



St. Luke Lutheran Church  
1807 Field Avenue, St. Paul, MN 55116  
Phone: 651-698-9443 | [www.saintlukechurch.org](http://www.saintlukechurch.org)  
Editor: Jo Klein

# St. Luke Lutheran Church

*Connect, Grow and Serve.*

## Parish Times August 2019



### *The Pastor's Perspective...*

#### Looking Backwards and Forwards | Pr. John Keller

For over twenty years, running was one of my cherished joys. Whether I was with a group of fellow striders or running by myself, I cherished the times I had on the trails and byways of my community. I preferred being outside, even in winter, but I learned to adapt to treadmills and indoor tracks when necessary. Running had health benefits, like weight management, lower blood pressure and stronger heart. Not every run was filled with joy; some were just plain hard, but overall I looked forward to lacing up my shoes and hitting the trail.

That is until I started having pain in my right knee. After seeing orthopedic doctor I learned that I had arthritis in my knee; she recommended that I stop running to keep it from getting worse. As I drove away from her office, I remember the deep disappointment and sorrow I felt towards giving up something that I had enjoyed for so many years. I was entering a season of grief.

Grief can be a tricky emotion. Like many of us, I simply wanted to ignore the sorrow I felt in losing something I loved. And when I did look back on my running days, I felt twinges of self-pity and anger that I did not like. I would see other people running and feel this stab of pain and nostalgia. "Why can't I keep doing what I enjoy?"

But a counselor once told me that burying grief and sorrow is not wise. It tends to pop up in unhealthy ways, blocking one's ability to move forward in life. So I took some time to feel the grief, to acknowledge the loss of running as a significant turning point in my life. I recognized that I need some other form of outdoor exercise and embraced cycling as a way to get outdoors and raise my heart-rate. I still feel moments of sorrow when I wish I could be running and I acknowledge those feelings, but I also choose to look forward to my next ride. I remember the joys of past runs, but I do not dwell on such memories. I have found it healthier and wiser to look forward to what my next ride will be.

The psalmist states, "O Lord my God, I cried to you for help, and you have healed me. Sing praises to the Lord, O you his faithful ones, and give thanks to his holy name. . . . **Weeping may linger for the night, but joy comes with the morning.**" Psalm 30:2-5.

Like all emotions, grief is transitory. There are moments when we need to take time to look back and grieve: the death of a loved one, moving away from family and friends, the retirement of a beloved pastor. We may weep for a time, yet God offers us new life and hope as we look to the future. Each of us will grieve in our own way, but the healthiest way to grieve is to both acknowledge the pain of sorrow and then to let the pain and sorrow pass through us. Like waves on a beach during a storm, the waves of pain at first can be quite intense. But as the storm recedes, the waves of grief dissipate. They may never fully disappear but they no longer hold us hostage. We are able to move forward.

As St. Mark and St. Luke prepare to call a new pastor, some may want to look back and grieve the past. That is okay for a time. But as we learn to trust the Holy Spirit, we turn towards the future, looking for the new life, the resurrected life, towards a new dawn of hope. God brings joy in the morning.



### *Musings from the Music Director*

Thank you to everyone who made hymn requests; there have been some fun suggestions! Who expects to sing "Go Tell It On The Mountain" in July? More requested hymns are coming up, just look for the asterisk in the bulletin. So if you haven't seen your hymn yet, it'll be coming up soon! -Becca Ruiz



**We are looking for volunteers** to help out at the National Night Out event being hosted by St. Luke on August 6th. The event begins at 6:00 p.m., so we need people to set up tables and chairs between 5:00 and 5:30. We will also need helpers to take down and put away the tables and chairs after the event is over (this would be sometime after 8:30 p.m.)

If your neighborhood does not celebrate National Night Out, why not come to church and help us welcome and get to know our church neighbors? We will be providing water and hot dogs/hamburgers; all we ask is that each participant bring a dish to share. Live entertainment will once again be provided by a talented group of musicians.

**Come join the fun.** If you are able to help in set up and/or clean up, please contact Joyce Bluel (690-4614) or Judy Salaba (698-8572). Thanks!



### **August Birthdays**

- 2 Emma McGrew, Phillis Amlee
- 3 Kimberly Tyl
- 5 Sandra Berger
- 10 Phyllis Rice
- 14 Thor Burchill-Riley
- 20 Doug Klein, Cathy Erickson
- 21 Kay Reich, Max Elliott
- 22 Dean Stadem
- 24 Sol Holmly
- 27 Becca Ruiz

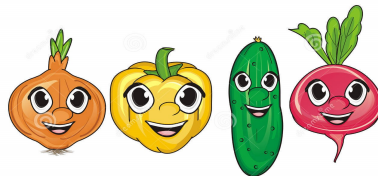


### **August Anniversaries**

- 21 Kay Reich & Charles Kernkamp: '82
- 30 Mary Dybvig & Ralph Skoe: '09

### **Our heartfelt thanks to the Farmers' Market volunteers for August:**

- 8/3 Doug Nelson, Barb Jensen
- 8/10 David Nedrelow, Joyce Bluel
- 8/17 Jo and Doug Klein
- 8/24 Al and Jen Fredrickson
- 8/31 Ken McGrew, Julie Ellingson



A big thank you to our August Bun Run volunteers: Ken McGrew, Doug and Jo Klein, Larry Litzkow, Julie Ellingson, Mike Hegdahl.

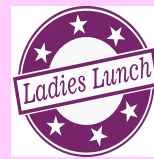
### **August WORSHIP ASSISTANTS**

#### **Readers**

- 4 Barb Jensen
- 11 Kay Reich
- 18 Wendy Bjorklund
- 25 Jen Fredrickson

#### **Communion**

- 4 Katy Eggert
- 18 Wendy Bjorklund



### **Note change in time:**

**St. Luke/St. Mark Ladies Monthly Luncheon** in August will take place on Tuesday, August 20th at Doolittle's Woodfire Grill, 2140 Cliff Road in Eagan at 11:30 a.m. If you are interested in carpooling, please meet at church at 11:00 a.m. Please notify Joyce Bluel (651-690-4614) by Sunday, August 18 if you are planning on attending so we have an idea of how many for the reservation. All are welcome to join any time.



### **August Acolytes**

- 4 Tatum Herrmann
- 18 Alek Landenberger



### Fall Bazaar 2019

Do you know any crafters or vendors who would be interested in renting out a table at our Fall Bazaar this year? The date is Saturday, October 26<sup>th</sup> from 9:00 to 3:00 and the fee for an 8-foot table is \$40.

If you know of anyone, please have them contact either Judy Salaba (651) 698-8572 or Joyce Bluel (651) 690-4614 for a vendor registration form. Space will be considered reserved at the time of submission of registration form and payment.



### LOAVES AND FISHES

95 Hungry men, women and children were served a warm dinner on June 24th at the Loaves and Fishes program at St. Matthew's Church. Workers were Larry Litzkow, Christine Olson, Joyce Bluel and Pastor Keller.



### Usher Notes

Many thanks to our ushers for August: Judy Salaba, David Tews, Kay Reich, Mike and Nancy Hegdahl, Linda Funkhouser, Roger Diestler.

Announcing our **Vacation Bible School, August 12 and 13 (Monday and Tuesday)**, 5:30 p.m. to 7:30 p.m. at **St. Luke Lutheran Church**, Kindergarten (age 4+) thru 6<sup>th</sup> Grade. \$10.00 suggested donation per child, light supper included. **Registration deadline: August 1.** To register: call us at 651-698-9443 and specify age/number of child(ren) and phone number. Please tell your family, neighbors and friends!



### What is the Makerspace?

An open space with various art supplies and upcycling materials for people to come in and use as they wish at St. Luke on Saturday, August 24th from 10:00 am to 1 pm.

#### 3 Reasons To Come:

1. From coloring to sewing, you can do something you know or try something new! Lots of resources to get inspired are on hand.
2. Featured Theme: different every month, it focuses on all kinds of makers plus we'll have a Featured Maker on hand with examples of their work and give a talk at 11:15.
3. Community Craft: come create something with others to be used in other outreach projects (July's cardboard arcade) or donated (June's pillowcases for hospitals and animal shelter blankets)!

Come have fun and create!



**Ladies, save the date** for the 3 "R's": RETREAT, RELAXATION and READING! Join us for relaxing, reading, shopping, games, crafts, Bible studies, puzzles, laughter, seeing old friends and lots more at the Camp Onomia Women's Retreat, Friday, Sept. 13 through Sunday, Sept. 15. This is the annual Quilt Auction weekend! Open to all St. Luke women and friends. \$94.00 per person for the weekend, which includes 3 meals on Saturday and Sunday breakfast. (\$10.00 extra for linens, or bring your own.) If interested, send a \$10.00 deposit to Julie Gaarder at St. Luke Lutheran, 1807 Field Avenue, St. Paul, 55116 by August 25th to reserve your spot. Please make check payable to Julie Gaarder. We hope to see YOU there!



## please note

### Important Policy Change to Funeral Luncheons

With the change in the size of our congregation and the number and age of available volunteers to help set up, serve and clean up at funeral lunches, it has been decided that we will now ask families to have the lunch catered. We will still have volunteers available to help facilitate the catering. It has also been determined that we will use paper products and plasticware to cut down on the amount of clean up time required by our volunteers. Thank you in advance for your understanding and cooperation with this change.



### School Tools for Kids in Need

Announcing our annual School Tools Drive, Sunday, August 4 through Sunday, August 18. School Tools is a school supplies drive for East Metro children from low-income and homeless families. In 2018, 22 faith communities, eight businesses, and dozens of individual donors collected more than \$23,000 of school supplies to fill 550 backpacks! The drive is sponsored by Interfaith Action of Greater St. Paul (formerly St. Paul Area Council of Churches). Please donate some school supplies and help a child begin the new school year right! Watch for a list of suggested supplies in the August bulletins. If you have any questions, please talk to Wendy Bjorklund.

## UPDATE

### Parish Board Update

The Parish Board, (formerly known as the Shared Ministry Team), includes the following members: Pastor Keller, Saint Mark members Nancy Redlin, Eric Michelson, Mary Miller and Jackie Brueggemann, and Saint Luke members Wendy Bjorklund, Laurie Herrmann, Becca Ruiz, and Ruth Carlson

We discussed the next Shared Worship Service which will be held on Sunday September 29<sup>th</sup> at Saint Mark with a focus on God's Work Our Hands.

We were provided with an update from the Call Committee.

We discussed Vacation Bible School which will be held at Saint Luke on Monday and Tuesday August 12<sup>th</sup> and 13<sup>th</sup>. Becca will lead the music, Pastor Keller will lead the lessons and Eric will lead recreation. VBS will begin with a meal served at 5:30 PM, and will wrap up at 7:30 PM. A separate planning group will meet. Saint Luke will handle Monday's meal and Saint Mark Tuesday's.

Becca provided a brief update on the first MakerSpace. There were ten in attendance at this event, the next event will be held on Saturday July 27<sup>th</sup> at Saint Luke, also in August and September. October will be at Saint Mark and November at Saint Luke (those dates to be determined).

We continue to discuss our role as a Parish Board going forward and we had a healthy discussion surrounding all of this and will wait to finalize much of this once we have a new pastor.

As always, direct any questions or concerns you may have to anyone of us.

--Jackie Brueggemann

**Altar flowers** are a wonderful way to celebrate a special event or to honor a loved one, and to beautify our church home. All are welcome to donate an arrangement. You may use any florist of your choice, or make your own arrangement. Simply let us know of your donation by leaving a message with the church office at 651-698-9443 one week prior. Thank you!



*The Lord bless thee, and keep thee. -Numbers 6:24*