

St. Paul Lutheran Messenger

Volume 2019 Issue 9

September 2019

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

In our effort to build community we continue to schedule events and we pray that you will be filled with God's spirit as we carry on our journey together. This month we begin Sunday School and Confirmation. We are going to try and reinvent Sunday as we try to provide various community building activities for young and old. At the end of the month we have a special music presentation and I encourage you to get on youtube.com if you want to get an idea of what that presentation might be like.

As the council and pastor reinvent Sundays, we want to include your input in that process. I would encourage you to look at the article reinventing Sunday School which can be found at <https://www.livinglutheran.org/2014/08/reinventing-sunday-school/>. The dynamics of society and the challenges faced by all churches require innovative ways to engage our church family. We encourage you to discern and pray about how we can be more inviting and respond to these issues. I know that together we will reinvent Sundays and Sunday School to continue building community.

I also wanted to respond to some questions that I received about the direction the ELCA is going on an issue that is in the news –immigration. I would encourage you to read the article which can be found at <https://www.cnn.com/2019/08/08/us/lutheran-sanctuary-church/index.html> regarding the ELCA becoming the first sanctuary church body. I would also recommend that you consider reading the Living Lutheran article on the same subject which can be found at

<https://www.livinglutheran.org/2019/08/elca-churchwide-assembly-declares-elca-sanctuary-church/>. I will leave it to you to read the articles and if there is some interest, we can discuss this at an upcoming forum.

We intend to move forward with discussions on how we as St. Paul Lutheran Church can help in providing affordable housing. Affordable housing not only has an impact on our schools, local and state government but on the families in the community we serve. I would encourage you to get involved so we can determine what our role in providing affordable housing will be. Our goal is to get a number of not-for-profits to spearhead and build an affordable housing project. Look for announcements on the upcoming meetings.

I would encourage all of you to get involved. Get on a committee, attend events besides worship so that we can build community together. If you have thoughts on any of these topics, I welcome your input. In fact, as noted we will be discussing some of these topics in upcoming adult forums, and I encourage you to not only attend, but to actively participate in those discussions.

In Christ,

Kevin K. Shoeberg
President



Pastor's Pen

"²²He said to his disciples, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. ²³For life is more than food, and the body more than clothing. ²⁴Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!... ⁷Consider the lilies, how they grow: they neither toil nor spin yet I tell you, even Solomon in all his glory was not clothed like one of these. ²⁸But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you — you of little faith!"
Luke 12:22-24; 27-28

The Lilies of the Field

Jesus told us to consider the lilies of the field, and so we will do just that.

The lily does choose in which field it will stand, and in so many ways neither do we. Some lilies grow in soft loam, or rich dark soil; others are forced to grow in hard clay or rocky ground, and yet they are beautiful and inspiring in their own way no matter where they are planted. You did not choose the nation, state, community or family to which you were born. The lily reminds us that there is so much beyond our control; yet, through the providence of God no matter which soil you were sown in you can still flourish and live a beautiful life. This reality also leads to a question: how much of your life is of your own making and how much is of God?

The lily also has no control of what grows around it. When it shoots up it might have to fight for its life. It might have to contend with thorns, crab grass and other weeds. It might be overshadowed by a sunflower or trampled underfoot. We, too, have very little control of what surrounds us. We grow up in economic, political, religious and family systems and processes. We are caught up in earning a living, buying insurance and preparing for illness and old

age. By myself I cannot change the stock market, health care system, banking policies, or taxation. I even find that I am limited in how much influence I even have with family members and the community that surrounds me. Again, how much of your life is of your own making and how much is of God?

Yet, the lily grows up one of a kind with a unique kind of presence, and you too are unique with your own personality, color, shape, passions, gifts, and worries. For all of that, Jesus says, not even Solomon dressed up in gold-embroidered brocade was any more lovely than the lily. So, for all that has shaped and misshaped our lives for all that has given us health or illness – you are precious in the eyes of God and honored and God loves you as you are.

God loves the lilies of the field and provides them with what they need, but, oh, how much more God loves you. So much so, that that he would sacrifice His own life so that you might have the kingdom for eternity. If God loves you that much, will he not also provide you with your daily bread and the joy of His presence? So then, how much of my life and growth is my making, and how much is God's?

So, instead of worrying about so many things that are beyond your control, why not spend your time focusing on the ONE who loves you more than anything. Jesus thinks about you all the time, and wants to spend every waking moment with you, so why not reciprocate the relationship. Use your worries to help you grow in your faith. Every time you begin to worry let that be a reminder that Jesus is there with you and with prayer invite him to be present with you and to take over those things beyond your control – remember the lilies of the field.

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



September Health Minute

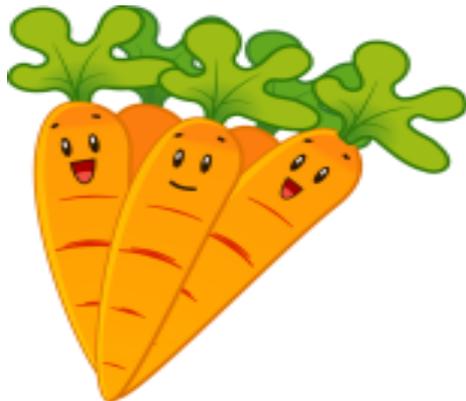


One in five children in the United States is obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease.

The good news is that childhood obesity can be prevented. In honor of **National Childhood Obesity Awareness Month**, St. Paul Lutheran Church encourages your family to make healthy changes together.

Get active outside! Walk around the neighborhood, go on a bike ride, or play basketball at the park. Limit screen time - Keep screen time (time spent on the computer, watching TV, or playing video games) to 2 hours or less a day.

Make healthy meals. Serve more vegetables, fruits, and whole-grain foods. Encourage healthy snacks – for school there are many choices in the stores of pre-packaged healthy snacks like sliced apples, and veggie packs, cheese & nuts – but these are also simple to put together at home send to school in a small container. Set out a small veggie tray with dip for after school munching.



Healthy Dill Dip

- * 1 cup plain, nonfat Greek yogurt
- * 1/4 cup mayonnaise made with olive oil
- * 1/4 teaspoon salt
- * 1/4 teaspoon ground black pepper
- * 1/8 teaspoon garlic powder
- * 1/8 teaspoon onion powder
- * 1 teaspoon dried parsley flakes
- * 1/4 cup minced fresh dill or 1 Tbsp dry
- * fresh vegetables for dipping

INSTRUCTIONS

1. Mix all ingredients together in a large bowl.
2. Store covered in refrigerator. Stir before serving, yogurt may separate.
3. Serve cold with fresh cut vegetables.

Taking small steps as a family can help your child stay at a healthy weight!

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

Genesis 1:29

Linda Peterson

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

Youth Ministry

It's Back to School Time! Important Dates

Sunday School Orientation

Tuesday September 17th @ 6:30pm.

For ages 3-6th graders: Come and join us to learn more about the upcoming year of Sunday School!

Confirmation/Connect Orientation

Wednesday, September 18th @ 6:30pm

For grades 7th-10th: Our confirmation classes are now called "Connect." Come and learn about the new program!

Rally Sunday

Sunday, September 22nd @ 9am.

Come and join us for a morning of fun and games.

Connect Begins

Wednesday, September 25th @ 6pm.

Connect/Affirmation of Baptism Dinner

Friday, October 25th @ 4pm.

Connect/Affirmation of Baptism Service

Sunday October 27th @ 9am during worship service.

Updates and Upcoming Events:

Boutwell's Landing

The Women's Evening class of Bible Study Fellowship (BSF) is back at Boutwell's Landing in Oak Park Heights again this year, and you are invited! We will be studying "Acts and Letters of the Apostles." It is certain to be an amazing study of the true Word of God and His work in spreading the gospel to all nations through His Apostles and through us. Join us Tuesday evenings from 6:30 – 8:00 pm starting September 10th. For a registration form and more information, email Mugs DeFore at Mugs1952@gmail.com or just show up and we will get you plugged in!

The Sanctuary Upgrade Committee

will be making some adjustments to the chancel area so the congregation can get a visual of some potential upgrades. Our goal is to provide safety and efficient use of space. Currently, we have safety issues with the existing tiles lifting up and the design of the floor with multiple steps. In addition, we want to provide more usable space. The first week of September we will be removing the communion railings. This will provide a visual of what the area will look without railings. We will be making some other changes as time goes on to see what it will look like, and if it meets our needs. We encourage feedback and input. The committee consist of: Al Lewis, Mugs DeFore, Jerry Schlagel, Shelley Jokinen, Judy Clausen, Jeff & Patti Thomsen, Hank Drews, Mary Jo Drews, Nancy Grebis, Ed Seekel, Pastor Fred, and Barb Dietrich.

SPLC Hosts "Fourth Friday Food & Fun" Community Meal

Friday, September 27th from 5:30-7:30 p.m.

Nine area churches and two local non-profits have teamed up to provide 11 months of "Fourth Friday Food & Fun" Community Meals. The expectation of approximate count given to the churches and non-profits was 35 people. We started this past June, and, as any program begins, it starts out slow and GROWS. The goal was to provide a simple supper and an activity time for those in our community who might be lonely, isolated, hungry, or just in need of some good social inter-action. That could even include you or me! If you know of someone who would benefit; or you would like to come, please sign up in The Gathering Space. We would love to have you!

If you would like to help out in any way with this community meal, there is a sign-up for things needed. Any questions or concerns you may have, please talk to Mugs. THANK YOU!

Sign-up to attend the meal or help out are located in The Gathering Space"



Upcoming Events and Updates

Simpson Shelter Meal for the Homeless

Sunday, October 6th

Simpson Shelter, in Minneapolis, has been a part of our congregation for more than two decades. The shelter has seen lots of changes in their history to where they currently are owners of the church that provides the homeless shelter for adult males and females. SPLC has signed up to provide a hot dinner for approximately 120 homeless on Sunday, October 6th. The meal is planned, a Thrivent grant will help provide the necessary food, but we need help to prepare, serve, and clean-up. Please sign-up in The Gathering Space if you are interested in sharing God's love.

Each time we serve at Simpson Shelter, we are given a list of items they are always in need of. If anyone would like to donate items from the list, it would be greatly appreciated, and we will bring it with us on October 6th. All items must be new, unless noted otherwise. Donations can be dropped off in the box marked "Simpson Shelter" in The Gathering Space.

Maxi pads & tampons, Toothpaste, Toothbrushes, Razors, Shaving cream, Foot powder, Deodorant, Disinfectant spray for shoes & feet, Lotion, Q-tips, Facial tissue, Combs & brushes, African American hair & skin care products Toilet paper, Bar soap Body wash, Deodorant, Bed sheets: high quality gently used or new, and Laundry detergent.

DONATIONS

The Fellowship Committee

Summer is winding down and school has started. How about joining a church get together on the St. Croix River for a luncheon buffet and music? The Fellowship Committee has the date set for Sunday, September 22, reserved for us. Please be at the boat dock for loading at 1:00pm and the boat will leave at 1:30pm. The prices are as follows: Adult \$29.40 per person; 4-12 years \$21.80 per person; and children 0-3 years are free. The sign-up sheet is in the gathering area and please indicate if you would like a ride to the boat dock. Please make your check payable to Adele. Invite your friends and let's enjoy the St. Croix River cruise get together.

Hope for The Journey Home

Hope for the journey home we are partnering with the United Methodist Church of Stillwater during the week of September 15. St. Paul Lutheran will do the shifts at the beginning of the week as follows:

Sunday, September 15, the dinner shift from 5-8:15pm; and the overnight shift from 8pm-9:00am;

Monday, September 16, the dinner shift from 5-8:15pm, and the overnight shift from 8pm-9:00am;

Tuesday, September 17, the dinner shift from 5-8:15pm; and the overnight shift from 8pm-9:00am;

Wednesday, September 18, the dinner shift from 5-8:15pm.

All the next shifts will be covered by United Methodist Church. The Social Concerns Committee needs your help to fulfill these shifts. Sign-up sheet and more detailed information on these shifts are located in the gathering area. Please consider volunteering your time to help the staff at HJH and their guests. For more information, please contact Adele.

Upcoming Events and Updates

Women's Unit Annual Cluster Meeting

When: Saturday, October 5th starting at 9:30 a.m. with registration (\$5) and brunch.

Meeting and program start at 10 a.m.

Where: Holy Cross Lutheran Church 6355 10th St N. – Oakdale, MN.

Program: A Healthy Brain: Maintaining Mental Fitness. Carolyn Klaver, Dementia Care Specialist at Lyngblomsten Care Center will discuss this vital organ and challenges to it, such as dementia. She will share strategies each of us can use to improve our mental health.

Monetary offering will go to Lyngblomsten Care Center. Material offering are Blizzard Bags. If you are interested in putting together a bag, you can find a shopping list and instructions on the Women's Unit bulletin board. For more information contact Jenny Powell.

YOU are invited! Bring a friend or two.

Attention!! All ye book readers!

With the digital and audio age of reading and listening to books, along with the fact that our church library is used "little to none", the council has agreed to have the space where the current library is, utilized for something other than the library. During the month of September, there will be a library cart full of books each Sunday in the Gathering Space for you to take. If you do not find anything you like there, please check out the library itself, and take what you would like. After September, the books will be boxed up and brought to "Books for Africa" in St. Paul, MN. If you have any questions, please contact Mugs.

3- Month Specific Items Drive for Valley Outreach

Recently, when our church has been working at Valley Outreach Food Shelf, we have noticed that more times than not, there would not be any larger size diapers, hygiene items, or cooking items for individuals or families to choose from. Normally, our members see a list of items each month, in our "The Messenger", to donate to the Food Shelf. Over the next three months, due to the shortages at the Food Shelf on specific items, the Social Concerns Committee has decided we would have some "mini-drives" to ask anyone who would like to specifically purchase these items we see the Food Shelf is short of.

September's Item is – Diapers in sizes 5 & 6.

October's Items are: Shampoo, Conditioner, Toothpaste, Toothbrushes, and Deodorant (male and female).

November's Items are: Salt, pepper, ketchup, mustard, mayo, salad dressings, garlic salt, herb seasoning, and other regular used spices.

Come to Our Table

A number of people here at St. Paul's have started a conversation about isolation and loneliness in our community. As a way to address these issues, we will be offering a Thanksgiving-style meal to homeless youth and adults, disabled folks, shut-ins and those who are lonely. A chef-prepared, family-style meal will be offered the week before Thanksgiving (November 21). This committee of 15 people have received council approval to start the preliminary planning. More information will be shared over the next few months as details are worked out. There will be a variety of opportunities to help with this event as plans develop. If you have any questions, please feel free to contact Pastor Fred or Jerry Schlagel.

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



SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9am Worship Service</p> <p>10:15am Blood Pressure Screening</p>	<p>2</p> <p>Labor Day! Office Closed</p> 	<p>3</p> <p>6:15pm Education, Youth & Family Meeting</p>	<p>4</p> <p>9am Seniors Committee</p> <p>9am Men's Bible Group</p> <p>6:15pm Bell Choir</p> <p>7:15pm Choir</p>	<p>5</p> <p>9am Quilting</p> <p>1pm Come to Our Table Meeting</p> <p>3pm Evangelism & Membership</p> <p>2-5pm YCDC Open</p> <p>5pm Social Concerns</p> <p>6:30pm Fellowship</p>	<p>6</p> <p>10am Tai Chi</p>	<p>7</p> <p>10am Yarnsters Meeting</p>
<p>8</p> <p>9am Worship Service</p>	<p>9</p> <p>10am Tai Chi</p> <p>2-5pm YCDC Open</p>	<p>10</p> <p>6:30pm Business Management</p> <p>7:30pm Executive</p>	<p>11</p> <p>9am Men's Bible Group</p> <p>6:15pm Bell Choir</p> <p>7:15pm Choir</p>	<p>12</p> <p>10am Property & Grounds Meeting</p> <p>2-5pm YCDC Open</p>	<p>13</p> <p>10am Tai Chi</p>	<p>14</p>
<p>15</p> <p>9am Worship Service</p> <p>4:30pm Hope for a Journey Home</p> <p>8pm Hope for a Journey Home</p>	<p>16</p> <p>10am Tai Chi</p> <p>2-5pm YCDC Open</p> <p>3pm Come to Our Table</p> <p>4:30pm Hope for a Journey Home</p> <p>8pm Hope for a Journey Home</p>	<p>17</p> <p>4:30pm Hope for a Journey Home</p> <p>6:30pm Sunday School</p> <p>7pm Church Council Meeting</p> <p>8pm Hope for a Journey Home</p>	<p>18</p> <p>9am Men's Bible Group</p> <p>4:30pm Hope for a Journey Home</p> <p>6:15pm Bell Choir</p> <p>6:30pm Confirmation/Connect</p> <p>7:15pm Choir</p> <p>8pm Hope for a Journey Home</p>	<p>19</p> <p>2-5pm YCDC Open</p>	<p>20</p> <p>10am Tai Chi</p>	<p>21</p>
<p>22</p> <p>9am Worship Service</p> <p>9am Rally</p> <p>1pm Andiamo</p>	<p>23</p> <p>10am Tai Chi</p> <p>2-5pm YCDC Open</p>	<p>24</p>	<p>25</p> <p>9am Men's Bible Group</p> <p>6pm Memorial & Grants</p> <p>6:15pm Bell Choir</p> <p>6:30pm Connect Starts</p> <p>7:15pm Choir</p>	<p>26</p> <p>2-5pm YCDC Open</p>	<p>27</p> <p>10am Tai Chi</p> <p>5:30pm Free Meal</p> <p><u>October Newsletter Deadline</u></p>	<p>28</p>
<p>29</p> <p>9am Worship Service</p> <p>2pm Don Irwin Concert</p>	<p>30</p> <p>10am Tai Chi</p> <p>2-5pm YCDC Open</p>					



St. Paul Lutheran Church
609 South 5TH Street
Stillwater, MN 55082

We invite you to come to
worship with on Sundays.

Worship time: 9:00am.

