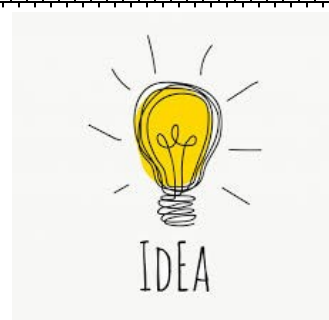


September 17, 2023 16th Sunday of Pentecost



Come Dream with us at an IDEAS CAFÉ!!

Between Sept. 10 and October 8, you will receive a postcard inviting you to join in an Ideas Cafe.

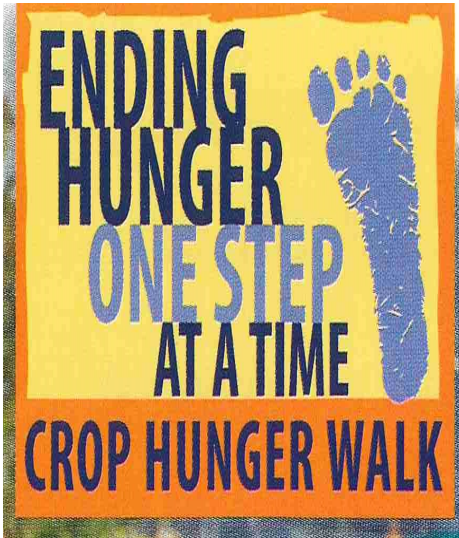
You and a cohort of about 20 neighbors will be invited to come together in the Fellowship Hall at the St Paul Church to engage in the first level of conversation about our campus and future. In our 90 minutes together, we will pray, recall our vision and mission statements, and have brief discussions around 7 questions while recording ideas.

It is critical that we hear many voices and your voice as we gather information for future projects and so, hence invited, RSVP yes or no to Barb Kleis at kleis.barb@gmail.com or by phone at 319-462-4061. If you are unable to attend the Ideas Café you are invited to, Barb can tell you about other dates that you can join the discussion.

After all the IDEA CAFÉs have been held, the ideas will be collated and shared before the next round of gatherings.

Prayer (by Hazel Kellogg)

When you get up in the morning, Do you quietly kneel and pray?
And ask that God will guide you, And lead you through the day?
Do you honor, love and praise Him, and ask forgiveness from above?
As He holds His arms out to you, With His unending love?
Do you thank him for the sunshine, And a night of peaceful rest?
Do you feel His presence near you, And know how much you're blessed
If you do, you'll have assurance, No matter what the day may bring. If you will
put your hand in His, And trust Him for everything.
He will lead you through the valleys, And up to the mountain high
So your happy soul within you, Can almost Touch the sky.
So praise Him every morning, Before you do another thing,
And you'll go forward through the day, In the presence of the King.

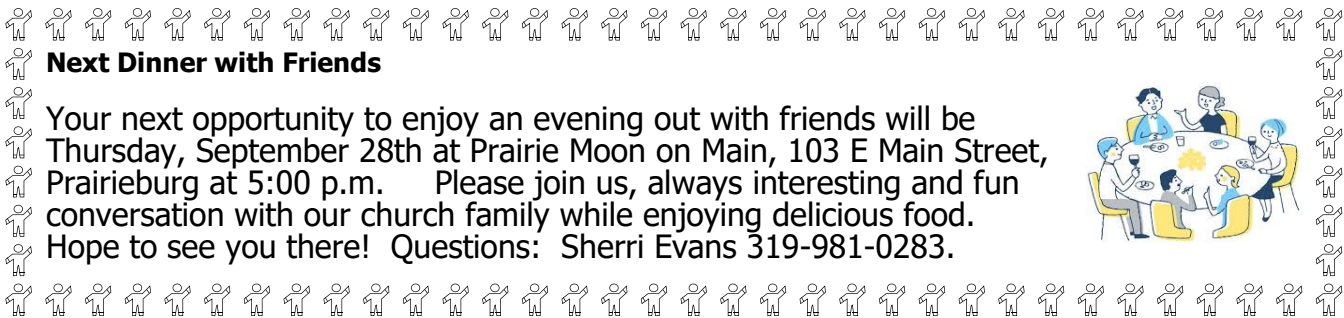


Jones County Crop Walk 2023

On **Sunday, October 8th** the annual fall CROP walk will be held in Anamosa. Walkers will gather at the Wapsipinicon State Park for **registration at 1:30 pm** and **walk at 2:00 pm**.


CROP stands for Communities Responding to Overcome Poverty. Money gathered in the CROP walk funds local food pantries, domestic disaster relief and poverty reduction projects around the world. Look for Packets at the back of the church.


A Ministry to Feed the Hungry



Next Dinner with Friends

Your next opportunity to enjoy an evening out with friends will be Thursday, September 28th at Prairie Moon on Main, 103 E Main Street, Prairieburg at 5:00 p.m. Please join us, always interesting and fun conversation with our church family while enjoying delicious food. Hope to see you there! Questions: Sherri Evans 319-981-0283.






The St. Paul Youth are asking All to save their cans! We have a Great opportunity to go to the 2024 ELCA Youth Gathering in New Orleans and will be having a couple of can drives over the next year to help with costs. More Information to follow but we would LOVE for you to spread the word that We NEED Cans!!

Thank you,
St. Paul Youth & Families

Pounds for the Pantry

Two years ago, the First Congregational Church of Anamosa kicked off a special program meant to help increase donations to HACAP, our community’s food pantry. The program asked local churches to donate as many items as they could to the pantry during a certain time period. HACAP staff kept track of the total pounds per church and a winner was declared. Last year, St Paul Lutheran Church won!! We displayed a picture of the trophy being presented to Susan Koppenhaver on our bulletin board when that happened. This year, the challenge is being issued to our entire community of Anamosa called “The Pounds for the Pantry Challenge” and the program is open to any business, church or organization that would like to participate. Between September 1st and December 31st, you can bring your items to church and there will be a box or cart there for you to put them in. Vicki Wacker will take the goods to HACAP. Or, if you prefer, you are welcome to take your donations to HACAP yourself, but be sure to tell them you are donating on behalf of St Paul Lutheran Church. The winner will get the special trophy to display. Your group’s name will also be engraved on a perpetual plaque that hangs at the LCC.



Stuff, Etc

Reminder, St Paul now has an account at Stuff Etc in Cedar Rapids. That means that you are able to take things in for them to sell and the proceeds from what you donate will go directly to St Paul. If you are interested in doing this, Kathy has the terms of consignment and would be willing to give you a copy. Stuff Etc also has a website at shopstuffetc.com where you can see all their terms. This is a very good way to declutter your house and make a little money for the church. If you have any questions, feel free to call Kathy at the office at 319-462-4841 or Sherri at 319-981-0283



This Year St Paul will have a float in the Pumpkinfest Parade Saturday, October 7th @ 2pm! We are in need of Candy Donations to pass out from the float. Please make sure it is prepackaged candy as it will be thrown from the float.

You can drop off during office hours or at the back of the church. Any questions please contact Kaileen 951-553-5728 cymststpaulanamosa@gmail.com

Two new summer prayer opportunities at St. Paul led by Pastor Rodney!

Drumming Circle: Join others in the church chapel from 5:30-6:30 pm the last Monday of the month for drum prayer (see dates below). 10 hand drums are available, first come, first to choose. We will begin with sharing gratitudes and intentions, then drum, ending with a drum wash to those who wish it.

Drumming is a form of contemplative prayer that invites us to be present to the Heartbeat of God. As we listen to and feel the drums, we experience the One pulse that gives rise to all the rhythms and energies of life. It is actually from the feminine energy of the divine that drumming emerges, and men drum to draw themselves from the head into the heart, seeking harmony.

Upcoming dates for 2023 will be: Tuesday, Sept. 26, Mondays, Oct. 30, Nov. 27, (no Dec date), Jan. 29, Feb. 26, March 25, April 29, May 27.

Create some intentional time for Focused Communal Silence (Meditation) - The benefits of meditation are real, but it is often difficult to make room for silence in our lives. Communal accountability can help uphold the commitment. Join with others in the St Paul Church on Monday and/or Thursday mornings, 6:30-7:00 a.m. for Meditation Prayer. We will pray out loud the Welcoming Prayer, have 21 minutes of silent meditation, then close with the Canticle of Simeon. We will begin again on Thursday, Sept. 28.

First Reading: Genesis 18:1-15; 21:1-7 NIV The promise of Isaac's birth to an aged Sarah and Abraham brings laughter

The LORD appeared to Abraham near the great trees of Mamre while he was sitting at the entrance to his tent in the heat of the day. Abraham looked up and saw three men standing nearby. When he saw them, he hurried from the entrance of his tent to meet them and bowed low to the ground. He said, "If I have found favor in your eyes, my lord, do not pass your servant by. Let a little water be brought, and then you may all wash your feet and rest under this tree. Let me get you something to eat, so you can be refreshed and then go on your way—now that you have come to your servant." "Very well," they answered, "do as you say." So Abraham hurried into the tent to Sarah. "Quick," he said, "get three seahs of the finest flour and knead it and bake some bread." Then he ran to the herd and selected a choice, tender calf and gave it to a servant, who hurried to prepare it. He then brought some curds and milk and the calf that had been prepared, and set these before them. While they ate, he stood near them under a tree. "Where is your wife Sarah?" they asked him. "There, in the tent," he said. Then one of them said, "I will surely return to you about this time next year, and Sarah your wife will have a son." Now Sarah was listening at the entrance to the tent, which was behind him. Abraham and Sarah were already very old, and Sarah was past the age of childbearing. So Sarah laughed to herself as she thought, "After I am worn out and my lord is old, will I now have this pleasure?" Then the LORD said to Abraham, "Why did Sarah laugh and say, 'Will I really have a child, now that I am old?' Is anything too hard for the LORD? I will return to you at the appointed time next year, and Sarah will have a son." Sarah was afraid, so she lied and said, "I did not laugh." But he said, "Yes, you did laugh." Now the LORD was gracious to Sarah as he had said, and the LORD did for Sarah what he had promised. Sarah became pregnant and bore a son to Abraham in his old age, at the very time God had promised him. Abraham gave the name Isaac to the son Sarah bore him. When his son Isaac was eight days old, Abraham circumcised him, as God commanded him. Abraham was a hundred years old when his son Isaac was born to him. Sarah said, "God has brought me laughter, and everyone who hears about this will laugh with me." And she added, "Who would have said to Abraham that Sarah would nurse children? Yet I have borne him a son in his old age."

The book of Genesis was woven together by an ancient people in order to teach how the customs of the covenant with Yahweh God came about. In today's reading, Abraham and Sarah become the early disciples of Yahweh and serve as role models for us. We also are given another example of fidelity as God fulfilled His promise to provide an heir (eternal life) when nature suggested it was no longer possible.

Abraham and his extended family or clan, and their servants, were nomadic shepherds. They moved as the seasons changed and grasses grew. The setting for today's reading is in one of the hotter regions of the Holy Land/Palestine. Mamre, the village where Abraham was dwelling, was named after his ally and friend, and was one of his favorite places to be during the winter season. A large terebinth tree, similar to a towering oak, provided shade and some wood for a fire while indicating the near-surface presence of precious water. The climate may have been a little different in the age of Abraham, but today this region is desert-like, receiving only 2-4 inches of rain a year. A person traveling through this region was risking his or her life and heavily depended on the hospitality of the local people. Water and food were often scarce.

At the time of this story, Abraham and Sarah are older folks who have no children. This was a great concern because it meant they had no heir to the herd and lands; the property and their family name would be left to the memory of a servant's family. It was as if their leaving homeland and kin to follow YHWH had been for naught. But YHWH knows their concerns and chooses to visit them. During the sleepy heat of the day Abraham experiences a trance in which he is joined by YHWH in the form of three visitors. He is incredibly excited at the opportunity to offer hospitality. In fact, he provides the best of everything to these strangers, bringing them into his compound and treating them as kin. Abraham even waited on them himself. He presents no sense of self-importance and does not place himself in an elevated position; even though he is the patriarch of the clan and had no business acting as a servant (perhaps images of Jesus washing the feet of his disciples come to mind at this point.)

Because of their incredible generosity and faithfulness, Abraham and Sarah are promised by the "messengers" that they will have a son by the following year. His name, Isaac, means laughter and reflects both Sarah's genuine response to the promise and the interior joy felt by the couple once the truth settled in. It was the beginning of the promised offspring who would number as the stars. It was their genuine hospitality that most expressed their faith. New life through the gift of an heir was the reward for their loyalty to the One True God.

Perhaps you were thinking to yourself as you heard this story: "It takes a long time to bake rolls and prepare a slaughtered steer. How much time really passed?" The visionary symbols imply that the fulfillment of the covenantal promises takes time and result from the developing relationship Abraham and Sarah had with YHWH. First, Abraham meets the strangers and offers them basic hospitality – water and shade. Then he invites them to stay, eat, and share their stories; the relationship grows. When the stranger calls his wife by her name and then promises them a son, Abraham becomes aware that YHWH is indeed with him and will

fulfill the promise for offspring/life. It is a lesson shared with numerous people through history who have asked, "Is God really present?" or "Does it really matter how I treat others?" Sometimes, the answer leads to pleasant surprises.

Psalm 15:2-5

The one whose walk is blameless, who does what is righteous, who speaks the truth from their heart; whose tongue utters no slander, who does no wrong to a neighbor, and casts no slur on others; who despises a vile person but honors those who fear the LORD; who keeps an oath even when it hurts, and does not change their mind; who lends money to the poor without interest; who does not accept a bribe against the innocent. Whoever does these things will never be shaken.

Gospel: Mark 10:26-27 NIV

The disciples were even more amazed, and said to each other, "Who then can be saved?" Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God."

It was rather difficult for Jesus' followers to make the decision to break family ties and social status structures in order to follow him. That is why the disciples are so concerned about their welfare. Jesus' response was meant to affirm the disciples in their mission. Basically, Jesus was telling them that those who risk following him despite what others think or say, giving up the allegiances of blood line in order to form allegiances of faith in God, and sharing freely with those in need, will find themselves with far more riches than they could have accumulated and lost in their lives without Him.

Taking it Home

- Close your eyes and imagine Jesus smiling at you with love.
- When is the last time you laughed from a place where it welled up in you and you couldn't stop it? Perhaps you even had tears.
- What does hospitality look like in your life? How can you extend it to others in ways you are not currently?
- When have you been blessed for extending hospitality to a stranger?

Mindfulness (set aside three minutes. Breathe. Read slowly three times. Which words or ideas hold energy for you? What images emerge in you?) "What some now call 'emerging Christianity' or 'the emerging church' is not something you join, establish, or invent. You just name it and then you see it everywhere- already in place! Such nongroup groups, the 'two or three' gathered in deep truth, create a whole new level of affiliation, dialogue, and friendship..."

"I do not think you should get rid of your sin until you have learned what it has to teach you."

— Richard Rohr, *Falling Upward: A Spirituality for the Two Halves of Life*

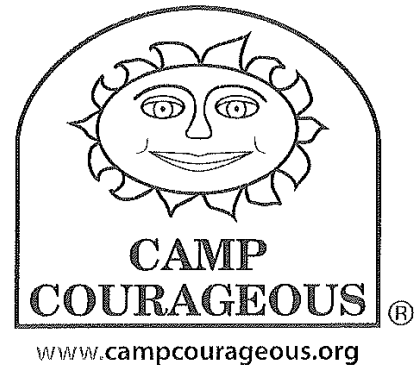
"In fact, I would say what makes so much religion so innocuous, ineffective, and even unexciting is that there has seldom been a concrete "decision to turn our lives over to the care of God," even in many people who go to church, temple, or mosque." — Richard Rohr, *Breathing Underwater*



Make plans to attend the Camp Courageous Annual

PANCAKE BREAKFAST

and Open House



Sunday, September 24, 2023

8:00 AM to 12:00 PM • Camp Main Lodge

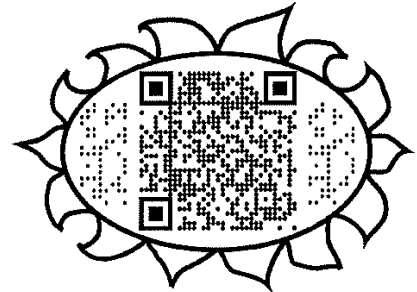
Camp Courageous
12007 190th Street, Monticello IA

Enjoy a delicious breakfast
of fresh pancakes, sausage,
coffee, juice, and milk.

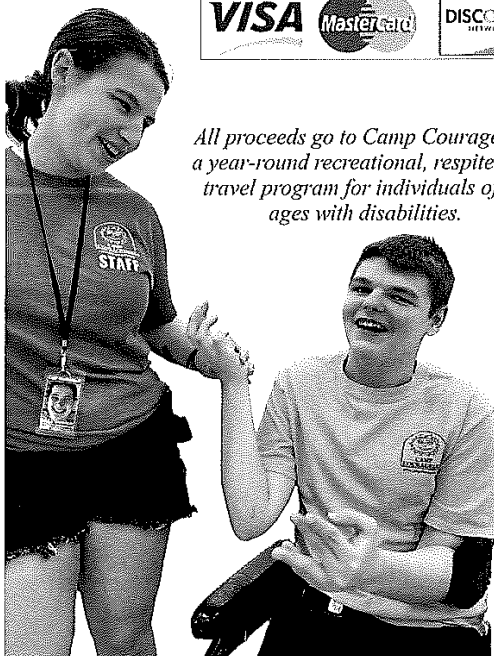
Adults \$10 • Children 12 & Under \$5



SCAN ME FOR MORE DETAILS:



To scan this QR Code open camera app,
point at code, and tap code on screen.
or get more details by going to
www.campcourageous.org/pancake-breakfast



*All proceeds go to Camp Courageous,
a year-round recreational, respite, and
travel program for individuals of all
ages with disabilities.*

- Visit the Bud and Georgia Johnson Accessible Miniature Golf course and attend the dedication at 12:30 PM
- Train Rides – 8:00 AM to Noon
- Ride the Zipline \$10/rider – 8:00 AM to Noon
 - “East Side Big Band” live music in Sill Barn - 9:30 AM
- Visit the Mainliner Memorial Park
- See the Rotary Musical Park • Camp Tours
- Bounce House • Fruitcakes for sale

Camp Courageous • 12007 190th St, PO Box 418,
Monticello IA 52310 • Phone 319-465-5916

Please Pray for the Following

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

We pray for all who need healing, strength or comfort those who are grieving especially Kinsley Victoria See (great-granddaughter of Ken/Pam Humpal) and Jan Allaire. For peace in our nation & world, for safety in our schools and communities and for those seeking a safe home. To add a name call or email Kathy at 319-462-4841/ stpaulanamosa@gmail.com. Names will be listed for 4 weeks and may be renewed.

*Next Week September 24th Readings
Genesis 32:9-13 22-30
Mark 14:32-36*

GriefShare is available upon request. Please contact Nancy Douglas if interested 319-551-3358.

AA meets in the lower level of the CE building on Tuesday evenings at 7:00 pm.

Jones County Food Bank: Help is always needed at the Jones County Community Food Bank - food and funds have fallen critically low. For the last few months, the number of families and individuals requesting foods has been increasing and the shelves are almost bare. Funds are also being diminished by the demands of purchasing food at higher prices.

To donate money, checks may be written to Jones County Community Food Bank and mailed to 105 Broadway Place, Anamosa IA 52205. Items needed this week: Peas, pancake mix and syrup, canned tuna, Mac & Cheese and personal care items. **Please place items in the back of the church for collection by St. Paul volunteers OR call the Food Bank to make delivery arrangements (462-4343)**

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

**National Suicide Prevention Lifeline
Available 24 Hours
Languages: English, Spanish
800-273-8255**

Bread Bakers:

September: Marcy Pate
October: Verna Lewison
November: Dee Ihlenfeldt

Deliver Food to Food Bank:

September: Myra Powell
October: Barb Kleis
November: Ralph & Sandy Andresen

Tuesday, September 12

- * 1:30pm Scripture Study
- * 6:00pm Grief Support by request, call Nancy Douglas
- * 7:00pm AA—LL CE Building

Wednesday, September 13

- 8:00 am Men's Worship Group—CE Building
- 6-7:30 WD4

* 6:00pm Evening Service

Comm Prep: Ken/Pam Humpal
Greeters: Ken/Pam Humpal
Readings/Prayers: Sara Chrisman
Comm Server: Ken Humpal
PowerPoint: Myra Powell

Sunday, September 17

* 8:00 am Service

Comm Prep: Jim/Delores Albrecht
Greeter: Dale/Pat Jensen
Readings/Prayers: Pat Jensen
Comm Server: Dale/Pat Jensen
PowerPoint: Grant Lubben
Livestream: Skylar

* 10:30am Service

Comm Prep: Switzer Family
Greeter: Clapp/Dales Family
Readings/Prayers: Sally Clapp
Comm Server: Ralph/Sandra Andresen
PowerPoint: Addie Dales
Livestream: Ingrid Vaughn

Tuesday, September 19

- * 1:30pm Scripture Study
- * 6:00pm Grief Support by request, call Nancy Douglas
- * 7:00pm AA—LL CE Building

Wednesday, September 20

- * 8:00 am Men's Worship Group—CE Building

* 6:00pm Evening Service

Comm Prep: Marlene Serbousek
Greeters: Cathy Crowe
Readings & Prayers: Jerry Crowe
Comm Server: Marlene Serbousek
PowerPoint: Beth Hora

Sunday, September 24

* 8:00 am Service

Comm Prep: Ed Gerst/Susan Koppenhaver
Greeter: Mark/Rhonda Bickford
Readings/Prayers: Lois Ocenosak
Comm Server: Ed Gerst/Susan Koppenhaver
PowerPoint: Linda Kenny
Livestream: Skylar

* 10:30am Service

Comm Prep: Paula Sisler
Greeter: Ben/Angie Coyle
Readings/Prayers: Paula Sisler
Comm Server: Zumbach Family
PowerPoint: Andrea Giegerich
Livestream: Elijah Secrist

Wednesday, September 6

- 8:00 am Men's Worship Group—CE Building
- 6-7:30 WD4 Open House

* 6:00pm Evening Service

Comm Prep: Marlene Serbousek
Greeters: Summer Parks
Readings/Prayers: Polly Chalmstrom
Comm Server: Summer Parks
PowerPoint: Darcie Tenley

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



CALENDAR OF EVENTS FOR ST. PAUL LUTHERAN CHURCH

Sep 13	WD4 @ 6:00pm
Sep 16	Confirmation 3-5 pm
Oct 7	Pumpkinfest
Oct 9	All Leadership/Council Mtg @ 6:00 pm
Oct 22	Confirmation 3-5 pm
Oct 29	Trunk or Treat (4-6 p.m)
Nov 12	Confirmation 3-5 pm
Nov 13	Council Meeting 6:30 pm
Nov 21	Thanksgiving