

St. Paul Lutheran Messenger



Volume 2020 Issue 9

September 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 Daniel’s Den

Pg. 5 Health Minute

Pg. 6 From the Office

Pg. 7 Upcoming Events

& Updates

Church Calendar

“For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land. ²⁵ I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. ²⁶ I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. ²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.”

Ezekiel 36:24-27

What's in Your Heart?

It's estimated that the heart is mentioned 826 times in the Bible. In the heart dwells all of the feelings and emotions, desires and passions. The heart is the seat of all wisdom and the source of all understanding. It is the locus of our attitude and will, and from it springs forth the words and actions that we use to build up or tear down. It is within the heart that the Lord must dwell and fill.

It is within the heart that the Lord seeks His chosen people: “You shall love the Lord your God with all your heart.” (Deuteronomy 6:5), and it is specifically in the heart that the Lord calls a person to conversion: “If you seek the Lord with your whole heart, and with your soul you will find Him,” but this is only the beginning of the journey. For those who are found by God the heart is the place where God begins to recreate us in His image: “The Lord, Your God, will circumcise your heart...until you love him with all your heart.” Or, as the Lord spoke through Ezekiel, “I shall give you a new heart and put a new and right Spirit in you.”

The only problem is that there is another spirit at work in you that seeks to feed your desires, lusts, anger, fear and need for power and the need to be in control. Instead of truly loving God and loving your neighbor, this Spirit feeds our egos and the love of self at the expense of the neighbor.

In Native American spirituality there is a story of the two bears that inhabit each person's heart. As the story goes, each person has two bears that are constantly battling within their heart: one represent goodness and the other represents evil. A small child once asked the elder, “Which one will grow stronger?” And he responded by saying, “The one you feed.”

As you journey through the next couple of weeks, ask Jesus to shine the light of His Spirit into your heart so that you can see more clearly which bear your feeding? It's a difficult question to wrestle with, because we all have times in our life when we feed the wrong bear. The good news, though, is that Jesus is living water, and the bread of life who desires to fill us with good things, so don't be afraid to have him illuminate what desires are at work in your life and faith.

In Christ Jesus our Lord,

PF

Presidents Corner

I know it's been a few months since you've heard from me and for that I apologize. In the spirit of full disclosure I just want to say that things with the church council, since January, have been a real challenge. We have been able to accomplish a few things like form a SMART Team, finish the sidewalk, and a new key policy, but it has been really hard to work together and do more because there has been so much division.

With that said, I want to continue to praise the staff, SMART team and all the volunteers who are keeping this church running during this pandemic. They have stepped up above all expectations and for that I am truly grateful.

The past few months have been very hard on me. I thought I would have had more time to prepare to become President next year. With so much division and conflict – not to mention COVID 19- it has been really difficult to learn and grow into the position. I often feel criticized, but I will continue to work hard, and try to do better each day. I am grateful for those who are trying to help and support me.

One area of division and conflict at the council meetings has to do with issues of safety and what renovations to make in the sanctuary. Individuals and groups do their own thing without talking or working together which create misunderstandings and conflict. Until we can figure out how to work together better, everything has been put back to its original place.

Another issue that has caused division and conflict is people participating in council meetings without being on council.

In closing I just want to say that I love volunteering for my church but conflicts like we are having takes all the enjoyment out of it.

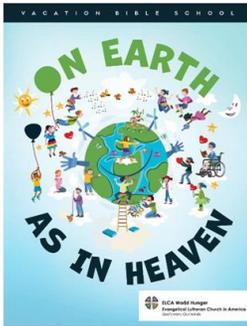
Please pray for the church and the Council that we can work towards unity instead of division.

Thank you & God Bless,
Jeff Thomsen

Connect

Connect will officially start September 30th at 6:00 PM. We will be following the same schedule as Sunday School, growing with families, there will be more to come as our plan develops this month!

Dan's Den



Vacation Bible School

VBS was a Blast! Check out the photos here to see how some of our youth had fun learning and growing at home! It was nice to see so many happy kids (and Parents) have fun with activities, crafts, and conversations that helped families find God's presence in their homes!

Sunday School This Fall

WE ARE HAVING SUNDAY SCHOOL! However, it will not be as it was. We are reaching out to families to see if there is a desire for in person children's ministry. If you have any thoughts or questions, let me know!

Sunday school programming will begin September 27th and go up to Thanksgiving for the Fall following the same schedule as Connect. I will be sending further information out in the next week!

Youth Ministry

Throughout the summer, the youth have still been able to meet via zoom! But now, thanks to good weather and even more thanks to our SMART team, we began meeting in person! We meet Wednesday's at 6:00 PM outside on the lawn. 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. We will continue meeting outside until weather does not permit. Bring a lawn chair if you have one!

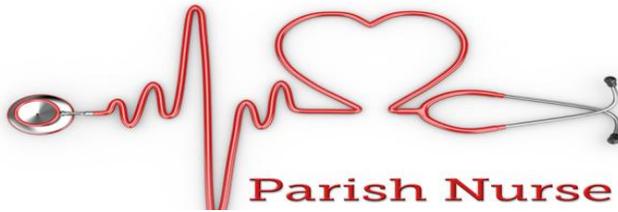


Follow us on Instagram!
[Splc stillwater](https://www.instagram.com/splcstillwater)

Summer VBS kids!!!!



September Health Minute



The Effects of Isolation

Even before COVID-19, nearly 50% of Americans surveyed said they experienced loneliness. That figure is only expected to climb because of the pandemic, and it's well proven that loneliness can have a major impact on mental and physical health. It adds to depression, anxiety and stress, and can interfere with your ability to get a good night's sleep. It's important to take care of your mental health when you're feeling socially isolated and lonely.

You are Not Alone

Humans are a social species — it's no wonder we've come up with so many ways to stay in touch. Video chatting has really taken off in the last few months. Here are some ways people have found to spend time together over Zoom, Duo, Skype, FaceTime, FaceBook Rooms and other video connections.

- Weekly lunch dates with co-workers or family
- Games like trivia and charades
- Creative art sessions
- Happy hour on Fridays, meal sharing on Zoom
- Streaming yoga, Tai Chi and other fitness classes. The SPLC Tai Chi class moved to Zoom. DAILY at 10 AM. Join us! Link:
<https://zoom.us/j/492126506>

If you don't know how or can't video connect, just pick up the phone. Call someone –family, friends, or a neighbor.

Get outside – it is still nice weather! Wave at the neighbors and share a chat from a distance. Spend time in the garden, sitting on a patio or deck, a walk around the neighborhood. There are many walking paths around town. It is amazing how fresh air and enjoying nature around us can lift our spirits.

❖ **Remember even though our church building is closed – we are still “open” – call the church and leave a message - for Pastors Fred, Pastor Carole or Parish Nurse Linda. We will call you back!**

“Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you.” Deuteronomy 31:6



From The Office

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

—Romans 15:13

~~~~~

A reminder that on July 29<sup>th</sup>, for security reasons, the church main entrance and office locks, were changed. **A policy is in place so please talk with your Council Committee chairperson for details.**

While office hours at the church are trying to be maintained as best as possible during this pandemic, we want to encourage everyone to leave a voicemail on the church mainline unless the message is of a personal nature in which case you should contact one of the pastor’s directly. We are picking up voicemail messages and returning those calls as soon as we can.

September 7<sup>th</sup> is Labor Day. The church office will be closed on this day.

On September 11<sup>th</sup> the Blood Drive will be here at the church. To stay in compliance with the SMART Team small group policy & the 72 hour wait time, the church will be closed on Monday, September 14<sup>th</sup>.

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; Audrey Radke, Ted Anderson, Connie Borson, Mike Immel, Karen Celski, Shelley Racine, Barb Dietrich and her family, the family of Chuck Brower

**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, Patricia Peterson, Marcella Christensen, Brian Utecht, Molly Granat, Robert Heaney, Bill Kaufmann, Perry Dau, Bonnie Lundstrom, Bill and Bonnie Sherrat, Zoe Peterson, Claire Olson, Lindsay Lang, Norma Koenig, Abby Orton

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

## SMART Team Update

# Upcoming Events, Updates & News

### And the Celebration Begins!!!

*The 150<sup>th</sup>* Committee invites you to celebrate with us! Although COVID-19 has put a damper on the anniversary, we still plan to start celebrating in 2020. Our committee has come up with a plan that will allow us to celebrate together eventually. We are kicking off the celebration in 2020, as this is 150 years since St. Paul Lutheran was founded. Merchandise has been created with our church's 150<sup>th</sup> logo sporting, mostly, the German flag colors for purchase. We will then keep celebrating to honor the first church building in 2022. You heard that right, we are going to be celebrating for two years! As scientists work on a vaccine, we will hopefully be able to have a big celebration in the near future. For now, please take a look at the merchandise and we will update you as we are able to plan more.

This order form is to be received with payment enclosed to the church (St. Paul Lutheran Church, PO Box 268, Stillwater, MN 55082) by September 30<sup>th</sup> 2020. If you are unable to pay by check or print the form **please contact Jennifer Braun 651-253-3782 or e-mail [mrs.allen69j@gmail.com](mailto:mrs.allen69j@gmail.com)**. We look forward to seeing everyone in their *dazzling* new merchandise!

The Primaries took place here at St Paul Lutheran on 8/11. The voter turnout was small. After viewing the camera videotape, it seemed everything went accordingly. The church was closed the remainder of the week afterwards.

Small Group meetings have begun in the church. All group leaders must make sure everyone has read and is familiar with the policy/procedure for small group meetings and sign the covenant that they have read it and will abide by it. Covenants need to be turned into Kathleen Peterson in the church office prior to your meeting.

Also, until there is a policy in place the Wednesday evening recording sessions will only include the staff and musicians.

Knowledge is protection of disease transmission.

The Blood Drive is scheduled to be at the church on Friday, September 11. This has been approved by the SMART Team and the church council. The church will be closed on 9/14 and will reopen on Tuesday, September 15, to allow for aerosols to disperse.

*Nancy Schlagel*  
SMART Team Chairperson



## **Upcoming Events, Updates & News (con.)**

### **Simpson Housing Shelter Update**

We continue to operate the shelter 24/7 at a limited capacity of around 45 people, any visitors for meals or supplies are not allowed in the building. We have instituted a number of social distancing measures that have been well accepted by guests and staff, and I believe it has led to a cleaner and safer work and living environment for everyone. Bunk beds are more spread out and alternate top bunk-bottom bunk, so nobody is sleeping directly next to someone else, masks are available to everyone who wants one and guests are encouraged to use them, handwashing stations have been added and sanitizer is abundant in the shelter, our meal serving process is a no contact interaction, and we take temps of all guests and chart any symptoms 2x a day. With the number of people we have seen come through the shelter over the past 4 months, we feel extremely lucky to have not had one case of COVID in the shelter (although we have had a few scares, ultimately all negative results). Staff have been tremendous in ushering the changes and making people feel welcome in these crazy circumstances. We have an upcoming shelter team zoom update if you all are interested in hearing more about the shelter. Details to come at a later date.

We are continuing to utilize catering services for lunches and dinners, and expect to through the fall. We are working on a reopening plan when we get to that point that would be phased, with smaller groups cooking and plating food, but not serving.

When we get closer to that time, I will let you all know specifics. This continues to be a large unbudgeted item for our shelter, so if you are interested in making a donation to cover meals, we would be really grateful.

Thanks all, be safe and stay in touch!

*Matthew Ayres*  
*Volunteer Engagement and*  
*Partnerships Manager*  
*Simpson Housing Services*  
[mayres@simpsonhousing.org](mailto:mayres@simpsonhousing.org)  
W)612-455-0849

### **Valley Outreach Update**

We're adding a new drive-up food distribution most Monday afternoons in August and September. We'll distribute boxes of food that include a variety of dairy, meat and fresh produce.

This is a great small group or family volunteering opportunity for older kids (13+). The shift is from 2:30 to 5:30 p.m. We need five volunteers per shift. Volunteers must be able to safely lift 20 lbs. and be comfortable working outside. Please email [kenny.mccoy@valleyoutreachmn.org](mailto:kenny.mccoy@valleyoutreachmn.org) if interested.

We're accepting food and clothing donations again (hooray), including fresh, garden produce. If your zucchini, squash and herbs (or any fruits or veggies, really) are more abundant than you expected, we will happily accept your extra items. Drive-up donation times are Monday and Wednesday from noon to 3 p.m.

A critical part of the work our Client Support Services team does is helping people stay in their homes. Our team works with individuals and families at risk and helps them find the best resources for their situation. They also may help put a financial package together to meet a specific need, such as a security deposit, by using our emergency financial assistance fund and other partner funds.

The team has been working closely with Washington County to help people in need access the [COVID-19 Housing Assistance Program](#) dollars which recently became available, too.

#### **Drive-up Service Hours**

M/W/F - 9:30 to 11:30 a.m.

T/Th - 4:30 to 6:30 p.m.

#### **Drive-up Donation Hours**

M/W - noon to 3 p.m.

## **MORE Upcoming Events, Updates** **& News**

### **Hope for the Journey Home**

St. Paul Lutheran and First United Methodist Church of Stillwater are scheduled to share the week of September 13 -19. As of our deadline for the September Newsletter, we have not heard what the plans are for opening in September. We will keep you advised if and when they have their plans for opening in the near future.

### **Senior Ministry**

During this time of pandemic, a wonderful group of SPLC members have wanted to be in touch with our seniors through phone calls, through monthly packages, and prayers. The program continues to develop and grow in reaching out, and this past month, there were 87 suncatchers delivered to our seniors over 70. If you are 70, and have not been contacted, it could be that we do not know a member's DOB; our church program identifies these members through their DOB. If you fit in this age group, and have not been contacted, and you would like to be contacted, please contact the church office, and give them your name for our senior list.

Many of our recipients have asked for names of those who are involved in this great ministry and want to thank them. The following are those who have worked on some of the monthly projects: Lynn Lomen, Ann Kriesel (and grandchildren), Sue Anderson, Pam Seekel, Shelley Jokinen, Renee Swanson, Brianna DeFore, Alida Peltier, Sabrina Bell & "kids", Nicole & Taylor Hockin, Kathleen Peterson, Kristie Mack & "kids" and sister Heather, and Mugs.

Thanks to our drivers who make the deliveries of our monthly packages: Lynn Lomen, Kevin Shoeberg, Kathleen Peterson, Alida Peltier, Ann Kriesel, Bob Michaelis, Adele Urhammer, Jenny Powell, and Mugs.

Finally, thanks to Kevin & Roxanne Shoeberg for burning our weekly CD's of worship and our weekly Cup of Blessing from Pastor Fred to be delivered or mailed to those without internet or cable TV.

This new ministry could always use some additional people to call on the phone, or if you are creative and want to help with monthly packages, or if you would like to become a driver to deliver packages, please contact Mugs at [Mugs1952@gmail.com](mailto:Mugs1952@gmail.com).



| Sunday                                                                                                                                 | Monday                                                                       | Tuesday                                                                                                                                                          | Wednesday | Thursday                                                                                                           | Friday                                 | Saturday |
|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------|----------|
|                                                                                                                                        |                                                                              | 1<br><b>5:00pm</b><br>Counters Mtg<br><b>6:30pm</b> Worship<br>Committee Mtg                                                                                     | 2         | 3<br>Fred's Worship<br>Planning Mtg<br><b>9:00am</b> Quilting<br><b>3:00pm</b> Social<br>Concerns<br>Committee Mtg | 4                                      | 5        |
| 6<br>Visit our website<br>or Facebook<br>page for Daily<br>Readings<br>9:00am Online<br>Worship Service<br>or at 4pm on<br>Channel 18  | 7<br><b>Labor Day<br/>Church Closed</b>                                      | 8<br><b>1:00pm</b> Virtual<br>Staff Mtg<br><b>2:00pm</b> Virtual<br>SMART Team<br>Mtg<br><b>6:30pm</b><br>Business Mgmt<br>Mtg<br><b>7:30pm</b><br>Executive Mtg | 9         | 10<br><b>9:30am</b> Quilting                                                                                       | 11<br><b>Blood Drive at<br/>Church</b> | 12       |
| 13<br>Visit our website<br>or Facebook<br>page for Daily<br>Readings<br>9:00am Online<br>Worship Service<br>or at 4pm on<br>Channel 18 | 14<br><b>Church Closed<br/>(72 hour wait<br/>time after Blood<br/>Drive)</b> | 15<br><b>1:00pm</b> Staff<br>Mtg<br><b>7:00pm</b> Church<br>Council Mtg                                                                                          | 16        | 17                                                                                                                 | 18                                     | 19       |
| 20<br>Visit our website<br>or Facebook<br>page for Daily<br>Readings<br>9:00am Online<br>Worship Service<br>or at 4pm on<br>Channel 18 | 21                                                                           | 22<br><b>1:00pm</b> Staff<br>Mtg                                                                                                                                 | 23        | 24                                                                                                                 | 25                                     | 26       |
| 27<br>Visit our website<br>or Facebook<br>page for Daily<br>Readings<br>9:00am Online<br>Worship Service<br>or at 4pm on<br>Channel 18 | 28                                                                           | 29<br><b>1:00pm</b> Staff<br>Mtg                                                                                                                                 | 30        | October 1<br><b>9:00am</b> Quilting<br><b>3:00pm</b> Social<br>Concerns Mtg                                        | 2                                      | 3        |
|                                                                                                                                        |                                                                              |                                                                                                                                                                  |           |                                                                                                                    |                                        |          |



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.

