



February 21, 2021 1st Sunday of Lent

Mailing/Offices: 103 E. Cedar Street, Anamosa IA 52205

Website: 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.
Registration is available at: <http://www.aep.iastate.edu/stress>.

St. Paul Seeking Technology Coordinator

We are seeking to hire a person as technology coordinator. The position would involve 5-7 hours of work per week at \$13/hour.

Some of the duties would include technology upkeep, powering up and down for worship services on Wednesday evenings and Sunday mornings, and sound-mixing during recordings. If interested, please call the church at 462-4841.



Observing the Lenten Season at St. Paul Lutheran, Anamosa, 2021

Hello everyone,

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. Call the church office to see if any more are available.

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 (on the Media Tab in the 2021 Portrayals folder), 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.



Lent calls me to acknowledge my sin and to apologize...to each other and to God. Here's a list of the nine essential ingredients of a *true* apology. The next time you need to offer an apology—or are on the receiving end of an apology that doesn't cut it—remember these guidelines.

1. A true apology does not include the word “but” (“I’m sorry, but ...”). “But” automatically cancels out an apology, and nearly always introduces a criticism or excuse.
2. A true apology keeps the focus on your actions—and *not* on the other person’s response. For example, “I’m sorry that you felt hurt by what I said at the party last night,” is *not an apology*. Try instead, “I’m sorry about what I said at the party last night. It was insensitive and uncalled for.” Own your behavior and apologize for it, period.
3. A true apology does not overdo. It stays focused on acknowledging the feelings of the hurt party without overshadowing them with your own pain or remorse.
4. A true apology doesn’t get caught up in who’s to blame or who “started it.” Maybe you’re only 14 percent to blame and maybe the other person provoked you. It can still help to simply say, “I’m sorry for my part in this.”
5. A true apology needs to be backed by corrective action. If your sister mentions she’s paid for your last few dinners together, apologize and let her know that you plan to pay for the next few.
6. A true apology requires that you do your best to avoid a repeat performance. Obviously, it doesn’t help to apologize with a grand flourish and then continue the very behavior you apologized for. Passionate expressions of remorse are empty if you don’t put sincere effort into ensuring that there is no repeat performance.
7. A true apology should not serve to silence another person (“I said I’m sorry at least 10 times, so why are you still bringing up the affair?”). Nor should an apology be used as a quick way out to get yourself out of a difficult conversation or dispute.
8. A true apology should not be offered to make you feel better if it risks making the hurt party feel *worse*. Not all apologies are welcome. Making amends may be part of your healing process, but find another way to heal if the other person doesn’t want to hear from you.
9. A true apology recognizes when “I’m sorry” is not enough. A serious hurt or betrayal requires repair work over time to restore trust.

Dr. Harriet Lerner Ph.D. Psychology Today Sept. 14, 2014



Please Pray for the Following People

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

Pastor Beener, Betty Hunter, and for all facing challenges from the corona virus.

To add a name call or email Lois at 462-4841/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 meets 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 canned tuna, Mac & Cheese and canned vegetables & fruits. **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

Psalm 25: 4-5 ⁴ Show me your ways, LORD, teach me your paths. ⁵ Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Introduction

On Ash Wednesday the church began its journey toward baptismal immersion in the death and resurrection of Christ. This year, the Sundays in Lent lead us to focus on five covenants God makes in the Hebrew Scriptures and to use them as lenses through which to view baptism. First Peter connects the way God saved Noah's family in the flood with the way God saves us through the water of baptism. The baptismal covenant is made with us individually, but the new life we are given in baptism is for the sake of the whole world.

First Sunday of Lent

Week 1 –What is weighing you down that you would like to apologize for?

The readings throughout the season of Lent will focus on God's fidelity in the face of our brokenness. We will be invited time and again to examine our lives in order to name the change we desire and apologize for that which we wish to be freed from. With this heightened awareness, we can acknowledge the love and saving power of our faithful God.

First Reading: The Book of Genesis 9:8-17 (NIV)

The story of Noah and the flood is probably one of the most told Bible stories, and in hearing part of it this weekend, we are reminded of our baptisms. There are several strong themes which connect this "baptism of the world" to the Christian baptismal experience. Like the person who is immersed in the waters of the font seeking new life oriented away from sin and towards Christ, the world of Noah and his family desperately needed to be cleansed of human greed and selfishness. The earth was covered with purifying waters, and when the promised new life emerged, God promised (covenanted) that this kind of death and destruction would never happen again. It would not be necessary because God's rule was established forever. This same kind of sealed covenant is established with the one who dies with Christ in the waters of baptism. As the person is cleansed of old sinful ways, and the life of Christ emerges in faith, then God's covenanted love becomes binding and forever. A person of faith is drawn away from original sin and is able to choose to live like Christ. Whenever we see a rainbow, we are reminded of God's fidelity. Perhaps you can even hear God say, "I love you."

Psalm 25:1-10

Second Reading: The First Letter of Peter 3: 18-22 NIV

The writer of this letter is trying to encourage first century Christians living in the midst of other-believers to remain faithful to the message of God's providential care. These Christians wondered how they could uphold their baptismal promises in a culture that presented so many threats to their way of life. This letter is pastoral in its response and exhorts the people to be strong in Christ who also suffered in a culture which did not understand or accept him. The author's unique perspective on baptism is worth noting: "And baptism now saves you, not as a removal of dirt from the body, but as an appeal to God for good conscience." Baptism spiritually configures a believer

to the will of God, and the fidelity of God through the power of Christ helps all baptized people find forgiveness.

Gospel: Mark 1:9-15 NIV

We are presented with the humanity of Jesus in today's gospel reading. He too, filled with Holy Spirit, encountered life's temptations. But his example shows us that when we reflect, repent, seek to change our lives, and place our strength in the Word of God, temptation is but a stepping stone to better relationships, livelier prayer, healing, and new life.

Mark tells this story with almost painful brevity, because he assumes his readers already know the culture. We however, have to work at it a bit harder. The culture of the Middle East is quite different from our own; a discovery we are once again encountering. In the mind of a Jewish person, ancient or modern, the world is a hostile place and someone is always out to shame you, steal your blessings, or besmirch your honor. The gospel story we have today follows immediately after Jesus has received his Father's baptismal blessing, "You are my beloved. With you I am well pleased (vs. 7)." It naturally follows then, that Jesus would be tempted and face all sorts of situations in which his blessing would be challenged. During these "forty days," a symbolic number meaning a lengthy period of time, Jesus is faced with a desert of many decisions. How is he going to be part of this group into which he was just baptized (the separatist community of John the Baptist)? John the Evangelist and scholars suggest that Jesus stayed with John on the edge of the desert, continuing to hear him preach, baptizing alongside John, and learning the ways of the kingdom. Among the "wild animals" he encountered were the Pharisees and Herod, nipping at his heels with questions and sneers. Satan is the name for all those invisible powers which distract humans from doing God's will: loneliness, doubt, hunger, thirst, and desire for prestige, power, wealth, or control, to name a few. In his humanity, Jesus encountered all these things. Satan is also the name given to the father of all who seek to dishonor us with wrongful accusations or place doubt about the truth into our minds.

When John was arrested and killed, Jesus had to decide what he was going to do. His friend, mentor, and teacher, was now gone. We hear today that Jesus takes the message of the "new wine" (i.e. kingdom banquet) back to Galilee. There, he continued to share his blessing with anyone who chose to follow him, and there, he continued to encounter those who would try to take his blessing away. Jesus, like Noah before him, is a new Adam, the father of a new people. Unlike Noah, Jesus' new family was not bound by blood lineage, but by their commitment to a law of sacrificial love.



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.

Thursday, February 18

* 3:00 p.m. HACAP food distribution

Saturday, February 20

* 9:00 a.m. Zoom Drop In

Sunday, February 21

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

Reader: Don or Deb Hardersen

Usher: Don & Deb Hardersen

PowerPoint: Lois Ocenosak

4:00 pm Confirmation Meeting

Tuesday, February 23

* 1:30pm Scripture study Zoom

* 6:00pm Grief Support—LL CE building

* 8:00pm AA—**Resumed** LL CE building
(**masks & social distancing required**)

Wednesday, February 24

* 6:00pm Worship (**reservations only**)

6:00pm WD4

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

Pastor Rodney

blumlwa@gmail.com (319) 389-6153

Nancy Douglas, Treasurer

njldouglas@hotmail.com (319) 551-3358

Kaileen Weaver

cyfmstpaulanamosa@gmail.com (951) 553-5728

Brie Wittenburg

cyfmstpaulanamosa@gmail.com (319) 975-8186

Lois Ocenosak

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.

Taking It Home

What behavior could you adopt or drop in order to be more like Jesus?

Is God asking you for a stronger, more intimate relationship?

How many times has the name of Jesus or a reference to your faith entered into conversation this past week? Do your children think your faith is important to you? If you're not sure, ask them.

Why do you think Jesus needed to encounter and overcome "temptation" before he entered into his public ministry? And why did it follow his baptism? Does this parallel your life, at all?

What is your most powerful memory involving water?

Doodle a Rainbow or close your eyes and picture the last one you saw. The rainbow is God's covenantal promise to bring all creation to fulfillment. Jesus is the one who brings all creation to glory. Let all the colors dance!

Watch the Portrayal of John the Baptist found on the St. Paul Anamosa website (under Media tab, Lenten Portrayals 2021), Facebook page, or YouTube Channel. Discuss it with your family.

A Social Statement on: ABORTION [This social teaching statement was adopted by a more than two-thirds majority vote at the second biennial Churchwide Assembly of the Evangelical Lutheran Church in America, meeting in Orlando, Florida, August 28-September 4, 1991.]

Support for Life after Birth: Many women choose abortion in a desperate attempt to survive in a hostile social environment. In order to affirm the value of life and reduce the number of abortions, it is essential for us as a church to work to improve support for life in society. Greater social responsibility for the care, welfare, and education of children and families is needed through such measures as access to quality, affordable health care, child care, and housing. Sufficient income support for families needs to be provided by employers, or, in the case of the unemployed, through government assistance. As a society we need to provide increased support for education, nutrition, and services that protect children from abuse and neglect. Because parenthood is a vocation that women and men share, this church supports public and private initiatives to provide adequate maternity and paternity leaves, greater flexibility in the work place, and efforts to correct the disparity between the incomes of men and women. The law must hold both parents responsible for the financial support of their children.

What is the status of this conversation in our local faith community? What words or phrases seem important to you today? What words challenge you?

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?) "...I had arrived at an understanding of faith that had far more to do with trust than with certainty. I trusted God to be God even if I could not say who God was for sure. I trusted God to sustain the world although I could not say for sure how that happened. I trusted God to hold me and those I loved, in life and in death, without giving me one shred of conclusive evidence that it was so." – Barbara Brown Taylor, *Leaving Church: A Memoir of Faith*

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

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. 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

Council Minutes
February 8, 2021 – 6:30pm

Council Members Present: Jamie Hamblin, Barb Wilson, Shawn Countryman, Nancy Stout, Jason, Geltz, Rodney Bluml, Tom Sabotta, Sean Hollett, Susan Koppenhaver, Doug Fairbanks

Not Present: Angie Coyle, Nancy Lyon Douglas

Executive Secretary: Michele Countryman

Welcome/check-in: Call to order and opening prayer at 6:35pm

Approve minutes from the January meeting: Shawn Countryman made a motion to approve the minutes from January. Jason Geltz seconded the motion. Ayes carried.

Pastor Report: Opportunity was given to ask Pastor any questions about his report for the month of January.

Approve financial report for January: Discussed if we are applying for the next PPE. Tom Sabotta made a motion to approve the financial report. Barb Wilson seconded the motion. Ayes carried.

Old Business:

Stewardship Update – It is agreed that stewardship is not just about money. Doug and Jason have some ideas they are going to bring to their committee to discuss. There are ideas to utilize “The Pulse” to tell stories and/or share information about stewardship/fellowship. Discussed other ways we might be able to reach people besides email and mail. Tom is going to set up a meeting with Doug and Jason.

Lent – information about Lent is in “The Pulse.” This year the Lent collection will go to the RIP Medical Debt.

February care packages for the homebound – Shawn sent a summary to the council members of what he sent out to others asking for help. However, he has not received a response. He asked council members to reach out to their committees to see if anyone was interested in participating. There will be three groups: (1) member location group (2 people) – will work with list of people and dropping off care packages, (2) materials/funds group (1-2 people) – will work with Thrivent funding and getting materials for the care packages, and (3) putting care packages together group (2 people).

Synod delegates needed – Nancy indicated Susan and Ed obtained the most votes at the annual meeting in June. Susan indicated she would be willing to do it again. She will check with Ed but believe he would be interested as well.

Names of individuals to call for discernment of serving on council – Council members offered up names of people that might want to discern about being part of the council

New Business:

Status of lumberyard – Doug will communicate with Jeff Banowetz and determine his plans as the lease for the

Lumberyard matures in April. The executive committee will then take action prior to the March meeting.

Recommendation for hiring a person for tech support – Pastor believes we are in a situation where we need consistent tech support for services. He requested we advertise for a technology coordinator for 5-7 hours per week. Pay would be \$13/hour for 5-7 hours per week.

Job Description: Technical Support Coordinator - 5-7 hours per week, including worship recording times, \$13.00/hour (or matching the other hourly staff).

Responsible for: church technology equipment upkeep, powering up and powering down for indoor worship, running the camera during recorded sessions, sound mixing during recording. Additional needs: assist in expanding to live-streaming, integrate listening devices for hearing impaired, purchase of new wireless microphone system.

Susan Koppenhaver made a motion to approve this request. Shawn Countryman seconded the motion. Individual votes were taken. Ayes carried.

On-site worship – Discussed how it has been going. The numbers have been small and a couple of the services have been cancelled since starting face-to-face because of weather.

Naming of individuals for the vision team – Nancy indicated those that would be interested in participation in the Vision Team – Doug Fairbanks, Jason Geltz, Susan Koppenhaver, Angie Coyle, Tom Sabotta, Sean Hollett, Nancy Stout, and Pastor.

Facilities Update – Jamie Hamblin made a motion to move forward with Rinderknecht. Tom Sabotta seconded the motion. Individual votes were taken. Ayes carried.

Congregational Report – We are one of the few churches that is growing in membership at this time.

Communication: There has been a request from Hawkeye Cycling to use the CE Building during RAGBRAI. They are willing to following the Covid-19 precautions put in place.

Request for parking - The council denied a request for parking a camper in the CE parking lot.

Agenda for Next Month: Discuss donation for Prison Ministries. Rest of schedule will be determined by the executive committee.

Upcoming Events: Lent begins next Wednesday

Time and Date of Next Meeting: Monday, March 8, 2021 @ 6:30 pm.

Adjourn/Closing Prayer: Shawn Countryman motioned to adjourn. Doug Fairbanks seconded the motion.

Respectfully submitted by Jamie Hamblin

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

Return Service Requested



March Birthdays

Alec Countryman	3/1	Marlene Serbousek	3/12	Emma Gregorich	3/23
Brooke Paulsen	3/3	Kim Gregorich	3/12	Dorothy Harmon	3/24
Kael Hora	3/4	Eli Lambertsen	3/13	Wyatt Heims	3/24
Mark Bickford	3/4	Paula Sisler	3/14	Atlas Rummel	3/24
Emma Dales	3/5	Ivan Lambertsen	3/14	Mary Martensen	3/26
Logan Dales	3/5	Catherine Vavricek	3/14	Amy Henderson	3/28
Kylee Secrist	3/6	Naomi Weaver	3/14	Sheri Osterkamp	3/29
Jerry Stolte	3/6	Andrea Giegerich	3/15	Marilyn Lambertsen	3/29
Jaden Oldham	3/6	Caden Smith	3/15	Aydin Weaver	3/29
Doug Fairbanks	3/7	Don Harmon	3/16	Bruce Weaver	3/29
Sabrina Rogers	3/8	Cory Capron	3/16	Kathy Hansen	3/30
Ruby Robertson	3/8	Aidan Miller	3/17	Mark Lehrman	3/30
Elijah Lehrman	3/10	Janice Dougherty	3/19	Corey Smith	3/30
Korbin Vavricek	3/10	Betty Hunter	3/20	Brenda Lehrman	3/31
Maya Ludwig	3/11	Heidi Capron	3/20	Jennifer Millard	3/31
Dee Ihlenfeldt	3/11	Doris Henderson	3/21		
Marilou Vernon	3/12	Carson Andresen	3/21		
Conor Fortune	3/12	Maddy Fischer	3/23		

If your birthday was omitted from this list, we do not have the date in our records! If you would like your birthday listed in our newsletter, please call Lois at 462-4841 or email her at stpaulanamosa@gmail.com and she would be happy to include it.

