



THE MESSENGER

APRIL, 2020

Easter Separation

During this time of “physical distancing,” these words in Paul’s letter to the Romans have been on my mind and in my heart:

“Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword?” (8:35) “No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor thing to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” (8: 37-39)

We will be physically separated from each other this Easter. This breaks my heart. Coming together to sing *Jesus Christ is Risen Today* and Easter “Alleluias” with choir and brass, to flower the cross, to hear the story of the empty tomb, to be shoulder to shoulder to receive communion and to enjoy an Easter brunch together are so joyful and uplifting. The thought of missing them is very difficult.

But then I remember the words of Paul. That even death cannot separate us from the love of God in Christ Jesus our Lord. That’s the Easter message. Even death cannot stop God from loving us. Christ’s resurrection reminds us that they could kill the body, but they could not kill the love.

We will be physically separated this Easter. Spiritually, we will be together. We are united by invisible bands of love that bind us together. These bands can never be broken. If you’ve ever loved someone who has died, you know this: the love goes on even though they are no longer physically present.

I leave you with something I read that has stuck with me and is also an Easter message:

“Perhaps this crisis is showing us what to concern our lives with. Perhaps it’s teaching us what’s really important in our lives... helping us distinguish between what’s meaningful and meaningless... teaching us what really matters.” Mark Oden

Jesus did just that when he rose from the dead. He taught us what really matters: “the love of God in Christ Jesus our Lord.”

Happy Easter,

Bill Van Oss, Rector

P.S. Be sure to tune in to the Easter Sunday service and other online offerings on our website:
www.StPaulsDuluth.org

St. Paul's Rummage Sale



The Spring Sale is postponed. We hope it will become a late-summer or fall event!

If you have donations to drop off or if you need help with transporting things to church, please call the office. Thanks!

Questions: call the office 218-724-3535 or contact Susan H (ctyankee26@gmail.com).

From Your Sexton

I am writing this letter with fondness in my heart as I look back at the past thirty years I have worked at St. Paul's Church. I want everyone to know how much I have enjoyed my time here, and I have so many great memories to take with me. I was given the opportunity from Marshall School for a full-time position after thirteen years as a part-time employee. Thank you for the support and friendship over the years. For now I will say farewell – I wish you all health and happiness.

Sincerely,
Kathy Jurasek



Damiano Soup Kitchen

Damiano Staff is working in the Kitchen, but no volunteers are being scheduled at this time. We hope to get back to our first Mondays there in the future.

Submitted by Nelson Thomas

St. Paul's Episcopal Church Staff Directory Phone: 218-724-3535

Clergy

The Rev. William Van Oss, Rector
The Rev. Dr. Barbara Elliott, Assisting Priest
The Rev. Margaret W. Thomas, Priest Emerita

billvanoss@stpaulsduluth.org
belliott@d.umn.edu
tmsnelmw@cpinternet.com

Parish Staff

Dr. Tom Hamilton, Director of Music
Rita Rosenberger Parish Secretary
Natalie Smith, Parish Treasurer
Sue Van Oss, Director of Christian Formation

tomhamilton@stpaulsduluth.org
office@stpaulsduluth.org
natalie@stpaulsduluth.org
suevanoss@stpaulsduluth.org

Join Us Online!

We are online every day of the week to bring you moments of spiritual renewal, information and prayer. Most of the offerings are recorded and available 24/7 if you miss them during the time they are originally aired. If you don't have internet access, you can still participate in any of the programs that use a zoom link. There is a dial in number that you can use from a telephone. Simply call the number listed and enter the meeting ID number to join.

Sunday Worship Service at 10 am Check out www.stpaulsduluth.org/worship for videos of Sunday services and bulletins to follow along. Virtual coffee hour is at 11:15 am via zoom

TO JOIN THE ZOOM COFFEE HOUR, CLICK ON THIS LINK ON SUNDAYS AT 11:15AM [HTTPS://ZOOM.US/J/502278631](https://zoom.us/j/502278631)

IF YOU NEED THE MEETING ID IT IS: 502 278 631

IF YOU WANT TO DIAL IN USING A TELEPHONE, CALL THIS NUMBER: 1-312-626-6799

Previous services are also available on the website.

Monday Message at 9 am Rev. Bill will share a reflection and announcements that are also posted at www.stpaulsduluth.org/covid-19-response and emailed.

Tuesday Bible Study at 9 am Bible study with Rev. Bill on the upcoming Sunday readings (join via zoom link).

**<https://zoom.us/j/985710661>
Meeting ID: 985 710 661**

If you want to dial in using your telephone: 1-312 -626- 6799

Wednesday Morning Prayer at 9 am Join Rev. Bill in praying Morning Prayer (join via zoom link, **and NEW... also via Facebook Live!**)

<https://zoom.us/j/475141315>

(same link every week)

Meeting ID: 475 141 315

If you want to dial in using your telephone: 1-312-626-6799

Thursday Compline at 9 pm Join Rev. Barb in praying Compline (join via zoom link, **and NEW... also via Facebook Live!**)

<https://zoom.us/j/539055499>

Meeting ID: 539 055 499

If you want to dial in using a telephone: 1-312 -626 -6799

Friday St. Paul's Sings at 9 am for music by Dr. Tom Hamilton posted on our Facebook page and at www.stpaulsduluth.org/music

Saturday Community Connections at 9 am ways you can be the hands and feet of Christ in our community, posted on our Facebook page and www.stpaulsduluth.org/covid-19-response

Washington National Cathedral streams morning and evening prayer every day at 6 am and 6 pm, along with their Sunday worship service; you can find it at www.cathedral.org



Join Our Online Community

www.stpaulsduluth.org is a "one stop shop" — it includes a calendar and registration for events, online giving option, sermons—both in audio and printed versions, and serves as a lifelong faith formation network for the 21st century. It connects you with videos, smartphone/tablet apps, blogs, online learning opportunities and websites that you can access 24/7/365. Try out one of the apps, blogs, or videos on the site. Also check out stpaulsduluth on Facebook, Instagram, Pinterest, and our Youtube channel and like our pages/boards.



Evening Bible Study



How our opportunities to be together have changed! Nonetheless, we will plan to meet as planned on April 14, this time by zoom. I will email the electronic email connection information on that Tuesday—you will just need to click on it to join in (like our other zoom invitations for services). If you don't get it, email me so I can invite you!

Our evening Bible study group has been discussing a book written by Marcus Borg, Reading the Bible Again for the First Time. This book describes finding truth in the Bible's teachings through its stories and historical context, different from how our more fundamental Christian friends who read it more literally.

The date for our next meeting (via Zoom) is **April 14**, 6:30-8:00 pm—you are welcome to join us! We plan to continue discussing this book at our next scheduled session, **May 12**.

Call the office to learn about the sessions or email me about it (belliott@d.umn.edu).

God's blessings... --Reverend Barb

From Your Vestry

Greetings from your wardens and vestry! We managed to conduct our March meeting electronically via "Zoom," being able to see faces and hear voices even though we could not be in the same room. Natalie was still under precautionary quarantine, so we did not have a February treasurer's report to discuss. We did, however discuss and approve the annual parochial report (statistics on parish membership, attendance, services, Christian Formation, etc.), and heard short- and longer-term recommendations from the Personnel Committee on how to fill the upcoming Sexton vacancy. Hopefully you have heard that Tom Hamilton will be staying with us a bit longer, as we determine the best way forward for our music program. We also spent a little time discussing vestry member participation in and general reorganization and reinvigoration of parish committees. And we spent time discussing the pending request for bids on Phase 1 of the tuckpointing project, which we still anticipate will occur this year.



It is truly amazing to see how quickly the St. Paul's community has embraced entirely new ways of *being* in community under unimaginably challenging circumstances. Many thanks to our parish staff and members who have, virtually overnight, developed programming and multiple ways to deliver it through technology. But there is still a need among us social creatures for person-to-person connection, and in this time of necessary *physical* (thanks, Bill!) distancing, we need to find alternative ways to accomplish that, too. Bill and staff have organized a means for vestry members to systematically reach out to our members by phone, and simply 'check in' to see how families and individuals are managing, and whether they are in need of any pastoral care or other assistance that St. Paul's can provide.

Meantime, stay well and stay home – but get out for a walk in the spring sunshine if you are able! Please feel free to reach out to me or any of the vestry members if you have questions or ideas you'd like to share. You can reach us through the church office email (office@stpaulsduluth.org).

*Peace,
Nancy Schuldt, Senior Warden*

CHUM

To donate to CHUM, please use their website: www.CHUMDuluth.org



Christian Formation News

We have moved Christian Formation online and have many ways to assist you in forming your faith within your home:

101 Ways to Pray in your Home with All Ages!

I have a video and booklet with many simple ideas on various ways to pray in your home; several ideas use items you can find in your homes. You can find both at www.stpaulsduluth.org/worship. We can also mail you a booklet if you don't have internet access, just call or email Sue

Marian Flammang has several videos on her YouTube channel to guide you in ways to pray, check it out by typing her name in the search box on youtube.com

Easter Packages are being mailed out to families during Holy Week with activities to do in your home to celebrate Holy Week and Easter.

Engage in Holy Week in your Home! We will have a Maundy Thursday Family Meal activity on our website, and a video of Stations of the Cross on Good Friday, along with a stations activity you can do outside. All of these will be on www.stpaulsduluth.org/worship and on Facebook.



Celebrate Easter! Watch online services on April 12 and rejoice in the new life that Jesus' Resurrection brings! Ideas on celebrating Easter in your home will be mailed and on our website.

We had our first **Online Wednesday Church Night** on April 1 and will have another one April 15.

2nd-7th graders will meet via zoom from 6pm-7pm <https://zoom.us/j/396123053> Meeting ID: 396 123 053

Confirmation will meet from 7pm-8pm <https://zoom.us/j/179135056>

Meeting ID: 179 135 056

Adult presentation will be posted on Facebook at 6:30pm and can be accessed anytime after that.



Our GIFT Night on April 22 is also the 50th Anniversary of Earth Day and we had planned a neighborhood clean up around the church. You can still celebrate Earth Day by **cleaning up**

around YOUR neighborhood. Wear gloves and take a trash bag when you go out for a walk and pick up pieces of trash to care for the earth. As you see stormwater drains, take your shoe and push away the leaves that build up around it. As the weather improves, start planning a garden to grow your own vegetables and flowers.

Blessings,

*Sue Van Oss,
Director of Christian Formation*



Send pictures of your family watching the service online!
Email me a picture of your family watching the Sunday service online, as we are creating a fun post about it!
mail to: suevanoss@stpaulsduluth.org

ONLINE REGISTRATION

IS NOW OPEN

Registration for **Vacation Bible School** June 22-25, and **Hands Across Duluth** July 14-17, is NOW OPEN. Register for both @ www.stpaulsduluth.org and click on “Learn” and then Children for VBS and Youth for HAD.

Both events reached their maximum capacity last year, with HAD having a waiting list of several teens that we could not accommodate, so please don't delay!

Registrations are first come first serve and must be accompanied by the registration fee.



Spring Women's Event: Container Planting at Lilac Hill

POSTPONED

We are so sorry to report that this event will be postponed to next year. We will refund money for those who have paid in advance.

Deadline for submissions to the next issue of *The Messenger* is 8:00 am, April 22, 2020. Please email items to: office@stpaulsduluth.org

ROAD TRIP: Cancelled

Regretfully, the Tenth Bishop's Ordination and Consecration will be a smaller event, with minimal in-person attendance. The bus was cancelled. Refunds will be made to those who paid in advance. Thank you for your understanding.



The Very Rev. Craig Loya,
10th Bishop of ECMN

Dear Parishioners,

In order to provide more timely financial information to the parish, I will provide a summary of our current pledge income for the prior month in the messenger.

February update of 2020 pledges:

Pledges received in February 2020	\$ 31,449
YTD 2020 pledges as of February 29, 2020	\$ 79,040
Budgeted as of February 29, 2020	\$100,299
Var. actual to budge February 2020	\$ 21,259
YTD pledges as of February 28, 2019 (last year)	\$ 78,725

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

Respectfully submitted by Natalie Smith, Treasurer



Notes of a Different Kind...



Grace and peace to you in the name of Christ.

A paraphrase of Psalm 137: We wept by the Babylonian river when we remembered Zion. We put aside our instruments because our captors tormented us by telling us to sing the songs of Zion. How can we sing in a foreign land?

What we are experiencing right now with the rampant and deadly virus is a defining moment for an entire generation. I don't know about you, I'm finding it very difficult to find joy. Essentially overnight, life has become very difficult. We need to keep physical distance from our friends and neighbors. Most of our human contact comes through the computer or phone screen. This is no substitute for the presence of a real person, but this is what we have. I am reluctantly grateful that we have the technology we do which helps us stay in touch.

In his rule for monastic communities, St. Benedict writes about the practice of faith when one doesn't feel especially faithful. His take on the matter is, when you don't feel like praying, do it anyway. When you don't feel like engaging with scripture, do it anyway. When you don't feel like going to mass, do it anyway. (Of course, we are unable to gather for eucharist given the limitations we face for the good of the community.) God may or may not speak to you at those times, but at least you're creating the environment where you can still be present with God even if you don't feel as though God is near. How do we sing our song in a foreign land? We do it anyway.

With that in mind, join me for "St. Paul's Sings" online on Friday mornings at 9 am. I am using that time to gather around the music of the church. It won't always be something to sing. Sometimes it may be an interesting organ piece or a link to something I believe would be good for you to hear. It is my goal to keep music in your ears and on your heart during this trying time.

On another topic, I want to inform you that my plans for departing St. Paul's have been delayed. I am no longer taking the position as Director of Music in La Grange, Illinois. I am, instead, moving to Germany to be with my fiancé Alex when the travel restrictions are lifted. It is easier for me to obtain a resident visa in Germany than it is for him to do so here in the United States. Furthermore, it didn't feel right for me to leave St. Paul's in the middle of this present crisis.

Stay well and know that God is with you always.

In Christ's love,

Tom Hamilton, Director of Music

From the Creation Care Team

In an abundance of caution regarding the COVID-19 virus, the Paul Douglas presentation, "A Christian Case for Climate Action" originally scheduled for April 4 has been postponed and will be rescheduled at a date to be determined.

How To Talk With Your Kids About Climate Change



Our faith calls us to be good stewards in many ways. Perhaps most importantly, we are called to care for our children. In my mind, this includes doing what we can to protect God's beautiful creation for the sake of their futures. To do this, we need to talk with our children about climate change and help them cope with this new reality. Research has shown that young people have more knowledge of climate change, higher levels of interest, and greater acceptance of climate science. Research also shows they have significant levels of distress related to climate change. One study revealed that 82% have strong negative emotions (sadness, anger, or anxiety) related to the future, including many that expressed hopelessness. In other words, it seems unrealistic to try to shield our children from the reality of climate change. The question then is, how to best talk with our children about climate change and to help them cope. There is no "one size fits all" approach, but here are a few ideas.

Climate change or not, we all understand the importance of raising resilient children. Part of this is fostering a strong sense of self-efficacy (the sense of effectiveness we gain by overcoming problems), as well as helping them grow strong connections with the environment and community. Get out in nature as a family and get involved!

It is important to take into account the child's developmental level. What is effective with teens won't be effective with elementary age children. Teens have greater capacity for cause and effect thinking, looking to the future, understanding abstract and complex ideas, and coping with their emotions. Younger children might learn best by doing, hands-on, trial and error, play, sensory exploration, and having positive role models to watch and imitate. With this in mind, children younger than 10 might not be ready to cope with frightening facts.

Start with asking your children what they already know and how they feel about climate change. You might be surprised. Basics of climate change can be taught to younger children by using the analogy that the world has too many blankets, is getting hot, and this is causing changes in the environment. Using local examples of these changes might help. Reading a book together such as [Global Warming & Climate Change with Theodore](#) or [The Magic School Bus and the Climate Challenge](#) might be fun activity. Teens might appreciate learning through websites such as National Geographic – Climate Change 101 – Causes and Effects and NASA website. Climate Generation has loads of information for teachers. Finally, educate yourself. The website Skeptical Science is a reliable source for parents of the latest information and disinformation.

There are several approaches to consider when addressing climate change. A **problem-focused approach** emphasizes facts and concrete solutions. An **emotion-focused approach** emphasizes expressing and addressing emotions. Both of these approaches, while effective with some problems, are perhaps not best for addressing climate change, with the risk of becoming paralyzed in the face of overwhelming emotions, frightening facts, and a complex and intractable problem. A better approach might be a meaning-focused approach.

A **meaning-focused approach** goes beyond facts and feelings and addresses beliefs and values that evoke positive feelings and thoughts. For example, developing a positive, but realistic view of the future, focusing on how much we are learning and doing to address climate change, developing trust in science, and fostering the belief that adults are working hard to help them. Part of this is taking specific actions as a family, for example using the R's (refuse, reduce, reuse, and recycle), switching to LED lights, lowering the thermostat, conserving water, getting an energy audit, eating more local and plant-based foods, decreasing food waste, biking or walking instead of driving, joining community environmental and political efforts, planting trees and pollinator gardens, and finally, being a good role model by practicing what you preach.

Respectfully submitted by Charlie Orsak

From the Rector



Messages from me are sent out via email every Monday and posted on our website and Facebook page at 9:00 am. You can join me live Mondays at 9:00 am. If you aren't receiving the emails, please send your email address to office@stpaulsduluth.org.

Here are some highlights from my messages:

- Church staff are working from home. You can reach us via phone or email. I am checking the building regularly.
- For pastoral needs: contact Bill billvanoss@stpaulsduluth.org or 218-269-1060 or Barb, belliottd@umn.edu or 218-340-0477. Please remember hospitals do not notify us of your admittance, so please have a family member contact us.
- Staff and vestry are calling people to check in, and I'm happy to report that people are doing well.
- We have several volunteers willing to deliver groceries and medications, please email me and let me know if you need any help.
- The mail is being forwarded. We thank you for your ongoing financial support either online through our website or through the mail.
- Our website has a Covid-19 Response page under the home tab with a wealth of important information like our online offerings, ways we can help in the community, tips for staying healthy and more, please check it often as it is updated frequently.
- In this messenger will give more details and zoom links for our online offerings, but here is a quick look at our daily presence online
 - * Sunday 10 am Worship, Virtual coffee hour at 11:15 am via zoom
 - * Monday Message from me at 9 am
 - * Tuesday – Bible Study at 9 am via Zoom
 - * Wednesday – Morning Prayer at 9 am via Zoom and Facebook Live; Church Night – 2nd through 7th grade at 6:00 pm via Zoom. Confirmation at 6:30 pm via Zoom. Adult program at 6:30 pm via Facebook.
 - * Thursday – Compline at 9 pm via Zoom and also Facebook Live
 - * Friday – “St. Paul’s Sings” at 9 am on Facebook

- * Saturday – Community Connections 9 am on Facebook

A few final thoughts:

I recommend calling this physical distancing rather than social distancing. We need social connections now more than ever. Pick up the phone and call to check in on each other.

Get outside. Fresh air and sunshine work wonders.

Limit the amount of news you watch. Of course, we want to be informed, but continuous news coverage can make us anxious. Pick up a good book. I'm re-reading “The Book of Joy” by the Dalai Lama and Archbishop Desmond Tutu. Good for the soul.

Remember: we are doing this physical distancing for ourselves and for others. We're doing it for the common good. We keep ourselves and others safe when we limit interactions as much as possible. It's loving our neighbor.

A prayer from our friends at the NE Synod of the ELCA:

God, our peace and our strength, we pray for our nation and the world as we face new uncertainties around coronavirus. Protect the most vulnerable among us, especially all who are currently sick or in isolation. Grant wisdom, patience, and clarity to health care workers, especially as their work caring for others puts them at great risk. Guide us as we consider how best to prepare and respond in our families, congregations, workplaces, and communities. Give us courage to face these days not with fear but with compassion, concern, and acts of service, trusting that you abide with us always, through Jesus Christ our Lord. Amen.

Remember: Jesus is “Emmanuel” a name that means “God is with us.” Hang onto that.

Peace & Blessings,
Bill

This Saturday, April 4 is our Mission Area Gathering. The faith communities of Northeast Mission Area will gather via Zoom with our Bishop-Elect Craig Loya. Each faith community will do a five minute presentation, followed by questions for the Bishop-Elect. I encourage you to tune in. You can find the link posted on our website.