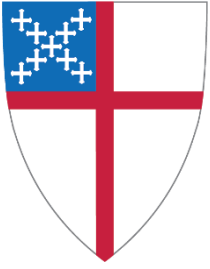


# ST. PAUL'S EPISCOPAL CHURCH, DULUTH, MN



## THE MESSENGER

MARCH, 2020

### Inquiring Minds Want to Know

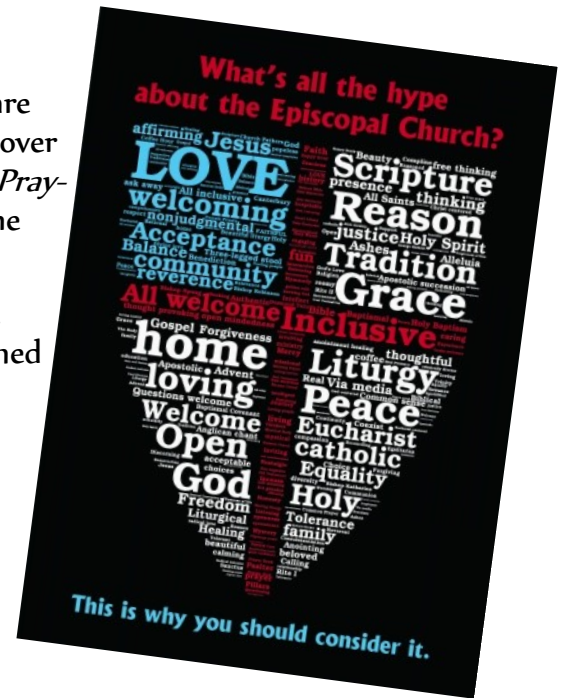
During the Season of Lent, we offer inquirers sessions for those who are new to The Episcopal Church or new to Christianity. These sessions cover a variety of topics including the Bible, worship, the *Book of Common Prayer*, church history, governance and anything you are curious about. The sessions are scheduled for when people can meet.

Bishop Brian will be here for confirmations and receptions on April 5. These Inquirers sessions would be great preparation for being confirmed or received into The Episcopal Church in April.

If you have questions or are interested, please let us know.

Bill Van Oss ([billvanoss@stpaulsduluth.org](mailto:billvanoss@stpaulsduluth.org))

Barb Elliott



### From the Vestry

Greetings from your wardens and vestry! On behalf of all of us, returning and retiring, I would like to offer our thanks to all of you in the St. Paul's family who have engaged (and agonized!) with us as we prepared the operating budget for 2020. It became abundantly clear just how important this parish is to all of us who call it our church home – and not just this beautiful building we celebrated last year, but more importantly the people who make it work and come alive.

We also heard, loudly and clearly, that we should strive to do better with our communications about the “business” of St. Paul's. Look for regular updates in the Messenger, and we're also thinking about other means for sharing critical information in print and in person.

We meet on the third Tuesdays of the month, and just held our February meeting with our new members taking their places at the table, Eirik Rennan coming on board as Junior Warden, and myself as Senior Warden. Natalie Smith, our Treasurer, gave us a tutorial on the various elements of our financial report (balance sheet, budget status, investments). We discussed the looming tuckpointing project, and will share more details about plans for that major undertaking after the bids come in. We were all thrilled to relive the joy and fellowship of the Valentine's Dinner, and celebrated its success for fundraising; I can't quite find the right words to convey enough appreciation for the days of hard work that the Brown family put into preparing the feast!

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. We'll be posting our names and contact info, or you can reach us through the church office.

Peace,

Nancy Schuldt, Senior Warden

## Damiano Soup Kitchen

St. Paul's will be serving at the Damiano Soup Kitchen on **Monday, March 2**, from 8:30 am to 1:00 pm. Volunteers are always welcome; half-shifts are available. Let me know if you can help. Remember to bring a hat. Thanks!

Nelson Thomas




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## Updates From CHUM

**CHUM Annual Meeting on March 5, 2020, 6:30 to 8:15 pm** - Hosted by Asbury United Methodist Church (6822 Grand Ave., Duluth). Fellowship and refreshments from 6:30 - 7 pm. Program from 7 - 8:15 pm. This annual business meeting will include full financial and programmatic reports as well as the election of board members.



**Minnesota Food Share** - The month of March is an opportunity for us to join with others in our community to help ensure that all our neighbors have access to healthy food. Forty-five percent of the CHUM Food Shelf's operating budget, including food costs, is contributed to CHUM during the Food Share campaign. By working with Second Harvest, CHUM is able to turn every \$1.00 contributed into \$7.00 worth of food. Please help CHUM take full advantage of this rate of return by contributing generously this month. Donations can be made during services or directly to the office. If you have any questions, please contact Jane Jarnis.

### Help feed a fellow Duluthian!

#### *ITEMS MOST NEEDED AT THE CHUM FOOD SHELF:*

Tea, Hot Chocolate, Apple Cider, Kool Aid, Fruit and Vegetable Juice, Canned Fruit, Canned Vegetables, Brown and Wild Rice, Dry Pasta, Spaghetti Sauce, Whole Grain Cereal, Oatmeal, Canned Soups, Canned tuna, Canned salmon, Spam, Peanut butter, Vegetable Oil, Condiments (Ketchup, Mustard, BBQ Sauce, etc.), Dried Spices

*Respectfully submitted by Jane Jarnis*

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

#### Clergy

The Rev. William Van Oss, Rector

[billvanoss@stpaulsduluth.org](mailto:billvanoss@stpaulsduluth.org)

The Rev. Dr. Barbara Elliott, Assisting Priest

[belliottd@um.edu](mailto:belliottd@um.edu)

The Rev. Margaret W. Thomas, Priest Emerita

[tmsnelmw@cpinternet.com](mailto:tmsnelmw@cpinternet.com)

#### Parish Staff

Dr. Tom Hamilton, Director of Music

[tomhamilton@stpaulsduluth.org](mailto:tomhamilton@stpaulsduluth.org)

Kathy Jurasek, Sexton

Rita Rosenberger Parish Secretary

[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

Natalie Smith, Parish Treasurer

[natalie@stpaulsduluth.org](mailto:natalie@stpaulsduluth.org)

Sue Van Oss, Director of Christian Formation

[suevanoss@stpaulsduluth.org](mailto:suevanoss@stpaulsduluth.org)

## Evening Bible Study



For the next few sessions, our evening Bible study group is discussing a book written by Marcus Borg. The book's title is 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 read it literally.

The date for our next meeting in the Parish Hall is **March 10**, 6:30-8:00 pm—you are welcome to join us! We plan to continue meeting the second Tuesday of each upcoming month: **April 14, and May 12.**

Call the office to learn about the sessions or email me about it

*God's blessings... --Reverend Barb*

## St. Paul's Rummage Sale

It's almost time for the Spring Sale! We are raising funds to begin replacement of old/worn pew cushions.

Saturday, April 18, 2020



As you begin spring cleaning.....please think of us!

You can drop off donations ahead of time or Wednesday-Friday before the sale.

Let the office know if you would like us to pick up items.

We would appreciate help with organizing/marketing or working the sale day.

**Questions: call the office or contact Susan H**

## Book Group to Read Michael Fedo's Book

Are you interested in reading Michael Fedo's The Lynchings in Duluth? If so, please consider joining others at St. Paul's as we gather after services on a few Sundays over the next few months to discuss the book. Please let Nat Constance, Sue Anderson or Jane Jarnis know if you would like to join us. We will then select dates.

## From the Scholarship Committee

Applications for new scholarships for the 2020-2021 school year from the St. Paul's Church Scholarship fund must be submitted to the Scholarship Committee. c/o St. Paul's Church by March 15, 2020. Application forms are available in the church office.

*Respectfully submitted by Bill Dinan*

## Christian Formation News

### March Christian Formation schedule:

**Sunday, March 1-** KidsWord and Lent Festival

**Wednesday, March 4-** prek-1<sup>st</sup> Kids Club, Faith Formation for 2<sup>nd</sup>/3<sup>rd</sup>, 4<sup>th</sup>/5<sup>th</sup>, 6<sup>th</sup>/7<sup>th</sup>, Confirmation and Adults

**Sunday, March 8-** Youth Led Worship Service -all kids in church for the entire service, Joyful Noise sings, Safe Church Training

**Wednesday, March 11-** prek-1<sup>st</sup> Kids Club, Faith Formation for 2<sup>nd</sup>/3<sup>rd</sup>, 4<sup>th</sup>/5<sup>th</sup>, 6<sup>th</sup>/7<sup>th</sup>, Confirmation and Adults

**Sunday, March 15-** KidsWord

**Wednesday, March 18-** Gift Night- Growing In Faith Together Activity

**Sunday, March 22-** KidsWord

**Wednesday, March 25-** Special Parent Night- a chance for parents to gather together, learn and support one another, free childcare

**Sunday, March 29-** KidsWord and EYMC Bake Sale

♥ **Lent Festival, Sunday, March 1** following the 10 am service in the parish hall. Come and visit booths highlighting simple ways your household can enter in the season of Lent by praying, fasting and giving in ways that care for God's Creation! For all ages! As we look to the 50th Earth Day coming up April 22, 2020, Christians can reflect on how caring of God's creation is connected to our faith.

♥ **Love Neighbor Youth-led service, Sunday, March 8:** the children and youth will be sharing what they have been learning about loving their neighbor at the 10 am service.

♥ **Safe Church Training, Sunday, March 8 11:15 am-1:45 pm.** Want to learn the safety plans at church? Protect children from abuse both physical and online? Learn how we can ensure the safety of those with disabilities and special needs? Be more inclusive of LGBTQ+ persons? The new Safe Church Training is for everyone; and especially those who are faith guides, and have children and grandchildren they care about. Please rsvp online or at the church office as lunch is provided and we need an accurate count.

♥ **March 18 GIFT (Growing in Faith Together) Night: 101 Ways to Pray** Prayer is a special gift God has given us so we can talk to God. It's one of the ways we get to know God, just like speaking and listening to other people helps us get to know who they are. God already knows and loves you! There are countless ways to pray and we will explore some of those ways at our GIFT Night. Visit various stations where all ages can try different forms of prayer and go home with lots of ideas for incorporating prayer into your life schedule.

♥

♥ **New! Parent Night on March 25-** come and gather in small groups with fellow parents of kids your age, to learn and discuss the joys and challenges of parenthood. We will have groups for parents of young children, elementary age, middle schoolers, teens and young adults. This is something that parents have requested, so don't miss this chance to gain support and perhaps learn a new tip or trick to surviving and thriving as a parent! We will have childcare available.

♥ **Sunday, March 29-** Enjoy some delicious baked goods/food items at our EYMC Sale! The Episcopal Youth Music Campers are raising funds to help pay for their camp fee of \$600 per person. Many delicious baked goods, food items and services like babysitting, lawn mowing, etc. will be available for purchase after both services. Thanks in advance for supporting our youth!

### ♥ HOLY WEEK/EASTER ACTIVITIES:

**Palm Sunday, April 5-** Kids in grades preschool-3rd grade will be a part of the opening procession of palms and then have a special retelling of the Passion story.

**Maundy Thursday, April 9:** Service is at 5:30 pm in church, the nursery will be staffed and open for infants - age 3. We will have a special KidsWord during the first part of the service so kids can understand what the Last Supper is all about. Agape Love Meal will be served at 6:15 pm

**Good Friday, April 10:** Noon service on Good Friday & Stations of the Cross at 1pm. Nursery will not be staffed

**Alleluia Festival/Egg Hunt, Saturday, April 11** from 10-11:30 am Through fun, engaging activities, crafts and food families will learn the meaning of Easter beyond the chocolate bunnies and dyed eggs! The hunt begins about 10:15am to ensure all children have arrived with separate ages for the different ages and all children search for the same number of eggs. Each family will also get to make an Easter centerpiece and we will also learn about flowering the cross and help make the bouquets for Easter Sunday!

**Easter Vigil Service Saturday, April 11 at 6 pm –** Nursery is not staffed

**Easter Sunday, April 12–**The nursery will be staffed for infants and toddlers during the 10:00 a.m. service.. Following the service, all are welcome to an Easter Brunch served in the parish hall!

♥ **Summer Experiences:** Are you getting brochures for summer camps already? Save these dates:

- **Vacation Bible School-** June 22-25

- **Episcopal Youth Event-** July 6-11

- **Hands Across Duluth Youth Service Experience** July 14-17

- **Episcopal Youth Music Camp**- August 2-8
- **Episcopal Family Camp**- August 16-20

♥ **Youth Opportunities:**

**Youth Leadership Team/Post Confirmation Lunch Sunday March 22:** Youth serving on YLT and those who have been confirmed already are invited to a lunch to connect with each other and help plan summer events. We will head to a local restaurant during coffee hour.

**Teens Encounter Christ (TEC) weekend** is April 24-30, St. Mark's Cathedral, Minneapolis. Online registration at [www.episcopalmn.org/tec](http://www.episcopalmn.org/tec). TEC is an overnight retreat that empowers high school teens to integrate the joys, struggles, and epiphanies of their daily lives with the mystery of our shared Christian Faith. Youth who go to TEC say that the TEC community is why they come back. For many it also becomes a foundational reason to go to Church beyond high school. Each TEC retreat is run by a team of 40-60 youth who have been through TEC before. Around 20-30 adult volunteers are onsite to assist this inspiring team. The Episcopal Church in Minnesota's (ECMN) Youth Commission meets throughout the year as the decision-making body for all TEC plans. Thanks to Luisa, Sydney and Grace who serve as our representatives on Youth Commission this year.

**Pre-TEC May 8-9 St. Stephen's Edina** is an over-

night retreat for middle school students, led by a small high school-aged team. Activities are uniquely designed for middle schoolers, with games, videos, and interactive prayer stations. It's called "Pre-TEC" simply because it's intended to be a gateway into (not a copy of) TEC. Pre-TEC lays a foundation for teens to have a positive Episcopal retreat experience in a community full of God's Agape love. Register <https://episcopalmn.org/tec>

♥ **Milestone Kits:** Have you picked one up yet? If not, take a look at the many kits that are available to help all ages mark the special moments in life's journey and bring God's presence into those moments. Check out the two black rolling carts in the parish hall during coffee hour today and pick out a milestone kit to bring home and celebrate in a few short minutes.

♥ **[www.stpaulsfaithformation.org](http://www.stpaulsfaithformation.org)** -Remember to check out the website for lots of at home faith activities as well as apps, blogs, videos and online games that are values centered and Bible-based! And "like" our Stpaulsduluth Facebook, Instagram, Youtube, and pinterest accounts.

*Blessings, Sue  
Van Oss, Director of Christian Formation*

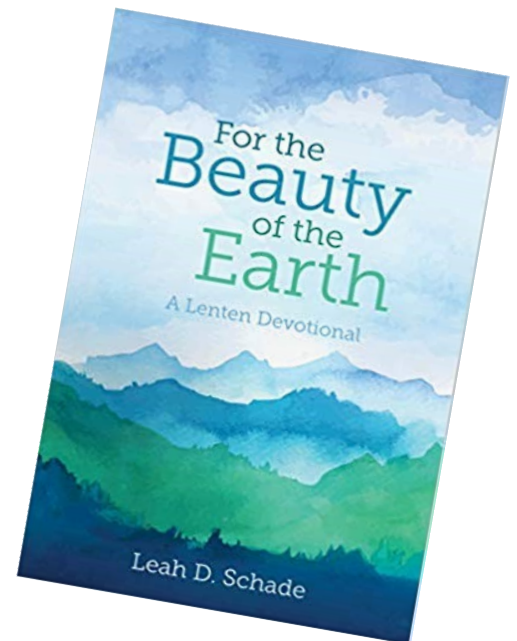
# LENT

Pray + Fast + Give

*Lent Festival*

*Sunday, March 1, 2020*

*11 am in the Parish Hall*



As we look to the 50th Earth Day coming up April 22, 2020, Christians can reflect on how caring of God's creation is connected to our faith. Come and visit booths highlighting simple ways your household can enter in the season of Lent by praying, fasting and giving in ways that care for God's Creation! For all ages!

Adults will receive a copy of "For the Beauty of the Earth; A Lenten Devotional" that draws on the beloved hymn "For the Beauty of the Earth," and each week focuses on a different aspect of the splendor of nature, how God nurtures our spirit through creation, and how we must protect our precious home.



# 101 Ways to

Wednesday, March 18

## Pray

6:30 -7:30 pm



GIFT  
Growing In  
Faith Together

Prayer is a special gift God has given us so we can talk to God. It's one of the ways we get to know God, just like speaking and listening to other people helps us get to know who they are. God already knows and loves you! There are countless ways to pray and we will explore some of those ways at our GIFT Night.

Visit various stations where all ages can try different forms of prayer and go home with lots of ideas for incorporating prayer into your life schedule.

## Coffee Hour

As part of the Creation Care Team's efforts to help our whole parish be good stewards of God's creation there will be some changes to Coffee Hour during Lent. Starting March 1, the coffee provided will be Fair Trade. This means we know that the beans are grown using rigorous Fair Trade standards designed to support farmers and their communities and protect the environment. In fact, every bean can be traced back to the cooperative of small-scale farmers who grew it. It guarantees farmers a minimum price, which acts as a safety net when prices drop.

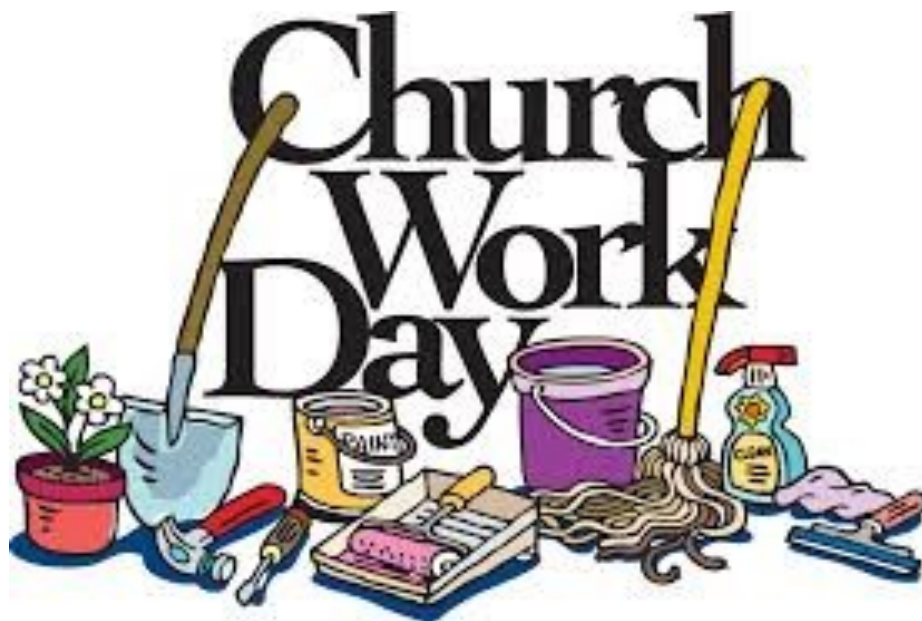
We will also be using real creamer and sugar in reusable containers to eliminate all the individual packaging. We have already switched to reusable cups for juice and snacks.

We would also like to provide healthy and/or locally made snacks instead of the weekly oreos and cheez-its. Would you be willing to sign up for a week to bring healthy snacks? (either purchased or made) Or would you be willing to donate towards purchasing healthier/locally produced snacks? If so, please email [suevanoss@stpaulsduluth.org](mailto:suevanoss@stpaulsduluth.org) or you can sign up online using this link <https://www.signupgenius.com/go/30e0c4ea9a822a31-coffee> We would love to get 5 volunteers to provide this during Lent! Will you be one of those 5?

We will evaluate coffee hour at the end of Lent to see how we want to proceed going forward.



**Saturday,  
March 21,  
9 am-3 pm  
Come anytime  
during those  
hours!**



**Coffee, juice,  
morning snacks and lunch will be provided**

The Safety Team has many projects that we need lots of helping hands to accomplish. Some projects include:

Painting, small repairs, kitchen cleaning and organizing, storage room/ furnace room organizing, making certain areas more secure/safe

We will divide into teams with a Safety Team member leading each group. Children age 10 and up are welcome with accompanied adult.

It's a great way to build fellowship and help out your church!

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### Check it out

[www.stpaulsduluth.org](http://www.stpaulsduluth.org) is a "one stop shop"; it includes a calendar and registration for events, online giving option, sermons- both audio and printed version, and is also a lifelong faith formation network for the 21st century that 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.



# ONLINE REGISTRATION

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## 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](http://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.

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## Upcoming Session of Safe Church Training

Safe Church training is **required** for everyone who volunteers with children, youth or vulnerable adults at St. Paul's Episcopal Church, and everyone who has **access to the building** (keys or swipe card). The training will last approximately two hours and 15 minutes. The next session will be **Sunday, March 8, 11:15 am**. Please register through the church website ([www.stpaulsduluth.org](http://www.stpaulsduluth.org)) or by calling the parish office (218-724-3535). Thank you for your cooperation!



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## ROAD TRIP

We encourage you to attend the Ordination and Consecration of our new bishop at 11 am on Saturday, June 6, 2020, in downtown Minneapolis. We have chartered a 56-passenger coach bus to bring us there. Your round-trip bus ticket will cost only \$25 per person. Please sign up and pay in advance in the parish office.



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



## Centering Prayer Group



Centering prayer is an ancient, Christian method of contemplative prayer that has gained much popularity in recent years. This meditative practice is simple and easy to learn, requires no special tools or accessories, and can be a source of deep spiritual peace and enlightenment. Anyone can benefit from adding twenty minutes of centering prayer to their daily prayer life.

Art MacAilein and Marian Flammang have formed a new centering prayer group at St. Paul's. The group plans to meet at 11:30 am –12:30 pm every Sunday during Lent, in the Ryan Room. The meetings will consist of twenty minutes of centering prayer, followed by thirty minutes of discussion of a centering prayer text. The book for study is Centering Prayer and Spiritual Awakening by Cynthia Bourgeault: Chapters 1, 2 & 3 on March 1st; Chapters 4 & 5 on March 8th; Chapters 6, 7 & 8 on March 15th; Chapters 9 & 10 on March 22nd; Chapters 11 & 12 on March 29th; Chapters 13, 14, & Epilogue on April 5th.

Don't have time for readings? No problem. We'd love to have you join us anyway.

Bring any questions to Art or Marian

### Notes of a Different Kind...



Brothers and sisters in Christ,

Many of you may know that I journeyed to Germany with my partner Alex in January. It was a great trip, and I hope to go back soon.

Like most of Europe, the history in Germany is deep and rich. I was very struck by the reality that "The War" is still very present in the corporate consciousness of the people. I learned a lot which should have been review, but I guess I was not paying very close attention in 10th grade Modern World History.

Alex and I were visiting the cemetery in Berlin where 5,000 Russian soldiers are buried. As we walked around looking at the sculptures, it dawned on me that the entire country of Germany was involved in World War II, and that the United States and Russia were actually united against Hitler and the Nazis. (Again, was I really paying attention in high school? In my defense, I was in school in the '70s, and the notion that the Soviets were *ever* united with Americans on *anything* was a very difficult concept to grasp given that it was the height of The Cold War.) I asked Alex if there was any place in Germany that was not under attack. He said there was not and proceeded to tell me about his grandmother who, when the warning sirens sounded in her hometown of Bremen, went to the shelter as instructed. When she returned to her home, her house was still intact, but there was a bomb embedded in her roof. She contacted the authorities, and it was safely removed, but that was a close call. She told Alex that everyone lived in fear. I was struck that, as Americans, we haven't faced that reality -- at least not recently. For us, it would be like someone bombing Kansas. What a horrible time. The extent of the damage and the people's continued awareness of the destruction war causes was palpable. I was changed that day, and I have a much deeper understanding of the cost of war and the terror it causes in people's hearts. Of course, to not go to war meant continued annihilation of the Jews and other oppressed minorities, so there are never simple answers where oppression and violence reign. I was profoundly saddened by the whole story. War is a terrible thing.

However, once again, music became a refuge for my troubled heart. A few days later upon entering the Domkirche in Berlin, a 16 year old student was masterfully preparing a performance of Franck's *Pièce Héroïque*. Heroic indeed. The beautiful music formed a stark counterpoint to my realization how awful the war must have been.

*Respectfully submitted by Tom Hamilton, Director of Music*

## St. Paul's Altar Guild invites you!

Please come join members of the Altar Guild as we prepare for Palm Sunday and Easter Sunday services this year. On Saturday, April 4<sup>th</sup> we will gather to create palm crosses from fronds, which will be given to all during the Palm Sunday services. On Saturday, April 11<sup>th</sup> join us during the Alleluia Festival where we will assist families in assembling flower bouquets, which will be used to adorn the beautiful floral cross on Easter Sunday. Both of these activities are treasured customs of the Altar Guild. We encourage anyone who would like to be a part of these traditions to join us – all are welcome!



### Palm Cross Workshop

**Saturday, April 4 @ 9:00 am in the Parish Hall**

### Floral Cross Bouquet Workshop

**Saturday, April 11 @ 9:30 am in the Parish Hall – we will prep the flowers and then stay during the Alleluia Festival to help children make the bouquets**



*(Bring an extra pair of scissors or floral snips for either event, if you are able.)*

*Respectfully submitted by Carrie Miller*



## **Spring Women's Event—April 28 6pm Container Planting at Lilac Hill**

It includes hanging pots, 5-6 plants! **AND** Lilac Hill will keep them in their greenhouse until the weather is nice enough to take them home. Cost: \$60.

Sign up online at [www.stpaulsduluth.org](http://www.stpaulsduluth.org), then click on "learn" and then "adults." Or register in the parish office. Fee is due at time of registration.

*Thank you Lynnea Hultkrantz for designing this event!*

## Clayton Jackson McGhie Memorial 2020 Commemoration

**Monday, June 15, 2020** will mark 100 years since the lynching of three young black men in our city. Upcoming commemorative events include:

**Sunday, March 8 at 2:00 pm** - "And They Lynched Him on a Tree" - a concert at College of St. Scholastica's Mitchell Auditorium featuring works by William Grant Still and the world premiere of Jean Perrault's "We Three Kings." Stay for refreshments and talk with co-conductors Josh Aerie and Jean Perrault, the Gichigami Trio, and orchestra/chorus members. Doors open at 1:00 pm. EventBrite pre-registration at <https://claytonjacksonmcghie.org/2020> is recommended. Suggested donation of \$15, but open to all.

**Sunday, March 29 from 2-4 pm** - Book signing at Zenith Bookstore, 318 N Central Ave, featuring Michael Fe-

do (author of *The Lynchings in Duluth*) and Warren Read (author of *The Lyncher in Me*). Profits from the books sold at this event will go to Clayton Jackson McGhie Memorial Inc. for the 2020 events.

**Thursday, April 16 at 7:00 pm** - A Readers Theater performance at Lincoln Park Middle School, 3215 W. Third St., featuring community and student performers, will remember and honor Elias Clayton, Elmer Jackson and Isaac McGhie in the historical context of racism, then and today. A talkback will follow the performance. EventBrite pre-registration at <https://claytonjacksonmcghie.org/2020> is recommended.

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## Parent Night

**This is New!**

**Parent Night on Wednesday, March 25,  
6:30-7:30 pm**

Come and gather in small groups with fellow parents of kids your age, to learn and discuss the joys and challenges of parenthood. We will have groups for parents of young children, elementary age, middle schoolers, teens and young adults. This is something that parents have requested, so don't miss this chance to gain support and perhaps learn a new tip or trick to surviving and thriving as a parent! We will have childcare available.




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Deadline for submissions to the next  
issue of *The Messenger* is  
8:00 am, March 25, 2020.  
Please email items to:  
[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

## Church Nights in March

Wednesday Church Nights have some exciting offerings this month. Church Nights have become the centerpiece of our Christian Formation program and include something for everyone. The adult programs for Church Night will focus on health, wellness and safety this month.

Our 5:30 pm Eucharist is held in church. This is a great way to attend service if you are not able to make it on Sunday (or even if you are able!). We gather in the front pews. Tom Hamilton leads our music on the piano. This service is less formal and shorter than Sunday. We use the scripture readings for the coming Sunday.

Buffy Helstrom (and friends) prepare our simple suppers that begin at 6:00 pm. Buffy does a wonderful job preparing a simple, healthy meal that we ask you to help support by making a donation toward defraying the cost.

Church Nights meet three times per month with programming from 6:30-7:30 pm. Two Wednesdays, the children and youth have age-specific faith formation for grades pre-K through Confirmation. Faith formation is life-long, so adults have the opportunity to engage in programs, speakers and discussions on various topics. Please let me know if you have suggestions for speakers or programs.

One Wednesday we will be together for GIFT; Growing in Faith Together, which gives a chance for all ages to **engage** in fun faith activities together. We will have one Wednesday where we don't gather at church, instead that time can be used for focusing on faith at home. On the months where there are five Wednesdays, our church leaves the building and engages in a service project somewhere in our community.



### March Church Night Adult Programs:

**March 4 – Heidi Bakk-Hansen**, one of the many co-founders of Clayton Jackson McGhie Memorial Inc., will speak about the history of the 1920 lynching in Duluth, the effort toward the posthumous pardon of Max Mason, and the 2020 events to commemorate the three young Black men that will be happening from now until June 15, 2020.

You can find any further information at this website: [claytonjacksonmcghie.org/2020](http://claytonjacksonmcghie.org/2020)

**March 11 – Hanna Widdes** a senior at Marshall and member of Temple Israel will do a presentation and discussion about **Anti-Semitism**. After a brief history of where Anti-Semitism comes from, she will discuss current day forms of Anti-Semitism and how often it occurs. She will share personal experiences, in their own words, from members of our local community and country, sharing how it has affected them and discuss strategies to combat Anti-Semitism.

**March 18 – 101 Ways to Pray – GIFT (Growing In Faith Together)** Prayer is a special gift God has given us so we can talk to God. It's one of the ways we get to know God, just like speaking and listening to other people helps us get to know who they are. God already knows and loves you! There are countless ways to pray and we will explore some of those ways at our GIFT Night. Visit various stations where all ages can try different forms of prayer and go home with lots of ideas for incorporating prayer into your life schedule.

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Hope to see you at Church Night!  
*Bill Van Oss, Rector*

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## LOAVES & FISHES FUNDRAISER



St. Patrick's Day Ceili Dance at St. Paul's, Tuesday, March 17, 7:00 pm, Live Music!

\$10 for individuals, \$25 for families, \$5 low income (no one turned away for lack of funds)

All are welcome to this family-friendly sober St. Patrick's Day event! No experience or partner necessary, all dances are taught, and **all ages are welcome!**



## From the Creation Care Team

# Climate Care at Every Meal

Faced with the global crisis of climate change, it's hard to know what to do. The problem is huge beyond our ability to imagine, complex beyond our ability to fully understand, and distant beyond our ability to relate. We understand intellectually that there is a crisis. We read that we are already in a new period of mass extinction, with 200 species of animal, plant or insect disappearing every *day* (this, again, is almost impossible to imagine) and experts estimate that climate change will claim hundreds of thousands of human lives each year.

We understand that the response to a global crisis must also be global and must include every level of civic and social organization, from top to bottom. We must call for action wherever we see an opportunity. But in the meantime, what can we actually *do*, on a personal and daily basis, to slow climate change?

There are three personal actions that have a great impact: fly less or not at all, drive your car less or not at all, and don't eat commercial animal products. Of these three, only the last is available immediately and to everyone.

In *We Are the Weather: Saving the Planet Begins at Breakfast*, Jonathan Foer writes: "We do not know for sure if animal agriculture is a leading cause of climate change or the leading cause of climate change. We know for sure that we cannot address climate change without addressing animal agriculture."

Adopting a plant-based diet is what Project Drawdown calls a "demand-side solution" and probably the most effective action individuals can take. The livestock industry will not shrink itself, but industries of all kinds shrink (or expand) in response to consumer demand. Starting today, and every day going forward, each of us can join the worldwide movement to reduce the market for animal products. This change may seem difficult at first, but it can be a joyful shared adventure -- and will likely improve your health as well. So let's eat plants for the planet!

*Respectfully submitted by Bonnie Ambrosi*




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## A Christian Case for Climate Action

**Paul Douglas**, Minnesota Meteorologist and contributor to PBS and *The Minneapolis Star Tribune*, will be in Duluth on Saturday, April 4 to present "**A Christian Case for Climate Action**" at First United Methodist Church, "The Coppertop," 230 E. Skyline Parkway, Noon – 1:30 pm, Free and open to the public. Presented by the Lake Superior Network of Minnesota Interfaith Power and Light, an interfaith coalition working to address climate change. For questions, please contact Bret Pence [bretpence@mnipl.org](mailto:bretpence@mnipl.org) or 218-343-2527.




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## One Word: Plastics!

**Wednesday, March 18, Lincoln Park Middle School, 3215 W Third St., Duluth**  
**Doors open at 6:30 pm, Panel begins at 7 pm**


When Dustin Hoffman's character received that advice ("Plastics!") in the movie *The Graduate*, plastic seemed like the miracle product of the future. Now it is a major form of pollution around the world—found in oceans, lakes and rivers, on beaches and even in the stomachs of fish, birds, and other animals. The City of Duluth has taken a step towards reducing plastic waste with the passage of an ordinance that will require retailers to charge a 5-cent fee for each single-use plastic bag. The ordinance goes into effect April 1.

Join the League of Women Voters-Duluth and the W.J.McCabe Chapter of the Izaak Walton League for a meeting on the important issue of plastics. We'll hear from a panel of speakers about the problem of plastic pollution; why recycling alone isn't the solution; what to expect when the bag ordinance goes into effect, and what actions you can take to reduce your reliance on plastic of all types. We'll also be giving away free reusable bags and collecting your extra reusable bags and plastic bags for re-use.





# March 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8 am Service 10 am Service , Kids Word <b>11:00 am Lenten Festival</b> 11:30 am Centering Prayer, Ryan Room	2 8:30 am Serve at Damiano Soup Kitchen 1:00 pm Gentle Yoga, Children's Room	3 8:30 am Bible Study 10:00 am Staff Meeting	4 Noon Eucharist in chapel, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Faith Formation 7:40 pm Handbell Choir	5 Noon Eucharist in chapel, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Faith Formation 7:40 pm Handbell Choir	6 9:00 am PEO Chapter DD Meeting, Parish Hall	7
8 8 am Service 10 am Youth-Led Service 11:00 am Coffee Hour <b>11:15 am Safe Church</b> 11:30 am Centering Prayer, Ryan Room	9 1:00 pm Gentle Yoga, Children's Room	10 8:30 am Bible Study 10:00 am Staff Meeting 6:30 pm Evening Bible Study, Parish Hall	11 Noon Eucharist in chapel, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Faith Formation 7:40 pm Handbell Choir	12 Noon Eucharist in chapel, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Faith Formation 7:40 pm Handbell Choir	13 9:00 am PEO Chapter DD Meeting, Parish Hall	14
15 8 am Service 10 am Service , Kids Word 11:00 am Coffee Hour 11:30 am Centering Prayer, Ryan Room <b>Scholarship Deadline</b>	16 1:00 pm Gentle Yoga, Children's Room	17 8:30 am Bible Study 10:00 am Staff Meeting 6:00 pm Vestry Meeting 7:00 pm Irish Ceili 	18 Noon Eucharist in chapel, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm GIFT Night 7:40 pm Handbell Choir	19 Noon Eucharist in chapel, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm GIFT Night 7:40 pm Handbell Choir	20 9:00 am-3 pm Spring Cleaning Work Day, Meet in Parish Hall	21
22 8 am Service 10 am Service , Kids Word 11:00 am Coffee Hour 11:30 am Centering Prayer, Ryan Room	23 1:00 pm Gentle Yoga, Children's Room	24 8:30 am Bible Study 10:00 am Staff Meeting	25 <b>8:00 am Messenger Deadline</b> Noon Eucharist in Church, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Parent Night 7:40 pm Handbell Choir	26 Noon Eucharist in Church, simple lunch follows <u>Church Night</u> 5:30 pm Eucharist 6:00 pm Dinner, Parish Hall 6:15 pm Chancel Choir 6:30 pm Parent Night 7:40 pm Handbell Choir	27	28
29 8 am Service 10 am Service , Kids Word 11:00 am Coffee Hour and EYMC Bake Sale 11:30 am Centering Prayer, Ryan Room	30 1:00 pm Gentle Yoga, Children's Room	31 8:30 am Bible Study 10:00 am Staff Meeting	1 9:00 am Messenger Bulk Mailing, Parish Hall	2 9:00 am Messenger Bulk Mailing, Parish Hall	3	4

## LAY MINISTRY SCHEDULE –MARCH

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

	March 1	March 8	March 15	March 22	March 29
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	P Markert	A Schliep	S Hartley
		S Meyer	C Miller	R Ballou-Buck	S Meyer
		A Sadowski			A Sadowski
LECTOR 8:00 AM	S Stromquist	J Pastor	M Gustafson	N Diener	A MacKenzie
USHERS	G & K Bubalo	J & H Ransom	J & S Dusek	B & C Dinan	J & H Ransom
	D Morin	C Orsak	K Swanson	M & S Brown	P Waite
	J Jarnis	P Waite	D Kolquist		
ACOLYTES	See <a href="http://www.stpaulsfaithformation.org">www.stpaulsfaithformation.org</a> for current acolyte schedule				
LECTOR 10:00 AM	S Meyer	Youth	S Stromquist	J Pastor	Z Stodola
CHALICE	M Gustafson	K Halverson	S Stromquist	J Pastor	Z Stodola
BEARERS	J Pastor	K Baumgarten	S Anderson	N Diener	P Enenbach
	Z Stodola	G Maloney	P Enenbach	M Gustafson	G Maloney
FLORAL DELIVERY	M Flammang	M Matheson	S Furo	B & C Dinan	M Flammang
COFFEE HOSTS	Barthel Family	C Andrews and J Peterman	Fait-Rennan Family	French Family	M & B Minter
LOCK UP	C Fellman	T Diener	G Maloney	D Pederson	J Austin

### Altar Guild Other Duties for March:

#### Wednesday Services Noon & 5:30 pm

March 4: Team 2  
 March 11: Team 3  
 March 18: Team 4  
 March 25: Team 2  
 April 1: Team 1

#### April 5 ~ Team 1 (Palm Sunday)

-8 am & 10 am services  
 -1 pm Confirmation service w/ Bishop  
 -4 pm Funeral service for N Hill

#### March/April Brass Cleaning (Date 4/10):

S Hartley, J Jarnis, S Meyer, A Abraham, D Kolquist

#### March Linens:

E Killen, C Miller

#### Substitutes:

Weekly Teams: G Bouschor, E Killen  
 Wednesday Services: C Conrad, C Miller  
 Linens: C Conrad, C Miller  
 Cleaning: J Sederberg, C Miller

*See page 10 for information about making palm crosses and floral cross bouquets — all are welcome to help with these!*

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

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Email for the church:  
[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

Visit our website:  
[www.stpaulsduluth.org](http://www.stpaulsduluth.org)



# Bake Sale

## EYMC Expanded Bake Sale

on March 29th (following both services).  
Please come and support the youth attending  
**Episcopal Youth Music Camp** this summer.  
Youth will be selling their  
time (lawn mowing,  
babysitting), talents

(cards, jewelry), and of course tasty treats (cookies,  
cakes). All support will go directly to cover camp  
costs. Cash or checks only, please.

Thanks in advance for your support!

