

THE MESSENGER

APRIL, 2023

Spiritual Practices in Lent

When I started my ordination process in the Episcopal Church in Minnesota, one of the first required courses was called *Christian Spirituality*. This class invited students to engage in the vast and diverse spiritual tradition within Christianity, from the words of the Desert Fathers and Mothers, to simple prayer practices that ground and form a spiritually attentive life. This was a breath of fresh air after my rigorous, academic and heady seminary degree. The things that I learned in this course had a transformative impact on my life as a minister.

This year as a part of our Lenten practices at St. Paul's, we have been introducing to you various simple prayer practices that come from this diverse Christian spiritual tradition. Rather than focusing on what we can take away to draw closer to God, this Lent we have been thinking about how we can carry forward simple prayer practices beyond the church sanctuary and into our daily life and work.

For the first Sunday in Lent, as we heard of Jesus' sojourn in the wilderness, I re-introduced the *Be Still Prayer*. By praying a crucial verse in Psalm 46, this prayer helps us to center ourselves in God, as Jesus was also centered in God during those 40 days. To pray this prayer, one simply repeats the phrase *Be still and know that I am God*, removing a portion of the verse on each repetition. At the end, you find yourself



meditating on the word *be* and the silence that follows.

On Lent II, Rick reflected on how Jesus and Nicodemus' conversation by night invokes the promises of baptism and new birth found in following Jesus. He invited us to spend time with the prayer book catechism, reflecting on the meaning of sacraments.

On Lent III, though we regrettably canceled our service to make way for 16" of Saturday-night snow, I was able to share a spiritual practice with you online. When a Samaritan woman comes to a well, Jesus shares with her a promise of living water. In this wordless, tactile prayer, you were invited to place a bowl of water by a doorway. Each time you passed through the doorway, you could dip your fingers into the water and make the sign of the cross, letting the sensation of the water remind you of



God's love and presence with you.

On Lent IV, when Jesus encountered a man born blind, we learned about *The Jesus Prayer*, an ancient prayer from the Eastern Orthodox tradition that is used as a meditation and repetitive incantation. To pray the Jesus Prayer, one simply

Continued on page 3

Giving Warmth Line

We will remove the Warmth Line on May 1. Thank you to everyone who continued to bring, hats, scarves, mittens, and socks. Somehow, whenever the pile of available items was getting slightly low, a whole new supply would always appear.

And thank you to the people who, as they left church, would gather a few items to pin to the line. Sometimes the line outside would get bare, but there would be a pretty full supply inside the church. So, much appreciation to those, young and old, who took a moment to refill the line outside. It is such a joy to see the Warmth Line full of color and caring.

Now, for the month of April, we will continue with hats, scarves, and mittens. But we invite you to fill the line with socks for the wet, messy Duluth late winter and spring. Of course new socks are welcome, but equally welcome is the project of clearing your sock drawers. Maybe you have a tidy drawer with just the right number of socks for yourself, but many of us have an overstuffed drawer that could be sorted out into a give-a-way pile.



Respectfully submitted,
*Natalie Constance,
 Middle School Faith Guide*

Our Middle School group added several items to the Giving Warmth Line on a chilly March evening.

Meet a New Vestry Member

Hello! My name is **Sophie Gray Spehar**, and I am a recent returner to St. Paul's. I grew up in Wasioja, MN and was a member of St. Peter's Episcopal in Kasson. My family was involved in many diocesan events, volunteering at Cass Lake, attending TEC, and other retreats. I was honored to serve as a delegate at convention as a young adult.

I attended Augsburg College in Minneapolis, where I became involved in various social justice initiatives. I have lived in Tennessee and Ireland, and have been in Duluth for the last fifteen years after getting a Fine Arts Degree and K-12 Teaching license. I currently work at East High school as a 2D Art Teacher (mostly Drawing and Painting.) I lead our school's GSA (Gender Sexuality Alliance) and am interested in getting active in our district as a Culturally Responsive Educator. I have a wonderful little family that includes Arthur, who is five, and Matilda, who is

eight, and partner Tommy. We live three blocks away from the church and are thrilled to be in the middle of such a vibrant neighborhood. I am interested in learning about nonprofit management, so I was delighted to be asked to serve on the Vestry. I am happy to give my skills and time to the church, and want my children to see what it's like to feel at home in a community anchored in radical love and service. I hope to spend many happy years worshipping and growing with the fantastic congregation at St Paul's.



From Your Vestry



On February 28, 2023, the Vestry had an engaging conversation around our hopes and dreams for Christian Formation. Everyone had stories and examples to share of what was important to them and their families. Intergenerational activity, community outreach, camps, music, education, fellowship, and fun were brought up. We aim to expand this discussion with you in future meetings so please stay tuned for more information.

Our February meeting was pushed back one week so as not to conflict with the Annual Shrove Pancake Supper and Talent Show. This is the first time in three years that we held the event due to the pandemic, and the celebratory spirit in the Parish Hall was evident. The array of talent from poetry to jokes, songs (including sea shanties) to dancing, and even a flexibility demonstration, was highly entertaining. Thank you all to the participants and the volunteers in the kitchen to make this event a success.

I have been fortunate to be Master of Ceremonies of the Talent Show for about ten years now. Before I started, the role was held by none other than Joel Bamford. I al-

ways knew those were big shoes to fill. I wore a bow tie that night in his honor.

We are all saddened by the sudden loss of our dear friend, Joel. To the Vestry, we lost an engaged participant with deep institutional knowledge of our church and an amazing example of activism for the benefit of our community. With Joel, conversations never ended at our meetings as he would further our discussions with his thoughts on email that night or the day after. I appreciate the support he gave me as a warden.

But to the parish, we lost a compassionate friend whose curiosity, intellect, and humor brought out the best of us. We cannot replace a man like him. But perhaps through his example, we can collectively pick up where he left off. I have many stories of Joel and I know you do too. I hope we can share them together, remember him fondly, and continue to carry out his ministry.

Faithfully submitted,

Eirik Rennan
Senior Warden

Continued from page 1

repeats *Lord Jesus Christ, Son of God, have mercy on me.* I spoke about the significance of this prayer in my own life in the messenger last month.

In his Messenger article this month, Rick shared with you a way to engage the Daily Examen, an Ignatian practice with many diverse forms. The Examen has been an incredibly valuable part of my own prayer life over the years, enabling me to reflect on what life God is renewing within me. I encourage you to take a look at Rick's article and engage this practice in your own life.

This is only a small taste of the wealth of spiritual resources available to us in our tradition. Lent is an excellent time to become focused, as we walk towards Jesus' final week in Jerusalem, and make ourselves ready to receive the mystery of his death and resurrection. As we

try on new prayer practices at home, we learn more about how our unique minds and souls learn to connect with God. I hope that one of these practices has landed meaningfully for you or your family this season, and that you've had a chance to try them all to see which are fruitful for you.

I look forward to gathering with you for our Holy Week observances and entering this mystery together. Please join us for Palm Sunday, Maundy Thursday, Good Friday, the Great Vigil, and Easter Sunday.

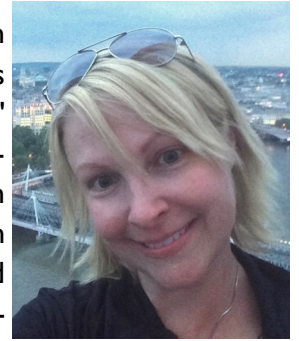
Peace,

Maggie,
Rector

Christian Formation

The season of Lent has been a time of reflection and intention for all of us, and our children are no exception. In fact, you may find yourself surprised at how much they have been able to learn and retain, while exploring how they might feel if they were in the wilderness, as was Jesus, for 40 days and 40 nights. Many have shared that they would feel lonely, sad, hungry or afraid. (One girl shared that she would find and gather all of the tigers and sacrifice herself for them so they could eat because she loves cats...Sunday School is never short on humor!) Mr. Brad has continued to lead music, recently teaching the children a song to be used at communion, and a number were observed singing it as they approached the chancel to receive bread and wine. In following with the Lenten practices shared by Pastor Maggie, the children have learned how to cross themselves with water before returning to the sanctuary, as a reminder that Jesus came to offer living water and that we are to be mindful to follow his example as we go back into the world. Adult family members can help children to replicate this practice at home. On Palm Sunday, each child will receive a Holy Week box with small items to represent the journey to the cross. Easter will be a joy-

ful celebration of the resurrection of Christ, where babies, toddlers and children will "wake up" handheld Alleluia butterfly and ribbon streamers, waving them in celebration while participating in the procession with the choir and clergy. (Please have children present in the nursery hallway by 9:50.) During the Easter season, children will continue to learn about the meaning of the resurrection, as well as celebrate God's creation on April 23, the Sunday after Earth Day, including decorating and sharing cookies during coffee hour. The final day of children's Sunday School is May 21, and teachers Ms. Phyllis, Ms. Wendy, Ms. Holly, Mr. Brad and Ms. Amy will be sure to make it special!



Peace,
 Dr. Amy Gustafson,
 Interim Director of Christian Formation

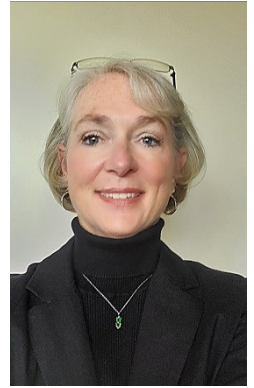


On the first Sunday of Lent, children created their own interpretation of what the wilderness might have been like for Jesus. If you look very carefully, you will find him seeking shade under a tiny palm tree! This has been at the center of our worship space through the season of Lent.

From Your Bookkeeper

Dear Parishioners,

February 2023 financials were presented to the Finance Committee and Vestry at their March 2023 meetings. Here is a summary of the February **General Fund** results.



MONTHLY FIGURES: February	This Month	Year to date
Total Pledges collected	\$24,264.20	\$85,353.13
Prior year pledges	\$0.00	\$313.00
Total non-pledged collection	\$2,788.64	\$5,352.29
Investment support	\$7,872.66	\$15,787.42
Total Collected	\$34,925.50	\$106,805.84
 Expenses	 \$41,903.19	 \$99,069.22
 amount over/(short)	 (\$6,977.69)	 \$7,736.62

*The pledge collection amount for February was \$14,642.47 *under* budget.

*Unpledged regular giving is *under* budget \$1489.02 year-to-date.

*Total collected from parishioners was *under* budget \$15,105.86 for the first two months of the year.

Expenses were \$8,189.48 *under* budget for the month of February, which is good news.

Our bottom line, income over expenses, for February is -\$6,977.69 and +\$7,736.62 year-to-date.

If you have any questions, please call my office or email me at bookkeeper@stpaulsduluth.org.

Christine Melone, Bookkeeper

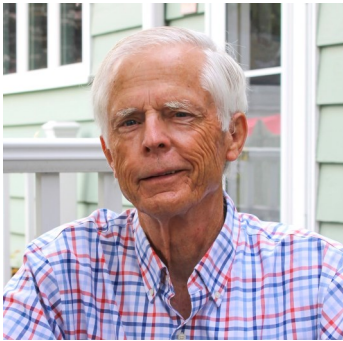
Deadline for submissions to the May issue of *The Messenger* is
8:00 am, Tuesday, April 18, 2023.

Please email items to:

office@stpaulsduluth.org

Thank You

On Friday, March 10, we lost a beloved member of the church and Vestry, Joel Bamford, to complications due to COVID. Joel was a devoted servant of this parish, an enthusiast of all kinds, and beloved by so many here. The parish engaged, all-hands-on-deck, to celebrate his life on March 18. The church was filled with friends, family, and colleagues of Joel's. An enormous thank-you goes out to the reception team, the choir, and all of the hosts who made this possible.



Remembering Ginger



Wednesday, May 3

Please join us in celebrating the life of Ginger McFaul, former parish secretary of St. Paul's, on Wednesday, May 3, which is her birthday.

The service will be celebrated by The Rev. Howard Anderson, who was her dear friend and rector

when Ginger was employed here.

Palm Cross Workshop

Saturday, April 1, at 10:00 am

All are welcome to assist the Altar Guild in creating palm crosses from fresh fronds. These will be given to everyone who attends church on Palm Sunday. It is very easy to do, and Altar Guild members will teach you how to make them. All ages welcome! Meet in the Parish Hall. Refreshments provided.



Floral Bouquet Workshop

Saturday, April 8, at 10:00 am

Please assist the Altar Guild in assembling small flower bouquets, which will be used to adorn the beautiful floral cross on Easter Sunday. It is very easy to do, and Altar Guild members will teach you how to make them. Meet in the Parish Hall. Refreshments provided.



Funeral for David Olin

Saturday, May 6

Please join us in celebrating the life of David Olin on Saturday, May 6 at 11:00 am at St. Paul's Episcopal.

The Rev. Tom Harries will preside.



The Deacon's Stoop



The Outreach Committee met on February 19. We discussed our partnership with local congregations managing the Gabriel Project. This project is too much in terms of staff capacity and scheduling for one congregation to handle. At a meeting on March 22nd, clergy from the member congregations decided

to put Gabriel on pause as we evaluate the focus and capacity of this fund.

Nelson Thomas provided an update on the Community Kitchen at Damiano Center. Members of St. Paul's have provided meals there for years, and started again when the dining room reopened after Covid. Flora runs the kitchen, and Nelson reports she could use more help on many shifts! If you are over 16, enjoy people, and can offer a few hours a month, please call Zabelle Stodola 218-728-8048 or Nelson Thomas 218-525-5785. There are many shifts available to choose from!

St. Paul's folks are busy every Monday and Thursday morning on a food rescue mission, picking up frozen leftovers from St. Scholastica to feed the folks staying at Chum.

Annie's House is a local organization providing housing for mothers with young children. The Outreach Committee is supporting a young mom and child to keep their housing with a rent subsidy for three months while they work toward stable, secure housing.

These are ways I see congregational teams living out the Gospel, but I wonder about the great love the people of St. Paul's are bringing to Duluth as families and individuals, as employees, as volunteers, and as good neighbors.

This month we said farewell to a dear friend, Joel Bamford. At his funeral I heard stories of volunteerism, generosity, of incredible human kindness and service to the community. I heard of work in a clinic, and at church. He extended me the warmest welcome when I came to St. Paul's, and I watched him offer the same to long-time friends and first-time visitors. I witnessed his work among people struggling to survive the winter at the Warming Center, and at St. Paul's as he offered hospitality to folks seeking assistance through the Gabriel Project. I also heard stories of a cookie club and a snow-

blower club. Daily acts, the simple outpouring of a big-hearted man sharing his love with his neighbors.

I think there are a lot of folks like Joel in this congregation, folks sharing love in our community, sometimes through organized programs and sometimes through a group of snowblowers giving themselves a quirky name and enjoying each other's company as they compete at helping their neighbors out of the snow. This is living the gospel. Where do you see this in each other? Where do you see this in yourself?

Blessings,
Deacon Pat

Email: Deacon@stpaulsduluth.org
Phone: 218-724-3535, ext. 206



Festive Coffee Hour for Easter



Easter Sunday, April 9

Please join us after the 10 am service on Easter for a Festive Coffee Hour! Several members have already volunteered to bring an egg bake, muffins or other goodies. If you would like to bring something to share, feel free to drop it off in the kitchen before the 10 am service. Everyone is welcome!



Remember Someone Special this Easter

If you would like to remember someone in a special way at Easter, please consider requesting an Altar Flower Memorial in their honor. Your contribution will help purchase the altar flowers and plants we will use to decorate St. Paul's this Easter season. And the recipient of your memorial will have their name added to our Easter Memorial list, which will be included in the Easter Sunday service programs. All new memorials will need to be received by April 1, 2023 (No Fooling!).

The suggested minimum contribution for an Altar Flower Memorial is \$20. You may request either a one-time or annual memorial. All memorials are continued from year to year unless you indicate otherwise.

There are three ways to make your donation:

- Send your check payment to St Paul's by mail. Please note "Easter Altar Flower Memorial" on the memo line.
- Donate online at www.stpaulsfaithformation.org by clicking on the "Online Giving" button. Next, add your donation amount in the Altar Guild space and note it is for a flower memorial (Example: "Easter Altar Flower Memorial"). Choose your donation frequency and then follow the prompts for credit or debit card payment or even direct payment from your checking or savings account.
- Bring your cash or check donation to church in an envelope clearly marked "Easter Altar Flower Memorial" and place it in the offering plate during Sunday services. Be sure to note who the memorial is for on or inside the envelope.

You may either contact the St. Paul's parish office or you may contact me directly via email at carmil4@msn.com to leave your new request and information.

I look forward to hearing from you.

Sincerely,

*Carrie Miller, Altar Guild
Altar Flowers Coordinator*

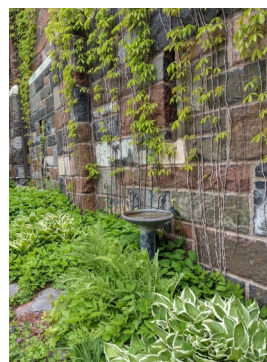


New Member Welcome Sunday

New members of the church will be welcomed to St. Paul's with a special prayer on Sunday, April 30 during the 10 am service. Please join us to celebrate these new households who have joined our faith community, and keep an eye out for photos and bios in the Friday email announcements leading up to April 30.

Landscape Committee Meeting

Anyone interested in the landscaping on the church property is welcome to attend the next meeting of the Landscape Committee, 11:15 am, Sunday, April 30 in the Olcott Room. For more information please contact Carol Andrews.



A Spiritual Practice - The Daily Examen



There is a spiritual practice I learned a long time ago, and although I am not always successful in maintaining the discipline necessary, I try to daily make use of this spiritual practice. It is called the Daily Examen, or Examination of Conscience.

As many of you know, I graduated from both Law School and Graduate School in Theology from Creighton University in Omaha, Nebraska, my hometown. Creighton is a Jesuit University and I like to tell people, therefore, that I am a Jesuit-trained Anglican Priest, the best of all possible worlds! When in jest I told this to Fr. Schlagel, then President of Creighton, at a social event shortly after I was ordained Priest in the Episcopal Diocese of Nebraska, he of course was able to “best me.” He replied with a devilish grin, “Funny you should say that. I am an Anglican-trained Jesuit Priest. I have degrees from both Oxford and Cambridge.”

Anyway, the point I am trying to make is that the Daily Examen as practiced by the Jesuits as part of the Spiritual Exercises developed by that order’s founder, St. Ignatius of Loyola, is foundational to my spiritual life and that this spiritual practice is growing in “popularity” and is practiced by many Christians well beyond just the members of the Society of Jesus.

I offer one way to begin to practice and understand the spirituality of the Daily Examen. Take 15 minutes to a half hour or more anytime during each day (morning or evening seems to work best for me) to pray and reflect upon your experiences over the past day or since you last prayed the Examen.

Pray the following short prayer as you begin to practice the discipline of the Examen. As you reflect on the past day, concentrate not so much on what you may have done right or wrong, but instead about how you felt about your experiences during the day. Did your experience make you feel anxious, angry, sad, affirmed or rejected by others....or any other of a myriad of human emotions and reactions we feel and experience each day? Reflect on those experiences and what God might be trying to tell you through how you reacted to and felt about those experiences.

As always in prayer, first quiet yourself, and pray:

- God, I believe that at this moment I am in
- your presence and you are loving me.
- God, you know my needs better than I know them. Give me your light and help to see how you have been with me, both yesterday and today.
- God, help me to be grateful for the moments when people have affirmed me and challenged me. Help me see how I have responded, and whether I have been kind to others and open to growth.
- God, forgive me for when I have not done my best or treated others well. Encourage me, guide me, and continue to bless me.
- As I look to the remainder of this day (or tomorrow) make me aware that you are with me. Show me how to be the person you want me to be.
- Conclude with the Lord’s Prayer.

There are a number of excellent books that explain the spiritual practice of the Daily Examen and the Spiritual Exercises of St. Ignatius. Two that I would recommend are: *A Simple, Life-Changing Prayer: Discovering the Power of St. Ignatius Loyola’s Examen* by Jim Manney, and *The Ignatian Adventure: Experiencing the Spiritual Exercises of Saint Ignatius in Daily Life*, by Kevin O’Brien, S.J. A much shorter explanation of the Daily Examen can be found in a short article titled, “*Rummaging for God: Praying Backward Through Your Day*,” by Fr. Dennis Hamm, S.J. of Creighton. There are copies of this article available on the credenza outside of the Parish Office, or email me and I will send you a PDF of the article.

Faithfully,

Fr. Rick

Lost Treasures from the Archives

The following article was published on April 7, 1885.

Easter Services at St. Paul's Church

Easter day was ushered in with the glorious sunlight and clear fine air peculiar to this Lake Superior clime, nature thus lending her aid to the keeping of the most joyous of all the Christian festivities.

For some reason or other all the world rejoices in the joy of Easter. Each heart, no doubt, knows the secret of its own share in the exaltation, which, in the church, breaks forth into singing and praise to Him who tasted death for every man.

While Easter is peculiarly a festival of the church, it is also through the church given to all mankind. The church universal has honored the day of the resurrection from the beginning as a memorial of the event upon which the faith is founded.

At St. Paul's church the services consisted of the first children's carols at 9 o'clock, when their Easter offerings (the savings during the season of Lent) were presented, and the customary eggs were presented to them by their teachers. At 10:30 the usual Easter service was rendered, indicative of the heartfelt worship due to her risen Lord. A large and appreciative congregation were present.

The usual service and sermon in the evening closed the day.

A very interesting service was held in the chapel at St. Luke's hospital at 4 o'clock:

The Chapel society, chiefly consisting of our members, has provided a beautiful altar and appropriate sitting for services in the hospital, and altogether it is a great credit to their self-sacrificing labor and good taste.

The service was conducted by the chaplain, assisted by the pastor of the Swedish church, who made the address to the patients, nearly all of whom are of that nativity. The choir of St. Paul's church, furnished the music, one hymn also being sung in the Swedish tongue, lead by the pastor.

It was a very pleasant service and the chapel and hall were filled with interested participants. One of the delightful features of the service was the fact that differences of speech do not hinder men from uniting in a common worship as well as in a common labor of love in the mane of a common Savior.

The chapel will be henceforth set apart for religious services in connection with the needs of the hospital.

Respectfully submitted,
Bob Silverness, Archivist

LAY MINISTRY SCHEDULE – Holy Week 2023

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

Maundy Thursday 5:30 pm	Good Friday 12:00 noon	Easter Vigil 7:00 pm	Easter Sunday 8:00 am
Lector: Natalie Constance	Lector: Nancy Diener & others	Lector: John Pastor & others	Lector/Chalice: Matt Gustafson Nancy Diener
Chalice: Natalie Constance Nancy Diener	Chalice: Clergy	Chalice: John Pastor Rebecca Butler	Altar Guild: Team 2
Altar Guild: Team 4	Altar Guild: Team 1	Altar Guild: Teams 2 & 3	Acolytes: A Rennan L Gustafson C Gustafson
Acolytes: E Erspamer C Butcher	Acolytes: none	Acolytes: M Butler J Bauer J Shambour	Ushers: two volunteers
Ushers: D Kolquist, G Olson	Ushers: D Kolquist, K Swanson	Ushers: two volunteers	
Lock Up: J Austin	Lock Up: Don Pederson	Lock Up: Craig Fellman	

LAY MINISTRY SCHEDULE –APRIL 2023

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

	April 2	April 9	April 16	April 23	April 30
ALTAR GUILD	J HARVEY	C CONRAD	C MILLER	J JARNIS	
	S Cox	S M Anderson	A Gustafson	R Ballou-Buck	
	S Sommer	S Hall	L Hultkrantz	D Kolquist	
		A Sadowski			
LECTOR 8:00 am	A Mackenzie	Gustafson/Diener	J Pastor	N Diener	A MacKenzie
LECTOR 10:00 am	N Diener	Pastor/Stodola	K Smith	M Chilson	R Butler
CHALICE	N Diener	J Pastor	K Smith	M Chilson	R Butler
BEARERS	R Butler	Z Stodola	N Diener	M Gustafson	K Baumgarten
	Melanie Spencer	R Butler	K Baumgarten	P Enenbach	S M Anderson
		M Gustafson			
ACOLYTES	G French	G French	A Dodge	A Barthel	E Erspamer
	O Morin-Swanson	M Butler	O Morin-Swanson	E Barthel	J Bauer
	Anna Keto	L Fellman	J Shambour	I Denny	A Keto
		A Dodge			
LIVESTREAM	J Austin	D Clanaugh	R Lyle	J Austin	J Austin
COFFEE HOST	K Smith & T Halverson	TBD	C Andrews and J Peterman	H Hansen & Family	SM Anderson and N Constance
USHERS	D Morin	R Lyle	B Dinan	M Brown	D Morin
	K Swanson	G Olson	C Dinan	S Brown	K Swanson
	D Barthel	P Waite	N Schuldt	D Kolquist	D Barthel
		B Dinan			
LOCK UP	T Diener	M Brown	T Diener	J Austin	D Pederson

Altar Guild Other Duties for April:

April Linens:

A Sadowski, C Miller
Subs: C Conrad, C Miller

Weekly Team Subs:

G Bouschor, E Killen

April Brass Cleaning—

Date TBD:

J Jarnis, D Kolquist, A Abraham, A Slattery
Sub: C Miller

Wednesday Evening Services:

4/5—none
4/12—Team 3
4/19—Team 4
4/26—Team 2



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Visit our website:
www.stpaulsduluth.org

Holy Week Services

- Palm Sunday, April 2, 8 am and 10 am
- Maundy Thursday, April 6, 5:30 pm — dinner church in the Parish Hall
- Good Friday, April 7, 12 pm
- Great Vigil of Easter, April 8, 7 pm
- Easter Sunday, April 9, 8 am and 10 am

See page 6 for details about making palm crosses and floral bouquets for Holy Week

please note that we do not have Wednesday service or program in Holy Week

