

St. Paul Lutheran Messenger



Volume 2020 Issue 11

November 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.

In this Issue:

Pg. 2 Pastor’s Pen

Pg. 3 Presidents Corner

Pg. 4 Health Minute

Pg. 5 From the Office

Pg. 6 Upcoming Events,

Updates & Forms

Church Calendar

Dear Friends,

I am once again am a student. I have started a program to become a spiritual director. For those of you who don't know what a spiritual director is, the short answer is it is someone who helps others listen for God. They also help people identify and sort out God's voice in their lives as opposed to all of the other voices and noise that they deal with. I signed up for the program before I knew Pastor Fred was leaving St. Paul. I knew it would be a stretch to fit it all in. But this was something I had been thinking about doing for a long time. But now it just felt like the time was right. However, when I heard that Pastor Fred was leaving, I had my doubts about how on earth I was going to be able to do it all with the added responsibilities until the interim arrived.

However, an interesting thing has happened. Yes, there is a lot to do. But the work I do for "school" has had the wonderful effect of keeping me grounded and connected to God in a way that I might not have otherwise. It has provided energy and motivation for the work. What I had previously thought of as "bad timing" has turned into God's timing.

God's timing and God's way of doing things so often feels so different than ours. Sometimes it even makes us feel like God has forgotten us or isn't listening. Neither of which is even close to the truth. Things are bumpy at St. Paul right now. The path forward isn't clear. We have all felt it. So, in times like these it is more important than ever to remember a couple things:

1. God is always faithful. God will never leave us and will always be there to help and guide us. As long as we keep our focus on God and God's guiding, we will get to places that we never thought possible.
2. God's love always wins in all times, in all places and in all things.
3. Prayer is always the best thing we can do.
4. In times of doubt, start with 1.

I want to thank all of you for your patience and well wishes during the time that the staff had to quarantine. Things may have looked a little different than we are used to, but a little flexibility and creativity got us through.

A few weeks ago I shared a prayer with you from Holden Village. It is a prayer that they say when people leave the village. It's called the Prayer of Good Courage. I would like to close with it here.

"O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us, through Jesus Christ our Lord. Amen."

*Blessings in Christ,
Pastor Carole Lundell*

Presidents Corner

*“O taste and see that the LORD is good;
happy are those who take refuge in him.”
-Psalm 34:8*

~~~~~

It's been a very good month in my mind.

The Executive Committee and Council have been working with the bishop and the council voted yes to bring in the St Paul Area Synod to help us sort out some of the issues in the congregation.

Also, we now have a name for the interim pastor. He's been interviewed once and we hope to interview him a second time early in the month of November.

Right now my heart feels good about the direction we are moving and I hope we can continue moving forward together, in God's name.

*In Christ's name,  
Jeff Thomsen*

*A big thanks to our staff for all the work they do and continue to do to provide us with the weekly worship services!*



## November Health Minute



Some of us embrace the winter, but many of us dread the colder months.

As the seasons change and daylight becomes less and less, experts warn that Minnesotans could begin to struggle with seasonal depression. It's a type of depression that lasts throughout the whole winter season usually, thought to be caused by the shorter amounts of daylight. For some winter is dark. Lonely. They feel a weight in the pit of their stomach that pulls them down. It takes every ounce of energy they have to pull themselves out of bed. It is called "SAD" – Seasonal Affective Disorder.

The pandemic has already increased the rate of depression due to people having to be isolated and avoid contact with others. Adding Seasonal Affective Disorder to a world that is struggling with mental health during the pandemic could lead to an unprecedented situation. There is enough stress happening right now between COVID issues, election issues and social justice issues. We have plenty to feel bad about and all of this tests our coping skills. Studies report SAD affects 10 million Americans. In most cases, seasonal affective disorder symptoms appear during late fall or early winter and go away during the sunnier days of spring and summer.

### **Symptoms of SAD:**

- Depressed mood
- Negative thoughts
- Fatigue
- Hypersomnia (Sleeping too much)
- Increased intake of carbohydrates/weight gain
- Social withdrawal/hibernating

### **Tips for managing SAD:**

- **Spend time in the sunlight:** Take a walk on a sunny day. Get outdoors - ski, or snowshoe, play with kids in the snow. Or sit by a sunny window and read.
- **Maintain routines:** Sleep, wake, and eat on a regular schedule. Exercise regularly.
- **Limit alcohol intake**
- **Stay active, unwind:** Try to do some activities you enjoy.
- **Try light therapy:** Exposure to bright light in the mornings can be helpful in treating SAD. A mental health professional can help you decide if light therapy is right for you.
- **Connect with others:** I know everyone is saying they are sick of Zoom calls and meetings, but as we head into the winter months and more uncertainty surrounding the pandemic, it's important we stay connected with one another
- **Practice meditation or prayer**



**Get help from a mental health professional** for any ongoing depression.

*“For it is you who light my lamp; the LORD my God lightens my darkness.” Psalm 18:28*

*Linda Peterson,  
Parish Nurse*

## From The Office



*"Give thanks to the Lord for he is good.  
His Love endures forever"*

*-Psalm 107 1*

~~~~~  
A reminder that our programming times for our worship services on channel 18 have changed. They are below:

Channel 18 Programming

Sunday 4pm
Monday 4am
Thursday 3pm, 9pm
Friday 3am, 9am

When sending in your donations, if you find it easier to write out one check and use one envelope for the month instead of writing individual checks and sending all envelopes for each week, please feel free to do that.

Also, if you would prefer signing up for Simply Giving please let me know. I'm happy to mail or email the form to you.

The order form to order holiday Wreaths/Swags is included in this newsletter.

Order deadline is November 11th!



A Note from the DeFore Family

The DeFore family sends heartfelt thanks to so many of you for your cards, thoughts, and prayers at John DeFore's death. It helps so much knowing others are so thoughtful and caring in this time of grieving.

*The greatest comfort
during our sorrow
was the expressions of sympathy
conveyed to us in many ways.*

*We deeply appreciate your
thoughtfulness
and thank you most sincerely.*



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, Deb Hanson, Dorie Nelson; Audrey Radke, Ted Anderson, Connie Borson, Mike Immel, Karen Celski, Shelley Racine, the family of Cole Lutz

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, Marcella Christensen, Brian Utecht, Molly Granat, Robert Heaney, Bill Kaufmann, Perry Dau, Bonnie Lundstrom, Bill and Bonnie Sherrat, Zoe Peterson, Claire Olson, Lindsay Lang, the family of Norma Koenig, Abby Orton, Kathy Nazworth, Jan Brownlee, the family of Jan Sime

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

Upcoming Events, Updates & News

Mgama Scholarship

Thank you to all of you who responded to the appeal for support of the Mgama Scholarships for the year 2021. The funds will be transferred to the St. Paul Synod account for Bega Kwa Bega the first week in November. The funds will then be sent to the Iringa Diocese directed to Mgama parish. A committee of members from the parish and staff of the Diocese will then begin the task of screening applicants and awarding scholarship dollars for students to start school in January. You have been an important part of this process as a supporter because without your contribution, there would be fewer students able to provide their costs to receive further education. Thank you for sharing your blessings. To God Be The Glory!
Social Concerns Committee of St. Paul Lutheran

Camp Onomia Quilt Auction

COVID19 has changed the way Camp Onomia will be handling this years auction. This year it will be a live auction via Zoom (see below).

Prebidding will be available via a link on the Camp Onomia website.

Zoom Link:
<https://us02web.zoom.us/j/84449855130>

Meeting ID: 844 4985 5130

Happy Bidding!

~~~~~

## **SMART Team Update**

Many of you know that we have been trying to open the church for service one Sunday a month. So many factors have limited our decision, i.e. church staff being exposed to COVID and some testing positive, the increase surge of the pandemic in the state of MN as well as our own county and community. At this point, we will not open the church for worship until sometime after the first of the year. We want you all safe and protected.

Election Day is November 3, and SPLC is a polling place. The church will close on Monday Nov. 2, in the afternoon, reopening Monday, November 9th. This will allow aerosols to disperse and die.

Thank you for your patience as we all continue to use good precautions.

*Nancy Schlagel,  
SMART Team coordinator*

## **“Operation Christmas Child – 2020” Two Curbside Pick-ups in November & A Thrivent Action Grant**

We have been awarded a \$250 Thrivent Action Grant to fill Operation Christmas Child Shoeboxes this year. This is exciting news in completing as many shoeboxes for children from the ages of 2 years old – 14 years old throughout our world. 2020 has been a challenging year for everyone with the pandemic; but think of those children who have lost their homes due to war, or catastrophic weather events. YOU CAN PLACE A SMILE ON THEIR FACE AND WARM THEIR HEARTS WITH THE LOVE OF OUR LORD. Can you imagine helping one of more than 2 million children making a decision for Christ?

### **What can SPLC do in this year of COVID-19 to be part of Operation Christmas Child?**

You can fill a shoebox (please see the “How to Pack A Shoebox”, included in this newsletter). You can purchase items to be part of filling a shoebox.

**How can I get shoeboxes or items to the church?** You are able to drop-off during office hours **OR** we are going to offer “**Curbside drop-off at church**” on two separate dates:

**Saturday, November 7<sup>th</sup> from 9 am – 11 a.m.**

**Sunday, November 15<sup>th</sup> from 10 am. – Noon**

P.S. – Don’t forget to include your **\$9** donation for shipping costs; you can include in the shoebox or go online to donate. If you have any questions, please email Mugs at [Mugs1952@gmail.com](mailto:Mugs1952@gmail.com) or call at 651.276.1065.



# Upcoming Events, Updates & News (con.)

## Valley Outreach COVID-19 Response Update

### Congregational Care Update

For the past few months several of us have been meeting to envision how our congregation can provide more care and support for the older members in our congregation that have limited access to church and those that are homebound. Below is a list of “Perceived Needs” that our task force has identified, but we need your help to determine if these are actual needs or/not and if we are missing other needs. Members of the task force will be conducting a phone survey during the month of November. For each of the listed needs, we would like to know if you “agree”, “disagree” and/or have a comment. We also would like to add other needs as you may see them.

#### Perceived Needs:

1. **Connection to Church:** A desire to feel connected to the worship life and other ministries of the church, so I feel a part of the church.
2. **Socialization/Fellowship:** A desire for meaningful connections with other congregational members and others to address issues of loneliness.
3. **Spirituality:** A desire to continue growing in faith that also addresses my current life situation.
4. **Meaning and purpose:** A desire and need to find a meaning and purpose at this stage in my life.
5. **Volunteering:** A desire to find new ways to serve the church and others at this stage of my life.
6. **Support with loss and grief:** I have experienced a variety of losses in my life and I have the desire and need to work through.
7. **Tasks:** I have a need for others to help me with tasks around my home; for example, lawn mowing, raking, transportation, computer assistance, etc.
8. **Information:** A need for a resource person to help me or my family navigate housing and other health care related issues.

**Is your building open to the public yet?** No. We're continuing to focus on distributing food through our drive-up service model and providing phone support right now. We're also accepting food and clothing donations through a drive-up model on Monday and Wednesday from noon to 3 p.m. Our team is looking toward the future and developing plans to reopen when we can do so in the safest manner possible for our clients, donors, volunteers and staff.

**Are you accepting donations?** Yes. We're also accepting financial donations on line and via the mail.

**Do you need volunteers?** Yes, please! Check out our website at [valleyoutreachmn.org](http://valleyoutreachmn.org) for more details. We'll be adding more volunteer opportunities regularly.

### Hope for the Journey Home

We have opened for one family this week and soon another family next week.

You can access the following on our website page at: <https://www.guardian-angels.org/hope/>

1. Information about reopening
2. Volunteer check list with new health and safety policies.
3. Links for dinner and overnight volunteer opportunity for November
  - a. Thanksgiving week is a total open week, not adopted by anyone
4. Donated meal link which is <https://www.signupgenius.com/go/10COD4FADAC2FA0F5C34-meals4>.
5. Donation supply list with COVID practices in mind.
  - a. Donated snack food must be individually wrapped

Trish and Mary Beth  
651-503-3380

## **SPLC Will Sponsors 4 Families from Rainbow Child Development Center for Christmas in 2020**

***The mission of the Rainbow Child Development Center is to: Help each child reach his/her emotional, physical, and developmental growth to the fullest potential.***

In mid-October, Kathleen forwarded an email to me (Mugs) that a member had sent the office asking if we would be sponsoring any families this Christmas. With the pandemic, and our Social Concerns Committee not meeting for several months, it had not crossed anyone's mind; we appreciate the "wake-up call".

We will again sponsor 4 families from Rainbow Child Development Center this year, and have been granted a \$250 Thrivent grant to help with wishes that no one was able to take. We have done this for the past several years for this inner-city daycare/pre-school where over 90% of the families are on some type of assistance to help their families.

Since we are not meeting for worship in the church, the process in signing up for wish list items for families will be different this year. We will continue to assign a different color and number to each family. An example would be: Blue Family # 1 Mom needs winter gloves, hat, and scarf. Blue Family #1 Daughter, Samantha – age 5 wishes for an African American Barbie Doll.

The list below identifies our 4 families and their wish lists; here is where the "different part" comes into play. In order to organize this so that multiple members don't buy the same wish list item, we need you to call us and identify who/what you want to sponsor:

For families # 1 & 2, please contact Carol Wille at 651.439.8954

For families # 3 & 4, please contact Mugs DeFore at 651.276.1065

### **Blue Family #1**

Blue #1, 6 year-old boy – Amir needs shoes size 2.5-3

Blue #1, 6 year-old boy – Amir needs learning toys, remote control car, winter clothes in sizes 8-10 for tops, 10/12 for bottoms, winter boots, and likes Spiderman and PJ masks.

Blue #1, Mom needs shoes in size 9.5, clothing in size 10-12 or M/L – wants warm clothes, house cleaning supplies, winter shoes/boots

### **Green Family #2**

Green #2, 3 year old boy – Ozzy, shoe size 8 c/k, clothing size 3T; needs step stool for bathroom, PJ masks sheet set, sport toys, bedroom LED lights for nighttime, bathrobe.

Green#2, Mom – Shanterra, shoe size 8.5, Clothing size 5/6 or M. Needs a winter coat, boots, pots and pans, queen size bed sheets/blanket in blue or black if possible, cleaning supplies, and bathrobe.

### **Red Family #3**

Red #3, 4 year-old girl Adeline shoe size 9, clothing size 5T, Anything "LOL" brand, loves music, dolls, and playhouse

Red #3, 2 year-old girl Abrielle shoe size 7/8, clothes size 5T, anything Minnie Mouse, Dress-up clothes, a bike, play kitchen

Red #3, Mom- Jasmine, Shoe size 10, clothes size 1X, wishes for queen size blanket and sheets, rugs, curtains, cleaning stuff

Red #3, Dad Marvin, Shoe size 8/9, Clothes size L/XL, wishes for t-shirts, socks, cleaning supplies, tools.

### **Purple Family #4**

Purple Family #4, Jaylen – 8 year-old boy; size 7 shoe, Clothing 14/16. Wishes for light/phone holder for tiktok videos, Basketball hoop, remote control car

Purple Family #4, Gabby – 5 year old girl, shoe size 13, clothing size 6-7, Wishes – Barbie dolls, Barbie house, kitchen set, LOL dolls, easy bake oven

Purple Family #4, 1 ½ year-old boy; size 6 shoes, clothing 3T; wishes – Mop/broom set, bug push car/truck, basket ball hoop

Purple Family #4, Geonia – Mom, as a family gift they would like an Ipad/tablet to use at home. This might be too expensive she says. She would like an XL bathrobe



## 2020 WREATH/SWAG SALE FUND-RAISER

What a year! It just doesn't seem possible that we need to start thinking about Christmas wreaths, swags, garland, etc. yet, but, the holiday decorating season will be here before we know it! The wreath and swag sale is going to happen again this year. However, because of the Covid-19 requirements of social distancing, masks, the church building being closed, etc. we will be doing things a little different this year. The order forms will be available in the church newsletter and on the church website (under the News tab), where you can print them, fill it out and mail it to Carol Weber at 613 Willard Street W, Stillwater 55082, or you can look at the order form, decide what you want and place your order by phone by calling Carol at 651-439-0689 (if not available, please leave a message with your name, phone number, and what you wish to order). Order deadline is **November 11th**. We will be using the same vendor as we have for the past 31 years, so the product freshness and quality will be the same as you have come to appreciate. We encourage you to share the order forms or ordering information with friends, neighbors and relatives – non-member orders are always welcome! The proceeds from the wreath/swag sale will be used toward our donation for building supplies for our anticipated 2021 Mississippi Habitat trip.

The items listed on the order form below are: 24" wreaths; door swags; and the 36" cross on a cemetery usable stand. All are beautifully decorated with a red bow and other decorations (the cross only has a red bow). There are other sizes of wreaths available if you need smaller or larger one (20 inch is the smallest and they go up in size to a 60 inch wreath. Ropes of garland are also available. If you want to know more about the prices of these special order items, please talk with Carol Weber.

**Your order will be available for you to pick up starting on the Monday before Thanksgiving, November 23rd**, so if you like to decorate Thanksgiving weekend or put items out in the cemetery prior to Thanksgiving, you will be able to do that. The only change would be if the weather was bad and then we would let you know of any changes. **The orders will be available to pick up in Tom's and Carol's garage at the address listed above.** When the orders are available on the 23<sup>rd</sup> or the week after, contact Carol at 651-439-0689 to schedule at a time convenient for you to pick your order up.

**We greatly appreciate your continued support OF OUR MISSISSIPPI HABITAT MISSION PROJECT and we hope you continue to enjoy these beautiful wreaths, swags and other items again this year.**



PLEASE PROVIDE YOUR ORDER INFORMATION TO CAROL WEBER BY ONE OF THE WAYS NOTED ABOVE **BY NOVEMBER 11<sup>th</sup>**.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

I WOULD LIKE TO ORDER \_\_\_\_\_ WREATH(S) AT \$16.50 each

I WOULD LIKE TO ORDER \_\_\_\_\_ SWAG(S) AT \$12.50 each

I WOULD LIKE TO ORDER \_\_\_\_\_ CROSSE(S) AT \$20.00 each

I WOULD LIKE TO ORDER \_\_\_\_\_ 25 FT LENGTHS OF GARLAND AT \$30 PER LENGTH

FULL PAYMENT OF \$ \_\_\_\_\_ IS ATTACHED -- **Checks made out to St. Paul Lutheran**

WILL PAY \$ \_\_\_\_\_ AT THE TIME OF PICK-UP ON OR AFTER NOVEMBER 23RD.



| Sunday                                                                                                               | Monday                  | Tuesday                                                              | Wednesday                                        | Thursday                                                                                                    | Friday                                           | Saturday |
|----------------------------------------------------------------------------------------------------------------------|-------------------------|----------------------------------------------------------------------|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------|
| 1                                                                                                                    | 2<br>Set-up for Polling | 3<br>Polling Place                                                   | 4<br>Offices closed due to SMART Team Guidelines | 5<br>Offices closed due to SMART Team Guidelines<br><b>3:00pm</b> Virtual Social Concerns Committee Meeting | 6<br>Offices closed due to SMART Team Guidelines | 7        |
| 8<br>Visit our website or Facebook page for Daily Readings<br>9:00am Online Worship Service or at 4pm on Channel 18  | 9                       | 10<br><b>6:30pm</b> Business Mgmt Mtg<br><b>7:30pm</b> Executive Mtg | 11<br><b>6pm</b> Connect                         | 12                                                                                                          | 13                                               | 14       |
| 15<br>Visit our website or Facebook page for Daily Readings<br>9:00am Online Worship Service or at 4pm on Channel 18 | 16                      | 17<br><b>7:00pm</b> Church Council Mtg                               | 18<br><b>6pm</b> Connect                         | 19<br><b>9am</b> Quilting                                                                                   | 20                                               | 21       |
| 22<br>Visit our website or Facebook page for Daily Readings<br>9:00am Online Worship Service or at 4pm on Channel 18 | 23                      | 24                                                                   | 25                                               | 26<br>Office Closed<br>                                                                                     | 27<br>Office Closed                              | 28       |
| 29<br>Visit our website or Facebook page for Daily Readings<br>9:00am Online Worship Service or at 4pm on Channel 18 | 30                      |                                                                      |                                                  |                                                                                                             |                                                  |          |





We invite you to worship  
with us online by going to  
our website

[www.stpaulc.org](http://www.stpaulc.org), our  
Facebook page or Cable  
TV Channel 18.

