

St. Paul Lutheran Messenger



Volume 2020 Issue 7

July 2020

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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“On one occasion, while he was eating with them, he gave them this command: “Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. ⁵ For John baptized with water, but in a few days you will be baptized with the Holy Spirit...When the day of Pentecost came, they were all together in one place. ² Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. ³ They saw what seemed to be tongues of fire that separated and came to rest on each of them. ⁴ All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.” Acts 1:4-5; 2:1-4

You Are a Temple of the Holy Spirit

Throughout the Gospels Jesus stated that he was going to restore the kingdom of God through the power of the Holy Spirit whom Joel said would be poured out on all people when the Messiah, Jesus, came. The fulfillment of this new messianic promise and hope was the establishment of a new Temple. However, when Jesus spoke of a new Temple he was not referring to a building. The new Temple that Jesus is talking about is you and I – that our very bodies would be containers of the Holy Spirit. Listen to what Paul says in 1 Corinthians 6:19, *“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself*

The Greek word we often associate with church is ekklesia, but, again, it has nothing to do with a physical structure; instead, it is the union of people with God and each other through the Holy Spirit. Whenever, we forget this truth the “church” becomes an institution rather than a movement often riddled with competing agendas and conflict.

Only those who give their lives to Jesus and commit themselves to obeying his teaching will become Spirit filled.

You can have all kinds of knowledge about God, and still not know God – filled with his Spirit. So what are the signs of being Spirit filled? Well, Paul speaks of it in 1 Corinthians 13: Spirit filled people are patient, they are kind and not jealous or envious of others. They don’t treat others harshly or bully them. Instead of insisting on their own way they try to build others up, and they don’t keep or hold onto the faults and shortcomings of others. Most of all they are grateful, and generous. Every day they desire to bring God Joy, and sacrifice for the good of others as they create community.

Spirit filled churches are united, vibrant and healthy because of the great love that the members have for each other. Yes, there are disagreements, but they are quickly resolved because of the deep love that they have for each other and God. They sacrifice for each other and take pride in helping each other to use their unique spiritual gifts to serve people in need. They embody grace wherever they go, and they can’t help, but tell others about Jesus.

On the other hand, when churches are declining and members are continually arguing, while others are leaving because they can’t take it anymore the real issue is a Spiritual crisis. If all of the members are truly temples of the Holy Spirit, then a spirit of love and unity permeates through the whole ekklesia. In fact, it is impossible for that not to happen when the Holy Spirit is present.

So how can we become filled with the Holy Spirit? The first step is the first step that people go through in AA – because we are all addicted to some form of sin (pride & ego lurks in every human heart), so we admit that we are powerless to save ourselves, and surrender our lives anew or again to Jesus. Then like the disciples we come together and pray for as long as it takes to be filled with the Holy Spirit –

We must desire to be filled with the Holy Spirit more than anything else. Next we begin to have one-on-one heart to heart conversation with each to build a base of friendship and trust, so that we can grow deeper in our love and forgiveness of each other. If you are going to become a forgiving person or for an ekklessia to become a forgiving community of faith, it needs to intentionally practiced, and the reason why people forgive each other is because the Holy Spirit compels them – it just doesn't naturally happen. Once love and the practice of forgiveness become foundational then the Spiritual gifts within each person begin to flourish as members equip and encourage each other.

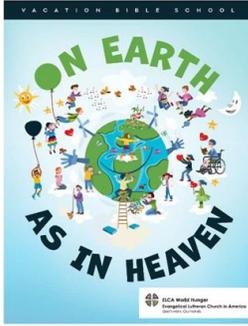
The good news for all of us is it that the Holy Spirit is always available. Just ask Jesus.

Grace, peace, love and joy through the Spirit of Christ – PF



“Once love and the practice of forgiveness become foundational then the Spiritual gifts within each person begin to flourish as members equip and encourage each other.”

Dan's Den



Vacation Bible School

It's coming close! This summer has brought a lot of changes to our lives. Part of it has been the number of summer plans we've had to cancel because of it. We ARE having VBS this summer; however, it will be very different! Because of the risk of spreading germs, **we will not have an in-person vbs.** St. Paul partnered with Sugar Creek Bible Camp back in January expecting to host a group of counselors to connect and lead vbs with us. Since they can no longer meet us in person, they have put together an **at-home VBS** with many of the same elements as you would expect! **This VBS is FREE to everyone!**

- **Sign up by July 18th**
- Form is found on our [website!](#)
- Send form to SPLC@stpaulc.org

Sunday School!

If you haven't had a chance yet, there are a number of devotions and activities for families to do together on our google classroom. **If google classroom does not work for you, please let me know so we can get you the materials!**

Connect!

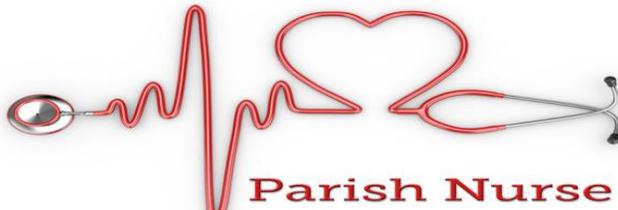
Throughout the summer, Connect has still been able to meet via zoom! During this time, we take a pause from the world around us to check in on one another, have a couple laughs, and have a short devotion/Bible Study. These last couple weeks we have been talking about how we can take a pause. A pause from the noise, screens, and other distractions, to help us focus on the world around us, and listen for God. We are also taking a pause in the month of July. **We will not meet for the first two weeks of July** to rest, play, and connect with those around us. We will start back up mid-July. We are discussion when we could meet in person again, and hopefully will be able to soon, but will continue meeting online until we are confident that we can safely gather!



St. Paul has an Instagram!

The purpose of this platform is to reach the community of St. Paul in new and different ways. It's second purpose is for the youth, as they are more likely on that platform, I am using it as a way to post updates for them!

Sunday School Google classroom code	Connect Google Classroom code	Instagram username
Nwh3xxt	2sk3wtc	Splc_stillwater



Considering Your Ongoing Risk of COVID-19 Infection

Communities across the country are beginning to reopen after the initial surge of COVID-19, and many people are welcoming the opportunity to dine at a restaurant, get a haircut, or visit with family. However, due to their increased risk of coronavirus-related complications, seniors — as well as their family or caregivers — should be concerned about resuming activities in public. Some experts are predicting a second, more serious wave of illnesses at the end of summer or early fall.

Here are six safety tips everyone, but especially seniors should keep in mind:

1. **Understand your risks**

It's important to know **any activities you engage in outside of your home will come with some level of COVID-19 infection risk.** While it may be safest for seniors to stay home, it may not be practical in the long-term. The key to staying safe is to understand your risk factors the level of COVID-19 infection risk in your community, and your comfort level.

If your community is experiencing a high number of COVID-19 infections, hold off on resuming certain activities — such as visiting family, running unnecessary errands,

or dining at a restaurant — just to see how reopening goes. You may decide that it's safest for you to continue staying home as much as possible, especially if you have a health condition that could raise the risk of complications, or if you feel anxious about reopening.

2. **Follow public health guidelines**

Follow all recommendations designed to keep people safe. Include wearing a face covering, practicing 6 ft. distancing, washing hands, avoiding crowds, and limiting the size of gatherings. Those in senior living facilities need to be even more vigilant as they live in closer contact to others.

3. **Carefully consider expanding your “quarantine bubble”**

It may be tempting to invite all of your friends and family members over for a visit. However, you should continue to be careful about who you let into your “quarantine bubble.”

Before you gather with others, consider who those people have been in contact with in the past few weeks. The more people your friend or family member has been exposed to, the higher the risk for you.

If you choose to expand your quarantine bubble, you should establish and stick to a set of safety rules. Generally, outdoor visits where distancing can be maintained are safest. Sharing food or other items will increase the level of risk.

If you allow visitors into your home, consider asking them to take off their shoes, wash hands, social distance, and wear a face covering. You may also want to consider doing extra cleaning after your guest leaves, such as wiping down bathroom fixtures, doorknobs, refrigerator handles, light switches, or other areas they may have touched.

4. **Continue to use drive-thru, delivery, and virtual services**

As much as possible, continue using drive-thru, delivery, and virtual services for essentials such as groceries, takeout, prescriptions, medical visits, church services - while maintaining distancing. Although you will still have to leave home from time to time, using these services can reduce the amount of exposure you have to others and lower your risk.

5. **Care for your mental health**

It is certainly reasonable for seniors and their family caregivers to experience some anxiety related to reopening. In contrast, some older adults may experience difficulty coping with prolonged isolation during the COVID-19 pandemic. If you or your loved one is showing symptoms of anxiety or depression, you should contact a healthcare provider.

As our country copes with COVID-19 and starts the process of recovery, older adults and their family and caregivers should continue to assess changing conditions and risk factors — and seek advice from a trusted healthcare provider if necessary — to determine which activities are safe.

The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid? Psalm 27:1
NIV

Linda Peterson
Parish Nurse

From the Office:



"Be the change that you wish to see in the world."

Mahatma Gandhi

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A gentle reminder that our Sunday worship service can now be viewed on local Channel 18. Thursday and Friday's service will be on a one week delay. The TV service at 4pm Sunday will be the same service that we all see at 9am that same Sunday.

- Thursday 4pm
- Thursday 10pm
- Friday 4am
- Sunday 4pm

Several online activities are happening, weekly, to keep us all connected and staying present with our Lord and Savior Jesus Christ:

- 1) Each Monday, Tuesday, Thursday and Friday we are Pausing for Prayer at Noon.
- 2) Monday evenings, please join us for our virtual bible study "We The Church" where we explore Acts. Contact Kathleen for the meeting credentials if you'd like to attend.
- 3) Wednesday afternoons we are doing a self study called "The Cup of My Life" This is a self paced study. Materials are being emailed and added to our website for access.



During this COVID19 outbreak anyone coming into the church will be required to wear a mask. This is to protect you as well as others.



### Prayer Box

**Members:** Meghan Haefs, Margy Carlsen, Diane Siverhus, Ruth Guse, Mary & Larry Viers, Ken Kress, Barb Raleigh, June Carlson, Greg Nelson, Joyce Warner, Martin Withuski, Lorna Lutz, Jane Johnson, Dave Carlsen, Bonnie Peterson, Deb Hanson, Dorie Nelson, the family of Roberta Ebert; Audrey Radke, Ted Anderson, Connie Borson, Mike Immel, Karen Celski, Nancy Schlagel

**Family and Friends:** Ian and Jeff Lundstrom, Lila Powell, Stephanie Rossell, Chloe Hoyle, Becca Larson, Dave Hendrickson, Mary Jean Just, Alice Ault, Anne Emily, Easton Cummings, Tom Schwietz, Debbie Odell, Josephine Wiersma, Beverly Halberg, Randy Fischer, Patricia Peterson, Marcella Christensen, Brian Utecht, Molly Granat, Robert Heaney, Bill Kaufmann, Perry Dau, Bonnie Lundstrom, Bill and Bonnie Sherrat, Lori Cullen, Claire Olson, Karen Peterson

**Military Personnel:** Kenny Helms, Daniel Kaufmann, Jill Meyer, Haydon Dvorak

## SMART Team Update

This team of staff and lay leaders of SPLC have been meeting weekly the past 5 weeks. The group's main goal is to keep our members safe during this COVID pandemic, by developing guidelines to follow through a phased-in approach to return to worship. Our first draft policy for Returning to Worship service was presented to the church council in June. The council approved our moving forward with a final policy for them to approve as well as a survey of our members regarding their opinion with the reopening. We have also been working on a Small Group Meeting policy. You will receive a direct mailing regarding our progress to date. We are working diligently to make sure our first consideration is your spiritual and physical health. Please be safe and wear a mask and practice good hand washing.

*Nancy Schlagel*  
SMART Team Chairperson

## Upcoming Events and Updates

### A NEW Look

The new sidewalk and curbing is completed after years of crumbling, and safety issues. A special "Thank You" to John Raleigh for volunteering his time, equipment, and expertise. Also a special "Thank You" to Curb Masters for their excellent work, and attention to detail. They both did a great job, and it is very much appreciated. Our church has received many compliments on the finished sidewalk, and finally getting it done. The final cost was less than \$16,000. (A bid that was received a few years ago was over \$45,000). A heartfelt **Thank you** to the congregation for making this happen!!!

*Barb Dietrich*  
Property and Grounds



**Nice curb appeal!**



## Social Concerns Updates

### Valley Outreach

#### ***Making Plans to Open: Updates Coming Soon***

We know lots of places are starting to open back up now. While our building isn't open to the public yet, we're actively working on plans to thoughtfully and safely bring back more volunteers, begin accepting food and clothing donations again and open up our programs further. Thank you for your patience as we take the time to do this as best we can. **Please stay tuned to our website and social media for updates.** As soon as we can share dates and times we will!

## **Upcoming Events and Updates** **(continued)**

### ***Simpson Housing Shelter News***

Hello all,

Just wanted to reach out to you all and give you the latest on the shelter and a few ways to engage while you are away from serving for a while.

We continue to have all volunteer opportunities on hold at the shelter, and have continued to engage our caterers for lunch and dinner through July. We will be making a call on August in the coming weeks. When we are able to open, we will likely be looking at a phased opening, with meals provided a few days a week by groups, and catered the other days. We should know more on what that will look like, as we get closer to that time. I will let you all know when we have made decisions around that. We can't wait to get back to the kitchen!

Thank you all for being a part of our Simpson community. Be in touch!

*Matthew Ayres*

*Volunteer Engagement and Partnerships*

*Manager*

*Simpson Housing Services*

[mayres@simpsonhousing.org](mailto:mayres@simpsonhousing.org)

### ***Hope for the Journey Home is Paying It Forward***

While our doors have been temporarily closed since March 16<sup>th</sup>, we were able to use your generous donations of goods and finances to support our families in local hotels through mid-May. Since then, we have at various times shared surplus from our storage room, freezers and pantry with Christian Cupboard Emergency Food Shelf and with a number of families we often have been in contact with over the last several years. This past week offered us the opportunity to once again look at what we could share with our neighbors whose local stores were damaged in the unrest following the killing of George Floyd. On June 9<sup>th</sup> Hope for the Journey Home staff and 10 youth from Rockpoint Church in Lake Elmo

loaded up two vehicles with items for delivery. We shared nonperishable food and some items from the store room (diapers, wipes, toilet paper, toothpaste, shampoo, deodorant) with Merriam Park Community Center in St. Paul. The Center is serving as a receiving location for Rice Street and Midway food shelves through Keystone Community Services. They also have a mobile pantry and are making 40-50 deliveries a day to families without transportation. Many of the items we were able to donate would have been used at HJH in the past few months but are now needed in a different way. We want to keep careful track of expiration dates and make sure that nothing goes to waste. We wanted you all to know that your previous generosity to us made it possible now for us to pay it forward! We will continue to assess if we can share additional items during the next few weeks based on the determination of our reopening date.

Thank you for trusting us to be a good steward of the resources you have donated to Hope for the Journey Home. Thank you for your continued support!

***Patricia Brokman***

*Hope for the Journey Home*

*Program Coordinator*

[pbrokman@guardian.angels.org](mailto:pbrokman@guardian.angels.org)

### ***Congregational Care Ministry Update***

With the pandemic still with us, there have been several groups of SPLC members that have been busy calling shut-ins, and those over 70 years of age to have good conversation and offer to pick-up anything they may be in need of. I know from the comments, I receive, our members are appreciating these contacts. Conversations have been great to help in this time that has created more isolation than normal, and I am so thankful to the following folks that have been a part of this calling team; they are:

Bob and Judy Michaelis, Patricia Raleigh, Audrey Radke, Mary Jo Johnson, Vida MacDonald, Lynn Lomen, Alida Peltier, Kevin Shoeberg, and Mugs DeFore. There are other members that I know are calling members on their own, and many thanks to these folks as well.

Secondly, there have been a team of volunteers over the past three months that have creatively worked on providing our shut-ins, and those over 70 with a “monthly package”.

Whether you helped with creating, packing, or delivering, a huge thank you to the following: Sabrina Bell, Ann Kriesel, Kristie – Elijah – Savannah Mack, Heather, Taylor and Nicole Hockin, Renee Swanson, Shelley Jokinen, Ann Kriesel & family, Alida Peltier, Lynn Lomen, Kevin Shoeberg, Bob & Judy Michaelis, Pam Seekel, Sue Anderson, Brianna DeFore, Kathleen & Mark Peterson, and Mugs DeFore.

Lastly, when delivering our June packages, we were able to deliver DVD players and CD’s of our worship services and weekly Bible Study with Pastor Fred. The responses to this have been so very positive.

For those who received DVD’s, we are working on how future CD’s will be delivered so you won’t miss worship or Bible Study. Thank you to Bob Michaelis for this idea, and Kevin Shoeberg for getting the DVD’s and making the CD’s –Jackie Shoeberg is helping with the CD’s.

If there are people that would be interested in helping to deliver packages or help with our creative packages, I am still in need of 2 drivers to make it easier on our deliverers and creative package workers are always helpful. The time it takes is approximately 1 ½- 2 hours once a month. If you would be interested in either parts of this ministry, please contact Mugs.

I will end with scripture from Romans 12:12 – *Be JOYFUL in HOPE, Be PATIENT in AFFLICTION, Be FAITHFUL in PRAYER.*

*Mugs DeFore*

Thank You volunteers for all you do and continue to do, during these difficult and challenging times!!



# JULY

| Sunday                                                                                                                                | Monday                                               | Tuesday                                                                                                              | Wednesday                                     | Thursday                           | Friday    | Saturday                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------|-----------|-------------------------------------------------------------------------------------|
|                                                                                                                                       |                                                      |                                                                                                                      | 1                                             | 2                                  | 3         | 4                                                                                   |
|                                                                                                                                       |                                                      |                                                                                                                      |                                               |                                    |           |  |
| <b>5</b><br>Visit our website or Facebook page for Daily Readings<br><b>9:00am Online Worship Service</b><br>or at 4pm on Channel 18  | <b>6</b><br><b>7:00pm</b> We The Church Bible Study  | <b>7</b><br><b>1:00pm</b> Staff Mtg<br><b>6:30pm</b> Worship Committee Meeting                                       | <b>8</b><br><b>7:00pm</b> Holy Conversations  | <b>9</b><br><b>9:00am</b> Quilting | <b>10</b> | <b>11</b>                                                                           |
| <b>12</b><br>Visit our website or Facebook page for Daily Readings<br><b>9:00am Online Worship Service</b><br>or at 4pm on Channel 18 | <b>13</b><br><b>7:00pm</b> We The Church Bible Study | <b>14</b><br><b>1:00pm</b> Staff Mtg<br><b>6:30pm</b> Business Mgmt Meeting<br><b>7:30pm</b> Executive Committee Mtg | <b>15</b>                                     | <b>16</b>                          | <b>17</b> | <b>18</b>                                                                           |
| <b>19</b><br>Visit our website or Facebook page for Daily Readings<br><b>9:00am Online Worship Service</b><br>or at 4pm on Channel 18 | <b>20</b><br><b>7:00pm</b> We The Church Bible Study | <b>21</b><br><b>1:00pm</b> Staff Mtg<br><b>7pm</b> Church Council Meeting                                            | <b>22</b><br><b>7:00pm</b> Holy Conversations | <b>23</b>                          | <b>24</b> | <b>25</b>                                                                           |
| <b>26</b><br>Visit our website or Facebook page for Daily Readings<br><b>9:00am Online Worship Service</b><br>or at 4pm on Channel 18 | <b>27</b><br><b>7:00pm</b> We The Church Bible Study | <b>28</b><br><b>1:00pm</b> Staff Mtg                                                                                 | <b>29</b>                                     | <b>30</b>                          | <b>31</b> | <b>t</b>                                                                            |



We invite you to worship  
with us online by going to  
our website  
[www.stpaulc.org](http://www.stpaulc.org), our  
Facebook page or Local  
Channel 18.

