

# THE MESSENGER

JULY, 2020

## For the Beauty of the Earth



This morning I was looking at the picture that was taken on the Sunday St. Paul's celebrated our 150<sup>th</sup> anniversary last fall. A picture of our beautiful church filled with all of you facing the back and smiling. The picture sits on a stand next to the altar. You can see it during the record-

ed services. As I looked at the picture, I was reminded of how much I miss seeing and being with all of you.

This physical distancing that we are doing to prevent the spread of a dangerous virus is difficult. We humans are built for relationships and human connections. Christians gather for worship, formation and fellowship as Christians have for 2000 years. We experience God in community, and today that community is mostly a virtual one. We connect on screens, by phone and through notes in the mail. These things are good, but it is important to remember that it's not the same and *this is hard*. So be understanding with yourself and with others. Engage in a new spiritual practice. Try to spend 15 minutes a day in prayer. Read one chapter of the Gospel of Luke each day. Subscribe to a daily reflection that arrives in your inbox. Take some time to commune with God in nature.

I have been intentionally appreciating God's gift of creation during my twice daily walks through our neighborhood. A doe and her fawn (likely more than one), several rabbits (many, actually),

birds I have never noticed before, so many beautiful flowers, busy bees and, of course, our lake. The spiritual practice of slowing down and connecting with our beautiful, created world has helped me during this time of separation and isolation.

Speaking of creation, July is the month we celebrate Lake Superior. This year, we are asking you to submit a brief video clip of "what Lake Superior means to me." We will be compiling these clips and showing them during our Lake Superior Sunday service on July 19. Email your clip – preferably showing your face(s) – to [suevanoss@stpaulsduluth.org](mailto:suevanoss@stpaulsduluth.org)

We remain in phase 1.5 of the ECMN phases of reopening. This means all indoor church gatherings are still suspended. As of July 1, our bishop is allowing small, outdoor gatherings. The staff and I are looking at putting together small groups for reflection, prayer and fellowship to hopefully begin later this summer. Stay tuned.

Please keep wearing a mask when you are out in public and let us know if you need one. We have volunteers who are happy to make deliveries. Keeping our distance and wearing a mask is loving our neighbor, especially our vulnerable neighbor. Be safe and well.

Peace,  
+Bill

Deadline for submissions to the August  
issue of *The Messenger* is  
8:00 am, Thursday, July 23, 2020.  
Please email items to:  
[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)

## From Your Parish Secretary



Please keep in touch with St. Paul's! Let us know when you have a new phone number, address or email. Send us your prayer requests. Ask me to mail you a copy of a sermon, the

latest issue of *Day By Day*, or a new Parish Directory.  
I am still working part-time Monday-Friday, and I love to hear from you!  
Email [office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)  
or call 218-724-3535.

*Peace,  
Rita R.*

### 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](mailto:billvanoss@stpaulsduluth.org)  
[belliott@d.umn.edu](mailto:belliott@d.umn.edu)  
[tmsnelmw@cpinternet.com](mailto: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](mailto:tomhamilton@stpaulsduluth.org)  
[office@stpaulsduluth.org](mailto:office@stpaulsduluth.org)  
[natalie@stpaulsduluth.org](mailto:natalie@stpaulsduluth.org)  
[suevanoss@stpaulsduluth.org](mailto:suevanoss@stpaulsduluth.org)

## Follow St. Paul's Duluth on Social Media

connect with us:



## From Your Treasurer

Dear Parishioners,

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

May update of 2020 pledges:

Pledge income received in May 2020	\$ 17,862
YTD 2020 pledge income as of May 31, 2020	\$148,800
YTD budgeted pledge income as of May 31, 2020	\$174,827
Variance of actual to budget pledge income as of May 31, 2020	\$ 26,026
YTD 2019 pledges as of May 31, 2019	\$136,437
YTD income as of May 31, 2020	\$228,052
YTD expense as of May 31, 2020	\$222,473
YTD income over expense May 31, 2020	\$ 5,579



If you have any questions, comments, or suggestions, please email me at [natalie@stpaulsduluth.org](mailto:natalie@stpaulsduluth.org).

Natalie Smith  
Treasurer

*Respectfully submitted by Natalie Smith, Treasurer*

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## 3 Ways to Give



**Text GIVE to  
218-394-3535**



**[www.stpaulsduluth.org/give](http://www.stpaulsduluth.org/give)**



**Mail a check to St. Paul's  
1710 E Superior St  
Duluth, MN 55812**

Thank you!

## From Rev. Margaret



High Summer is here. Nelson and I are 84 this year. He has appointments for his follow up for his melanoma and cataract surgeries. He may now resume cardiac rehab. I have eye appointments and it is time to get our teeth cleaned. A granddaughter cut my hair yesterday. Our children and grandchildren mask, distance and scrub, in order to keep us COVID-free.

My father, never a frequent churchgoer, who survived the 1918 flu while in the Navy, always used to remind us "Do not worry, You will not get out of this world alive." My dad had it right. He lived life with a light heart and did many small acts of kindness and justice. When approached by KKK or-

ganizers concerning his 300 employees, he sent them away firmly, when hiring, he often gave folks jobs during The Great Depression,

He picked up hitchhikers and gave small jobs to struggling students. He advanced women who had left bad marriages in southern states following WWII. He had been very close to death himself, and had gained much; so he tried to help others.

Last week I heard Dr. Michael Osterholm, our U of M Public Health Director, and Dr. Anthony Fauci, on live radio interviews say essentially the same things. Either we contract COVID or be vaccinated. So we elders are about at the same place as the writer of Ecclesiastes. For some of us, our times may be ending and we should not worry.

*Faithfully,*  
*Margaret Warren Thomas,*  
*Priest Emerita*

## Evening Bible Study

Our Evening Bible Study completed its previous readings just as the George Floyd events unfolded. We discussed how we might make a prayerful and spirit-based response to the racist destruction we are living. One suggestion is that we Learn, Pray and Act in response. One option as a Bible/book discussion group is to spend time learning more about systemic racism. We acknowledged that we wanted to start close to home, so for this month, we are reading The Lynchings in Duluth, by Michael Fedo. The book is less than 200 pages, and several of us already have a copy if you want to borrow one.

The Evening Bible Study group meets on the second Tuesday of the month using zoom. The date for our next meeting is **July 14**, 6:30-8:30 pm—you are welcome to join us! I email the electronic zoom 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, contact me so I can invite you!

At this upcoming session, we will also decide what we will read next—bring ideas (and your calendar).

If you haven't been part of our group and are interested in joining us, please come. Call the office to learn about the sessions or email me about it ([belliottd@umn.edu](mailto:belliottd@umn.edu)).



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



# Anti-Racism: Ways every person can learn, act and pray

The killing of George Floyd, Breonna Taylor and others have amplified the racial injustices that continue to exist in our world. Our Presiding Bishop Michael Curry has spoken about the need for all of us to walk the way of love, witness to the way of love, and join with the Holy Spirit in turning the nightmare our world can be into the dream that God longs to bring about. Our calling, as Christians, is always the same. We are called to love. We ask the question: what would love do? Our website, [www.stpaulsduluth.org](http://www.stpaulsduluth.org) gives many ways we can learn, pray and act to combat racism in our communities. Here are ways individuals can commit to learn, pray and act for justice.

From Canon Stephanie Spellers, Canon to the Presiding Bishop for Evangelism, Reconciliation and Stewardship of Creation. What does LOVE look like, for a faithful individual? Among other things ...

- **TELL** the truth when it's tempting to be quiet.
- **SEEK** the stories of people who are different from you, especially those from the underside (and amplify those stories).
- **ACT** and speak in ways that bring life, instead of tearing others down to build yourself up.
- **REPAIR** what has been broken in your own life and community, as well as in our society and institutions (It doesn't matter if you broke it, you can be part of healing).

## Learn

Does your heart hurt from this broken world? Do you feel powerless? We are called to build the Beloved Community and work for inward and outward transformation. Here are ideas for adults; ideas for discussing race with children and teens are further below:

- [The 21-Day Racial Equity Habit Building Challenge](#): for 21 days, do one action to further your understanding of power, privilege, supremacy, oppression and equity. Plan includes suggestions for readings, podcasts, videos, observations, and ways to form and deepen community connections.
- [The Assumptions of White Privilege and What We Can Do About It](#): an article just published that uses recent events to highlight white privilege and what we can do about it.
- **Read** *White Fragility* by Robin DiAngelo, *How To Be an Antiracist* by Ibram X. Kendi, *The New Jim Crow* by Michelle Alexander, or *The Lynchings in Duluth* (Book study led by Rev. Dr. Barbara Elliott)
- **Watch** *Just Mercy*, *Dear White People*, *If Beale Street Could Talk*, *The Hate You Give*, *When They See Us* on Netflix or other streaming platforms.

## Act (From the Episcopal Church in Minnesota)

White siblings, we have particular work to do:

- We invite you first of all to get comfortable being uncomfortable. Resist the urge to seek for easy answers, or to wash your hands of culpability.
- Listen. This is a profound moment of opportunity for us to learn about the experiences of children of God who have, simply by virtue of their birth, experienced this world very differently.
- Amplify the voices of people of color, particularly African American voices.

Specific to rebuilding efforts:

- Donate to the [Lake Street Council](#)
- [Holy Trinity Lutheran Church in Minneapolis](#) is coordinating daily volunteers and receiving donations. Check out their Facebook page using the link to see how you can help.
- [Migizi Communication](#): MIGIZI Communications advances a message of success, well-being and justice for the American Indian community. Support them rebuilding after fire.
- [Northside funders group](#): Raising funds to rebuild on the north side of Minneapolis.

## Pray

[The Center for Racial Healing](#) is an Episcopal Center opened in 2017 that seeks the beloved community and the rewards of living life in that community-free of racism. It offers prayerful education, videos, podcasts, collective actions, training and dialogue.

*Almighty God, Source of all that is, Giver of every good gift: You create all people in your image and call us to love one another as you love us. We confess that we have failed to honor you in the great diversity of the human family. We have desired to live in freedom, while building walls between ourselves and others. We have longed to be known and accepted for who we are, while making judgments of others based on the color of skin, or the shape of features, or the varieties of human experience. We have tried to love our neighbors individually while yet benefiting from systems that hold those same neighbors in oppression. Forgive us, Holy God. Give us eyes to see you as you are revealed in all people. Strengthen us for the work of reconciliation rooted in love. Restore us in your image, to be beloved community, united in our diversity, even as you are one with Christ and the Spirit, Holy and undivided Trinity, now and for ever. Amen*

—(SCLM Prayers for Racial Justice and Reconciliation)

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Resources for Parents to talk with children/teens about racism and killing of George Floyd and others.

## How should I engage children on the topic of race?

1. Get comfortable talking about race, racism, and racial inequity, period.
2. Normalize talking about race (Avoid silence!)
  - a. Bring it up & address it directly (Avoid “colorblindness”!)
  - b. Ask questions (“What makes you say that?”)
  - c. Use the concept of fairness to help!
3. Empower!
4. Model behaviors for children.
5. Connect the past with the present and teach critical race literacy.
6. Listen to kids. Understand their questions.

[Miss Anna Talks About](#) - A brief video and two conversation guides for families and parents, which has excellent glossary and activities.

[Grief in a time of Injustice and COVID-19'](#)

["Coming Together: Standing Up to Racism. A CNN/Sesame Street Town Hall for Kids and Families"](#) The show will include Sesame Street characters and will talk to kids about racism, the recent nationwide protests, embracing diversity and being more empathetic and understanding.

[Three lessons on prejudice/stereotypes, curiosity & empathy, colors & culture](#) from Deep Blue Bible by Cokesbury

[Being Antiracist](#) Watch this video together and then use the discussion questions below to reflect as a family (WARNING: there is a brief description of the events surrounding Michael Brown's death at the 9:05 mark).

Discussion Questions:

- 1) What does it mean to be "Antiracist?"
- 2) How does Dr. Kendi define the term "racist?"
- 3) Why does he describe racism as a cancer?
- 4) What does he say we need to do in order to end racism?
- 5) What are some things you can do to help treat the disease of racism?

*Raising White Kids'* Author [How White Parents Can Talk About Race](#) a seven-minute listen from NPR

Talking to kids about protesting; [Five things I Want My Kids to Know.](#)

[Your kids aren't too young to talk about race.](#)

[Talking to Children after Racial Incidents](#) from the Penn GSE Newsroom

[Tips for Parents on Media Coverage](#) from the National Child Traumatic Stress Network

[Talking to Kids about Racial Stereotypes – Tip Sheet.](#) from Media Smarts

<https://centerracialjustice.org/resources/resources-for-talking-about-race-racism-and-racialized-violence-with-kids/>

## Christian Formation News

**Family Faith Time:** Each week throughout the summer on Wednesdays by noon I offer faith formation activities. You can find them at [www.stpaulsduluth.org/family-faith-time](http://www.stpaulsduluth.org/family-faith-time) It includes storytelling, crafts and activities for all ages based on the upcoming Sunday readings. There is also a Read, Reflect and Respond section for adults with young children, adults with elementary age, adults with teens and adults with adults conversations —so it truly is meant for **all ages** from 1-100.

**VBS In a Box & Online:** We have 29 kids signed up for our hybrid online and in a box VBS coming July 20-23. It is flexible so families can watch the videos created by the Teen Leadership Team at any time, and then do the activities contained in the special box.

**Sunday Bulletins:** When you watch our online worship, remember that the children's bulletins that used to be printed in the bulletin are still available online! You can download the bulletin and print off the last pages for the kids to work on while watching worship.

**Be a part of our online services by sharing pictures and videos of:**



**CHALK ART** - We are having a chalk art show online; get out the chalk that was in the May activity kits and draw images and words that portray Called to the Way of Love... how do you show love? Then take a picture of it and send to me via [email](mailto:) by July 15. **Prizes awarded** to the most creative, most colorful,

most inspiring art!

**LAKE SUPERIOR:** Share in a brief video "what Lake Superior means to me" that we will include in our worship on Lake Superior Day July 19. Again, just email the video clip to Sue Van Oss. Thanks!



**JOIN AN EPISCOPAL VBS AROUND THE COUNTRY** and let your kids take a trip across the United States right in your living room! I've received invitations from some Episcopal churches that have opened up their online Vacation Bible Schools for anyone to join free! Check out these great options; when it's a rainy day, or you just need a break, you can go to one of these great options for stories, songs, crafts and activities.

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**Holy Cross Episcopal Church is Castro Valley, California is offering THREE weeks of Bible Camp based on popular movies.** Sign up on the website to get a supply list emailed to you and reminder of each week's video release [Holy Cross VBS](#)

**Dr. Seuss on the Loose God's Love is Always a Party, July 6-10, 2020** The Sneetches, the Lorax, the Grinch, Horton will all teach us something about sharing God's love, and Oh, the places we will go...

**Finding Nemo: A Journey in God's Love, July 13-17, 2020** Join us under water for a week with Nemo and friends.

**Welcome to Hogwarts: The Gospel According to Harry Potter, July 20-24, 2020** Hogwarts was the most ambitious decorations we have ever attempted! We can't duplicate that online, but we can explore the wonders that community brings to us.

**July 27-30, 2020 Christ Church Episcopal Cathedral in Houston Texas. Parishes, Focus – Take a Closer Look, a Virtual Vacation Bible School**

Link: [Focus—Take a Closer Look](#)

Your preschoolers through preteens will have a blast as they discover how to trust in what they **CAN'T** see because of what they **CAN** see.

## Camp Agape



**Camp Agape** registration is now open! The Episcopal Church in Minnesota is hosting a unified camping program as a 'choose your own adventure' style program with a mix of online and outdoor options.

[Register for Camp Agape Today!](#)

From July 11 - August 8 there will be at least one Camp Agape activity to opt into each day for these four weeks. Camp Agape is designed for Campers who are **Ages 4-18**, and we expect that most campers will choose 2-3 activities per week. You can view an outline of the daily choices and find the registration link here: [www.ecmnyouth.org/summer-2020](http://www.ecmnyouth.org/summer-2020).

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Like all of our events, we want our Camp Agape campers to feel welcomed, make new friends, have transformative adventures, and start to learn from their peer leaders about how their faith can impact their daily life.

Your camper can experience all of this by choosing from a variety of participation levels including:

- Camp t-shirts and activity packs delivered or mailed to your home
- M-F: Online zoom options
- Sat: State park adventures
- Aug 3-5: Canoe trips on the Namekagon River (1, 2, or 3 days long)

The state park and canoe trip options will follow the current CDC and MN recommendations for [camps](#) and [day camps](#) including social distancing, activity group sizes of 10 or less, etc.

In the online registration for Camp Agape you can register as:

- A camper (ages 4-18)
- A CIT crew member (entering Grades 11-12 next fall)
- A LT member (young adults ages 18-25)
- An adult leader (ages 25+)

We expect that kids who have gone to SINC, EKID, EYQC, EYMC, and our White Earth and Rosebud Trips may enjoy Camp Agape! And even if your camper is brand new to the ECMN Youth Community, and this is their first program, they will surely find lots of fun activities and ways to build new friendships across the state.

### Stay connected online all summer!

- **Browse** our new website [www.ecmnyouth.org](http://www.ecmnyouth.org)
- **Join** our the [ECMN Youth Community](#) on Facebook
- **Follow** us on Instagram [@ecmnyouth](#)
- **Donate** to the [Brian N. Prior Youth Scholarship Fund](#)

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**“Don’t be dismayed at goodbyes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.” —Richard Bach**



A memorial service for Doreen “Dee” Hedman was held outdoors at St. Paul’s Episcopal Church at 4:00 pm on Thursday, July 2, 2020. It was a date significant to the Hedman family, because it was Steve and Dee’s wedding anniversary. Following pandemic safety guidelines, only immediate family attended. Dee’s ashes are interred in St. Paul’s Columbarium.

*Rest eternal grant to her, O Lord; And let light perpetual shine upon her.*

*BCP p. 502*



## From Your Creation Care Team

Perhaps, like me, you have been doing a lot more walking these days. Our dog Winnie and I have learned much more about the neighborhoods near us and about the Lake Superior shoreline in east Duluth. The flowers, birds, rabbits, squirrels, and deer have entertained and cheered both of us. However, we have also seen a lot of trash, especially plastic pieces likely to last for a long time in the environment. Paying attention to plastic actually overlaps with one of my research areas at work, which is developing and applying ways to quantify microplastics in lake systems.

Plastic has an interesting and complicated lifecycle. Of the 8300 million metric tons of plastic made between 1950 and 2015, 31% is still in use, and 59% has been discarded to landfills or the open environment; the remaining 10% was either burned directly or converted into oil and gas and other similar chemical products. (You can read more about the fate of plastics in Geyer et al 2017, *Science Advances*, Vol. 3, no. 7, e1700782, DOI: 10.1126/sciadv.1700782). There are estimates that up to 10% of the global energy supply goes toward making plastics. Fossil fuels provide both energy and starting materials for plastic production.

In the environment, plastics can be long-lived, and can be transported away from their source area by winds, currents, and animals. Importantly, larger pieces can be broken into smaller ones. If these smaller ones are less than 5 mm in size (about the size of a pencil eraser), they become part of the microplastics pool, which also includes plastic pieces that were initially designed to be small. These microplastic particles, the same size as the small animals and eggs that many fish eat, can be found in fish stomachs. My lab's research has found microplastics in Lake Superior's surface waters, including at a site in the middle of the lake (25 miles offshore). It is not yet clear how these particles affect fish health or the lake's ecosystem as a whole.

Because of the carbon footprint of plastics, their generally short period of use before being thrown out, and their spread throughout the environment, new approaches to using and managing plastics are being developed. Plastics are being made from more sustainable starting materials than fossil fuels. Researchers are creating new plastics designed for easier recycling. Some plastics are even being built to degrade in a controlled manner under environmental conditions. Policy approaches are being developed as well, at local to international levels. However, none of these approaches are the complete answer to controlling plastics in the environment.

So what can we do to help?

- Limit use of plastics, especially single use plastics
- Use reusable bags when possible (keeping in mind that we are explicitly discouraged from doing so in our current kerfuffle)

- Minimize use of plastic wrap and sandwich bags (replace with reusable plastic or glass container)
- Buy fresh (unwrapped) fruits and vegetables
- Buy in bulk
- Drink tap water in reusable water bottles rather than buying bottled water. This has the added benefit of reducing transport of water, which is energy-intensive (water is heavy).
- Use reusable coffee mugs and utensils
- Limit plastic releases into the environment
- Recycle (following local recycling company guidelines, not all things labeled recyclable are actually recyclable in all locations)
- Arrange clean-ups (especially after snowmelt and rain events)
- Limit laundry to full loads and truly dirty clothing
- Have a filter for your washing machine water to catch fibers released from polyester, nylon, synthetic fleeces, etc.
- Utilize laundry lint filter or, better yet, line dry clothes
- Learn about and support policy development. There are two bills in Congress right now focused on plastics in the environment:
- Further information on the Break Free From Plastic Pollution Act can be found here: [Break Free From Plastic Pollution](#)
- Further information on Save Our Seas 2.0 (which has passed the Senate and is now in consideration by the House) can be found here: [Save Our Seas 2.0](#)



We can work together to limit plastics in the environment; limiting waste plastic can also help reduce our carbon footprint!

*Respectfully submitted by Liz Austin-Minor*

## From Your Vestry

Greetings from your safe-at-home wardens and vestry! In the month of June, we actually met (virtually) twice: on June 2<sup>nd</sup>, for a focused discussion on the tuckpointing project, and on the 16<sup>th</sup>, our usual third Tuesday monthly meeting date. After several hours of intense deliberation and discussion during our special meeting, the vestry voted unanimously to proceed with the “base project” in the contractor bid package. This project is a comprehensive masonry repair and waterproofing of the bell tower, where our building committee and architectural consultant have determined, after years of investigation, is the primary source of water infiltration to the building. The vestry came to this decision, grounded in our sense of responsibility to be good stewards of St. Paul’s parish, including the remarkable building which we are entrusted with preserving, now and for the coming generations.

We had requested bids for a total building repair project that includes several other specific areas also in need of major maintenance (tuckpointing, other exterior materials repair and replacement, drainage), but asked contractors to break out the costs associated with each major area of repair. We received three bids; one was dismissed immediately because of excessive cost, and the two remaining firms were given opportunities to improve their bids through ‘value engineering’ to safely bring down costs where they could. Ultimately, the building committee recommended Berglund, a well-qualified Chicago firm that has specific experience with these types of projects and is currently working in Duluth on another major restoration project downtown.

Regarding the financing for this project, we intend to first tap into interest on dedicated investment reserves that are earmarked for substantial building maintenance needs. We are actively investigating a variety of other options for the remainder of the project costs (loans, grants, capital campaign), drawing ideas and support

from representatives on the budget committee and others in the parish with financial expertise and knowledge of our parish history. We will be sharing more detailed information and plans with the parish in a forthcoming communication, and welcome your ideas and input. I can assure you at this time, the overarching goal of the vestry and parish financial experts is to consider how we can capture this potential opportunity to not only secure the necessary funding for the “bricks and mortar” repairs to the physical church structure, but also take steps to strengthen St. Paul’s overall parish health and vitality.



We continue to run below budget for income without the weekly plate collections, but our online and text giving continues to grow. The federal Payroll Protection grant we received is covering all personnel costs for several months, which will ease our expense side significantly. St. Paul’s online offerings have continued to reach large audiences, beyond just our local and regional membership. A work group continues to research the technology we would need to transition to livestreaming services and events.

As always, please feel you can reach out to your vestry and wardens with your questions, ideas and concerns.

*Peace,  
Nancy Schuldt*

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## Finances

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

We appreciate everyone striving to keep up with your pledge. Pledging is down compared to last year. We are sensitive to those experiencing financial hardship, and thank those who are able to step up during these uncertain and challenging times to support St. Paul’s.

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.

# Centering Prayer

The concluding words of Thomas Keating's book *Invitation to Love* are inspirational during current events. He said... "now the Holy Spirit is inviting laypersons and those in active ministries to become contemplatives where they are, to move beyond the restricted world of selfishness into service of their communities, and to join all others of goodwill in addressing the global problems of our time: poverty, hunger, oppression, violence, and above all, the refusal to love."

For those of you with computer access, a wonderful resource for Centering Prayer is the Minnesota contemplative outreach organization. Contemplative outreach organizations were established to introduce the centering prayer method to people seeking a deeper life of prayer and to provide a support system capable of sustaining their commitment. Organizations are available worldwide. The Minnesota contemplative outreach is a nonprofit run by volunteers. Their website includes not only centering prayer instructions, resources, and videos, but information about classes, retreats, and centering prayer groups in various locations throughout the state. These groups can be very helpful in furthering your practice, but of course, all of the centering prayer groups, including our own at St. Paul's, are currently closed due to COVID-19.

However, there are still electronic ways to connect with others in centering prayer. I have been participating in a 7 am daily morning Centering Prayer Vigil for the Twin Cities. The purpose of this zoom meeting is stated as, "sustaining the intention of peace for the Twin Cities, we will hold prayerful silence together, in unity, in love and support for people in our communities." In the beginning of each Zoom meeting session, the guidelines for centering prayer are reviewed so that individuals without experience are also welcome to at-

tend the 25 minute, silent centering prayer meeting. A zoom link is available at [minnesotac-contemplativeoutreach.org](https://minnesotac-contemplativeoutreach.org).

If you don't have a computer, or would rather practice centering prayer individually, you can still dedicate your prayer session with a particular intention, reading or prayer by beginning and ending your session with that thought.

There are four easy guidelines for centering prayer that anyone can follow.

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably and with eyes closed, settle briefly and silently introduce the sacred word as the symbol of your consent to God's presence and action within.
3. When engaged with your thoughts return ever-so-gently to the secret word.
4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

*Respectfully submitted by  
Marian Flammang and Art MacAilein*

## Make the Ordinary Come Alive

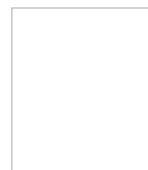
by William Martin

Do not ask your children to strive for extraordinary lives.  
Such striving may seem admirable, but it is a way of foolishness.  
Help them instead to find the wonder and the marvel of an ordinary life.  
Show them the joy of tasting tomatoes, apples, and pears.  
Show them how to cry when pets and people die.  
Show them the infinite pleasure in the touch of a hand.  
And make the ordinary come alive for them.  
The extraordinary will take care of itself.

## St. Paul's Episcopal Church

1710 E. Superior St.

Duluth, MN 55812



Email for the church:

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

Visit our website:

[www.stpaulsduluth.org](http://www.stpaulsduluth.org)



Not every lake has a day set aside in its honor. But not every lake is Superior. The third Sunday in July each year is set aside to celebrate and honor the world's largest body of fresh water.

**We want you to share in a brief video "what Lake Superior means to me" — and we will include your video in our worship on Lake Superior Day, July 19. Please email the video clip to Sue Van Oss by Tuesday, July 14. Thanks!**