



THE SPECTRUM

The Newsletter of St. Paul-Reformation Lutheran Church

MAY
2022

Sunday Liturgies
8:00 and 10:30 a.m.

Livestream video via
SPR's FB page or look
in your e-mail on
Sunday mornings.

Confirmation
In person

Sunday School
In person

Adult Forum
On hiatus.

Nursery
On hiatus.

Visit us on the web!
www.stpaulref.org

St. Paul-Reformation
is a congregation of
the Evangelical
Lutheran Church in
America (ELCA).

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The Spectrum items, articles and columns need to be to the Parish Office by the 12th of the month. The Spectrum goes to the printer on the 15th of the month, and this date is hard and fast. Articles received after the 12th may or may not be included in the newsletter.

THE ASCENSION OF THE LORD

Thursday, May 26 at 7:00 p.m.

Forty days after Easter Sunday is Ascension Thursday, an important extension of the joy of Easter. We hope that you will join us as we celebrate at 7:00 p.m. that evening in the West Transept, and all are welcome!

SYNOD ASSEMBLY: MAY 13 & 14

John Rent and Kari Benson will serve as voting members to the St. Paul Area Synod Assembly, scheduled to take place at St. Andrew's Church in Mahtomedi. The theme "Emerging in Hope" is intended to coincide with the Synod's "Planting Hope" capital appeal. Stay tuned for an update in June.



COFFEE HOUR (the third Lutheran Sacrament!) has resumed as of **Sunday, April 24**, outside on the front steps (weather permitting). We hope you will be able to join us as the weather warms and we continue to be careful about COVID-19.

SUNDAY SCHOOL

(Godly Play) has returned. What is Godly Play? Godly play is a Montessori-based religious formation curriculum that focuses on kinesthetic hands-on learning, storytelling, and interaction with objects that tell the biblical story. For the remainder of the year, all our Sunday School students will meet as one large group; kiddos from kindergarten through sixth grade can join us:

- 9:15 a.m. Musical gathering with Eldora Pearson
- 9:30 a.m. Story of the day with Sarah Matala (Large Godly Play Room)
- 9:45 a.m. Creative activity centered on the story
- 10:15 a.m. Dismissal

Sunday School ends on Sunday, May 22. Children who are vaccinated are invited to join us, while "Virtually Sunday School" will continue in the Sunday e-mails to households. See you there!

COMING UP IN JUNE, you are invited to join us for the beginning of our Summer Lyceums on Faith and Mental Illness, an important conversation that the Church should be having frequently, especially as we (hopefully!) pull out of a pandemic. The body of Christ lives with mental illness, and open conversation about this topic is one way that we can de-stigmatize it and get people in all our communities the support that they need.

For a very long time, diagnoses of mental illness carried with them (and in some cases, still do...) extreme shame and secrecy. Individuals, families, and communities have kept these things under wraps, often suffering in silence when the Church could have (or should have) been more supportive. How, exactly, the Church supports families and individuals along this journey, too, has been a matter not frequently discussed, and the response of the community of faith has been paltry, at best.

Similarly, much of American Christianity continues to believe in trite and shallow advice that doesn't help. "God won't give you more than you can handle," "Everything happens for a reason..." , "It's your cross to bear," etc., are not helpful, and can do more harm than good. As we celebrate the life and joyfulness of Easter, it is important to remember that Jesus himself suffered these things to free us from them, not so that we would suffer alone in silence without help.

At St. Paul-Reformation, there are many who live with mental health challenges. From depression and anxiety to eating disorders to addictions, we—like every community of faith—run the gamut of conditions. Science is learning more and more about these matters, including the ways that generational trauma is passed down genetically through DNA from parent to child, and even beyond. Events beyond a person's control can cause

them or their families to be forced to live with mental illness for decades after-the-fact.

This is not a matter of just "believing harder," or "praying harder," or "having more faith." These are serious matters that demand a serious, biblical response that takes seriously the healing promises of Jesus to bind up our wounds, both 'known and unknown.' Part of that healing work begins with us speaking openly about mental health challenges, which is precisely what we plan to do as our June Lyceum kicks off.

The June Lyceum book (which you can read more about on the following pages of this newsletter) is titled "Darkness Is My Only Companion: A Christian Response To Mental Illness." Penned by an Episcopal priest and chaplain Kathryn Green-McCreight, this book won the 2006 Publisher's Weekly "Top Ten Religious Books of the Year." The work not only examines mental

illness within the Christian community, but provides resources for families and congregations seeking to provide compassionate pastoral responses to those living and responding to challenging situations.

Last year, SPR led a sizeable group of members to walk around Lake Como in support of the National Alliance on Mental Illness (NAMI). And we continue to support individuals and families seeking help and group management for how to effectively and faithfully find strength in God for how to deal with mental health challenges.

I sincerely hope that you will join us for these conversations in June and July, and - even more so—that you will remember all those who live with mental illness in your prayers and in your consciousness as you look around on a Sunday morning. The Easter "peace be with you" that Jesus speaks is especially important for these beloved ones among us. Happy Easter to all!

Peace, Pr. Patrick H. Shebeck



"The Easter "peace be with you" that Jesus speaks is especially important for these beloved ones among us."



FROM THE CANTOR

Ascension Day falls on May 26 this year. One of the suggested hymns for that day was written by Minneapolis hymnwriter Susan Palo Cherwien, who died at the end of 2021.

The first stanza points out the irony that Jesus “strength... and name and might” come not from seizing power in the traditional worldly way, but by taking on our human weakness in love. The risen and ascended body of Jesus still shows the wounds of his suffering, and yet it is indeed risen and ascended. Stanza 2 contrasts the symbols of imperial power with Jesus’ love and gentleness. He is not wearing a purple robe and crown or carrying an orb and scepter, but rather is clothed in compassion and humility. We are reminded that Jesus’ power comes through grasping, but through love and service. Let us follow the example of our risen and ascended Lord!

Before the Ancient One, Christ Stands

- 1 Before the Ancient One, Christ stands,
enrobed in cloud and bright as snow,
five wounds imprint his side, feet, hands,
and thorns, the garland on his brow.
Yet thrones and pow'rs fall to the knee
and weave a song of majesty,
for what the world admires as gain
is not the essence of Christ's reign,
and strength is his, and name and might,
because he pitied humans' plight.
- 2 Who was, who is, and is to come
as servant lived in human sphere;
compassion was his diadem;
his glory was the gentle tear;
humility, his purple garb;
the healing hand, his royal orb.
Such love drew ire and ire drew death,
but God has proved the truer strength,
and through all space the host proclaims
the name above all other names.
- 3 Now in the latter days you call,
O Christ, and plead the premise clear,

that power grasped is none at all,
and serving shows your Spirit near.
As nations clash and wisdom wanes,
as glories tempt and greed sustains,
you bid us choose in ev'ry hour
the pow'r of love, the greatest pow'r,
that love may herald God's domain,
and you, at last, may come to reign.

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Sr. Stacie Lightner

FROM THE VICAR

I am grateful for the arrival of spring, and particularly the arrival of the Great Fifty Days of Easter. I pray that this season brings you great joy and a renewed sense of hope—Christ is alive! It is hard to believe that my first year of seminary is coming to a close. I keep looking back on the last several months and marveling at all that God has taught me, especially through my time here at St. Paul-Ref. I cannot thank you enough for welcoming me into your congregation, and I cannot imagine a better community in which to spend these years of formation. My life has been so greatly blessed by my connections with all of you—and I am glad that there is one more year to go before we have to say goodbye!



Peace to you, Vicar Elizabeth Callen

THEOLOGY ON TAP

Mark your calendars for Friday, May 13 at 7 p.m. We will gather at Bauhaus Brewing in Northeast Minneapolis (1315 Tyler Street) for one last Theology on Tap to round out the program year. Bring your theological wonderings! Bring a friend! It should be a good time.

COUNCIL HIGHLIGHTS

The Parish Council met in regular session on Tuesday, April 19th and took/heard action on the following items:

- Last month, the Parish Council voted to proceed with sale of the tower cell-phone lease to a third party vendor. Why this? SPR's lease to T-Mobil is for 99 years, and...given the quick pace of technology, we are not sure that the tower will be needed in 99 years. Better to sell the lease to a third-party vendor, while retaining rights on additional leases, and invest this money. In the coming months, the Parish Council will present a plan at the summer congregational budget check-in to put strict parameters around this money. Now, this work has moved to the Finance Committee to negotiation with the numerous companies bidding for the lease to procure the most favorable terms for SPR in the long-term;
- Most activities have resumed at SPR, with the exception of Adult Forum, which will resume in the fall. We are especially thankful to the Health Professionals' Committee who have guided us through this careful and measured approach;
- Approved the purchase of an AED to be put in the narthex, and training to follow in CPR for members of the congregation;
- The apartment is now rented (Deo Gratias!). A special thank you to Pam and Cynthia Peyton who graciously showed it to many interested parties;
- SPR has successfully matched (and exceeded!) the Lenten campaign for supporting the new Lutheran University in Nigeria;
- Holy Week and Easter attendance numbers were extremely strong; we are thankful to all who participated in, planned, and executed these joyful liturgies;
- Budget: SPR is right on track concerning the budget that was approved in January. This summer (probably in July or August), a budget check-in meeting for the congregation will be held.
- The Parish Council returns to in-person meetings for its May meeting on Thursday, May 11th at 6:30 p.m.



HEALTH PROFESSIONALS' GROUP

Current Modifications The SPR Health Professionals' Group continues to monitor the situation re: Covid-19, and to that end has recommended the following items be in place through May:

- Sunday School has returned
- Coffee/Treats after the 10:30 liturgy: outside
- Bible Matters: in person, lower auditorium
- Confirmation: as usual.
- Sunday Adult Forum: on hold;

ADULT FORUM

Remains on hiatus until September. Because it takes a bit of time to schedule speakers, etc., we will continue to be on pause until the new academic year begins in the fall.

BIRTHDAYS

- | | |
|----|-------------------------------|
| 04 | Paige Johnson |
| 07 | William Puroway |
| 08 | Dawn Puroway |
| 10 | Mikko Matala |
| 11 | Joel Nasset |
| 15 | Jane Hagedorn, Katie McKee |
| 17 | Bonnie Olson |
| 21 | Janice Erickson |
| 22 | Ian Matenaer, Kenyatta Peyton |
| 24 | Marilyn Harder |
| 26 | Linda Dahlen |
| 29 | Jacob Zlimen |
| 30 | Pat Graham, Doris Ikier |

ANNIVERSARIES

- | | |
|----|-----------------------|
| 24 | Diane and Tim Brennan |
|----|-----------------------|

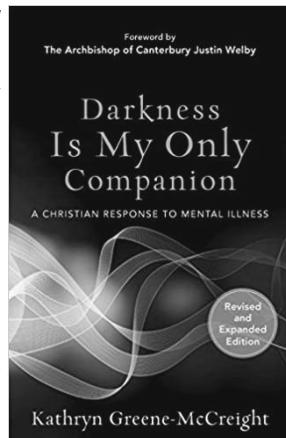
BIBLE MATTERS HAS RESUMED IN PERSON + Because the Bible does matter, you are invited to join us each week on Wednesdays at 10:00 a.m. in the lower auditorium. Please join us for this time of study, fellowship, and

SUMMER LYCEUMS: FAITH AND MENTAL HEALTH

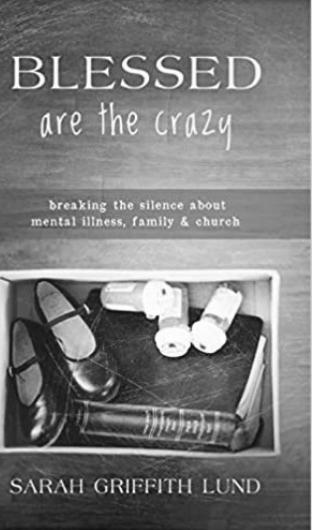
Please join us starting June 8

For both of SPR's Summer Lyceum sessions this year, we will be examining the intersections of faith and mental illness. Many people in every Christian community live with mental health challenges, and learning to speak about these openly and honestly is one step we can take to reducing shame around this topic. To that end, SPR will use two books to help foster conversation; these will be available in the narthex for purchase (about \$14.00 each) or by e-mailing (or calling) the parish office to reserve a copy:

June Lyceum: Darkness Is My Only Companion: A Christian Response to Mental Illness by Kathryn Green-McCreight + Where is God in the suffering of a mentally ill person? What happens to the soul when the mind is ill? How are Christians to respond to mental illness? In this brave and compassionate book, theologian and priest Kathryn Greene-McCreight confronts these difficult questions raised by her own mental illness--bipolar disorder. With brutal honesty, she tackles often avoided topics such as suicide, mental hospitals, and electroconvulsive therapy. Greene-McCreight offers the reader everything from poignant and raw glimpses into the mind of a mentally ill person to practical and forthright advice for their friends, family, and clergy. **June Lyceum will meet from 6:30-8 p.m. in person on Wednesdays in June: June 8, 15, 22, 29.**



July Lyceum: Blessed Are the Crazy: Breaking the Silence about Mental Illness, Family, and Church by Sarah Griffith Lund and the Young Clergy Women Project + When do you learn that "normal" doesn't include lots of yelling, lots of sleeping, lots of beating? In *Blessed Are the Crazy: Breaking the Silence about Mental Illness, Family, and Church*, Sarah Griffith Lund looks back at her father's battle with bipolar disorder, and the helpless sense of déjà vu as her brother and cousin endure mental illness, as well. With a small group study guide and "Ten Steps for Developing a Mental Health Ministry in Your Congregation," *Blessed Are the Crazy* is more than memoir—it's a resource for churches and other faith-based groups to provide healing and comfort. **July Lyceum will meet from 6:30-8:00 p.m. in person on Wednesdays in July: July 6, 13, 20, 27.**



PRAYERS: HANGING ABOVE YOUR HEAD
Your Prayers For The World Are...Present and Accounted For!

On Transfiguration Sunday, attendees at worship were asked to write their prayers for the world, to be put away during Lent and returned at Easter. A list of your prayers are on the rear narthex windows, and the actual prayers themselves are suspended in the Easter "twirly" that will hang in SPR's nave throughout Easter. Overwhelmingly, your prayers were for peace in God's world, especially in the Ukraine. This photo—by member Teresa Ortiz—captures the prayers from below. Thank you to all who contributed to this work!

MAY MINISTRY SCHEDULE

We are so thankful for all the volunteers who help make Sunday morning “run.”

May 1 Third Sunday of Easter

Margaret Schuster, Elizabeth Callen, Asst Ministers
 Peter Huckfeldt, Hilary Hund, Lectors
 Lillie Eiken, Acolyte
 Jim Bowen, Cantor
 Kristen Damberg, Roman Hund, Greeters/Ushers
 Tamika Ramirez, Ed Stuart, Coffee/Treats

May 8 Fourth Sunday of Easter

Elizabeth Callen, Dorcas Adedigba Asst Ministers
 Mark Sandberg, Tom Webb, Lectors
 Blake Webb Woodage, Acolyte
 Carsten Slostad, Cantor
 Kristen Damberg, Cheri Gohr,
 Roman and Hilary Hund, Greeters/Ushers
 John Johnson, Tom Webb, Coffee/Treats

May 15 Fifth Sunday of Easter

Jamie Hochmuth, Elizabeth Callen, Asst Ministers
 Ted Johnson, Mya Wagner, Lectors
 Kaydee Rouillard-Horne, Acolyte
 Max Rouillard-Horne, Cantor
 Jan Swenson, Diane Hushman, Cheri Gohr,
 Greeters/Ushers
 Deb Horne, Coffee/Treats

May 22 Sixth Sunday of Easter

Aaron Brown, Elizabeth Callen, Asst Ministers
 Eldora Pearson, Diane Aase, Lectors
 Miguel Ramirez, Acolyte
 Erica Perl, Cantor
 Tamika Ramirez, Roman Hund, Cheri Gohr,
 Greeters/Ushers
 Elodora Pearson, Diane Aase, Coffee/Treats

May 29 Seventh Sunday of Easter

Luke Hanson, Elizabeth Callen, Asst Ministers
 Jessa Anderson-Reitz, Jamie Hochmuth, Lectors
 Sebastian Badilla, Acolyte
 Jim Bowen, Cantor
 Kristen Damberg, Deanna Sande, Anne and Jim
 Halgerson, Greeters/Ushers
 Anne and Jim Halgerson, Coffee/Treats

LENTEN MATCHING CHALLENGE UPDATE: WOW!
SPR has wonderfully supported the building of a Lutheran University in Nigeria



We called...and you answered! SPR met its Lenten goal of \$5,000 raised for the new Lutheran University in Nigeria with a whopping \$7,185.00 in donations. Matching, this brings SPR's total contribution to the project to **\$12,185!** These funds will now be forwarded on to the Minneapolis Area Synod who will transfer them to Nigeria. We are so thankful to all who gave, and we hope that you will continue to hold our Nigerian partners in your prayers as they embark on this exciting work. Lives will be changed, and you helped to do that. Thank you!

JUNE HAPPENINGS

CONFIRMATIONS will take place on Sunday, June 5 (Pentecost). Please wear red on this day and be sure to congratulate our newly-confirmed SPR students!

TRINITY SUNDAY: Sunday, June 12.

JUNETEENTH COMMEMORATION will be observed on Sunday, June 19 (the actual day), and SPR's bells will ring out a special peal that morning in commemoration of the day.



PRIDE WEEKEND + Twin Cities Pride will be celebrated June 25-26 in Loring Park, and—as usual—SPR will have a booth. Watch for ways you can volunteer!

BUILDING UPDATE + The Apartment has been rented! The Office Suite has had showings for leasing with no takers yet. The garage was emptied of many, many unneeded items that came from both the garage and a church clear out. The Tuesday Crew are working on the multiple repair projects needed around the building.



Meals Ministry
Food from God and St. Paul-Ref!

Once a month, SPR members help each other by preparing and delivering meals for members who may find it challenging to always have a home-cooked meal. Meals cooked in the church kitchen at **9:00 a.m. on Saturday May 21**. Volunteers are needed; if you can chop, cook, package, measure or just like to socialize, please join us. The alley door will be open. Your contributions for this ministry are greatly appreciated. For more information please contact Gwen Peyton,

gwenpeyton5@gmail.com.



BREAKFAST CLUB + is on **Sunday, May 15**, after the second liturgy at the Louisiana Café. This informal time of fellowship is simply to help you get to know your SPR neighbors better...and to enjoy the best breakfast in St. Paul. No reservations are required, simply head to the Louisiana Café on Dale/Selby after the second liturgy and you'll be good to go!



QUILTING for Charity Join us on May 7 at 10:00 a.m. You can sew, arrange blocks, iron, tie layers together, cut fabric! Work on your own projects. Join in on the fun! Bring a snack to share. Coffee provided. Con-

tact Gwen Peyton at gwenpeyton5@gmail.com.

SYNOD CAPITAL CAMPAIGN

+ The Saint Paul Area Synod has launched a Synod-wide Capital Campaign under the theme of "Planting Hope." Much is envisioned for the Campaign, including a partnership venture with Lutheran Social Service to build a service center on the East Side of St. Paul. The Campaign goal is 2.7 million dollars, and lead gifts are already underway. As part of SPR's Annual Stewardship Campaign, about \$2700.00 has been pledged so far from SPR for this effort. Interested in giving? We'd love to talk to you! You can e-mail Pr. Shebeck at pastorpatrick@stpaulref.org, and we can get you hooked up with ways you can give.



THE SPECTRUM: A NEW LOOK You may have noticed that the Spectrum looks a bit different this month as our printer has gone out of business. Please bear with us as we make this transition!

COUNTERS NEEDED + SPR is in need (always!) of some additional Sunday morning counters. What does this entail? It's fast and easy work, but exceptionally important as we hold in place financial controls that help us to run a tight ship. Is this glamorous work? Not exactly, but it's super important—and a very real way you can help SPR. Training is provided, the time commitment is about once a month. Contact Pam Peyton to volunteer: pam_peyton@yahoo.com.

DONATE TO SPR USING YOUR SMARTPHONE! *A great way to donate whether you are at church or out and about!* Now you can give from anywhere in the world! It's fast, easy, and secure. Search your app-finder for "GivePlusChurch," download it, click "sign up," and follow the instructions. You can donate to either the Good Samaritan Fund or the Parish General fund (in addition to your regular pledge). Give it a try! **Thanks to all who are using this quick and easy way to donate!**

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ST. PAUL-REFORMATION LUTHERAN CHURCH
IN THE CITY FOR GOOD

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❖ PARTING SHOT ❖

ORGANSOUP AT ST. PAUL-REFORMATION



Kristian Rizzotto
Thursday, May 5 at 12:10 p.m.

Latvian Brazilian organist Dr. Kris Rizzotto (they/them) received a doctorate from the University of Oklahoma, a Master of Music from East Carolina University, and a Bachelor's degree from the Universidade Federal do Rio de Janeiro. SPR welcomes Dr. Rizzotto to round out the program year with our "Organ Soup Series." See you there!