

THE SPECTRUM

THE NEWSLETTER OF ST. PAUL-REFORMATION LUTHERAN CHURCH

NOVEMBER
2024

Liturgy
10:30 a.m.

Nursery
With an Attendant
9:00-11:45 a.m.

Godly Play/Sunday
School
9:15 a.m.

Confirmation
9:30 a.m.

Adult Forum
9:10 a.m.

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

Visit us on the web!
www.stpaulref.org

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

100 Oxford St. N.
St. Paul, MN 55104
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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 print on the 15th and this date is hard and fast. Articles received after the 12th may or may not be included.



Above: SPR's "Theology on Tap" gathered at Gambit Brewing in St. Paul to discuss all things divine. Most notably, the music of 80's Hair Bands was playing in the background, perhaps a sign from heaven. Theology on Tap meets again in January!

STEWARDSHIP CONCLUDES NOVEMBER 10

For the past several weeks, you have been hearing stories of God's possibilities at St. Paul-Reformation. As we conclude this year's Stewardship Campaign, we hope that you will pray and consider deeply what SPR means to you and your life of faith. As we look ahead to our conclusion, we hope that you return your commitment card (either in-person or electronically) on **Sunday, November 10**. On that day, please join us for our Consecration Sunday Brunch that will run from 9-10 a.m. in the Lower Auditorium (it's a potluck, so...bring something to share!). To all who have helped with this campaign, thank you! To all who have given and will give again, thank you!


FOR GOD
ALL THINGS ARE POSSIBLE

STEWARDSHIP 2024 AT ST. PAUL-REFORMATION

AS I WRITE TO YOU THIS MONTH. the United States is preparing for its presidential election. In the next few weeks, it is likely that the anxiety level of many will spike as they worry about the future, our institutions, and public policy going forward. These fears are not without reason, and—no matter the result of the election—some will need time to reflect upon the intense emotions that have set the tenor for our national conversation in the recent past.

We are aware of this need to find peace amidst a fearsome storm. And, to that end, we will be offering two opportunities for you to do some contemplation on how God calls us to deal with intense emotions, real fears, and the temptation to believe that we are alone.

In the three Synoptic Gospels, each writer recounts the story of Jesus falling asleep in the boat while a storm rages around the terrified disciples. Their question to the Lord, “Do you not care that we are perishing?” is one that Christians have asked for two-thousand years. In a time of crisis—no matter what it is—where is God? In a time of uncertainty and fear, where is God?

Each of us asks this question privately, especially in our personal lives as events and situations change. Some ask it on larger levels, determining that God is, in fact, *not* in the boat, and is not a thing to be taken seriously. Their conclusion is that if God were real, God would do something about the state of the world is, seemingly, a logical one. We want God to intervene, and when God does, we want God—specifically—to work for us.

No matter what November’s election may bring, I would urge you to think about *spiritual resilience*. How do we hold on to faith when the world seems to be coming apart around us? How do we remain faithful when the nation is so divided

and people literally *hate* the “other side?” How do we balance the work of justice and mercy with the command to love our neighbor, no matter who they are?

The answer to these questions will take you a lifetime to iron out. If you figure out the recipe for the secret sauce, please let me know ASAP! But you, like Christians for two thousand years, are more likely to find the answer already among you: Jesus is *present*. The incarnate God does not leave the world alone. The incarnate God does not leave the church alone or the people in it. The incarnate God does not leave alone the people *outside* the church. “The nations make much ado, and the kingdoms are shaken” says Psalm 46, and—these days—the kingdoms are shaking. In that same Psalm, God speaks at the end: “Be still, and know that I am God.”

In some Lutheran Churches, particularly of Danish descent, a little wooden ship is often hung in the nave. The point was to remind people that the church—like the ship—sails on. The people in it, though battered and bruised by the waves, are not alone: Jesus is with them. The ship will not sink, no matter what “kingdoms are shaken.” The little ship will not stop taking on those looking for refuge, nor sailing to the places of justice and mercy. The little ship will find people floating in the water who have been cast overboard and forgotten: and it will give them safety. This is not of its own doing. It is because the *presence* of the Lord *in* the boat.

This truth can, I hope, give you some resilience as we look beyond election day. Many Christians have had to navigate the waters of intense emotions, and they have not been abandoned by God. Neither will God abandon us. Remember what Jesus says: “I am with you always, even to the close of the age.” Ages may be closing and new ones beginning, but this reminder should



“The point was to remind people that the church—like the ship—sails on.”

Pastor, cont'd...

be always in our sights. And, to that end, I invite you to join us for the two events I mentioned above:

- **Church open on Election Day** from 9:30 a.m. until 4:30 p.m. Come, sit, pray, and listen for the God who is in the boat with us.
- **Election Season Prayer and Reflection** on Thursday, November 14 from 7-8 p.m. This is not a time to talk politics, but it is a time to speak about how we process fear, anxiety, resiliency, and hope. Again: Jesus is in the boat with us. We meet in the West Transept.

No matter what the future brings, we remember the words of Paul to the Philippians: "Jesus is Lord." Indeed, he is in the boat with us.

+ Pr. Patrick H. Shebeck, Sr. Pastor

FROM THE CANTOR

Music for Flute and Organ is back with a spiffy new name: Flauto Dolce. In 2018 I put out a call on Facebook for a flute player to come play along with a choral anthem on a random Sunday. Donna Hryniewicki answered, we hit it off, and we've been playing together ever since. She holds a doctoral degree in flute performance, and never fails to impress me with her technique and musicality. We decided we needed to name our duo, and landed on Flauto Dolce because it's a term for a historic flute as well as an organ stop. This time we are experimenting with offering the same concert twice in one day, on Friday, November 8 at noon and 7 p.m. We know there are people who can't make it to a noontime recital, and people who prefer not to be out after dark, so come and hear some great music at the time that works best for you!

One piece we will play is the "Hamburger" Sonata by Carl Philip Emmanuel Bach (1714-1788), the second surviving son of Johann Sebastian Bach and his first wife, Maria Barbara. CPE was born in Weimar, but by the time he was ready for school, the family lived in Leipzig and he attended the

Thomasschule, the same school where his father taught. After graduation in 1738, he won a position as keyboard player in the Berlin court of Crown Prince Frederick of Prussia, the future Frederick the Great. He composed and performed extensively in his three decades there. In 1768, he was able to negotiate leaving the court to take over his godfather Georg Philip Telemann's position as church musician in Hamburg – hence the origin of the nickname "Hamburger" for the sonata we will play. That year he also received the honorary title of courts composer to Frederick's sister, Princess Anna Amalia, a great patron of music and composer herself. You might recall that



Donna and I performed one of her sonatas last year. CPE Bach's music was written during a transitional period in music. The sonata we will play shows traits of the earlier Baroque period, such as the use of basso continuo, in which the keyboard player improvises the accompaniment over a composed bass line, but it also sounds more like the Classical era in its harmony and melodic structure. The opening Allegretto movement is florid yet refined, and the Presto movement is sprightly and features cute echoes of the flute melody in the accompaniment.

Another piece on the program is "Arioso and Rondo patetico" by Gustav Jensen (1843-1895). Jensen was born in Königsberg in the province of East Prussia, territory that lies between present-day Poland and Lithuania and which belonged to the Soviet Union after World War II. He studied violin and composition in Berlin, and became a counterpoint teacher at the Music Conservatory in Cologne, where he spent the rest of his life. In 1881 he won a composition competition with a cello sonata, beating out a then -seventeen-year-old Richard Strauss! The piece we are playing shows aspects of the Romantic era in

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Cantor, cont'd...

music in its dynamic contrasts and heroic ending.

We will also play music from the 20th century: Aaron Copland's "Vocalise" and Ralph Vaughan Williams "Studies in English Folk Song." You might recognize the tune "King's Lynn" in this set as the same tune to which we sing the great Fred Pratt Green text "When Jesus Came to Jordan." Come and join Flauto Dolce for some flutey goodness!

+Sr. Stacie Lightner, Cantor

BOOK OF THE DEAD + In preparation for All Saints' Sunday (November 3), please write the names of those dear to you in the Book of the Dead at the front of the church. These names will be read and remembered on All Saints'.

THANKSGIVING MEAL DONATIONS FOR HALLIE Q. BROWN ON NOV. 10

You can help a family in need! Every year, SPR partners with the Hallie Q. Brown Community Center to provide Thanksgiving meals for members of our community in need. The Good Samaritan Donations on Sunday, November 10 will be for this effort. **Donations of \$30.00 will help with the cost of Thanksgiving meal baskets for clients and their families.**

THANKSGIVING EVE SERVICE

Give Thanks on November 27

Before you dig into your turkey and mashed potatoes, remember the one from whom all good things come: God. Please join us for our **Thanksgiving Eve Service** and Turkey Day Pie at **7:00 p.m. on Wednesday, November 27** in the West Transept. Please bring a pie to share, the winner gets the Golden Halo!

PRAYER ON ELECTION DAY NOV 5

The church will be open for prayer on Election Day from 9:30 a.m. until approximately 4:30 p.m. If you are feeling anxious, worried, or hopeful for our nation, we hope you will stop by for some quiet reflection and prayer.

PRAYER AND REFLECTION ON ELECTION SEASON

Thursday, November 14, 7-8 p.m.

A time of quiet reflection and prayer in a group setting, this time together will be modeled on a circle of contemplative prayer. This is not a time to talk politics; it is a time to process feelings of anxiety, exhaustion, and hope. We will meet in the West Transept, and all are welcome.

13TH ANNUAL CRAFTACULAR

The 13th Annual Craftacular will be in the lower auditorium on the weekend before Thanksgiving: Saturday, Nov. 23 – 10 a.m. to 4 p.m. and Sunday, Nov. 24 – 9 a.m. to 1 p.m. Craftacular is the premier event that lifts up local artists, crafters, quilters, knitters, hand crafted soapsters, painters, potters, makers of beautiful jewelry, yard art ... and more! Crafters donate a percentage of their proceeds as well as 100% of bake sale proceeds go to the church's music ministry!

Be a Helper!! Volunteers are needed throughout the weekend for various duties. **Look for sign-up sheets in the narthex** beginning October 27 or contact Margaret Schuster to volunteer: schuster.margaret.a@gmail.com

- **Friday, Nov. 22**, we will set-up vendor tables, decorate, place yard and boulevard signs, secure signage to outer doors, and price donated baked goods. Come any time after 11:00 a.m.
- **Saturday and/or Sunday**, sign up to be a greeter, bake sale helper, or make soup or bring bread/rolls for our vendors. They so appreciate having lunch provided!

If you play an instrument or sing, we've got a spot for you to entertain shoppers and crafters/vendors! Contact Sister Stacie at music@stpaulref.org.

Donate to the Bake Sale! We are asking you to plate and cover your items with clear plastic (Saran wrap). We will price items once you've dropped them off. Pre-plate 4-6 cookies, or package an even dozen!

Craftacular, continues on page 7...

COUNCIL CORNER

The Parish Council met on Tuesday, October 8, 2024.

- Council reviewed the composition of the council and discussed recruiting new members for 2025, replacing members whose terms have expired.
- Council reviewed and discussed the recommended changes to the SPR Constitution by Susan Martyn and Chris Thomforde. The Constitution will be available online to members by Thanksgiving and presented at the Annual Meeting in January 2025.
- Revenue through August exceeded expectations with expenses slightly over resulting in a small surplus.
- Microphones that can be integrated into a future new sound system are scheduled to be replaced soon.
- Stewardship Drive began October 13th and through the next month members will be asked to reflect on their giving.

+ Kristin Benson, Council Secretary

BIRTHDAYS

04 Ellis Bedford, Hilary Hund, John Whalen
Andrew Webb Woodage

10 Noelle Puroway
12 Joe Herbert
15 Noah Johnson
16 David Gjerdrum
19 Erik Doughty
21 Mya Wagner
24 Susan Martyn
25 Mallory Farrell

ANNIVERSARIES

07 Kris and Jon Stevens
28 Alan Bloemke and Jeff Kopseng

BIBLE MATTERS

Please join us on **Wednesdays at 10:00 a.m.** in the lower auditorium for this time of study, fellowship, and learning as we look forward to the coming week's lectionary texts. We will not meet on Thanksgiving Eve Day, November 27,



NATIONAL LUTHERAN CHOIR CHRISTMAS FESTIVAL TICKETS

Saturday, December 14 at 1:30 p.m. + Every December,

we plan some kind of musical "Christmas thing," and last year we had numerous requests that that "thing" be the NLC Christmas Festival. Tickets are \$20.00 each, and the performance will be at the Basilica of St. Mary in Minneapolis. You can either sign up and pay in the narthex or sign-up and pay online. We have 15 tickets reserved...get yours now!

QUILTERS AND KNITTERS *for Charity* is on **Saturday November 2, 10:00 a.m.** You can sew, arrange blocks, iron, tie layers together, cut fabric! **All knitters, crocheters, and quilters invited.** Join in on the fun! Bring a snack to share. Coffee provided. Contact Gwen Peyton at gwenpeyton5@gmail.com.

MEALS MINISTRY!

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, November 16.** Volunteers needed; please join us. The alley door will be open. Your contributions for this ministry are greatly appreciated. For more info please contact Gwen Peyton, gwenpeyton5@gmail.com.



BREAKFAST CLUB + Join us **Sunday November 3** at the Louisiana Café on Selby Ave after the 10:30 service. All are welcome to join this time of fellowship, good conversation and food. No agenda: just fellowship!

NOVEMBER MINISTRY SCHEDULE

Thank you to all the volunteers who help make the 10:30 a.m. Sunday morning services “run.”

November 3, All Saints Sunday

Kathy Thomforde, Joe Voss, *Asst. Ministers*
 Joe Herbert, Jim McGowan, *Lectors*
 Daniel Adedigba, Elizabeth Adedigba,
 Mya Wagner, *Acolyte*
 Jim Bowen, *Cantor*
 Bonnie Olson, Joe Herbert, *Greeters/Ushers*
 Alice Swan, Eldora Pearson, *Coffee/Treats*

November 10 Twenty-fifth Sunday after Pentecost

Amy Rouillard, Kathy Thomforde, *Asst. Ministers*
 Bonnie Olson, Kristen Damberg, *Lectors*
 Noah Johnson, *Acolyte*
 Chris Lyman, *Cantor*
 Dorcas Adedigba, Kristin Benson, Joe Herbert,
 Roman Hund, *Greeters/Ushers*
 Anne and Jim Halgerson, *Coffee/Treats*

Nov 17, Twenty-sixth Sunday after Pentecost

Aaron Brown, Joe Voss, *Asst. Ministers*
 Eldora Pearson, Margaret Schuster, *Lectors*
 Ellis Bedford, *Acolyte*
 Erica Perl, *Cantor*
 Laura Stuart, Lay'Ani Stuart,
 Cheri Gohr, Jan Swenson, *Greeters/Ushers*
 Eldora Pearson, Margaret Schuster, *Coffee/Treats*

November 24, Christ the King Sunday

Anthony Hedlund, Jamie Block, *Asst. Ministers*
 John Whalen, Cynthia Peyton, *Lectors*
 Matias Badilla, Sebastian Badilla,
 Daniel Adedigba, *Acolytes*
 Dawn Klesk, *Cantor*
 Bonnie Olson, Joe Herbert,
 Joe Voss, *Greeters/Ushers*
 Linda Dahlen, Alice Swan, *Coffee/Treats*

NAHUALAPA SCHOLARSHIPS

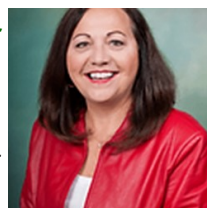
November is the time for Scholarship donations to begin for the January 1 school year start. More information soon.

ADULT FORUM We gather each Sunday at 9:10 a.m. in Tidemann Hall. We have an incredible line up of speakers, and this is a “gem” of St. Paul-Ref’s life together. Join us to learn, discern and discuss:



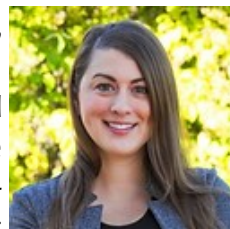
November 3 + *The Body of Christ is Mentally Ill* + Shannah Mulvihill, Executive Director of Mental Health America and CEO of Mental Health Minnesota.

November 10 + *TSE: Supporting Our Communities*. Lynne Megan, Executive Director. TSE is a private, not-for-profit company that supports people with developmental and other intellectual disabilities.



November 17 + *Brain Fry? Social Media and Mental Health* + Kit Breshears, U of M + Kit Breshears is communications director for the University of Minnesota's Earl E. Bakken Center for Spirituality & Healing. In this session, Kit will lead us in considering the degree to which Social Media has an influence on our mental health.

November 24 + *Emergency NARCAN Training* + Alicia House, Rummler Foundation + NARCAN can quickly end an opioid overdose, and communities are called to address this ever-increasing epidemic. Learn what you can do and when to do it! Alicia House has been working in the Opioid Use Disorder field since 2017.



ELCA GOOD GIFTS STARTS ON SUNDAY NOVEMBER 24 + Give a cow, a flock of chickens, or a cow! Your gift supports ELCA ministries throughout the world! See the Christmas Tree in the Narthex!

DECEMBER HAPPENINGS

CONTEMPLATIVE EUCHARIST BEGINS ON DECEMBER 1. ADVENT 1. 8:00 A.M.

+ The 8:00 returns! From Advent 1 through Easter Sunday. Join us for this quiet service of Holy Communion.

ST. NICHOLAS DAY: DECEMBER 8 + St.

Nicholas returns, and activities for little ones are planned from the St. Nicholas Center.

ADVENT TEA WITH THE CENTRAL CHAMBER SINGERS: MONDAY. DEC 16. 10:00 AM

+ Our annual Advent Tea welcomes the Central Chamber Choir for light Christmas music...you will leave hopeful! Cookies, appetizers, and other treats follow.

TREES UP!: TUESDAY DECEMBER 17. 6:00 P.M.

+ SPR's Mammoth trees go up, and many hands make light work. This has been greatly improved by the presence of treats. All are welcome!

THEOLOGY ON TAP THURS DEC 19

Lake Monster Brewing, 550 Vandalia St. #160

HANGING OF THE GREENS—MONDAY DECEMBER 23. 6:00 P.M.

+ Judi and Nicole Verdugo lead our efforts to beautify our liturgical space for Christ's birth. Eggnog is on the house!

CHRISTMAS EVE AND DAY SCHEDULE

- **Christmas Eve**, Tuesday December 24: 4:00 p.m. Instant Christmas Pageant; 10:30 a.m. Holy Eucharist with Carols and Schola;
- **Christmas Day**, Wednesday, December 25: 10:30 a.m. Holy Eucharist with Choir, Organ, and Brass.
- **Christmas 1**: Sunday, December 29: one liturgy at 10:30 a.m.
- **Epiphany**: Monday, January 6 at 7:00 p.m. A reception precedes at 6:00 p.m.

Craftacular, cont'd...

Bars sell best when 4-6 bars are on the plate; homemade candy can be 4-6-8-12 depending on size. We have buyers who ask for a whole cake or a whole pie. Be creative!! You may also bring canned items, homemade jellies/jams or sauces, pickles, pickled vegetables, or homemade syrup.

BUILDING UPDATE

Tuesday Crew: Winterizing, building and spot painting office suite, prior to re-rental as Conservatory has moved out. And so much more.....

Professionals: lead pipe from street to bldg.

Cast iron pipe in ceiling of lower level kitchen to remove leak source in subbasement that ruined controller box for on-demand heating system which was replaced.



Congratulations to SPR member **Linda Dahlen** who was the 2024 UMMAA Distinguished Alumni Award Recipient. The award honors UMN-Morris alumni who have made noteworthy contributions in their professional lives or in service to the University. A civil rights advocate, lawyer, environmentalist and novelist, Dahlen's nominators call her a "strong role model for what UMM stands for," and point to her "lifelong work to further equality and fairness for everyone." Linda had a distinguished career with the MN Department of Transportation, particularly for the State and Federal Awarded "Seeds" outreach program she created; it provides college-level student worker positions to highly motivated minority or economically disadvantaged college students. In the past few years, Linda has worked with UMM to preserve a gift of land as a conservation habitat for the protection of native plants, animals, and insects, available for UMM research. This award was presented in September at an alumni banquet. Thank you, Linda, for showing us faithfulness in your vocation!

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

ADDRESS SERVICE REQUESTED

PARTING SHOT

Flauto
Dolce

FLUTE AND ORGAN DUO



Stacie Lightner, organ
Donna Hryniewicki, flute

*Music of CPE Bach, Ralph Vaughan Williams,
Aaron Copland and more!*

Friday, Nov. 8 | 12.00 noon & 7.00 p.m.

Freewill offering, \$20 suggested

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

www.stpaulref.org

