



## February 14, 2021 Transfiguration of our Lord

Mailing/Offices: 103 E. Cedar Street, Anamosa IA 52205 Website: [www.stpaulanamosa.com](http://www.stpaulanamosa.com) Fax: (319) 462-4843



### Lenten Giving Project

During this season of Lent, St. Paul will be taking donations to support an organization called RIP Medical Debt.

This organization empowers its donors, like us, to forgive billions in oppressive medical debt. Medical debt destroys the financial stability of large segments of America's most vulnerable communities: the sick, the elderly, the poor, and veterans. It also targets the middle class, driving many families who are barely getting along into poverty. Medical debt isn't the result of bad decisions. It's a debt of necessity.

This is especially true right now, as so many families are dealing with staggering medical bills. You can help families through this important organization by making a donation in one of several ways:

Send or drop off a check at the church office. **Checks can be made out to St. Paul Lutheran Church, with RIP on the memo line.**

Put your donation in the "hospital" box during in-person worship on Wednesdays or Sundays. Donations will be collected during all services throughout Lent.

Send money or a check with your child(ren) to WD4, where he/she can drop it into one of the "hospital" boxes.

*Every \$100 donated, forgives \$10,000 in Medical Debt!*

If you'd like more information about RIP, check out their website at: <https://ripmedicaldebt.org>

### Rural Resiliency Webinar Series -ISU Extension

This webinar series is a discussion starter and healthy mindset promoter for dealing with rural behavioral and brain health, communication skills, and relationship enrichment for self, marriage, and families. Farm families and those who work with them as consultants or neighbors are encouraged to attend. Local churches or ag businesses are encouraged to host a community site, following COVID restrictions, to allow farmers and interested rural associates to come together for group discussion and support. Rev. Dr. Larry Tranel, Pastoral Psychologist and Iowa State University Extension and Outreach Dairy Specialist is the featured speaker for:

- March 2—Farm Stress Resiliency and Grief
- March 9—Personality Keys When "Married" to Farm Stress
- March 16—Dealing with the Stresses of Men, Women, and Children
- March 23—Brain and Behavioral Health "Hacks" to Mitigate Distress

Questions can be directed to: [tranel@iastate.edu](mailto:tranel@iastate.edu). Registration is available at: <http://www.aep.iastate.edu/stress>.



### An opportunity awaits! Take the initiative!

Invite two or three others to join you for 20 minutes each week, now through Easter, to discuss the commentary and Take It Home section of the St. Paul Pulse. Form a small group and grow in trust, knowledge, and insight. BE Church!

## Observing Ash Wednesday and Lent at St. Paul Lutheran, Anamosa, 2021

Hello everyone,

The Worship Team wants to invite you to observe **Ash Wednesday**. Here are ways you can engage your domestic home church with the activities of the parish:

-Word Services with Ash Distribution will be offered in the church at noon and 6:00 p.m. on Wed. Feb. 17. **Please call the office ahead of time to reserve a space for you and your family as we observe Covid guidelines.** You will have the option to receive the ashes on your forehead or the backs of your hands.

Ashes will be brought to the classrooms for those attending WD4. Drive up prayer and Ash Distribution will be available in the smaller paved parking lot on the east end of the church from 12:45-1:15 p.m., 5:30-6:00 p.m. and 6:45 p.m. till finished. Direct your vehicle through the parking lot between the orange cones from the east side alley and exit onto Cedar Street from the northwest corner.

A Lenten Devotion Bag is being made available for all members and we hope you will make arrangements to take one home. They will include a wooden cross made by one of our church members, a copy of the Parish Daily Prayer – the *Suscipe*, a calendar to guide your prayers, alms, and fasting practices, a daily devotional booklet, a donation box for **RIP Medical Debt** (see page 1 for more information), and family discussion guides to accompany the portrayals. The bags will be distributed to each of the WD4 families. If you do not have a child in WD4 and would like a Lenten Devotion Bag, contact Kaileen at cyfmstpaulanamosa@gmail.com or (951) 553-5728 by Tuesday, Feb. 16 and it will be available for you to pick up in the Education Building on Ash Wednesday. We would be happy to deliver one to you if you can't make it that day.

**During Lent:** The worship services at 6:00 p.m. Wednesday (recorded) and 9:00 a.m. Sunday will remain the same each week, alternating between traditional and contemporary styles. Recorded portrayals of characters from the weekly lectionary readings will be posted separately from the weekly worship service on the St. Paul website, Facebook page, and You Tube Channel. These will include: John the Baptist, Nicodemus, the Woman at the Well, the Man Born Blind, Lazarus, and Barabbas. Use your discussion guides to process the portrayals as a family.

Daily pray the *Suscipe*. **Then ask, "What am I being invited to give to the Lord today?"**

Check your commitment card and hold yourself accountable: **"How have I prayed, fasted, and given alms/acted in a charitable way today?"**

**Palm Sunday and Holy Week:** Details TBD, some outdoor services weather permitting  
-Stations of the Cross with Mary, Mother of Jesus, on Wed., March 31, 6 p.m.- no WD4  
-Maundy Thursday 6 p.m.  
- Good Friday 6 p.m.

**Willis Dady & Kaileen says: Thank you! Thank You! Thank You!** Thanks to our St. Paul Community & a few other community members we were able to make 3 separate donations to the Willis Dady Homeless Shelter in Cedar Rapids & their Overflow Center! We delivered turkey dressing sandwiches, baked beans, utensils, cups, bottled water, juice, cakes, cookies & bars as the meal for the main shelter. We also took 20 blankets, 120 pairs of socks and 4 large bags of clothes. We were able to drop off 40 blankets, 300 pairs of socks, 10 jackets, towels and 3 large bags of clothes at their overflow shelter. It was definitely a moving experience as both times we had people coming to see if we had items they needed.

**If you or someone you know are interested in helping further at the Willis Dady Shelter please feel free to contact their coordinator directly:**

Sierra Pope  
AmeriCorps VISTA Volunteer Coordinator  
Willis Dady Homeless Shelter  
1247 4th Ave SE  
Cedar Rapids, IA, 52403  
Phone: 319-362-7555

Kaileen

## **Ewalu News: Sign Up Now For Summer 2021**

Registration for summer camp 2021 is now open!

Forms received or postmarked by March 1st are eligible for the first early discount. Or, if postmarked by April 19th, registrations are eligible for the second early discount. See [program descriptions](#) for early discount amounts.

Visit our [online registration](http://ewalu.org/registration/) (http://ewalu.org/registration/) site to sign up!

**Camperships available through St. Paul, call Kaileen for more information.**

**A Thousand Hours, A Thousand Memories**  
by Maury Landt, Environmental Education Director at Camp Ewalu, reprinted with permission.

Each summer, Camp Ewalu serves as a place outside. Counselors and campers do almost everything outside. We cook, eat, play, pray, sing, swim, hike, sleep, laugh, and sometimes cry. Usually, it's a combination of them at the same time. Ewalu is in a unique position to be as spread out as we are, which allows us to do almost everything outside. We are close to nature, which fits perfectly with our summer theme, "Creation Renewed."

As a former counselor, coordinator, and now full-time staff, I was able to appreciate how being outside can

enhance our spiritual experience. Being outside, however, has more positive benefits that can possibly fit into one article. One project is trying to increase the amount of time we spend outside.

1,000 Hours Outside is a project that is designed to have people spend 1,000 hours outside in a year. The hours can include any activity that takes place outdoors. This project was started to be a counterweight to the amount of time people spend in "screen time." The negative effects of too much screen time are well documented and impact people of all ages. By spending more time outside, people will increasingly see benefits physically, mentally, emotionally, and spiritually. That is where I believe Ewalu can come into play.

As easy as it can be to spend time looking at screens, it can also be surprisingly easy for us to spend time outside. As part of the 1,000 Hours Outside project, it is my goal to keep track of Camp Ewalu's "time spent outside." By looking at the programs that are running each week and the amount of staff and campers at camp each week, we can accurately estimate the hours that we spend outside by the end of the summer. Additionally, the amount of time that is spent outside is enhanced because each camper spends ZERO hours on a screen while they are at Camp Ewalu.

Anyone can participate in the 1,000 Hours Outside project. I will include a link at the end of this article that will lead you to the website. I realize the irony of going on the screen to find out more about a project that promotes going outside. There are materials that can be used to keep track of your hours outside, as well as links to other outdoor lifestyle and educational websites. Any activity will count towards the goal of 1,000 hours and I believe it's easier than one would initially think to see the hours add up. Even if you aren't able to get to 1,000 hours on your own, you can attempt this project as a family. Remember, the goal is to spend more time outside.

If you were a camper, counselor, coordinator, supporter, or maybe you have worked here full time; you have had many fond memories here. I am willing to bet that the majority of them were outside. A cornerstone of Camp Ewalu's ministry involves the outdoors. More time that can be spent outside will further create new connections and positively grow that ministry.

1000 hours outside link: <https://www.1000hoursoutside.com/>

Maury Landt  
Environmental Education Director

## Please Pray for the Following People

(Why people want prayers isn't important, *the prayers are!*)

Betty Hunter, Willie Biere, daughter-in-law of Karen & Hank; Paul Von Behren, Leslie Swartz, Charlene & Ed Allaire Jr, for all facing challenges from the corona virus.

To add a name call or email Lois at 462-4841/[stpaulanamosa@gmail.com](mailto:stpaulanamosa@gmail.com). Names will be listed for 4 weeks and may be renewed.

**GriefShare** will meet on Tuesday Evenings at 6:00 pm in the lower level of the CE building. Masks are suggested but social distancing will be enforced. If you would like to attend please call Nancy Douglas for details at 319-551-3358.

**AA has now resumed meetings** in the lower level of the CE building on Tuesday evenings at 8:00 pm. Masks and social distancing are required.

**Jones County Food Bank:** To donate money, make checks payable to Jones County Community Food Bank and mailed to 105 Broadway Place, Anamosa IA 52205. For appointment to drop off/pick up call Julie at 462-4343. They are in need of peas, pancake mix and syrup. **You may also drop off food donations to the church office during regular business hours or during WD4. Please place items under the table in the entryway. A church member will contact Julie to make arrangements for delivery.**

**Readers, Ushers & PowerPoint techs:** If you would like to help at one of our Wednesday or Sunday taped or in-person services call or email Barb Kleis to get on the schedule. (319) 480-1196 [kleis.barb@gmail.com](mailto:kleis.barb@gmail.com)

**Please remember to return** your "Silent Night" candles from Christmas Eve as soon as possible. They may be placed in the basket under the table in the CE Office building entrance.

**Introduction:** The Sundays after Epiphany began with Jesus' baptism and end with three disciples' vision of his transfiguration. In Mark's story of Jesus' baptism, apparently only Jesus sees the Spirit descending and hears the words from heaven. But now Jesus' three closest friends hear the same words naming him God's Beloved. As believers, Paul writes, we are enabled to see the God-light in Jesus' face, because the same God who created light in the first place has shone in our hearts to give us that vision. The light of God's glory in Jesus has enlightened us through baptism and shines in us also for others to see.

### First Reading: 2 Kings 2:1-12 (NIV)

This sounds a bit like the Book of Ruth, doesn't it? "Wherever you go, I will go too!" Such was the nature of the relationship between the prophets Elijah and Elisha at the end of Elijah's life. There is a mystical aspect to this story: heavenly bodies, a chariot and horses of fire appeared to sweep Elijah away, apparently without physical death. This story has led to eons of Israelites watching the daily trip of the sun across the sky awaiting Elijah's return to establish the reign of God.

In a different vein, thinking about this experience as a 'transfiguring' one for Elisha, we might find ourselves considering how he is changed by this encounter. He asks Elijah for the blessing of a first born, a son meant to be the vicar of his father, to carry on the work and calling as he cares for the family. This family was bigger than a blood kin clan. By parting the waters and taking Elisha across the Jordan on dry land, Elijah reminded him that like Moses and Joshua, he was commissioned to lead the nation of Israel. Elisha leaves the Jordan Valley the same way he and Elijah came, but this time alone and changed. He is empowered by the same spirit that drove Elijah to confront disbelievers, his king's wicked wife, and the very God he served. Elisha is touched by the same God who intimately moved across the skin of Elijah after shaking the mountain he stood on with earthquakes and lightening. Elisha is called and sent to increase the faith of his people, Israel, a fitting precursor for the experience of Jesus in his transfiguring moment.

Rending (ripping from top to bottom) one's garments, along with muffling one's beard (to cover it or wrap it in such a way that the person appeared beardless) were signs of mourning throughout the Mediterranean world. Seeing himself as the son, Elisha appropriately expresses his grief upon being left by Elijah.

### Psalm 50:1-6

### Second Reading: Paul's second letter to the Christian community in Corinth, Greece 4:3-6 (NIV)

The lamb was a cultural symbol for a strong man because a sheep could be led to slaughter without it making a sound. This image is applied to

men in particular because it was believed to be a strength to patiently endure the hardships and suffering humans were inevitably cast to experience in this life. Paul mentions the intensity of his own suffering in this letter not as a means of complaining but as a way to communicate his own story for the support of others. Paul was a hero in the early Christian community because of this legacy of suffering endured. {Some of Martin Luther King Jr.'s comments are reminiscent of Paul's when he talks of knowing that his life is threatened daily yet he continues on for the sake of justice because to do otherwise would betray his call.}

Paul recasts this idea of enduring suffering into a spiritual endeavor by noting that as a person is worn down by the hardships of this life, s/he actually becomes more like the bruised and beaten Christ. It was in this most vulnerable time of his life that Jesus most clearly revealed the divine nature given to humanity. In this sense, when humans are weakest, it is then that we are strongest because it is the spirit/power/strength of God that animates us. Paul is not calling for Christians to seek suffering but rather to see their weakness and hardships through different eyes; those of Christ.

### **Gospel: Mark 9:2-10**

### **NIV**

What are we to make of a “transfigured” Jesus? His clothes became dazzling white and he shimmered with the glory of God. Perhaps this event occurred to strengthen Jesus’ disciples by further revealing Jesus as the chosen one of God; Jesus had just told his disciples that his messiah-ship was going to be filled with suffering, rejection, and death in Jerusalem. Peter had rebuked him, reminding Jesus that the messiah was to be a powerful warrior king. In response, Jesus told his followers that they would be called upon to daily pick up their crosses, deny themselves, and even lose their very lives. The questions swirling through their minds included: “Am I still going to follow this guy?” “What does he mean, raised from the dead?” “He does powerful deeds and I have my hopes up, but is he *really* the Messiah?” The fact that Jesus stood with Moses and Elijah told them that he was the fulfillment of the Law and the prophecies concerning the kingdom of God. In their meeting, the unending kingdom of God becomes real, here, now! No more waiting.

Perhaps this event occurred to strengthen Jesus who had just realized again that his very closest companions and followers still didn’t understand the nature of his message and mission. Like anyone who has a soul-searing encounter with God, Peter wanted to avoid the painful trip to Jerusalem by just staying on the mountaintop with the heavenly vision. To hear the message: “This is my beloved Son. Listen to him,” must have been comforting for Jesus. Like his baptism, when he was faced with the desert and the many decisions about his life, Jesus is at a crossroads. He senses in his heart that his venture to Jerusalem will bring him suffering and pain at the hands of unbelieving people. It was not an easy choice to follow this path, even for one as passionate and strong as Jesus. This mountaintop experience was for him a reminder of God’s covenant. God called Jesus His “Beloved” and like Abraham, was ready to let go so the beloved could sacrifice himself for the sake of others. Jesus own humility and willingness to sacrifice what was dearest to him brought an eternal reward for everyone who follows in his path, and an experience of the Kingdom of God for those who have the eyes to see.

Why does Mark have Jesus telling his disciples not to share the experience of the transfigured Jesus with anyone till after he is dead?

**Taped services are found on St. Paul website, St. Paul YouTube page or St. Paul Facebook page.**

**Please call the office for worship reservations: Wednesday worship by noon on Wednesday, Sunday worship by 11:30 am on Friday.**

#### **Wednesday, February 10**

- \* 6:00pm Worship (**reservations only**)  
Reader: Paula Sisler  
Usher: Summer Parks
- \* 6:00pm WD4

#### **Saturday, February 13**

- \* 9:00 a.m. Zoom Drop In

#### **Sunday, February 14**

9:00am Worship (**reservations only**)

Reader: Nancy Douglas

Usher: Nancy Douglas

PowerPoint: Darcie Tenley

#### **Tuesday, February 16**

- \* 1:30pm Scripture study Zoom
- \* 6:00pm Grief Support—**LL CE building**
- \* 8:00pm AA—**Resumed LL CE building (masks & social distancing required)**

#### **ASH Wednesday, February 17 (no communion)**

- \* **NOON Worship (reservations only)**

**Reader: Virginia**

**Usher: Lois**

**PowerPoint: Virginia/Lois**

- \* 6:00pm Worship (**reservations only**)  
H.S. WD4 Students/teachers (helpers)
- \* 6:00pm WD4

**ASHES are also distributed at WD4 classes, in paved parking lot 12:45-1:15 p.m., 5:30-6:00 p.m. and 6:45 p.m. until finished.**

#### **St. Paul Scheduled Office Hours**

Lois: M-9-2; T 9-1:30; W&Th 9-2; F- 9-noon.  
Kaileen: M, Tue, Th 8:30 a.m.-11:30 a.m. (or by phone)  
Call for an appointment: Pastor Rodney, Nancy, or Brie.

#### **St Paul Staff Emails and Phone Numbers**

<b>Pastor Rodney</b> blumlwa@gmail.com	(319) 389-6153
<b>Nancy Douglas, Treasurer</b> njldouglas@hotmail.com	(319) 551-3358
<b>Kaileen Weaver</b> cyfjnstpaulanamosa@gmail.com	(951) 553-5728
<b>Brie Wittenburg</b> cyfjnstpaulanamosa@gmail.com	(319) 975-8186
<b>Lois Ocenosak</b> stpaulanamosa@gmail.com	(319) 721-9893

Please call us if we can be of assistance. PLEASE leave a message if we cannot answer. We will return your call ASAP.

Jesus wanted the unfolding of his path to happen according to God's will. The more stories of extraordinary occurrences involving Jesus were spread, the more his celebrity grew. People could completely misinterpret his purpose and mission, and unfortunately, the disciples were no help in explaining it to people. Fortunately, after the resurrection, Holy Spirit helped enlighten their understanding.

As baptized Christians, we are called upon to let go of our own self-interests for the sake of the community. In doing so, we ratify the covenant with God and give God the opportunity to once again bless this generation of Abraham's descendents. The upcoming season of Lent is the Church's intentional reminder of this truth.

### **What we can learn:**

#### **About Jesus:**

He was an instrument of God's power.

He respected the Law but was not bound or hindered by it when doing good.

Jesus went out of his way to heal people.

Jesus physically touched those considered untouchable under the law.

#### **About the Kingdom Jesus preached:**

It is communal and community centered, and exists in order to draw people in.

It is inclusive, not divisive or exclusive.

#### **About being a disciple:**

Reach out freely. Care for the outsider. Don't isolate.

Step over prejudice and break down false boundaries.

Respect and participate in ritual and Law.

Allow yourself to be used by God to heal.

#### **Taking it to the World:**

Share a time you experienced a new insight or understanding about life following a tough time.

Have you ever been "terrified" by a new insight or life lesson?

Think of a time you were criticized, misunderstood or condemned for your faith. What kept you strong in the midst of that time?

If an angel appeared to you today, what destructive action would the angel ask you to stop doing?

Which of these sins most plagues your life: greed, selfishness, rudeness, apathy, inappropriately expressed anger, self-pity, chronic doubt, mistrust, possessiveness, negativism, thievery, dishonesty, lust? Admit to God that you realize it, and admit it to people close to you and ask for help in avoiding that sin.

Tell about a time you were at a crossroads but an experience of God's presence strengthened you to make a tough choice.

Have you ever felt tested by life's situations and blamed it on God as an explanation? How did you get through the "test?"

**Mindfulness** (set aside three minutes. breathe and read through three times. Which words or ideas hold energy for you? What images emerge in your imagination?) "Committing myself to the task of becoming fully human is saving my life now...to become fully human is something extra, a conscious choice that not everyone makes. Based on my limited wisdom and experience, there is more than one way to do this. If I were a Buddhist, I might do it by taking the bodhisattva vow, and if I were a Jew, I might do it by following Torah. Because I am a Christian, I do it by imitating Christ, although I will be the first to admit that I want to stop about a day short of following him all the way.

In Luke's gospel, there comes a point when he turns around and says to the large crowd of those trailing after him, "Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple" (14:26). Make of that what you will, but I think it was his way of telling them to go home. He did not need people to go to Jerusalem to die with him. He needed people to go back where they came from and live the kinds of lives that he had risked his own life to show them: lives of resisting the powers of death, of standing up for the little and the least, of turning cheeks and washing feet, of praying for enemies and loving the unlovable." – **Barbara Brown Taylor, *Leaving Church: A Memoir of Faith***

"I discovered a version of the sinner's prayer that increased my faith far more than the one that I had said years earlier... In this version, there were no formulas, no set phrases that promised us safe passage across the abyss. There was only our tattered trust that the Spirit who had given us life would not leave us in the wilderness without offering us life again."

"The effort to untangle the human words from the divine seems not only futile to me but also unnecessary, since God works with what is. God uses whatever is usable in a life, both to speak and to act, and those who insist on fireworks in the sky may miss the electricity that sparks the human heart." – **Barbara Brown Taylor, *Leaving Church: A Memoir of Faith***

## COVID-19 Vaccine Interest Form— Jones County

Jones County Public Health encourages anyone who is interested in receiving the COVID-19 vaccine to fill out our vaccine interest form. It can be found on our website at [www.jonescountyiowa.gov/public\\_health](http://www.jonescountyiowa.gov/public_health). If you need help with the form, you can also call 319-462-6945 and leave a message including your name and phone number. We will call you back to help you fill out the form and answer any questions.

Submitting this form will allow us to notify you when vaccine is available for you and provide you with information on scheduling an appointment. COVID-19 vaccination clinics held by Jones County Public Health and our partners will take place in Anamosa and Monticello on Saturdays, by appointment only, on a routine basis. Frequency of clinics will depend on the frequency and volume of vaccine allocated to Jones County by the Iowa Department of Public Health

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: You are invited to study and discuss the  
: upcoming weekend's lectionary readings with  
: a group of church members by joining via  
: Zoom, Tuesdays, 1:30-3:00 p.m. Contact  
: Pastor Rodney to be placed on the e-mail list  
: for this study. Contact Lois if you need help  
: with Zoom access.  
: .....

### Dear Fellow St. Paul Seniors

**A wonderful way to support your church or your favorite charities with a bonus from the IRS: After you have reached the age of 70-1/2 and have an annuity or 401k, you can receive your required minimum distribution tax free by rolling it over directly to your church or to a qualified charity. If you are interested and want more information, please check with your financial advisor or see IRS.gov.**

*Virginia*

## Community Clothes Closet needs new volunteers

February is St. Paul's scheduled month to work in the free Clothes Closet, located in the Anamosa United Methodist Church.

Volunteers are needed to help sort and hang donations, as well as to staff the Closet when open. Sorting and straightening can be done during office hours, 9:00 AM through 2:00 PM, Monday through Friday. The Closet is open each Thursday from 10:00 to 2:00. Please call UMC (319) 462-3951 to let them know you can help.

### Attn: Thrivent Financial Members

Please remember to donate your Thrivent Choice Dollars before March 31. You can donate online at [thrivent.com](http://thrivent.com) or by calling Thrivent at 800-thrivent (800-847-8436) and asking for Thrivent Choice. If you are unsure whether you qualify for Choice Dollars, your questions will be answered here. If you qualify, these Dollars are in your account, free for you to use. Because Thrivent is a not-for-profit company, your Choice Dollars must be donated, but if you want to direct them to St. Paul, or another qualified recipient, this is your opportunity. Over the years, our Choice Dollars have funded many projects at St. Paul. After our difficult 2020, I'm donating my Choice Dollars to St. Paul Lutheran Church's General Fund.

Virginia Danielson,  
Thrivent Congregational Volunteer

**St. Paul Evangelical Lutheran Church**  
**103 East Cedar Street**  
**Anamosa, IA 52205**

Return Service Requested



### Daily Prayer during Lent

Take, Lord, and receive all my liberty; my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace; that is enough for me. Your love and your grace are enough for me.

Suscipe St. Ignatius Loyola