



St. Paul Lutheran Church Messenger

609 South 5th Street
Stillwater, MN 55082

Our Mission Statement:

“To Grow in God’s Word and Share
God’s Love”

Our Core Values:

1. Building community inside and outside of our church building.
2. Nurturing and developing faith lives for all ages
3. Serving Others (in our neighborhoods, community, state and beyond)
4. Caring for our members and church building.
5. Investing in children, youth and their families.

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President's Corner

Summer is now here, and we continue to move forward with a number of projects that help us to build community. Whether it is a building project (and we have more than our share this year) or a trip to South Dakota or Guatemala, we are continually building relationships. God wants us to build those relationships in order to work together in his ministry as the Body of Christ.

On July 18, 2019 we will participate in the kick-off of Lumberjack Days with the Ice Cream Social at the Historic Courthouse, which is kiddy corner from our church. We will provide food and games. We will again provide family friendly pricing on all of our food items thanks to the generosity of Cub Foods who has donated all of the brats and hot dogs for the event. We still need donations for pop, water and chips. We will have the ring toss and therefore need about 125 large bottles of pop. More importantly, we need volunteers as some of our volunteers will be on the trip to Guatemala. Remember all of the proceeds for this event go to defray costs of the two mission trips this summer.

At the June 30th, 2019 Worship Service, we previewed and discussed another opportunity to provide housing for our homeless youth. In the next few weeks, we will be discussing this topic at the adult forum as we have found a seven-bedroom, 2250 square foot modular home; which is fully furnished with beds and appliances for approximately \$78,000. We will be inviting other churches both ELCA and other denominations to meetings, if the congregation and council approve moving forward with this project. There are a number of options to discuss including putting a full basement under the home and therefore creating additional bedrooms with the use of egress windows.

We need to discuss the location of the building as we may have the ability to utilize some of our own property, so that the housing is near our church and the Youth Drop-In Center. We will also look at alternatives on vacant parcels within Stillwater. As I indicated, we only want to proceed if the congregation and the council support the project. This next addition will answer and move toward our goal of providing affordable housing, especially to our homeless youth. I will also require us to do some planning as to how we meet the needs of a home that will have the for 24-hour staffing. After the service, a member came forward and made a commitment of \$5,000 towards this project if the church decides to proceed with it. I encourage you to come to adult forum and discuss this project and how we might continue to build community for young people in Stillwater.

You will also be hearing about other projects including the possibility of a Thanksgiving meal to be cooked by a Chef at our church. We will be discussing what benefits something like this could have in offering fellowship and again building community.

July Food Shelf Featured Items: Baby Diapers (All sizes but in need of larger sizes), Personal Hygiene Items, and Condiments/Spices

July Treats: Women's Unit

Free Community Meal: On the 4th Monday of every month, River Valley Christian Church sponsors a free community meal in the community room at Charter Oaks Townhomes, 1110 Curve Crest Blvd, Stillwater. For more information and updates, visit on Facebook @CommunityMealMN or contact 651-430-9950.

President's Corner Cont...

We will look into what other churches are doing and whether we should partner with them in these types of projects.

You will also notice changes in our staff as we are advertising for an office coordinator to work approximately 16 hours per week. The office is now open Monday through Thursday from 9:00 a.m. to 1:00 p.m.. I want to thank the office volunteers, Adele Urhammer, Judy Clausen, Nancy Grebis, Shelley Jokinen and Jacqueline Shoeberg for volunteering time in the office. If anyone else is interested in volunteering please let Pastor or I know, as I am sure we can find things for you to do.

The Council decided unanimously that we needed to move in a different direction with our Youth, Family and Education program. As a result, we will be reviewing our needs for the Sunday School and confirmation programs and our opportunity to reach out to young people. We will then determine what staffing is necessary to meet our needs. As you are aware, vacation bible school is our next opportunity to building community in August and we could really use your help this year.

At the special congregation meeting we discussed the 2019 improvement projects which are estimated to cost \$183,000. The congregation had approved \$63,000 at the annual meeting but the organ, roof, new heating and air units, flat- roofing project, skylight maintenance and renovation of the lounge and choir room required the special meeting. The congregation approved a loan from our accounts under the supervision of Business Management of \$150,000. We are hoping to only utilize \$120,000. This works out to about \$600 per giving unit in the church. We intend to pay back the loan over five-year period. We are encouraging as many members

as can afford it, to pay the \$600.00 in advance so we can lower the amount necessary to borrow. A member has already stepped forward with a donation of \$22,000 which will be used to defray the costs of the roof project. Your help allows us to make the necessary repairs and be able to offer our building for a number of different uses during the year. If you have any questions, please talk with Barb Dietrich the chair of property and grounds.

We have a number of opportunities yet this summer to build community including our annual picnic and outdoor service and ice cream social with Nelson's ice cream in August. I hope you will make the time to participate in as many events as are possible. If you have any questions please make sure you ask one of the council members, the Pastor or myself. We welcome the input.

In Christ,
Kevin K. Shoeberg, President

Valley Outreach Requests

St. Paul Lutheran has been a constant and generous supporter for our local food shelf, and they are so grateful for our connection

Valley Outreach is looking for volunteers every third Thursday of the month to shop for clients who are not able to make it into the food shelf.

Volunteer 'shoppers' work off of client menus and shop with a cart through our food shelf! It's fun, it's easy, and it's a great way to give back to your community.

If shopping really isn't your thing, but driving IS...we are also looking for drivers to deliver the Mobile Choice deliveries!

Please contact Mugs with any questions!

Pastor's Pen

"You have searched me, LORD, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways." Psalm 139:1-3

Leadership

There has been a lot written on Leadership. When I Googled it there were seven hundred and eighty-four million hits. When you think about leadership what type of people come to mind? What are the qualities and characteristics you look for in a leader?

When Jesus chose leaders, he went way beyond the normal expectations that people had of leaders in his day for this new community he was forming – the church. The type of leaders he chose radically redefined and shaped his image for the church. His early choice of Peter would have shocked people. A poor, uneducated working-class fisherman, but Jesus even went so far to call him the "rock" of this new community of faith. And then Jesus chose Matthew, a wealthy, corrupt tax collector and not to be outdone he chose Mary Magdalene who was possessed by no less than seven demons.

So, what is it about these three very different people that Jesus chose them to be leaders? Every one of them was willing to give up everything for Jesus, so it begs the question, "how much are you willing to give up in order to be a follower of Jesus?" The other thing that I noticed about all three is that they were willing to let Jesus create humility in them through the inner and outer struggles of life. I've learned that humility is not something you can simply choose to do – at least not the kind of humility Jesus desires – it something that Jesus does in you as you continually seek him daily.

Humility is the opposite of pride, and pride always desires attention, and the desire to be seen as relevant and significant by others. Pride is also about winning and getting our way. Humility only seeks to glorify Jesus and a desire to serve others so that they can grow into their full potential. The humble leader rejoices in the success of others and not their own. One Christian writer said, "I am convinced that the Christian leader of the future is called to be completely irrelevant and to stand in this world with nothing to offer but his or her vulnerable self. That is the way Jesus came to reveal God's love."

I know for some people that can sound alarming, but when you study the life and ministry of Jesus that's exactly what he did so that God's will would be done, and we are to do the same. Listen to what Paul writes in Philippians chapter two. *"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death— even death on a cross!"* Philippians 2:3-8.

I hope that you will also see and understand that Jesus has chosen you, just as he chose Peter, Matthew and Mary, to be leaders in his church. My prayer is that we will all desire and pray that our Lord will lead us into a deeper understanding and practice of humble servant leadership.

Grace, peace, love and joy in Christ our Lord,
PF



Is retirement good for your health?

Many seniors struggle with feelings of worthlessness that stem from being bored after they have retired. Retirement years are supposed to be our time of well-deserved rest and relaxation. However, many folks are surprised to find that retirement isn't what they hoped it would be. The loss of normal routine, contributing to society, losing friends or family, and health issues can bring about depression and loneliness.

People with hobbies, passions, volunteer opportunities, and the like generally have less trouble redistributing their time after they retire. Those who did little beside work may find filling time more of a challenge.

How Do We Prevent Boredom and Loneliness in Retirement?

- **Keep physically active.** Staying active keeps the mind sharp and the body healthy. Getting exercise is just as important in your senior years as it is when you are younger.
- **Stay Creative.** Take up a new hobby or return to an old one. You never know what new skills you may discover, and brain function is always improved when we have a creative outlet. Word games, puzzles, drawing, painting, sewing, woodworking, gardening, writing, photography.....the list is endless!

- **Keep Up Your Social Life.** The biggest enemy of boredom is social activity. Keeping up with friends and family, going on outings, talking on the phone, and community activities allow seniors to stay happy and connected. Volunteering offers social interaction and rewarding time – Community Thread coordinates many local volunteer programs.

- **Don't Be Afraid to Try New Things.** Volunteer for a worthy cause or charity, join a book club or even sign up to take a class to learn something new. Stepping out of our comfort zone will go a long way in preventing boredom and give you purpose.

Where to start? Join our Tai Chi group here at church! Community Thread offers senior aerobics and volunteer choices! Trinity Lutheran Church has Yoga Devotion! Community Education through the school district offers many classes and activities. Our church needs volunteers....Our community has many resources. May your retirement be filled with joy!

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters." **Colossians 3:23**

Linda Peterson

**Parish Nurse
Office Hours:
Tuesday 9am-12pm**



Youth Ministry

Supplies and Donations Needed!

A number of supplies and donations are needed for our Mission Trip this summer. Please sign up in the gathering area with items you are able to donate! Thank you!

Guatemala Mission Trip:

Please have to church by Friday, July 12th!

- ◇ Tools: 1 Trowel, 2 Hammers
- ◇ Misc. Items: 1-2 large suitcases, 12 composition notebooks, 15 (10 pack) Crayola Classic Colored Washable Markers, 15 (10 pack) Crayola Tropical Colored Washable Markers, 25 (24 count) Boxes of Crayola Crayons, 10 packs of multicolored construction paper, packs of snacks (45 count), and monetary donations towards travel expenses.

We have also been given an extensive list of donations needed by the orphanage and the school we will be serving at. That list is posted in the gathering area. Please check it out and sign up for any items you're willing to donate!

Vacation Bible School:

This year's VBS theme is "To Mars and Beyond" and it will be a space themed program bringing students on a journey through the Bible as we learn to trust God's work and power in us. This year's VBS program is happening the week of August 5-9th.

Time: 5:15 p.m. – 7:30 p.m.

Supper served from 5:15-5:45 p.m.

SPLC offers the VBS program **free** to members, friends, family, and neighbors! It is our "light supper" where I need your help. Would you be willing to help prepare, serve, clean-up in the kitchen, or make a donation of food, to keep the costs down? I need approximately 6-10 people each day. Along with the sign-up to help, there is a list of items that need to be donated. In past years, and as always, our members provide what is needed for our VBS program to keep our costs down, and I thank you for your generosity and your servant attitudes in helping our children continue to grow in their faith journey with God.

Items listed below can be brought to the kitchen marked VBS no later than Sunday, July 28th!

3 lbs. butter, 2 Bunches of Celery, 600 napkins, 5 lg. boxes of potato chips, 1 lg. Butterscotch topping, 3- 5qt. pails of vanilla ice cream, 1 Box of raisins, 2 Industrialized Size Baked Beans

Items listed below should be brought to the kitchen marked VBS on Sunday, August 4th!

8 pans (9X13) Brownies, 8 pans (9X13) Rice Krispy Bars, 10 Dozen Cookies, 3 Loaves of White Bread, 4 Loaves of Wheat Bread, 8 Dozen White/Wheat Dinner Rolls, 6 Dozen Ears of Corn, 3 gallons of 1% milk, 3 gallons of skim milk, 5 gallons of Chocolate Milk, 2 Seedless Watermelons, 3 lbs. bag of apples, 1 "Fresh Fruit" (keeps fruit fresh)

Sign-Up for Food Donations and Kitchen Help are at the VBS Table in The Gathering area.

If you have any questions regarding the VBS Kitchen help/donations, please call Mugs at 651-276-1065.

Updates and Upcoming Events:



The sweetest and most refreshing event of the year is fast approaching!

The annual Ice Cream Social will be held on Sunday, August 11 from 2:30 - 4:30 p.m. Free ice cream from Nelson's (15 flavors!) will be generously scooped for all who attend. All of our members, friends, and neighbors from the community are invited. Music will be provided by The Cruisers, playing rock 'n roll favorites from the '50s and '60s. Games and activities for all will be available. Plan on joining the summer fun and don't forget to invite a friend!

We will need many volunteers to help make this event a success. Sign-up sheets will be available in the Gathering Area if you could help with set-up, scooping, games, or clean-up. Donations to off-set ice cream expenses will be gladly accepted. Questions? Contact Shelley Jokinen at 651-653-9332 or sjokinen@comcast.net.

Save the Date!!

Sunday, September 22, to cruise on the St. Croix River.

Watch for more detailed information during the middle of August. This great event is put on by the Fellowship Committee. Mark your calendars to meet on the boat for great "river" fellowship.

YCDC Update

We've been busy at the Youth Connections Drop-In Center! The Garden Tea fundraiser in May raised about \$9,000! Thanks again to all the volunteers and all who contributed to helping youth with unstable housing. To date, 26 youth have visited the center totaling 124 visits. Our program is expanding! All Saints Lutheran Church in Cottage Grove will be the second Youth Connections Drop-In Center site in Washington County opening September 16th. The center will be open 3-6 p.m. every Tuesday. Both All Saints Lutheran Church and St. Croix Family Resource Center (FRC) need donations to help the effort. Money is needed to renovate the church space and to help FRC staff the center and train volunteers. For more information, call 651-231-7807 or visit www.stcroixfrc.org.

Fourth Friday Food & Friendship Community Meal

St. Paul Lutheran Church is on the calendar to provide a simple meal and activity for those in our community who are hungry, lonely, or just in need of some social time. We will have a sign-up for those wanting to come from SPLC. We currently have ten local churches who will be a part of this monthly event (we are not doing one in December), so we are just one church short for this opportunity to serve others. Mugs has agreed to head this meal up, and she has heard from two other volunteers willing to help. We are looking for three additional volunteers for a total of 6 to get together, plan the menu and a simple activity for this September meal. Please contact Mugs if you are interested. Here's the date, time, and place!

Date: Friday, September 27, 2019

Place: SPLC Fellowship Hall

Time: 5:30-7:30 p.m.

FREE! All are welcome!

Dress for comfort & movement.

TAI CHI



TAI CHI EXERCISES

Tai Ji Quan/Movement for Better Balance

Mondays & Fridays at 10AM

Fellowship Hall

St. Paul Lutheran Church.


609 S. 5th St, Stillwater, MN

Certified Instructor, Paul Ryberg

Sponsored by the SPLC Health & Wellness Committee.

For further info: St. Paul Lutheran Church 651-439-5970

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am Tai Chi 2-5pm Youth Connections Drop- in center	2	3	4 Office Closed! 	5 10am Tai Chi	6
7 9am Worship Service/ Mission Trip Commissioning 10:15am Adult Forum 10:15am Blood Pressure Screening	8 10am Tai Chi 2-5pm Youth Connections Drop- in center	9 6:30pm Business Management Meeting 7:30pm Executive Meeting	10 6pm Memorial & Grants Meeting	11 9am Quilting 10am Property & Grounds Meeting 3pm Evangelism & Membership Meeting 2-5pm Youth Connections Drop-in center 6:15pm Edu/Youth & Family Meeting	12 10am Tai Chi	13
14 9am Worship Service 10:15am Adult Forum 1-6pm Hovland Conservatory Volin/Piano Recital <i>Mission Trip to Guatemala Leaves</i>	15 10am Tai Chi 2-5pm Youth Connections Drop-in Center	16 7pm Church Council Meeting	17 6:30pm Tent Set-Up at Court House	18 2-5pm Youth Connections Drop-in Center 3-9pm Lumber Jack Days Kick- Off	19 10am Tai Chi	20 <i>Mission Trip to Guatemala Returns</i>
21 9am Worship Service 10:15am Adult Forum	22 10am Tai Chi 2-5pm Youth Connections Drop-in Center	23	24 6pm Memorial & Grants Meeting	25 2-5pm Youth Connections Drop-in Center	26 10am Tai Chi	27
28 9am Worship Service 10:15am Adult Forum <i>August Newsletter Deadline</i>	29 10am Tai Chi 2-5pm Youth Connections Drop-in Center	30 6:30pm Worship Committee Meeting	31	August 1 9am Quilting Meeting 2-5pm Youth Connections Drop-in Center 5:15pm Social Concerns Meeting 6:30pm Fellowship Meeting	2 10am Tai Chi	3



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We invite you to come to
worship with on Sundays.

Worship time: 9:00am.

Adult Forum: 10:15am.

