ST. PAUL LUTHERAN CHURCH
ANAMOSA, IOWA
CREATIVELY CONNECT • INTENTIONALLY GROW • JOYFULLY SERVE

PULSE
March 2020

Church: 201 N. Ford St. Anamosa, IA 52205 Mailing/Offices: 103 E. Cedar St. Anamosa, IA 52205 Website: www.stpaulanamosa.com Phone: (319) 462-4841

ON THE WAY TO CALVARY

LENT AT ST. PAUL

Once again this year, St. Paul Lutheran Church will be featuring first person portrayals during the season of Lent. These character portrayals have proven to be a wonderful teaching tool to help our congregation and guests to become more familiar with Scripture and specifically some of the people of Scripture. Not only that, but Lent at St. Paul becomes a unique opportunity to invite your friends and neighbors to come with you to meet the Biblical characters. We have found that people are often more open to accepting an invitation to a unique service like this than they are to accept an invitation to Sunday mornings, making the Wednesday evening portrayals an open door for people to try St. Paul for the first time.

Lent begins on Ash Wednesday, February 26th, with a service at 12:00 noon and one at 6:00 in the evening. This service will include the imposition of ashes. There will not be a portrayal on Ash Wednesday.

Then, each Wednesday following, March 4th, 11th, 18th, 25th, and April 1st, there will be two services featuring portrayals, the first at 5:00pm and the second at 6:45pm. There will be a free, light supper served from 5:30-6:30 p.m.

We encourage you to begin thinking and praying now about the people you might invite to come to these special services.

This year we'll be meeting the following Biblical personalities:

John the Baptist

Peter's mother-in-law

James, the brother of Jesus

Herod Antipas

Mary, mother of Jesus

Good Friday, April 10:
Judas Iscariot

WE ARE

MORE THAN A CHURCH

WE ARE A FAMILY

Over the next few issues I would like to print short stories told by you answering the question: What do you witness at St. Paul that makes the above "we are a family" statement true?

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Old Storage Area, paper trapped in corner

I didn't know I had so many colors to work with. Thanks Vic for your time and talents! Lois

" Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me." -John 12:26

This is just a sample of recent generous gifts shared by members at St. Paul. If you have been a generous giver and your name is not listed, please know, as a community we could never glorify and proclaim the Good News without your faithful stewardship. Your brothers and sisters in Christ thank you! Can you think of someone you would like to acknowledge? Contact the church office and we will add them to our Generous Giving list in the next Pulse.

Generous Giving We are grateful for:

Vic Hamre supplying materials and labor for building the new paper storage unit in the church office. (see picture left)

The crew of the Love is Kind Dinner: Nancy Stout, Barb Kleis, Kaileen Weaver, Linda Kenny and all the other behind the scenes volunteers including WD4 students who made placemats, candy roses and helped out serving the food.

Colin Stiffler for his work removing the water fountain in the Fellowship Hall.

The home communion distributors.

The music leaders during worship.

Sam Kenny helping with sound during liturgy.

Logan Dales, Jerry Collell, and Dan Lambertsen for giving witness talks to the confirmation group.

Better Angels: Reuniting America

Thursday, March 5, 7 p.m., Anamosa Library

Free & open to the public; registration not needed. Join your friends to watch a compelling film showing 7 Republican-leaning and 8 Democratic-leaning voters participate in a Better Angels Red/Blue Workshop. Better Angels is a national organization formed shortly after the 2016 election with the paired goals of reducing political polarization and promoting civil dialogue. "We try to understand the other side's point of view even if we don't agree with it." better-angels.org For more information, contact Bonnie Raddatz/319-361-1297, or Posey Griffin/319-480-8603

Pastor's Page

Pastor Rodney Bluml

Do you consider Jesus to be your teacher in life and love? If not, this is a great time to recommit yourself to being his student by studying his words recounted in chapters 5-7 of Matthew's Gospel.
Jesus took the traditional heady notions of God's law and asked his disciples/us to put them into action; in other words, to practice what we preach. Christians make a profound difference in the world when we live with integrity.

This Lent, we will be exploring the 12-Step Spiritual Tradition as a way to open ourselves to transformation in God's power. I am inviting all of us at St. Paul to offer daily the **Serenity Prayer**, inviting God to change our hearts. Notice how God responds to your prayer.

God grant me the serenity to accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world As it is, not as I would have it;
Trusting that He will make all things right If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him Forever and ever in the next. Amen.

(prayer attributed to Reinhold Neibuhr, 1892-1971)

Lenten Worship Schedule

Wednesdays (with portrayals): March 4—April 1)
5:00 pm
Light Supper 5:30-6:30 pm
6:45 pm
Wed., April 8 6:00 pm Prayer*
Sundays: 8:30 am
10:30 am

*Way of Cross prayer through the eyes of Jesus' mother,

Tuesday Afternoon Prayer MINISTRY

1:30pm

March 3rd—Visio Divina—Adam & Eve
March 10th Meditation & Music
March 17th Happy St. Patrick Day
(No Tuesday Prayer or Scripture Study)
March 24th—Gentle Yoga
March 31st—Lamentation/Psalm 130
April 7th—Mandala
April 14th—Resurrection Drumming for Healing

Helping Children in Need Sleep Better

All children deserve a safe, comfortable place to lay their heads. Across the US, too many boys and girls go without a bed—or even a pillow—to sleep on. These children end up sleeping on couches, blankets, and even floors. This can affect their happiness and health.

Sleep in Heavenly Peace is a group of volunteers dedicated to building, assembling and delivering top-notch bunk beds to children and families in need.

During Lent St. Paul will be taking loose change donations to create change in our community through this worthy organization. Donations will be collected during all services throughout Lent. Donations to Sleep in Heavenly Peace will be taken up with noisy collections or in designated containers. Regular giving to St. Paul Church will be taken up separately and goes in the brass plates.

We will also be collecting gently used children's books to be donated along with beds. Donation boxes will be placed in the vestibule and outside of the Church office in the education building.

For more information about the Sleep in Heavenly Peace organization visit their website at https://www.shpbeds.org/ Please join us this Lenten season in providing children a comfortable place to lay their heads.

Where in Church Can You Find This?

Event: Church Scavenger Hunt
Who's Invited: All Are Welcome
When: Saturday, March 21st @ 5:30
Included: Chili and Cornbread Dinner Provided
Location: Starting in Fellowship Hall

Get ready to explore church in a way you haven't before! We will be broken up into groups and given a list of different riddles that will help us in our Scavenger hunt. Bring your phones to take pictures of your findings and we will share them over chili and cornbread!

If you have any questions please call the office and ask Kaileen at (319) 462-4841 or email cyfmstpaulanamosa@gmail.com

Love Is Kind Dinner Highlights . . . (more photos on Facebook)

Super Bowl Sub Mission Trip fundraiser was a great success raising over $1100 (net) with the support of all our church family. A big thanks goes out to Thrivent, the Thrivent Action team for their support, Marcy Pate, Sally Clapp, Michele Lubben and all the Mission Trip members and their parents.

Abbreviations Used
G&G Grounds & Goodies
LL CE Lower Level Christian Education bldg
UL CE Upper Level Christian Education bldg
FH Fellowship Hall (lower level church)
R&R Rubber & the Road Scripture Study
WP Woodlawn Park
MIM Men in Mission

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30am Worship 9:30am Coffee Hour 10:30 Worship 12:00pm Adult initiation meeting	**2** 9:30am Woodland Park Worship All are Welcome	**3** 12pm Sisters G&G 1:30pm Prayer—Chapel 2:30pm R & R—Chapel 6:00pm Grief Support LL CE 8:00pm AA LL CE	**4** 7:00am Good Guys Bible Study McOttos 8:00am Lutheran MIM 5:00pm Lenten Worship 5:30pm Lenten Supper 6:00pm WD4 6:45pm Lenten Worship	**5** 1:30pm Anamosa Care Center Worship All Are Welcome	**6**	**7**
8 8:30am Worship 9:30am Coffee Hour 10:30 Worship 12:00pm Adult initiation meeting	**9** 4:30pm Worship Team Meeting 6:30pm Council Meeting	**10** 1:30pm Prayer—Chapel 2:00pm Sisters LL CE 2:30pm R & R—Chapel 6:00pm Grief Support LL CE 6:30pm Mary Circle 8:00pm AA LL CE	**11** 7:00am Good Guys Bible Study McOttos 8:00am Lutheran MIM 5:00pm Lenten Worship 5:30pm Lenten Supper 6:00pm WD4 6:45pm Lenten Worship	**12**	**13** **Pulse Deadline**	**14**
15 **Eucharistic Ministry** 8:30am Worship 9:30am Coffee Hour 10:30 Worship 12:00pm Adult initiation meeting 4pm Confirmation class 5:45pm Men's Craft Night	**16**	**17** No Prayer service today 2:00pm Sisters LL CE No R & R today 6:00pm Grief Support LL CE 8:00pm AA LL CE	**18** 7:00am Good Guys Bible Study McOttos 8:00am Lutheran MIM 5:00pm Lenten Worship 5:30pm Lenten Supper 6:00pm WD4 6:45pm Lenten Worship	**19** 3:00pm HACAP Distribution	**20**	**21**
22 8:30am Worship 9:30am Coffee Hour 10:30 Worship 12:00pm Adult initiation meeting	**23**	**24** 1:30pm Prayer—Chapel 2:00pm Sisters LL CE 2:30pm R & R—Chapel 6:00pm Grief Support LL CE 8:00pm AA LL CE	**25** **Pulse Publish Date** 7:00am Good Guys Bible Study McOttos 8:00am Lutheran MIM 5:00pm Lenten Worship 5:30pm Lenten Supper 6:00pm WD4 6:45pm Lenten Worship	**26** 10:00am Friend 2 Friend FH	**27**	**28**
29 8:30am Worship 9:30am Coffee Hour 10:30 Worship 12:00pm Adult initiation meeting	**30**	**31** 1:30pm Prayer—Chapel 2:00pm Sisters LL CE 2:30pm R & R—Chapel 6:00pm Grief Support LL CE 8:00pm AA LL CE				

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Wednesday Service

During Lent the Second service helpers will all be students from the WD4 program.

	Usher/Greeter	Communion Prep	Comm. Server	PowerPoint
March 4th 5:00pm	Summer Parks	Dorothy Wood	Dorothy Wood, Laura or Marcy	TBA
March 11th 5:00pm	Cole Millard	Donna Selk	Marge Bohlken Laura or Marcy	Myra Powell
March 18th	Darla Algoe	Darla Algoe	Darcie Tenley, Laura or Marcy	Darcie Tenley
March 25th	Ken & Pam Humpal	Ken & Pam Humpal	Dorothy Postel, Laura or Marcy	Myra Powell

8:30 Service	GREETERS/ USHERS	READER	COMMUNION PREP	COMMUNION SERVERS
March 1st	Tom Sabotta & Sherri Evans	Tom or Sherri	Dee Ihlenfeldt	Jeff/Kristi Fortune, Dee Ihlenfeldt
March 8th	Merlyn/Marlaine Wilken	Virginia Danielson	Wilma Anderson, Verna Lewison	Wilma Anderson, Mike & Nancy Bickford
March 15th	Mark & Rhonda Bickford	Mary Lou Schipper	Don & Dorothy Harmon	Pete Bungum, Wayne & Becky Embree
March 22nd	Ed Gerst, Susan Koppenhaver	Lois Ocenosak	Virginia Danielson	Virginia Danielson Sherri Evans, Tom Sabotta
March 29th	Lance & Michelle Toenjes	Colin Stiffler	Jim & Dolores Albrecht	Conor Fortune, Colin & Carol Stiffler

March 1st **PowerPoint** Conor Fortune **Video** Linda Kenny; March 8th **PowerPoint** Lois Ocenosak **Video** Linda Kenny
March 15th **PowerPoint** Grant Lubben **Video** Grace Lubben; March 22nd **PowerPoint** Conor Fortune **Video** Linda Kenny
March 29th **PowerPoint** Grant Lubben **Video** Grace Lubben

10:30 Service

	Ushers	Reader	Comm. Prep	Comm. Server
March 1st	Shaun Lambertsen Family	Paula Sisler	Serge & Paula Sisler	Fred Austin, Greta Vaughn, Paula Sisler
March 8th	Ben & Angie Coyle	Ben Coyle	Amy Christianson, Dave & Alex Oldham	Amy Christianson, Dave & Alex Oldham
March 15th	Nancy Lyon-Douglas, Jamie & Kinsley Hamblin, Brie Wittenburg	Nancy Lyon-Douglas	Barb Wilson	Sally Clapp, Addie Dales Nancy Lyon-Douglas
March 22nd	CJ Sullivan Family	Polly Chalstrom	DJ & Donna Condry	Polly Chalstrom, DJ Condry, Staci Sullivan
March 29th	Countryman Family	Shawna Giegerich	Kenny Family	Shawna Giegerich, Aaron & Deb Zumbach

March 1st **PowerPoint** Dean Lambertsen **Video** Ivan Lambertsen; March 8th **PowerPoint** Ruby Robertson **Video** Sebastian Goldsmith
March 15th **PowerPoint** Emma Dales **Video** Logan Dales; March 22nd **PowerPoint** Victor Chalstrom **Video** Sean Hollett
March 29th **PowerPoint** Seth Countryman **Video** Seth Secrist **Substitute**—Seth Secrist

Council Minutes
Feb. 10, 2020

Welcome/Check-in: Call to order at 7:31pm by Shawn Countryman.

Council Members Present: Rodney Bluml, Stacie Sullivan, Barb Wilson, Angie Thomas, Colin Stiffler, Jason Geltz, Tom Sabotta, Shawn Countryman, Doug Fairbanks **Not Present:** Nancy Stout

Non-Council attendee: Michele Countryman (Executive Secretary)

Approve Agenda/Minutes from January meeting: Motion to approve by Colin Stiffler and second by Angie Thomas. Ayes carry.

Pastor's Report to Church Council:

- Funeral: Ruth Ann Bungum
- New Members:
- Baptism:
- I coordinated the Prayer for Christian Unity again this year in conjunction with the Anamosa Ministerial Association. The St. Patrick faith community hosted on Monday Jan. 20, and approximately 70 attended for prayer and potluck supper. Jerry Collell provided cut out paddles and went the extra step to invite members of organizations in Anamosa to lead the offertory prayer.
- This month, we launched a nine-session mini-RCIA (Rite of Christian Initiation for Adults) process with two families who have members discerning baptism. We are meeting on Sundays from 11:45 – 2:00 p.m. We are seeking members who will provide a simple meal at 11:45 am for 8 adults and 3 children each of the Sundays. The process will culminate at the Easter Vigil April 11.
- Listener training with Pastor Erika Uthe assistant to the bishop, was held for ten members in preparation for at least 100 one-on-one interviews with St. Paul members. This is a follow up to the Table Talks held last year and is intended to gather ideas about the mission and ministry to be developed over the next seven years.
- I was pleased to be invited by Tyler Zumbach to give a short reflection to the Fellowship of Christian Athletes at Wartburg College on Jan. 30. I focused on the extra pressure athletes experience regarding life choices and the similar temptations of fame, power, and wealth experienced by Jesus after his baptism and before he began his public ministry. Stay rooted in the Word!
- Pastor Jerry Collell shared a powerful message about mercy with the confirmation candidates and mentors on Feb 2. Grateful to him for being so honest and offering a thought-provoking story about how God reveals mercy over justice to us.
- On Saturday, February 8, eight members of the Council met for prayer and to engage in discussions about the ELCA's social statement on human sexuality.

- All agree to accept the Pastor's report.

Financial Reports: It was noted the financial reports are in the new format providing greater details on itemized debits\credits. Thank you Nancy Lyon-Douglas! The new format looks great. Move to accept the report Colin Stifler and second by Tom Sabotta. Ayes Carry

- Automated giving was discussed at the council meeting as an option to offer to the congregation. Stacie will work with Nancy Lyon-Douglas to put together a paragraph for the newsletter to inform the congregation on how this can be set up.

Old Business:

- **St. Paul growth timeline and discussion**- Listeners' team has been trained. Hope to interview 100-120 people over the next couple of months.

Lumberyard updates:

- Asbestos abatement: Testing was completed and a bid with information was sent to St. Paul for consideration.
- Conversations with the lumberyard will also continue to determine what will happen when the contract expires on May 1. A formal letter will be sent by Doug.

- **Time and Talent survey-** Over 60 responses have been received in both paper and electronic format. The St Paul Council Executive Secretary is compiling all responses into an excel spreadsheet for the council and leadership committees to use.

- **Disability ministry** - The old water fountain has been removed. A water cooler contract with McAleer has been received in the St. Paul office. The council will work with Lois to move forward with installation of a new system.

- **Bishop Burk's retirement letter and donation** – A letter is under draft regarding Bishop Burk's retirement and his impact at St. Paul and beyond. It was agreed that a gift of $200 would also be provided. Doug Fairbanks made a motion and Colin Stiffler second. Ayes carry.

New Business:

- **Summary of Town Hall meetings** – The town hall events were well attended. It was envisioned that the St. Paul Council will likely hold a town hall two or three times a year, with the next opportunity in May. If any lingering questions remain, please contact Pastor Rodney. Reminder that listening sessions will be happening between now and May.

- **Discuss Lenten outreach activities** - The primary question was, who would be the recipient? One suggestion was Jones County Sleep in Heavenly Peace. This is a local organization that is a wonderful option. There was also discussion about donating books and bedding as well. This will be collected over all six Wednesdays and at the weekend services during Lent.

Communications (Requests/Responses)
Several comments from members in the health care community have been recently made to members of the Council about the use of hand sanitizer during communion. There was a recommendation to leave a bottle of hand sanitizer near the altar for those distributing communion to use. It was noted in a January 2020 article by the FDA and AMA that hand sanitizer has not been shown to prevent the spread of viral infections (i.e. flu/colds). Since the CDC recommended washing of hands with hot water and soap for 20 seconds is not easily done by distributors immediately before communion, Colin Stiffler moved to have hand sanitizer used instead. Angie Thomas second. Ayes carried.

Agenda for Next Meeting

Upcoming Conferences/Meetings/Schedules/Coming Events:

- Intergenerational dinner- Feb. 16th @4:30

Time and Date of Next Meeting: March 9th @6:30 and
All Leadership Meeting on Monday, April 20 @ 6:00PM

Adjourn/Closing Prayer – adjourn after prayer @ 8:34pm.

March Bread Baker
Stacie Sullivan

March Food Bank Rotation
Myra Powell

Pray for Our Military

Please pray for our men and women currently serving in the military:

- Jeremy Fall
- Allen Gilbert
- Kalib Seeley

Please call the church office if you would like to be added or deleted from this list.

Tuesdays from 6:00-7:30PM ALL ARE WELCOME!
Christian Education Building - Lower Level
(Enter from gravel parking lot, first door on left.)

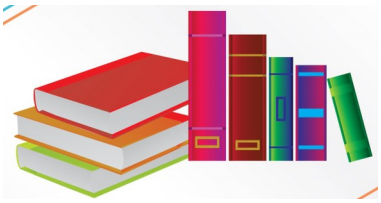
Balances of St. Paul Bank Accounts as of 1/31/2020:

CHECKING	SAVINGS
General Fund Checking Acct. Beginning Balance $41,197.73 Ending Balance $41,323.95	**Budget Reserve Savings Acct.** Beginning Balance $273.62 Ending Balance $273.62
Land Maint & Repair Checking Acct. Beginning Balance $11,387.19 Ending Balance $11,319.02	**Land Development Savings Acct.** Beginning Balance $32,683.09 Ending Balance $34,158.71
Luther League Checking Acct. Beginning Balance $2,744.12 Ending Balance $3,444.12	**Luther League Savings Acct.** Beginning Balance $842.78 Ending Balance $842.78
Memorial Trust Checking Account Beginning Balance $5,461.61 Ending Balance $6,636.61	**Seminary Support Checking Acct.** Beginning Balance $809.05 Ending Balance $809.05
Memorial Money Market Account Beginning Balance $15,010.12 Ending Balance $15,017.77	

Memorial Committee Report

During the last month memorial donations have been received in memory of Ruth Ann Bungum and Debra Herren Weeks. Memorial Committee gratefully appreciates these thoughtful donations.

Memorial funds were used to purchase a new Paschal candle and stand. Memorial funds were also deposited into the Debra Herren Weeks Scholarship Vanguard fund.



Check it Out . . .

from the St. Paul Library in the room behind the Sanctuary.

Eastern Birds by Roger Troy Peterson

This compact volume identifies the well-known and not-so-well known fowl in our region. There are detailed range maps and beautiful drawings. While the birds that come to our winter feeders provide color and variety in the cold winter, we welcome back the migrant birds now that Spring is upon us.

The Small Garden Book by Peter McHoy

With Spring comes that primal urge to dig in the dirt. The author provides the how-to for patio and roof gardens, border and pond plantings. He also gives tips for paving and fencing projects. Looking through the colorful pages may inspire you to get out your trowel and gloves.

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

Return Service Requested

March Birthdays

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

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.