



ST. PAUL
LUTHERAN CHURCH
ANAMOSA, IOWA

CREATIVELY CONNECT • INTENTIONALLY GROW • JOYFULLY SERVE



April 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

Father,

I release the fears and anxieties I face today, and I place them in your hands.

Help me surrender my tendency to try to control certainty.

May the truth that you are sovereign over every detail of today bring peace to my heart and my mind.

In Jesus' name, amen.

(Anonymous)



In the hopes of bringing the beloved community of St. Paul together in this Lent/Easter time, the Worship Team is posting services, prayers, and reflections for you. We encourage you to check in on a daily basis to see what is new. Each of the services will have aspects that will invite your response and/or interaction. Go to www.stpaulanamosa.com 'Media/Resources' Tab—'Pastor Sermon' section in the drop down menu.

Earth Day, Electronic Giving Benefits

2

Pastor's Page

3

Youth & Family Page

4

12 steps for Lent, Tuesday Prayer schedule

5

Council Minutes

6-7

Simply Giving, Regular & Special Giving

8

At Home Worship

9

Things to do at Home, Campership info

10

Financial Reports, Check it Out

11

April Birthdays

12



Before using styrofoam, consider: In 1986 the EPA released a report that listed the polystyrene manufacturing process as the fifth largest creator of hazardous waste. Fifty-seven chemical byproducts are released during the manufacturing process of polystyrene, polluting the air, land, water and communities that live near the facilities. Styrene, the building block of styrofoam is linked to numerous negative effects to the human body.

It takes 500 years to decompose styrofoam, and it takes up 25-30% of our world's landfills. In addition, our lakes, waterways and oceans are suffering due to Styrofoam waste. Styrofoam is no longer manufactured with CFC (notorious ozone-depleting chemical), but still uses HFCs (hydrofluorocarbons) that are still linked to depleting the ozone layer and affecting global warming. {from *Safer Chemicals, Healthy Families*, Alesia Lucas, 2014}.

If you go to a restaurant that sends left overs in styrofoam, consider bringing your own reusable containers. Most servers will happily accommodate your request to use them.

We encourage you to bring reusable coffee mugs and water bottles that you can fill from our 5 gallon water dispenser in the Fellowship Hall.

Benefits of Electronic Giving We would like to thank the members of St. Paul Lutheran Church for their time and talent as well as their generous financial giving. With your busy schedules have you ever considered electronic giving? Electronic giving is a free, convenient, secure, and environmentally friendly way to make regular weekly or monthly contributions. We encourage you to check out our electronic giving options. For more information see page 8.

"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:

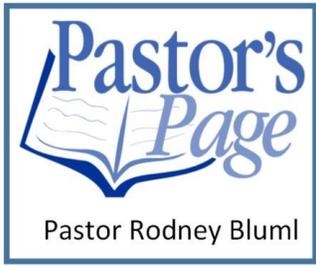
All who found many different ways to "Creatively Connect" during this time.

To Ed & Virginia and other ALY & HACAP volunteers who kept the food flowing to those in need (approximately 80 school lunches and 45 HACAP boxes were dispersed.)

Many thanks go out to our WD4 teachers for being so flexible, helping with whatever is needed, for all of your time, love, prayers and dedication to our children and youth here at St. Paul.

Linda Kenny for all the time, love, planning, dedication and resources you provide for our Sunday School children. Thank you for all you do it is greatly appreciated!

Our Community Clothes Closet volunteers during the month of February: Sylvia, Summer, Linda J., and Virginia. And anyone else who may have helped out!



Spring time is filled with new life, and I am reminded as I look around at the greening hillsides, that before the new sprout can emerge, a seed must be

planted, softened, cracked open, and nourished. This is the way Christ invites us to see ourselves during this Lent/Easter time. Together, we have been experiencing this process of transformation and growth through the 12-steps of AA and the Lenten disciplines. Jane Ortgies recently shared this reflection during Tuesday Prayer and I am grateful that she is allowing me to share it with you as an invitation to do likewise. Make time to pray!

“In Response to Pastor Rodney’s challenge to take a personal inventory (4th Step, see sermon from 3/8 <http://www.stpaulanamosa.com/pastors-sermon.html>); During this past week I read the story of Christ’s last days. Every time I read or hear the call from Jesus lips,” Stay with me, remain with me”, it brings me to the same question; how many ways, how many times had I left Jesus alone in Gethsemane.

My Self Inventory:

How many times could I have heard Jesus cry,” stay with me; remain with me”.

I could have realized what my Mom really knew when she said, “You know today your Dad and I have been married 72 and ½ years”, she died suddenly the following week. She needed me to stay.

I could have recognized what those fear filled eyes were telling me when my best

friend received a terminal diagnosis. She didn’t want my nurse guidance, and she didn’t need my tears. She needed me to listen to how fearful she was. She needed me to remain with her.

I could have responded with more compassion when I heard a friend tell me she was getting a divorce. She needed me to stay.

I could have shown more mercy when caring for a patient; sure I could rush around and attend to all of the person’s physical needs, but did I miss sensing what she really needed wasn’t physical at all; she needed me to remain with her.

I watched a friend go down a destructive path and didn’t have enough courage to let her know how I felt, or that I thought what she was doing would change her life forever. She needed me to stay.

How many times have I been selfish enough to wonder how a situation would affect me, and not how it was affecting the other person?

How many times have I retreated from situations hoping I wouldn’t need to get too... involved?

How many times will I fall asleep when I could stay with him, remain with him?

They all needed me to stay with them, remain with them. Nothing more, nothing less.

Let’s pray: Holy Spirit come be among us today. Move within me to respond to the call, “Stay with me, remain with me.” Amen.

Egg Scavenger Hunt!



We will be having an Egg Scavenger Hunt in the near future, when we can return together safely, following a 10:30 service. No basket necessary as we will have reusable bags for the kid's to take home with them. There will be an area for toddlers through 5th graders.

Take Home Books for the Family:

We have gone through our resources in our CYFM office and wanted to make sure you as parents and care-takers had the resources available as well. We have put Several faith based books, cd's, devotionals and family faith teaching devotionals out on a table in our C.E. Building. We have made these available to you and anyone wanting to bring faith based reading into their home for their children. Please feel free to reach out to Kaileen or Barb Wilson for any additional information.

Taking Faith Home in our Faith Five Step Series:

Over the next 2 months I am going to be sharing with you a few ways to Take Faith Home as a Family. I know personally it is something I struggle with and am constantly working on new ways to intertwine faith in our everyday life. I encourage you to reach out and talk to your children about church, pray with them when they've had a bad day at school, encourage prayer when something good happens, have them join you in prayer. Let them know how real our God is to you and in your everyday life! I promise you that you will Not regret saying Yes to God!

Step 1: SHARE your highs and lows

What was the best part of your day? What was the worst? Name it. Claim it. Share it with those who love you. Daily sharing of the highs and lows of life helps people of all ages to be more self-aware, while strengthening communication and connection with others.

One important rule for Step 1- no judging highs and lows! If we judge, we quickly teach those we love that sharing is not safe. If your 8-year-olds' low for seventeen days in a row is "school", so be it. On day eighteen he may share with you something wonderful or awful that he would not have otherwise.

Step 2: READ a Bible verse or story

It's time to open God's word. Try one of these options:

- Read Sunday's preaching text every night for a week, going deeper each night.
- Ask family members and friends for their favorite verses.
- Take turns choosing the nightly Bible verse.
- Open the Bible randomly and point!

Steps 3-5 will be in the May edition of the Pulse.

1. **We admitted we were powerless over our addiction—that aspects of our lives had become unmanageable.**
2. **Came to believe that a power greater than ourselves could restore us to sanity.**
3. **Made a decision to turn our will and our lives over to the care of God as we understood Him.**
4. **Made a searching and fearless moral inventory of ourselves.**
5. **Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**
6. **Were entirely ready to have God remove all these defects of character.**
7. **Humbly asked Him to remove our shortcomings.**
8. **Made a list of all persons we had harmed, and became willing to make amends to them all.**
9. **Made direct amends to such people wherever possible, except when to do so would injure them or others.**
10. **Continued to take personal inventory, and when we were wrong, promptly admitted it.**
11. **Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.**
12. **Having had a spiritual awakening as the result of these steps, we tried to carry this message to other (addicts), and to practice these principles in all our affairs.**



Does the above image bring to mind another favorite prayer? This might be a good time to “dust it off” and remind ourselves, that we are not alone!

Walk the 12-Steps Day by Day

The Serenity Prayer

(by Reinhold Niebuhr)

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 Jesus did, this sinful world as it is, not as I would have it; Trusting that You will make all things right, If I surrender to Your will; So that I may be reasonably happy in this life, And supremely happy with You forever in the next.

Amen

Council Minutes March 9, 2020

Welcome/Check-in: Called to order by Nancy Stout @ 6:36 pm

Council Members Present: Nancy Stout, Rodney Bluml, Stacie Sullivan, Barb Wilson, Doug Fairbanks, Angie Coyle, Colin Stifler, Jason Geltz, Tom Sabotta, Shawn Countryman **Non-Council attendee:** Michele Countryman (Executive Secretary)

Approve Agenda/Minutes from February meeting: Motion to approve minutes by Shawn Countryman and second by Angie Thomas. Ayes Carry

Pastor's Report to Church Council:

1. Funeral:

2. New Members:

3. Baptism:

4. Wedding: Ben Coyle & Angie Rickels Thomas 02/20/2020

5. After Lois populated a report from Realm, I reached out to those listed as "Non-member Regular attenders" with an invitation to join St. Paul. I have heard back from six families and am optimistically preparing to welcome at least twelve new members this spring.

6. Thanks to members who agreed to provide a lunch for our RCIA (those being prepared for adult initiation) group on Sundays: Deb & Don Hardersen, Donna & DJ Condry, Sherri Evans, Darla Algoe, Sandra & Ralph Andresen.

Financial Reports:

- Automated giving: Stacie spoke with Nancy Lyon Douglas to learn more about how this is done. Stacie will write up a paragraph to be included in the newsletter and the upcoming bulletins regarding the process for setting this up. **ACTION ITEM:** It will also be announced to the congregation, during services, that Nancy is available to answer questions on how to set this up.
- Financial Report:
- Doug talked to Nancy today and we are staying very close to our yearly budget through the end of February (\$590 off). This is positive.
- \$1100 was raised by the Super Subs to be used for the mission trip.
- Nancy would like to have a draft budget from committees for her to review before the April 13th council meeting. This will take more time to prepare. Committees will work on this during the April 13th meeting. The budgets should be able to be to Nancy by May 1st.
- Nancy is having issues with the Realm software program. Stacie will work with Nancy to find more support in using the Realm system well. Things to check on: Cook and Associates (our accounting company), manuals for the software?
- **Action Item:** Budget items that need to be discussed at the April meeting are:
 - Salaries (what would you like to see for salaries)
 - Committee budget requests
 - Youth and family budget increases with Kaileen hire
- Talk through the budget committee, the same as last year. Nancy Lyons Douglas believes Doug and Stacie are part of the budget committee. Brian was last year in his treasurer role.

Old Business:

- St. Paul growth timeline and discussion-
- Listeners' team update: Those on the team are enjoying the visits with congregation members, and have had very rewarding, positive experiences. Those visited have been very receptive and open to doing this.
- Lumberyard- asbestos abatement: Abatement estimate came in at a third of what we thought. They also submitted a bill to do the asbestos testing. The bill was around \$1500 and the quote was a little over \$10,000. Once Jeff moves out, we will do the asbestos abatement.
- Doug met with Jeff last week. Jay Willems drew up a Notice of Termination of Lease, which Doug shared with Jeff. A termination date of September 1, 2020 was set. Doug will speak with the asbestos abatement company to come in mid September to do the abatement. Nancy made a motion for her to deliver the termination of lease to Jeff and terminate the lease agreement as of September 1. Doug Fairbanks agreed and Tom second the motion.
- Time and Talent survey- responses: Michele will send out the compiled results soon. A total of 64 were received.
- Bishop Burk's retirement letter and donation: Jason wrote a wonderful letter on behalf of St. Paul which is currently being edited. A \$200 gift will also be sent. Jason and Nancy will handle this.
- Names of members to be invited to discern call to leadership: The years/terms of the current council members were reviewed. Doug's second term is up after this year. Council suggested names of members who might receive an invitation to discern this calling. Pastor will send out invitations to those members. Having youth involvement was also discussed.
- Lenten outreach update (Shawn/Jason)- Sleep in Heavenly Peace: Shawn indicated everything is now organized and ready to go. Heather Weers (SHP), will speak to the congregation at Wed./Sun. Worship services, providing more info on this.
- Town Hall meetings-May: Went well last time. We will plan another one for May 31st (Sunday) and May 27th (Wednesday) after services. **ACTION ITEM:** Will discuss next month some things the council will share during these meetings.

New Business:

- Interviews with confirmands: Pastor Rodney would like the council members to interview this year's confirmands. He will share more info and pairings with the council in the coming weeks.

Communications (Requests/Responses): Nancy shared a very nice thank you card from Marcy and Doug Pate.

Ragbrai: Brainstormed ideas of what to do on July 23rd. Nancy has all of the information about how to set things up from the last time Ragbrai was here. We will continue discussions/plans at upcoming meetings. **ACTION ITEMS:** Barb and Kaileen will work with Shawn and Pastor Rodney to identify plans for the youth to be involved.

Youth Gathering in Minneapolis: 26th of July to 31st is the youth group gathering. Need one more chaperone (over 21 years of age) and have space for one more youth. We are looking for a 15 passenger van that could be borrowed or rented. Pastor is willing to swap his car during this time. Jason is checking on some options.

Agenda for Next Meeting:

Upcoming Conferences/Meetings/Schedules/Coming Events: Holy Week planning is complete.

Time and Date of Next Meeting: April 13th- following the All Leadership meeting @6:00

Adjourn/Closing Prayer: Motion to adjourn by Shawn Countryman and Second by Stacy. Ayes carry. Adjourn @ 8:14pm

Dear St Paul Faith Community,

This certainly is a time of transformation and we pray that you are all safe and doing well. We would like to address some questions about regular giving and special giving that have been raised.

As for regular weekly giving, some are choosing to mail in their weekly/monthly giving or are going to automatic giving through Simply Giving or through their personal bank or financial institutions. Should you want to sign up for Simply Giving, contact Nancy Lyon Douglas and she will send you a form or will sign you up over the phone. Her phone number is 319-551-3358 and her email is njldouglas@hotmail.com. If you mail in your contributions, the deposits are being made for you.

For special giving, please send to the office address St Paul Lutheran Church, 103 E Cedar Street, Anamosa, Iowa, 52205. If giving by check, please make the check out to St Paul Lutheran Church and make sure you put the mission you wish to support in the Memo line of the check. Finance will process a check to that organization for all contributions received. If you are sending cash, please put a note in with the money so it can be sent to the proper organization.

If you have any questions, please contact Nancy Lyon Douglas directly or call the church office at 319-462-4841. Your attention to regular giving is very much appreciated because the bills are still being received. Thank you for your generosity and your attention and cooperation to the Coronavirus instructions.

We may be communicating using different methods but the key is, we're in this together and will journey forth with Him in this time of change.

Thank you for your patience and your love of Him,
St Paul Church Council



April 2020 Calendar Page

In keeping with the COVID-19 recommendations for social distancing, all group activities at St. Paul Lutheran are cancelled until further notice.

But this is spring time and we await the new life emerging from this fallow time.

We are still called to pray with and study God's Word.

We are encouraged to call each other and check in.

We are asked to continue to generously share financial benefits with the church and through alms.

We are invited to reflect on those addictions in our lives that are being transformed by the love of God. This indeed is a time of change and much of it can be positive.

The ELCA Churchwide staff are working on resources for At-Home Worship during Holy Week and Easter. We will make these available as soon as we can.

In the meantime, a weekly message and simple liturgy is posted on the St. Paul website under Media/Resources.

Thanks for being Church during these uncertain times. If you have a personal pastoral need, feel free to call the church office at 462-4841 or Pastor Rodney at (319) 389-6153. The messages are checked daily by staff.

Sincerely in Christ,
The St. Paul Church Council.

St Paul Website: **stpaulanamosa.com** (bulletin, Pulse and Sermons can be found under the Media Tab)

Staff Phone Numbers:

Nancy Douglas (319) 551-3358

Kaileen Weaver (951) 553-5728

Lois Ocenosak (319) 721-9893

Please put these numbers in your phone to help identify you when you call. Please leave your name and a message if we cannot answer and we will return your call as soon as possible.

Maybe for those of us whose income has not been affected so far, a nudge to donate to our favorite helping agencies like the food bank, Forks and Friends, senior dining, school Angel Fund for supporting the school lunches for students who may be behind in payments, continuing to set aside our noisy offering money for Sleep in Heavenly Peace...

Virginia Danielson

St. Paul is offering our Campership Program again this year to Children & Youth within our community. The Campership Program is intended to bring the camp experience to children and youth who would not otherwise have access to Camp EWALU. This is done through the award of **Camperships**, a scholarship to one of the Summer Camp Programs at EWALU. It includes partial tuition of \$100 for a camp program term per summer. EWALU offers programs starting with those completing 1st grade through those completing 12th grade.

- If you register through EWALU by April 20th they offer a \$15 discount
- They also offer a Sibling Discount of \$15 for each additional camper

Please email CYFM if you have any further questions or would like to inquire about a Campership for your child.

cyfmstpaulanamosa@gmail.com

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.

Things to do when we are stuck at home.

Write a postcard or letter to someone.

Find a fun, quick book, a cup of tea and comfy blanket and escape.

Pick 2-3 themed movies (travel, favorite actor/actress, mystery etc.) and pop some popcorn.

Spend time with your favorite hobby.

Give yourself a foot massage.

Make a play list with uplifting songs.

Get out your cookbooks and look for fun, easy recipes (and make them) not all at once though.

Creatively Connect. Get out the church directory and close your eyes, open it and put your finger on the page, call that person. This can be done more than once possibly 2-3 a day. (Don't call the same person twice, if fate has your finger fall in the same place.)

Find the puzzle books you have in a pile somewhere and if you can make a copy of it and challenge a family member to a race to see who can complete it first. (Works great with easy, medium Sudoku puzzles.)

Tackle that pile in the corner you have been avoiding.

Switch the art on your wall around to give a room a different look.

Browse the internet for cute, easy crafts.

Get out your photos, put them in books, or write stories for someone in the future who may not know what is going on in the photo.

Have a virtual play date with your favorite friend.

Keep a journal to express your feelings. Include what you are grateful for, how you struggle, and what surprised you today . . . Writing helps! Share with a loved one some of your writings.

Be kind to your body: stretching daily, exercise as able, eat well (limit the junk food as some of us tend to over use junk foods to soothe ourselves).

Breathe, Breathe, Breathe.

Balances of St. Paul Bank Accounts as of 2/29/2020

CHECKING	SAVINGS
General Fund Checking Acct. Beginning Balance \$41,323.95 Ending Balance \$38,486.09	Budget Reserve Savings Acct. Beginning Balance \$273.62 Ending Balance \$273.62
Land Maint & Repair Checking Acct. Beginning Balance \$11,319.02 Ending Balance \$13,025.73	Land Development Savings Acct. Beginning Balance \$34,158.71 Ending Balance \$32,734.05
Luther League Checking Acct. Beginning Balance \$3,444.12 Ending Balance \$4,564.94	Luther League Savings Acct. Beginning Balance \$842.78 Ending Balance \$842.78
Memorial Trust Checking Account Beginning Balance \$6,636.61 Ending Balance \$4,804.11	Seminary Support Checking Acct. Beginning Balance \$809.05 Ending Balance \$809.05
Memorial Money Market Account Beginning Balance \$15,017.77 Ending Balance \$15,024.93	

Memorial Committee Report

Memorial Committee received donations in memory of Ruthann Bungum and Loren Lubben this last month. Memorial Committee gratefully appreciates these thoughtful donations.

No memorial funds were distributed this month.



Check it Out . . .

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

Jesus and the Land by Charles R. Page II

Page explores the sites connected with Jesus’ birth, ministry and resurrection. He begins with the prelude to his ministry and then goes on to review the Galilean and Judean ministries. Photos of possible and of accepted locations of Jesus’ teachings, his miracles and his passion are featured as are maps and diagrams of the Old City of Jerusalem and the Garden of Gethsemane.

Religion by Phillip Wilkinson

If you have ever been curious about the branches of Judaism, the history of Islam, or how Roman Catholic practices and rituals differ from those of the major Protestant, this is a book you will find fascinating. It also describes the Eastern Religions: Shinto, Confucianism, Daoism and Buddhism as well as New Age Spirituality. Colorful photos and drawings illustrate the text.

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

Return Service Requested



April Birthdays

Karol Pinney	4/2	Ella Giegerich	4/14	Simon Robertson	4/27
Bentley Paulson	4/2	Tim Hollett	4/14	Myra Powell	4/28
Miken Wheeler	4/3	Elaine Stigen	4/17	Jasper Pepmeyer	4/29
Rick Douglas	4/3	Kathy Dornbusch	4/18	Kurt Vavricek	4/30
Riley Osterkamp	4/4	Karen Biere	4/21		
Bernice Petersen	4/6	Jill Darrow	4/22		
Marty Rowland	4/10	Dean Lambertsen	4/22		
Dave Ortgies	4/10	Helen Seaton	4/25		
Virginia Danielson	4/13	Emily Christianson	4/25		

April Bread Baker
 Delores Albrecht

April Food Bank Rotation
 Barb Kleis

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.