

The Messenger

St. Paul's

A progressive community of faith with ancient roots.



SEPTEMBER
2023
Volume 27
Number 1

Labor Day Gathering

- Event: Church-wide picnic/firepit/yard games
When: 4 p.m., Monday, **September 4, 2023**
Where: Bob and Carol Potrzuski's house, 2230 M-28E
Notes: Bob and Carol will provide drinks, main dish, and s'mores (brats, buns, etc.)
Please bring a dish to pass and a camp chair to sit on as we only have about 15.

Last year we were really excited to host a church-wide event and we were pleasantly surprised at the large turnout of about 30 church members. We would like to exceed that number in 2023! This year we have a mature lawn to enjoy as well as our big sand-pit areas. We could be persuaded to set up the badminton net, sandbag toss, and the 'four-square' volleyball game for those who want to move around, but relaxing and visiting by the fire is always a great option!

Please consider joining us at our cabin by the lake on **September 4th**.

Feel free to contact us with questions: 907-738-2274 or 906-273-0169. Bob.potrzuski@gmail.com
Bob and Carol Potrzuski

From Bob Railey's Pen

*Annual Ecumenical CROP Hunger Walk Scheduled for Sunday, **October 1***

Here is our annual way to contribute to the fight against hunger, both locally and internationally.

St. Paul's has contributed to this effort over a great number of years. What has been disappointing is the small number of walking units from St. Paul's in recent years. Please join us as a walking unit — either as individuals, couples, or families. Or at St. Paul's, it could even be as a parish group.

Step 1 is to get a walker's envelope from me. The earlier this is done, the better opportunity you will have to recruit others to contribute on behalf of your walking effort.

Step 2 can be to register on-line as a walker; this makes it easier to request on-line donations from folks who live away from Marquette. Even folks

at St. Paul's may prefer to contribute on-line than via check or cash. I can help you register on-line. A list of St. Paul's walking units will be posted so that all at St. Paul's may contribute on behalf of your walking effort.

If Sunday afternoon, **October 1** is not a convenient time for you to walk, you may do your walk any day or time prior to that. The official walk is from Marquette Hope Connection (Methodist Church at 927 W. Fair), with routes laid out of two and three miles.

As in past years, 25% of all donations are given to local food pantries (split between St. Vincent de Paul and NMU); 75% goes to combat world-wide hunger via CROP, the international food delivery arm of Church World Service. Any checks should be made out to: CWS/CROP. Questions — ask Bob Railey

St. Paul's is hosting an event on Aging, **September 21, 22, 23**. We will explore the gifts and challenges of Aging through three unique lenses. You will want to save these dates and plan to attend. You will be receiving a brochure with this information so watch for it.

AGING

- ❖ For Us – our personal experience with aging and honoring the stages, and investigating planning resources for aging.
- ❖ For the Aging of those we love – how we support and honor this stage of our family members, friends, and members of our Church family.
- ❖ For Care Givers, Adult Children and how we create support for this ministry.

Thursday, September 21 **6 p.m. to 7:30 p.m.** we will gather at Baraga Place (under the Children's Museum) 123 West Baraga Avenue, Marquette. Caregivers offer a powerful witness to being present to the aging, and those with dementia. Often the Care Givers are Adult Children with aging parents, or an aging spouse, many times a dearly loved friend. The question "How do we support our loved one and how do we care for ourselves? What services are available to keep caregivers grounded in self-care while caring for those we love?" "Staying in my Lane": will have hints and help for being this caregiver.

Friday, September 22 **10:00 a.m. to 1:30 p.m.** You will not want to miss an opportunity to see what resources are available in Marquette County at this Resource Fair on Friday. The resource fair will be highlighting all things aging including dementia. We will have a light lunch and an opportunity to learn more about dementia from Dorothy Linthicum. This event will be held at Messiah Lutheran Church, 305 West Magnetic, Marquette.

Saturday, September 23 **9:00 a.m. to 11:00 a.m.** at St. Paul's, 201 E Ridge, Marquette. A highly practical workshop by Dorothy Linthicum concerning spirituality and aging, Dorothy will introduce us to seven spiritual practices that speak to older people.

Aging is a gift, and a challenge and life presents us with opportunities for rich experiences as well as challenges. Dorothy Linthicum will share her vision for the future regarding dementia care. She will also engage those present in conversation about how important it is for Caregivers to look for and receive support in this ministry to those we love. Adult Children can find themselves in a deep quagmire with how to offer care and guidance to aging parents as well as honoring our parents.

Dorothy Linthicum is an expert on Spirituality and Aging and co-author of "Redeeming Dementia: Spirituality, Theology, and Science." Dorothy brings personal experience as well as learning and addressing this challenge of Aging. We will have an opportunity at each of these events for questions and conversation and how we continue expanding plans into the community in "Coming Soon" How will we engage with the Resources as tools, Caregivers Corner. Together we have Wisdom to harvest in our stories – they are a comfort and a springboard for this gift and challenge of aging. Using the book *Redeeming Dementia* for study can call us to gather and act in the days to come. It might well help many of us to plan now for how we would most delight in living at this stage of our lives. The planning team is thrilled to have Dorothy Linthicum visit us and to share in these workshops. We are equally excited to have you all join us as we explore aging.

Call the Church office for more information or if you have any questions: 906-226-2912.

Planning Team: Jan Edwards, Marna Franson, Arlene Gordanier, and Kris Mowafy.

Report from the Outreach Committee

by Mary Sullivan

The Outreach committee met on August 17th. Here's what was discussed:

- Community Meal – this is going well and we appreciate the support and encouragement from Vestry on this. Community Meal is held the last Wednesday of the month at 6:00. Attendance is at about 35 people each meal. A review of the structure: 1). Every meal has a coordinator to make sure the sign-up sheet is complete and get notices out to church and Pine Ridge. 2). Every meal has 1-2 “hosts” from two different households. Usually, the hosts will provide the main meal and others are welcome to pitch in as well. Other contributions are needed for the “sides.” 3.) If you are volunteering to provide food and/or help with set-up and clean-up, please arrive at church about 5:15/5:30. The meal is served at 6:00. Thanks to all who volunteer in this effort. It's more than just feeding people – it's providing socialization and building community. It is greatly appreciated by those who attend. And it's fun!!!!
- Camp New Day reports a great season. There were plenty of blankets for the campers – thanks a lot!
- Habitat for Humanity – In August we provided three lunches for Habitat volunteer builders. This is a great help to HH – check out the “thank you” notes on the bulletin board. Thanks to Jacquy Shellenbarger for coordinating this!
- Asylum Seekers. This is a project headed by Messiah Lutheran Church to provide support for a family from Central America now living in Marquette. The mother in the family is employed and now all three of her sons are in Marquette. If you want to become involved, there is a “volunteer form” on the Outreach table. If you wish to provide financial support, it is best to give directly to Messiah Lutheran Church, “Asylum Seekers.” Bob Railey is the contact for Asylum Seekers.
- RATI – has a new executive director and we welcome Chelsie Wilkenson to that position. A BIG project coming up in 2023/24 is repair to the exterior of their building, currently known as “The Warming Center.” RATI continues to meet the needs and challenges of providing for the homeless. St. Paul's has been with them from the very beginning. Stay tuned for how we can continue to provide support.
- Other news: 1) The Women's Center has a new executive officer – Jennine Frazier. The Women's Center will continue to be one of our Outreach Ministries. 2) Sarah Zybert will be the executive director of The Northern Lights Child Advocacy Center. The purpose of this agency is to provide high-quality services to child survivors of physical and sexual abuse, neglect, human trafficking, and witness to violence, through compassionate and high-standard interviewing protocols and follow-up counseling.

The Outreach committee meets on the third Thursday of the month at 10:00 – all are welcome

**Deadline for next month's Messenger
is Friday, September 22nd.**

More from Bob Railey's Pen

Fall Quarter Schedule

The usual display of October through December calendar plus the associated activity rosters is posted on the sign-up bulletin board in the chapel hallway. You may use the calendar to sign up for specific role(s) on specific date(s). You may use the appropriate rosters to tell me when not to schedule you or to increase the activities in which you participate. Many who have reduced their participation at the start of the pandemic have not let me know that they are willing to resume their participation. We welcome your return; our worship will benefit from increased participation. Completed schedules will be distributed beginning **September 17**. Questions — ask Bob Railey.

Asylum Seekers

Details About Making Financial Contributions to Messiah Lutheran's Asylum Seekers Project: Especially at the start of Russia's invasion of Ukraine, our Episcopal diocese and various of our churches explored the possibility of hosting families from Ukraine and the world's many other sources of refugees. All of our Episcopal groups (including diocesan Peace & Justice) decided that we did not have the resource base necessary to take on such a project.

We at St. Paul's decided that we would devote whatever resources we could to the project that Messiah Lutheran had already been supporting for a couple of years hosting an extended family from Honduras. St. Paul's will continue having the Messiah project receive one month per year of Sunday Outreach contributions. In light of the immense financial need of this project, St. Paul's Outreach Committee is encouraging individual members of St. Paul's to send their contributions directly to Messiah via U.S. mail: Asylum Seekers Project Fund, Messiah Lutheran Church, 305 W. Magnetic St. Make checks payable to Messiah Lutheran Church, with "Asylum Seekers Project" in the memo line. Questions — ask Bob Railey.

Liturgical Leadership

Sundays:

<u>Date</u>	<u>Sunday</u>	<u>Preside</u>	<u>Preach</u>	<u>Deacon</u>	<u>Weekly Creation Theme</u>
September 3	Prop 17 - Creation 3	Jim S.	Jim S.	Judy	This fragile earth, our island home
September 10	Prop 18 - Creation 4	Marcia	Bob P.	Coralie	All creatures great and small
September 17	Prop 19 - Creation 5	Marna	Marna	Mary	From every people, language, & nation
September 24	Prop 20 - Creation 6	Bob R.	Arlene	Pat	Stewardship of Creation

Note: Seasonal Planners decided to use most readings from Women's Lectionary and use words by and about Hildegard of Bingen's environmental wisdom to highlight the Creation themes.

September Birthdays

Mohey Mowafy	1
Frank Kerwin	6
Sharon Engle	7
Tom Niles	12
Alayna Carpenter	13
Tony Peterson	15
Chet DeFonso	20
Rick Hambleton	26
Savanah Carpenter	27
Melissa Eiben	27

The Messenger Team

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MSTYC

Ministry Support Teams' Yearly Conference
September 29-30, 2023
Garden, Michigan

Join us at beautiful Garden Grove Retreat Center as we explore the *Two Loops Theory of Change* with Tom Brackett, Missioner for New Church Starts & Missional Initiatives in The Episcopal Church.

Brackett reflects, "Our shared vitality depends on having faith communities in all different stages of the life cycle." Our time together will allow us to honor and reflect on the stages of life we find ourselves in as congregations in the Upper Peninsula.

All are welcome! \$75 registration fee includes lodging and Saturday meals. (Financial assistance is available).



Tom Brackett

