

THE MESSENGER

MAY, 2020

What Now?

You might be receiving a lot of webinar invitations these days. I know I am. I received one last week that caught my attention. Its title? "Jesus Has Risen! Now what do we do?" That is a great question that I have been reflecting on a lot.

We are in the Easter Season. We have been hearing the stories of the empty tomb and Jesus' resurrection appearances. Things did not work out the way Jesus' disciples might have been hoping and imagining they would. When Jesus triumphally entered Jerusalem to shouts of "Hosanna, blessed is He who comes in the name of the Lord" the disciples and those gathered crowds might have been hoping Jesus was the conquering king who would smash their enemies, the Romans, and install himself on an earthly throne. It didn't work out that way. His throne was the cross...

So the disciples asked the question we're all asking: now what do we do? Things have not worked out the way we hoped and imagined. Those fearful disciples locked themselves in the upper room. Two of them walked away down the road to Emmaus. Then a remarkable thing happened. Jesus came and stood among them and said "peace." He walked with them, listened to them, gave himself to them in new ways, and said "go, tell."

We will celebrate Pentecost on May 31. We will remember how the disciples were locked away and fearful, and how Jesus came and stood among them and said "peace be with you." How wind filled the house and divided tongues of fire rested on them. The Holy Spirit, God's abiding love, pushed them out the door to proclaim God's unlimited, unconditional love to the world. Even death could not overcome this love.

Those disciples stuck together and they turned outward. That is what it means to be a disciple of Jesus then and now. We continue to reach out and care for one another. We call and email and Zoom. We send notes in the mail. We find creative ways, like "drive-bys," to celebrate milestones. We pray for one another, especially those "on the front lines" and the vulnerable and elderly. We continue to give and support those who have difficulties and struggles. We take advantage of opportunities for spiritual formation. We gather virtually to be nourished by prayer and worship, breaking open the Word, singing, sharing spiritual communion and virtual fellowship. We take time to rest and recharge.

Where are we going? What will the future look like? Like those first disciples, we do not know. What we DO know is that we, disciples, are called to the way of love. We are called to stick together, to turn outward and to live out the love that Christ lived and died for.

I am extremely grateful to the staff, most especially to Sue, for helping us to make the move to virtual formation and worship so effectively and well. I am well aware of the countless hours Sue has spent on our online offerings, and I believe ours are excellent. I am grateful to the wardens and vestry for their support and their work during this time. I am grateful to all of you who continue to support the church, financially and otherwise, during this uncertain time.

Please let us know if you need anything. Please take care of yourselves, keep reaching out to each other, and keep praying. Jesus has risen and He is with us, even when we do not know exactly where we are going.

Peace,

Bill Van Oss, Rector



From Your Altar Guild

Attention Altar Guild Members: The Annual Spring Meeting, originally scheduled for May 9th, has been cancelled. You will receive an email or letter from Judy and Carrie with more updated information soon.

Submitted by Carrie Miller & Judy Harvey



Damiano Soup Kitchen

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

Submitted by Nelson Thomas

From the Scholarship Committee

St. Paul's Scholarship Committee is pleased to announce that Michael Sutherland, Luisa Van Oss, Jack Fellman, Angelina Dodge and Atle Renan have been awarded new college scholarships. These scholarships are renewable annually for undergraduate education. The annual amount of the scholarship is presently \$2900.

Submitted by Bill Dinan

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

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Parish Staff

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Rita Rosenberger Parish Secretary
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Sue Van Oss, Director of Christian Formation

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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:

- 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 on the website, Virtual coffee hour at 11:15 am via Zoom
 - * Monday Message from me at 9 am on Facebook and website
 - * Tuesday – Bible Study at 9 am via Zoom
 - * Wednesday – Morning Prayer at 9 am on Facebook
 - * Thursday – Compline at 9 pm via Zoom or Facebook
 - * Friday – “St. Paul’s Sings” at 9 am on Facebook
 - * Saturday – Community Connections 9 am on Facebook Live

An updated **parish directory** was sent out via email. Since it came as an attachment, it might have been put in your spam or junk folder. Check those if you have not received it.

Thank you for your **ongoing giving** to St. Paul’s! You can give by sending in a check, online, through bill pay at your bank or by texting “give” to 218-394-3535

Also:

The recent CARES Act includes new charitable giving provisions for 2020, for cash gifts only to the church:

- Individuals can take a \$300 "above-the-line" deduction from their gross income even if they do not itemize deductions; and
- Donors who itemize charitable deductions may deduct charitable gifts up to 100% of gross income.

St. Luke’s is looking for donations of **tablets** and chargers for use by their patients. Their IT personnel clean them up so patients can stay in touch with their family. They can be dropped off at Building A or at the St. Luke’s Foundation. If you are a frontline worker and you’d like us to **pray for you** by name, please let us know. You’ll be prayed for during the prayers of the people. Please let us know if you need a **mask** or other **essentials** like groceries, prescriptions, etc. We have volunteers willing to make deliveries.

High School seniors! We need your **grad photo and video reflection** for the May 10 Graduate Sunday service by this Friday, May 1! Send them to Sue Van Oss.

Although many of us are blessed to be **sheltering in place** with a loved one, some are doing it alone, especially those who are older, and it can lead to loneliness and isolation. I encourage you to watch Dorothy Linthicum’s personal, hopeful Christian reflection on being older and living through the uncertainties and anxieties of a pandemic. You can find it on our “Tips for Healthy Living” page of our website. It’s a tab under the covid19 response page.

Sandwiches for CHUM. Please let us know if you are willing to serve on a team making simple sandwiches for our friends at CHUM. We need people willing to make 20 sandwiches in their home and then drop them off at church, and one person to deliver them to the door at CHUM. (see article on page 7).

*Peace & Blessings,
Bill*

Earth Day Reflection from Rev. Margaret



Earth Day, April 22

As I look out my windows to the southeast I see lots of Earth, both its water and its atmosphere. Today the winds are in the northeast, blowing about 30 mph, which is too brisk for a road edge walk this morning. No fishermen are in view today either.

The McQuade Road launching ramp has been very busy the last few weeks. Many folks reported great lake trout fishing. Nelson and our son Allen have had good luck and we have had some fine meals. The fishing right here used to be abundant too. One winter I caught several lake trout a mile out from the house here.

The one local commercial herring net fisherman has had his net staked in our previous winter lake trout spot right here. Nelson knows him from sharing meetings with the Sea Grant Advisory board for years. A few days ago Nelson took Allen to McQuade to see the net fisherman who still supplies herring to several local restaurants.

Viewing all the varied fishing activity, I am reminded of all of Jesus' Galilean Lake stories, especially occurring in Mark's gospel. Twenty years ago we visited there and recall the power of Jesus calling folks to follow him and to feed folks the Good News of God's Abundant Love for all, especially in times of pain, difficulty and death.

Faithfully,

Margaret W. Thomas, Priest Emerita

Centering Prayer

Contemplative practices like centering prayer can be a boon in trying times. They can help us to find calm, perspective, and wisdom when we are most in need. Here are a few books we recommend to help you on your contemplative journey.

Art MacAilein recommends Centering Prayer: Renewing an Ancient Christian Prayer Form by M. Basil Pennington, OCSO (1931-2005). This is one of the most popular books on the subject. One can never have too many introductory spiritual books. After all, we are all beginners in spiritual life.



Also, Everything Belongs: The Gift of Contemplative Prayer by Richard Rohr, OFM. Father Rohr is one of the most loved and respected mystical authors ever. While this book is not specifically about centering prayer, it is a solid introduction to contemplative thought, its methods and the philosophy behind them.

For a book that is a good basic introduction to centering prayer, Marian Flammang suggests Open Mind, Open Heart by Father Thomas Keating, OCSO (1923-2018). His second book, Invitation to Love: the Way of Christian Contemplation is a good follow-up. Thomas Keating was a Trappist monk who is considered to be the founder of the centering prayer movement and contemplative outreach.

Keating's friend, a longtime advisor and senior teacher in the centering prayer movement, David Frenette, has written a very good book on centering prayer for those with experience who want to deepen their practice and connection to God. If that describes you, try his book The Path of Centering Prayer: Deepening Your Experience of God.

Respectfully submitted by Art MacAilein and Marian Flammang

Evening Bible Study



The Evening Bible Study group is continuing to meet using zoom. Our 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.

The date for our next meeting is **May 12**, 6:30-8:00 pm—you are welcome to join us! We plan to continue discussing this book at our next scheduled session, **June 9**.

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!

Call the office to learn about the sessions or email me about it (belliott@d.umn.edu). God's blessings... --Reverend Barb

God's blessings... --Reverend Barb

Making music. . . together?



One of the biggest losses I'm feeling in the midst of the pandemic is making music together. Do not doubt that I am honored to be a part of doing the online worship every week, but it is so quiet not having you here. You, the assembled people of God, are the most important part of our worship, and I miss you. So I hope you will contribute to our online presence by sending a video for Pentecost or a photo with your heart rocks. It helps keep us aware that we are a *community* of faith.

If you are musically inclined, I encourage you to record yourself – preferably video but just audio is fine too – and submit it to our Google drive location: <https://drive.google.com/open?id=1NcQ9m0IHUPlhBE5k36Tz8ktQO6iDQLvS> After you upload your video there, please send me an email

(tomhamilton@stpaulsduluth.org) with your name and the title of the music you recorded. The music should be sacred/religious in nature. This is open to everyone, so feel free to submit something. If you need help or suggestions, feel free to email or call/text at 319/541.9697.

Jay Austin and I are putting together a virtual communal singing experience for anyone who wants to take part. We will be singing "O God, Our Help, in Ages Past" together online. Look for more information and tutorials how to do this in the weekly emails. I hope lots of folks will take part so we have many voices joined into one great choir!

Peace and blessings during this difficult time.

*Tom Hamilton
Director of Music*

CHUM

Sadly, the Rhubarb Festival has been canceled for 2020. To donate to CHUM, please use their website: www.CHUMDuluth.org



Christian Formation News

Graduation Sunday May 10, 2020

Join us as we celebrate our large high school senior class as they graduate, in not the way they expected. The following students will be graduating from high school:

Ashley Albertson
Ike Bauer
Angelina Dodge
Jack Fellman
Hannah Gustafson
Sydney Hanna
Nick Miller
Atle Rennan
Michael Sutherland
Luisa Van Oss



They will be sharing video reflections about what their future plans and what St. Paul's means to them at the May 10 online service. You won't want to miss it! If you would like to send your congratulations to them, please use the parish directory that was recently emailed out to obtain their mailing addresses. We hope to have some type of send off blessing and celebration for them in the late summer if we can gather together by that point.

VBS Plans for Summer 2020 – This is no ordinary time

After many conversations and much deliberation, **we have decided to CANCEL our summer Vacation Bible School program** scheduled for June 22-26, 2020. We know our cancellation decision will disappoint our families and kids. We are disappointed too, but it is done for the wellbeing of all children, volunteers and staff. Please know that this decision was very difficult. We love VBS and last year was our biggest group ever. However, with the uncertainties of the COVID-19 pandemic, we know it is the best decision. I hope to bring some sort of VBS fun to St. Paul's, perhaps a combination of online and Take-Out Home VBS, so stay tuned. In the meantime, we abide in the knowledge that **God is still here**. Stay well, stay safe, and stay home.

Summer Faith Kits

As we do every summer, we will have summer faith kits for families, but this summer we will be expanding the kits and personalizing them for each family based on the ages of the children/teens in the household and giving ideas for faith activities that can be done in a covid-19 environment. Families will be informed via email when the kits will be ready in mid May, and they will be delivered to homes or perhaps a pick up day can be scheduled if the stay at home order is lifted.



Hands Across Duluth Plans

We have also decided to reimagine HAD for summer 2020. It was previously scheduled for July 14-17. We will monitor the local situation and state guidelines and, if possible, schedule some type of activity for youth in later July or August. This would probably not involve staying overnight for several nights as previous HADs, but perhaps some type of outdoor service work could be accomplished. We will continue to monitor the situation and have a better idea in future weeks.

Gifts for Ourselves: COVID-19 Advance Directive Planning

“These times, they are a-changin’”...and we each are increasingly aware of our mortality with the talk of the corona virus pandemic. Our lives have been fully transformed: we are not able to gather, to get haircuts, or to have communion together. We are reminded daily of the number of people who have been diagnosed with the disease and how many have died in the past 24 hours. So far, to my knowledge, our St Paul’s family remains healthy. But we also know that at least 60% of us will need to get the virus before herd immunity can be effective...and some of us can expect to get very sick, even die, from the virus. All of this will come in the next months, before the early vaccines are available.



Regardless of our age, there is potential to have a mild case of the virus—and there is potential to become desperately ill, too. Have you thought about how you want to be cared for if and when you have COVID-19? One way we can make sure we get the care we want is to have completed an Advance Directive (AD). An AD writes down your desires, and it is used to guide family members and the health care professionals who are making decisions about needed health care when we cannot do that for ourselves. These options basically express how aggressively we want medical care to try to keep us alive, including hospital and ICU care, ventilators, kidney dialysis, CPR, etc.

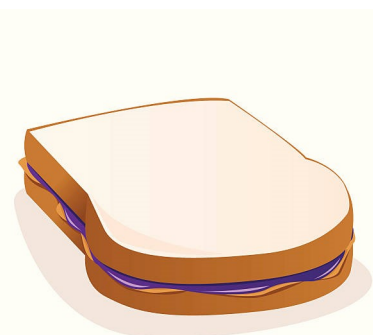
We plan to share information about Advance Directives and COVID-19 at an upcoming Wednesday evening session, and in the days after that, a group of us who know about AD’s will be available to help talk with you about your wishes. We can update an existing AD or to complete a new AD form with you, too, to make sure your wishes are documented and can be followed.

Stay tuned—more coming about this soon. In addition, if you are interested to be part of this project with me, please send me an email.

God’s peace—Rev. Barb (belliott@d.umn.edu)

Sandwiches for CHUM

Great Family Service Project! We are now providing sandwiches for CHUM on the first and third Thursday of every month. If your family wants to be on the team, you would make 20 simple sandwiches and do a contactless drop off at church. We also need one family each time to assemble them at church with chips, granola bars and fruit and then drop them at CHUM at their door. If you would like to be on the team, please contact Tom who is our site coordinator
tomhamilton@stpaulsduluth.org



Deadline for submissions to the June-July
issue of *The Messenger* is
8:00 am, May 20, 2020.
Please email items to:
office@stpaulsduluth.org

From Your Treasurer

Dear Parishioners,

March financials were presented and approved at the April Vestry meeting. Here is a summary of the March General Fund Statement of Activities.

March update of 2020 pledges:

Pledge income received in March 2020	\$ 29,196
YTD 2020 pledge income as of March 31, 2020	\$ 108,236
Budgeted Pledge income as of March 31, 2020	\$ 120,779
Variance of actual to budget pledge income as of March 31, 2020	\$ 12,543
YTD 2019 pledges as of March 31, 2019	\$ 94,258
Total Income as of March 31, 2020	\$ 163,055
Total Expense as of March 31, 2020	\$ 164,196
Total Expense over Income March 31, 2020	\$ 1,188

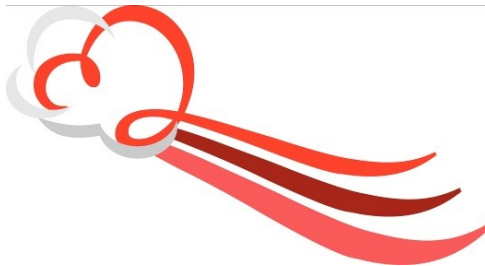


If you have any questions, comments, or suggestions, please email me at natalie@stpaulsduluth.org.

Respectfully submitted by Natalie Smith, Treasurer

BE A PART OF OUR ONLINE PENTECOST WORSHIP SERVICE ON SUNDAY MAY 31!

It was so wonderful to have so many send in their "branch-waving" videos for Palm Sunday, we would like to have an encore for Pentecost! We would love to have you send in brief video clips, about 5-8 seconds of your depiction of wind, flames, kites, spirit, candles, birds, etc...



To share your Pentecost videos, please use this link, <https://drive.google.com/drive/folders/1NcQ9m0IHUPIhBE5k36Tz8ktQO6iDQLvS?usp=sharing> to add your video to a google drive folder, you do not need to have google drive installed on your computer. You can also just email them to suevanoss@stpaulsduluth.org or text them to Sue at her cell phone number.

Church Isn't Cancelled: It's Changed

This pandemic has forced churches to confront the fact that church has been changing for years and this will change it in some ways forever. We have been challenged to pause and change, but we do not change our foundation—the values, beliefs and Gospel message that is at the core of who we are. Instead we are called to change how we operate and the strategies we use to equip the faithful to live out their beliefs. Even before this, people had less and less time to gather at the church. Now, more than ever they need meaningful connections to their faith and each other.

What has come to light/ what has been resurrected in the midst of coronavirus?

- The church is not a building, it is people
- The way community gathers is not just in a physical space, now it is all those who engage online and in one on one connections
- While it's necessary to spend money on buildings, where is the church right now? In our homes and online. The costs of our online presence are now just as important if not more so for churches to exist and survive
- As painful for some as it might be, we are not going back to the church we once knew, exactly as it was.
- When the shelter-in-place restrictions are lifted, it will most likely be in phases, with only small groups first before large groups, and many people, especially older people and those in the high risk categories will not immediately return to our church gatherings.
- St. Paul's is ahead of many churches with what we had in place already, a robust website, Facebook page, YouTube channel, Pinterest, Instagram, etc., but we need to keep moving forward.
- What matters most is connection over perfection; we might have not have the best lighting angles or sound or backdrops, but

we have made connections among people.

- We can quickly change! In a matter of days we had online offerings every day of the week, a COVID-19 resource center online, and started recording services online.



“Interruptions jolt us. They upset the equilibrium. They force a reaction. Interruptions challenge us to pause and assess what’s happening. Then build a plan to respond. And ultimately interruptions provoke us to act.”

— Tony Morgan tonymorgan-live.com/2020/04/15/7-church-shifts-coronavirus/

Know that we are building a plan for the long term changes to church this pandemic will bring. A task force is being created to look at livestreaming, our social media platforms and the equipment and staffing it will require. As we move forward in this “new normal”, we welcome your suggestions and ideas for how we can continue and expand our online presence. How can we engage more people in our online services (with the physical restrictions)? What would you like to see us produce online? When small groups are allowed to meet, what would you like to be a part of? Let us know!

Church is not cancelled, it's changed. And we should not fear this change; for from it new life will spring. The values and beliefs of Jesus Christ are being reinforced in new ways and will continue to guide all who believe and all yet to believe.

*Submitted by Sue Van Oss,
Director of Christian Formation*

Tips for Staying Healthy

During this pandemic, there are things we can all do to stay healthy; both physically, mentally and spiritually! Take a few moments to check out the resources on our Tips for Staying Healthy page on our website; www.stpaulsduluth.org, then click on COVID-19 Response, and the Tips page is a tab under that. For those who do not have internet access; here are some tips:

[How to shop for groceries safely](#) Minnesota Public Radio suggests these tips:

- focus on the people not food
- shop quickly and efficiently, avoid crowds
- wear a mask (we have a supply of them)
- go alone
- sanitize carts and hands, skip the gloves
- give the cashier some space
- choose no touch payment
- rinse produce in water, if you want to sanitize everything else, don't use disinfecting wipes on things that could absorb them
- order online

health hotlines provide free support to support Minnesotans experiencing mental distress. Crisis Text Line: The 24/7 emergency service is available if you or someone you know is experiencing a psychiatric or mental health crisis. Text MN to 741741 Please also consider contacting the National Alliance on Mental Illness (NAMI) Minnesota (1-888-NAMI-Helps / 1-888-626-4435) or the Minnesota Association for Children's Mental Health at (800-528-4511) to connect for help, to navigate the mental health system, for support and for resources. National Suicide Prevention Lifeline: The 24/7 lifeline provides support when in distress, has prevention and crisis resources for you or your loved ones, and resources for professionals. Call 1-800-273-TALK (8255). Substance Abuse and Mental Health Services Administration Disaster Distress Helpline: Offers crisis counseling and support if you or a family member is experiencing emotional distress related to a disaster. Call: 1-800-985-5990

Submitted by Sue Van Oss

Mental Health and Resources for Special Health Needs- Now, more than ever, it's important everyone has access to the mental health care they need to stay healthy. State agencies are working to help those in need, including the telemedicine to replace clinic visits and other well-being supports to help families cope.. Mental

Join Our Online Community

www.stpaulsduluth.org is a "one-stop shop" — our COVID-19 response page includes messages from the rector, our daily online schedule, zoom links, request for assistance form, and buttons to take you to our online worship, music, community connections pages, tips for healthy living and more. It also has all previously recorded services, audio and printed sermons, and serves as a resource center for faith formation ideas, videos, articles and links for all ages. Explore the various categories for a wealth of resources you can use to enhance the faith life of your household. Kids need a distraction? Why not show them a video on one of the parables or beatitudes instead of a video game. Looking for ways to improve your mental health? Lots of good information on the tips for healthy living page. Want to sing? Go to the music page. Want to serve? Go to the community connections page! Also if you haven't yet, go to our Facebook, YouTube Channel and Pinterest boards and like/subscribe to them, and see more sources for vetted content for you and members of your household.



COVID-19

Protect yourself
and loved ones



Help prevent the spread of respiratory diseases like COVID-19

+ WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



+ COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



+ DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



+ KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



+ STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



+ GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation, ride-sharing, or taxis.**



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
 - See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.

- Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- Most EPA-registered household disinfectants should be effective.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:



- **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath has improved)

AND

- at least 7 days have passed since your symptoms first appeared.

- **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use of medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath has improved)

AND

- you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

From Your Vestry

Greetings from your safe-at-home wardens and vestry! For the second time, we held our monthly Vestry meeting via Zoom and were able to conduct our business and discuss issues with at least some faces to smile and wave at. As you might imagine, we are a little concerned about being under budget for income without the weekly plate collections (although online giving is definitely increasing, thanks!), plus unexpected expenses for elevator and boiler maintenance. With Kathy, our Sexton, leaving last month and the church essentially shut down, we are contracting for weekly furnace checks and saving on building cleaning costs, for the moment. Natalie quickly put together and submitted an application for COVID-19 payroll support on the day it first became available, and hopefully we will receive some assistance through that program. Potential contractors toured the building and bell tower (complete with drone camera work!) a few weeks ago in advance of preparing their bid documents for the tuckpointing project.

Sue reported on how quickly St. Paul's online offerings have surged through the Lenten and Easter seasons, and the remarkable numbers for page views on our Facebook and YouTube sites. We were all amazed and proud of what she and others have been able to do in the past six weeks; the vestry presentation really demonstrated not only the impact for St. Paul's, but also how favorably we compare to other parishes in terms of what we can offer (prayer, music, bible study, coffee hour, etc.). As I said to her after our meeting, "this *is* a time for us to be thinking about how to shape our future, not just cross fingers for a

quick return to the status quo. And high quality online content is going to be SO important – more so than it has been while you have been building the foundation for St. Paul's online capacity. I want to be a part of a vestry that helps articulate that vision and makes it happen."



We are considering some short-term steps to facilitate Sue's and others' work in producing and providing opportunities for shared worship, fellowship, and service that we need right now. But I also believe we, as a vestry and as a parish, should be thinking bigger-picture about how we can do more than just use online content as a stop-gap measure. Doesn't it seem right that, as St. Paul's has focused recently on creating a "culture of calling", we should think about what we might be called do in this time of great change and anxious introspection? We could take this 'pause' in the virtual space/time continuum to thoughtfully plan for how we can grow as a parish and reach people and places in new ways, even after we are able to resume gathering for worship and doing the work of the church in more ordinary ways. If you have ideas and energy to share, *please* reach out to me, Bill, Barb, Sue or the vestry and we will be happy to hear your thoughts!

*Peace,
Nancy Schuldt*

Undoing Racism from a Century Ago

[The Lynchings in Duluth](#) is a book by Michael Fedo. The book tells the story of what happened in the evening of June 14, 1920 and the murders of three men, by mob lynching, about 25 hours later. It took decades for this story to be revisited as a community. You may contact Susan Anderson, Nat Constance, Jane Jarnis to borrow a copy of the book, or purchase your own copy of the book.

The Clayton, Jackson, McGhie Memorial, Inc. was formed in June of 2000. The original commemoration of the memorial site was October 10, 2003. The organization announced in 2019 the plans for a large-scale commemoration of the original tragedy to be held June 15, 2020 — which has been postponed to 2021.

The quotes on the following page are all part of the Memorial, found at **East 1st Street and North 2nd Avenue East**. A stroll with your family or friends to the memorial will give you the answers to this quiz, and will show you one additional quote that is not included here. Bring it with you and enjoy the peace and wisdom of the CJM Memorial and the quotes together.



Submitted by Nat Constance

Can You Identify the Author with the Quote?

- THE WORLD IS A DANGEROUS PLACE, NOT BECAUSE OF THOSE WHO DO EVIL, BUT BECAUSE OF THOSE WHO LOOK ON AND DO NOTHING
 - THE TRUTH IS RARELY PURE, AND NEVER SIMPLE
 - HOLDING ON TO ANGER IS LIKE GRASPING A HOT COAL WITH THE INTENT OF THROWING IT AT SOMEONE ELSE; YOU ARE THE ONE GETTING BURNED
 - IF YOU AS PARENTS CUT CORNERS, YOUR CHILDREN WILL TOO. IF YOU LIE, THEY WILL TOO....AND IF PARENTS SNICKER AT RACIAL AND GENDER JOKES ANOTHER GENERATION WILL PASS ON THE POISON ADULTS STILL HAVE NOT HAD THE COURAGE TO SNUFF OUT
 - HATRED CAN NEVER ANSWER HATRED; ALL VIOLENCE IS INJUSTICE
 - HE WHO IS DEVOID OF THE POWER TO FORGIVE IS DEVOID OF THE POWER TO LOVE
 - THE REFORMATIVE EFFECT OF PUNISHMENT IS A BELIEF THAT DIES HARD, CHIEFLY, I THINK, BECAUSE IT IS SO SATISFYING TO OUR SADISTIC IMPULSES
 - WE ARE RESPONSIBLE FOR THE WORLD IN WHICH WE FIND OURSELVES, IF ONLY BECAUSE WE ARE THE ONLY SENTIENT FORCE THAT CAN CHANGE IT
 - WE ARE THE MIRROR AS WELL AS THE FACE IN IT.
WE ARE TASTING THE TASTE THIS MINUTE OF ETERNITY.
WE ARE PAIN AND WHAT CURES PAIN.
WE ARE THE SWEET, COLD WATER AND THE JAR THAT POURS.
 - FORGIVENESS IS GIVING UP ALL HOPE OF HAVING HAD A BETTER PAST
 - LOVE IS ALL WE HAVE, THE ONLY WAY THAT EACH CAN HELP THE OTHER
 - THERE MAY BE TIMES WHEN WE ARE POWERLESS TO PREVENT INJUSTICE, BUT THERE MUST NEVER BE A TIME WHEN WE FAIL TO PROTEST.
- Albert Einstein
 - Anne Lamott
 - Bertrand Russell
 - Elie Wiesel
 - Euripides
 - James Baldwin
 - Jelalludin Rumi
 - Marian Wright Edelman
 - Martin Luther King, Jr.
 - Oscar Wilde
 - Siddhartha Gautama
 - Thich Nhat Hanh

Submitted by Nat Constance

You can find the answers to this quiz at the Clayton Jackson McGhie Memorial, at East 1st Street and North 2nd Avenue East, downtown Duluth



From Your Creation Care Team

In 1999 when my husband Tom and I were house-hunting we offered full price on a cute home in the neighborhood near St. Paul's, only to learn someone else had done the same. A minor bidding war ensued. The other couple got that house while we bought one just up the street. I noticed when I looked to see who moved into that first house that they were also humans. Why is it you never see a nice family of chickadees, hummingbirds, monarchs or chipmunks invest in real estate? Oh wait! That's right: they can't get a bank loan - or probably even a good realtor to help them.

"What on earth does this have to do with sustainable landscaping?!" *It is this: all creatures of the earth need a place to live.* Those of us who have the opportunity/obligation to care for a piece of land, be it a postage stamp lot or several acres, can choose to share that space with the creatures that can't get a mortgage or we can choose to think only of our own needs and wants. If you adopt the sharing option then that mindset will guide you toward sustainable landscaping decisions that avoid harming the environment or depleting natural resources, thereby supporting long-term ecological balance.

Here are just a few sustainable landscaping ideas, some of which also save time and money:

Lawns:

Avoid being influenced by advertisements that promote the ideal 100% green grass lawn. Consider instead the "mow what grows" mantra. You can even go "whole hog" and intentionally cultivate a pollinator lawn that contains some grass along with short, spreading flowers like white clover, thyme and self-heal.

Minimize the size of your lawn. If the only time you go to part of your yard is to mow it, ask yourself whether you could turn that area into a garden, a meadow of native plants or - easiest of all — a "shrub mound." Planting several shrubs close together eventually shades out the grass and provides excellent wildlife habitat.

Aerate and then spread compost over an existing lawn to add nutrients and improve soil health. Think twice before using chemical pesticides, herbicides and fertilizers.

Add native trees, shrubs, vines and plants.

Check to see if exotic (non-native) plants you already have or are considering planting are

problem invasive plants. I sure regret planting Siberian squill - despite its cute blue flowers blooming right now. The Minnesota Wildflowers web site is a great source for plant identification and learning which exotic plants are invasive pests. My favorite book for information and inspiration regarding native plants is Doug Tallamy's [Bringing Nature Home](#).



If you don't have time for "gardening", focus just on planting some **native trees and shrubs or fruit trees**. Trees provide significant food (sap, flower nectar, seeds, nuts, leaves) for moths and butterflies as well as the more obvious critters like birds and squirrels. There are several native shrubs that make beautiful hedges.

Grow food for you, too! Transporting food from distant places is a significant source of greenhouse gas emissions. Although any vegetable garden or raspberry patch can fulfill this need, consider stepping it up a notch using the concepts of permaculture:

"a system for designing agricultural landscapes that work with nature...I like to call it edible restoration, since the tools used in permaculture can help to restore land as well as yield food for humans."

—Amy Stross, [The Suburban Micro-Farm: Modern Solutions for Busy People](#)

Respectfully submitted by Carol Andrews

Carol Andrews has worked as a landscaper, studied and taught classes on gardening with native plants, and is a founding member of the local Arrowhead Chapter of Wild Ones: Native Plants, Natural Landscapes.



The Way of Love for the Easter Season 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>April 13 Turn How can you turn fear into trust?</p>	<p>14 Learn Look out your window- what do you see that's growing?</p>	<p>15 Pray Pray for those in the healthcare profession</p>	<p>16 Worship Say the Our Father slowly and reflect on each phrase</p>	<p>17 Bless List 10 things you are grateful for this day</p>	<p>18 Go Offer to deliver groceries for an elderly relative or neighbor</p>	<p>19 2nd Sunday of Easter</p>
<p>20 Turn How can you turn despair into hope?</p>	<p>21 Learn Discover a new route on your walk around the neighborhood</p>	<p>22 Pray for those who are unemployed or furloughed</p>	<p>23 Worship pray over the food you eat today at every meal</p>	<p>24 Bless What are three moments you appreciated today?</p>	<p>25 Go Write and mail a note to someone today</p>	<p>26 3rd Sunday of Easter</p>
<p>27 Turn How can you turn isolation into connection?</p>	<p>28 Learn Learn a new recipe and share it with those in your house or a neighbor</p>	<p>29 Pray for those who are ill or dying from coronavirus or other illnesses</p>	<p>30 Worship Way of Love Candle meditation https://youtu.be/LrJK-usu7Bw</p>	<p>May 1 Bless Reflect on something good someone did for you today</p>	<p>2 Go Call someone on the phone today who could use a friendly voice</p>	<p>3 4th Sunday of Easter</p>
<p>4 Turn How can you turn frustration into calmness?</p>	<p>5 Learn Learn a new hobby- watch a tutorial online</p>	<p>6 Pray for our leaders that they make the right decisions for all</p>	<p>7 Worship Reflect on Romans 8:38-39</p>	<p>8 Bless What is something silly that made you smile today?</p>	<p>9 Go Make a special meal and set the table for family or bring to a neighbor</p>	<p>10 5th Sunday of Easter</p>
<p>11 Turn from having the tv/computer on to a time of silence</p>	<p>12 Learn Learn how to grow something new in your yard</p>	<p>13 Pray for those graduating from high school and college</p>	<p>14 Worship Try a way of love meditation https://youtu.be/LrJK-usu7Bw</p>	<p>15 Bless What is something that made you feed good today?</p>	<p>16 Go Clean up your neighborhood on your walk</p>	<p>17 6th Sunday of Easter</p>
<p>18 Turn from excessive spending to saving</p>	<p>19 Learn Learn about a helping agency in your town and how you can help them</p>	<p>20 Pray for those struggling with mental illness</p>	<p>21 Worship Reflect on Matthew 6:34</p>	<p>22 Bless Who are 3 family members or friends you thought of today?</p>	<p>23 Go Collect items to donate to a local charity</p>	<p>24 7th Sunday of Easter</p>
<p>25 Turn from quick judgment to compassion for all</p>	<p>26 Learn Learn a verse in the Bible (your choice) by heart</p>	<p>27 Pray for those living alone and in isolation from loved ones</p>	<p>28 Worship Try praying with Anglican prayer beads.</p>	<p>29 Bless Intentionally smile at least ten times today</p>	<p>30 Go Donate to your favorite charity.</p>	<p>31 PENTECOST</p>