have great appreciation for his proficiency behind the organ, but also welcome the spiritual understanding and text of the liturgy as it applies to the music ministry.

Tom's experience as a church organist and music director goes back nearly thirty years, offering impeccable credentials with majors in Organ and minors in Voice and Choral Conducting.

- Doctor of Musical Arts in Organ Performance from the University of Iowa
- Master of Sacred Music from Luther Seminary, St. Paul, MN
- Bachelor of Music, cum laude, at Concordia College, Moorhead, MN

I am proud of the diligent work of the Vestry and Personnel Committee in conducting a thorough search and interview process. Personnel Committee members include Nancy Schuldt, Angie Slattery, Leslie Brunfelt, Ryan Erspamer, Kathy Leonard, and special thanks to Heidi Lyle for her musical expertise in this effort. I also want to acknowledge the work of Rev. Rick Swenson in crafting the Letter of Agreement. And lastly, thank you all for your patience and grace through the ups and downs in this process.

The staff at St. Paul's may be small but mighty. Tom has previously displayed a team-oriented approach that fits well with Reverend Rick Swenson, Deacon Patricia Benson, Bookkeeper Christine Melone, and Parish Secretary Rita Rosenberger. We are ever grate-

ful for their work. After Tom met with our incoming rector, I am pleased that Rev. Maggie Nancarrow wholeheartedly supports Tom in their shared vision for our music ministry.

On Sunday, September 25, when we first announced Tom's return, the reaction from the congregation was uplifting. The same can be said of the Ministry Fair held afterwards in the Parish Hall, which the Vestry worked hard to prepare. The goal of the Vestry is to build a team-oriented staff capable of meeting the needs of the parish, but more importantly, to lead our parishioners to do God's work in our church and in our community.

There is always time to find where your gifts can be helpful and build our future. Thank you to all who signed up and took the time to learn about the different ministries at St. Paul's!

Faithfully submitted,

*Eirik Rennan,
Senior Warden*



Dr. Thomas K. Hamilton, Director of Music

Welcome Back, Tom!

ACOLYTES

We are delighted to have five new Acolytes this fall! Sincere thanks to Anna, Izzy, Jack, Calvin, and Caitlin for saying “yes” to this ministry. Your faithful service will enhance our worship.

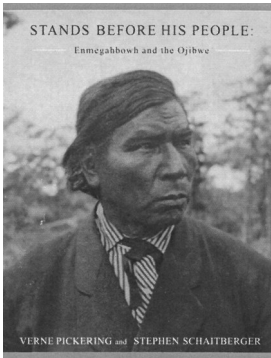
Special thanks go to Terry Roberts for providing the pizza lunch for our youth at the Acolyte meeting in September. It was excellent.

One additional volunteer opportunity is laundering the Acolyte robes and cottas once a month. If we get six volunteers, each person would only need to do this twice a year.

If you have a student in middle school or high school who is interested in serving as an Acolyte, please contact Rebecca Butler, Director of Acolytes, at 218-348-2380 or email her at rebecca@reltub.us



St. Enmegahbowh Book Study



The Rev. Margaret Thomas and Terry Roberts are starting a Book Study group to read Stands Before His People, a biographical history of Enmegahbowh and the Ojibwe community. They will meet on Thursday mornings at 9:00 am in the Ryan Room, starting Thursday, September 29. Call Margaret (218-525-5785) or Terry (218-341-4519) if you would like to join. Please contact Rita in the Parish Office if you wish to purchase a copy of this book.

Join the Welcome Wagon

Our process of creating a welcome scrapbook for our new rector, The Rev. Maggie Nancarrow, continues through the end of October. If you didn't get your individual or family photo taken on Rally Day or at the Ministry Fair, please gather in the back of the sanctuary following the 10 am service any Sunday this month and Beth Fait or Amy Gustafson will assist you. Eight o'clockers may get their photos taken after the 8 am service on October 9 or 16. You will also be asked to write information about yourself/your family on a piece of scrapbook paper, upon which your photo will be mounted. The scrapbook will be presented to Maggie as a part of the celebration of her first Sunday with us in November.



Let's have full parish participation to demonstrate the warm and welcoming parish that is St. Paul's!

Respectfully submitted,
Amy Gustafson

St. Paul's Faith Formation



After years of waiting, what a pleasure it has been to welcome our children back to Christian Formation programming! Rally Day was a great success, and the following week was our first official day of Sunday School. In the

month of October, children will be invited to bring their pets to the classroom as we learn about St. Francis and sing songs that celebrate animals. The discussion of St. Francis will be a natural lead-in to a few weeks later when they will learn about All Saints Day (celebrated this year on November 6). And don't forget to invite your children to wear their costumes on October 30 — the Sunday of Halloween weekend!

Much thanks to our first cycle of teachers, Ms. Phyllis and Ms. Wendy, and our enthusiastic music man, Mr. Brad. And speaking of saints, Natalie Constance and Phyllis Saliin have spent countless hours organizing rooms, shelves and closets throughout the church building, which were literally bursting with craft and other supplies. How many people quietly volunteer to test hundred of markers and glue bottles to see if they're still good? Not only does their work make accessing the supplies so much easier for the Chris-

tian education team, but will likely save the church thousands of dollars as we will not need to repurchase items already available.

And last but certainly not least, Beth Fait and Arna Rennan are to be applauded for caring for the youngest of our church family in the Parish Nursery, allowing parents to comfortably experience worship with the knowledge their little ones are in safe and caring hands.

This month, look forward to information about resuming Wednesday evening formation activities for middle school youth and confirmands, as well as a fun reunion for teens already confirmed.

Please consider joining the Christian Formation team, where you can help revitalize and grow programming for children and youth. St. Paul's has a long history of strong and vibrant formation for all ages...be a part of making that our future!

Respectfully submitted,
Amy Gustafson



Lost Treasures from the Archives

October 18 is the Feast of St. Luke. In light of this, here are some historic articles about St. Luke's Hospital, which was founded by St. Paul's Episcopal Church.

*Respectfully submitted,
Bob Silverness*



St. Luke's Hospital, 1881

Rev. J.A. Cummings, past rector of St. Paul's, was invited to reflect upon the early days of the first St. Luke's Hospital. Here is a portion of his reminiscences from an article published in the Duluth News Tribune, February 3, 1918.

One Nurse.

"Mrs. Gouin was the only nurse, so I remained at the institution three nights each week until the epidemic was over. H. F. Thompson was the second patient of St. Luke's hospital, the first being a charity charge. I remember at one function an individual paid \$25 for a dish of oysters in order to aid the cause, and with such liberal contributions the hospital has been able to meet all its financial obligations since its first inception.

"The old building was occupied for three years and then a building was erected at Second avenue East and Fourth street which served until October, 1902, when the present St. Luke's hospital was dedicated through the efforts of Dr. A. W. Ryan, the present rector."

Rev. Mr. Cummings saw remarkable changes not only in hospitals but also in sermons. While here he looked over the old files of some of the sermons he preached in the little church around the corner, and remarked: "Sermons nowadays have to have a little jazz and some added syncopation; those old ones would hardly do now."

Article from Duluth News Tribune, October 19, 1903

DONATION DAY AT ST. LUKES HOSPITAL

**Generous Gifts of Money, Clothing,
Provisions and Medicines Are
Received From Friends.**

Several hundred dollars and enough clothing, medicines and provisions to fill a large room were received at St. Luke's hospital Saturday and Sunday, a miscellaneous assortment of articles donated by friends of the institution. Once each year donations are made to assist the hospital in its good work and in view of the fact that the annual donation day fell on Sunday this year Saturday and Monday were selected as the days on which gifts would be received.

Packages began arriving at the hospital early Saturday morning. Some were brought by messenger, but more often they came in delivery wagons. The assortment of clothing included men's suits, overcoats, under garments and all sorts of wearing apparel for women, and the greater portion appeared to be practically new.

There was an abundance of provisions donated by individuals and grocery establishments and a quantity of fruit from the wholesale district of Michigan street that appeared as fresh as though it had been taken out of a car that day.

There were generous donations of wines and liquors, enough, it is believed, to supply the needs of the hospital for a year. These are used in typhoid and pneumonia cases and with the large number of patients who come from outside towns a generous quantity is required.

This has probably been the best year for donations in the history of St. Luke's hospital.

From Your Bookkeeper

Dear Parishioners,

August 2022 financials have been presented to the Vestry at the September 20, 2022 meeting. Here is a summary of the August **General Fund** Statement of Activities.



MONTHLY FIGURES: August	This Month	Year to date
Total Pledges collected	\$18,861.80	\$211,668.76
Prior year pledges	\$0.00	\$1,339.57
Total non-pledged collection	\$1,166.29	\$13,780.02
Investment support	\$8,194.87	\$68,076.00
Total Collected	\$28,222.96	\$294,864.35
Monthly expenses	\$32,288.51	\$243,676.52
amount over/(short)	(\$4,065.55)	\$51,187.83

The pledge collection amount for August is \$2800 ahead of budget, and the Year-to-Date pledges are ahead of budget by \$17,838.

Expenses are \$11,523 under budget for the month and \$77,718 under budget Year-to-Date. Please note that monthly August expenses exceed the monthly income. We had planned to have a \$30 thousand dollar deficit at this point in the year instead of the surplus we actually have.

If you have any questions, comments, or suggestions, please call my office 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 18, 2022.

Please email items to:
office@stpaulsduluth.org

The Deacon's Stoop

*Follow the risen Christ into the world,
to heal the whole world with God's love.
Alleluia! Alleluia!*

September musings....

Healing:

noun — the process of making or becoming sound or healthy again, “the gift of healing”

adjective — tending to heal; therapeutic, “a healing experience”

Often when we think of healing, we think of someone in need of professional treatment due to injury or disease. “Healers” are trained in various fields of medicine, offering physical and psychological treatment for a wide range of conditions.

There are healers of another kind. Scripture records a time when Jesus sent out seventy of his followers in pairs, telling them, “Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, ‘The kingdom of God has come near to you.’” (Luke 10:8-9) Being surrounded by people who love us, and whom we love, puts us at ease. This is a form of healing we all can practice. The word disease comes from old French, then to Middle English, and means “lack of ease.” We have all experienced various extents of trauma in the pandemic; some from physical sickness, others from loss of work, or the inability to go to school, or isolation from family and friends. A lot of strong feelings have circulated around masking, gatherings, vaccinations, shut-downs, and the role of government managing the pandemic. How do we return to a place of ease?

In our study of The Body Keeps the Score, we’ve encountered four fundamental truths:

1. *Our capacity to destroy one another is matched by our capacity to heal one another. Restoring relations and community is central to restoring well-being;*
2. *Language gives us the power to change ourselves and others by communicating our experiences, helping us to define what we know, and finding a common sense of meaning;*
3. *We have the ability to regulate our own physiology,*

including some of the so-called involuntary functions of the body and brain, through such basic activities as breathing, moving, and touching; and

4. *We can change social conditions to create environments in which children and adults can feel safe and where they can thrive.*



In August a small group of folks from St. Paul's offered a gift of healing to our neighbors during the Jefferson Street Block Party. Loaves and Fishes sponsored this event, while grieving the loss of Donna Howard. The healing gift of *presence* came through neighbors helping neighbors set tables and chairs, grill brats, playing Connect Four, and serving root beer floats (see photos by Nancy Diener on next pages). The healing gift of *listening* came through hosting the welcome table and sharing hospitality. The healing gift of *creating a safe environment* came through the invitation to share stories and create a prayer flag to capture the longings and hopes and dreams of our neighbors. We learned that it's hard to be black in Duluth, that trans lives matter too, that bugs are cool, and diversity is a treasure. You can see the flags posted in the Parish Hall – take the time to read them and to pray for our neighbors. Walk the streets around St. Paul's and meet the folks who live here, because you bring the kingdom of God near to them with your love.

Gabriel Project

St. Paul's has supported the Gabriel Project for many years, and we are taking a more active role for the next four months. Peace Church has managed the donations and offered the gifts of this multi-congregational discretionary fund for many years. It is designed primarily for those persons who are surviving, but not thriving, where an unexpected expense could be enough to push them into crisis. Peace Church has been on a journey similar to ours, in transition with clergy and staff. With an ongoing call and the loss of two administrative staff in September, they asked for

some respite from the day-to-day operations of the fund.

On Mondays from 11:30 am to 1:00 pm and Thursdays from 10:00 – 11:30 am, St. Paul’s will open our doors to offer folks a helping hand. Most of this takes the form of gift cards for food or fuel, while some requests are a bit more complicated. I will hold office hours for this purpose, but invite you to join me! Contact me if you would like to sign up for a single time or a repeat experience.

From the Catechism (BCP, p. 855)

Q. What is the mission of the Church?

A. The mission of the Church is to restore all people to unity with God and each other in Christ.

Q. How does the Church pursue its mission?

A. The Church pursues its mission as it prays and wor-

ships, proclaims the Gospel, and promotes justice, peace, and love.

Q. Through whom does the Church carry out its mission?

A. The Church carries out its mission through the ministry of all its members.

Q. Who are the ministers of the Church?

A. The ministers of the Church are lay persons, bishops, priests, and deacons.

*Follow the risen Christ into the world,
to heal the whole world with God’s love.
Alleluia! Alleluia!*

Blessings,
Deacon Pat

Email: Deacon@stpaulsduluth.org

Phone: 218-724-3535

2022 Loaves & Fishes Block Party Memories

photos taken by Nancy Diener



Continued on next page

2022 Loaves & Fishes Block Party Memories

photos taken by Nancy Diener

Continued from previous page



LAY MINISTRY SCHEDULE –OCTOBER 2022

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

	October 2	October 9	October 16	October 23	October 30	November 6
ALTAR GUILD	K LEONARD	C CONRAD	J MARINAC	J JARNIS	J MARINAC	K LEONARD
	S Cox	S Anderson	A Gustafson	D Kolquist	A Gustafson	S Cox
	J Harvey	S Hall	L Hultkrantz	R Ballou-Buck	L Hultkrantz	J Harvey
		A Sadowski	C Miller		C Miller	
LECTOR 8:00 am	M Gustafson	A Mackenzie	N Diener	J Pastor	M Gustafson	N Diener
LECTOR 10:00 am	J Pastor	Z Stodola	J Stromquist	M Gustafson	Z Stodola	N Diener
ACOLYTES	L Fellman	M Butler	A Barthel	G French	A Dodge	A Rennan
	L Gustafson	O Morin-Swanson	E Barthel	J Bauer	E Erspamer	L Gustafson
	C Gustafson	J Shambour	A Keto	C Butcher	I Denney	C Gustafson
LIVESTREAM	D Clanaugh	J Austin	R Lyle	J Austin	J Austin	D Clanaugh
COFFEE HOST	M & S Brown	The Morin-Swanson Family	The Gustafson Family	M & B Minter	The Brunfelt Family	The French Family
USHERS	M & S Brown	D Morin	R Lyle	B Dinan	M & S Brown	D Morin
	D Kolquist	K Swanson	G Olson	C Dinan	D Kolquist	K Swanson
		D Barthel	P Waite	N Schuldt		D Barthel
		P Enenbach	M Gustafson			P Enenbach
LOCK UP	J Austin	D Pederson	C Fellman	M Brown	T Diener	J Austin

Altar Guild Other Duties for October:

October Linens:

Z Stodola, S Hall

Subs: C Conrad, C Miller

Weekly Team Subs:

G Bouschor, E Killen

Sept/Oct Brass Cleaning—

Date TBD:

J Jarnis, D Kolquist, A Abraham, A

Slattery Sub: C Miller

Wednesday Evening Services:

9/28—Team 1

10/5—Team 2

10/12—Team 3

10/19—Team 4

10/26—Team 3



St. Paul's Episcopal Church
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Duluth, MN 55812

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Visit our website:
www.stpaulsduluth.org

Blessing of the Animals

This Sunday, October 2, 10:00 am

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

This Sunday, October 2, in honor of St. Francis of Assisi. Photos of pets, and stuffed animals, are also welcome. Each pet will receive a special blessing. Treats for people and their pets will be available at coffee hour.

For those of you with allergies, please be aware that there will be cats and dogs in church on October 2.



Blessing
of the
Animals