

Cross Connections



St. Paul's Lutheran Church

July 2023

Transition Time...

It's that strange time of year at St. Paul's. In the midst of summer excitement and travel, we start laying plans for autumn. And as you all come and go from week to week, we begin saying good-bye.

Being an internship congregation is hard. A year is just enough time to begin to learn and love and trust someone, and then you have to let them go. There's real grief in that, all the way around. Then, somehow, you open your congregation, your families, and your hearts to a new vicar a few weeks later. I want you who grieve to know that you are seen and loved. I want you to know how grateful I am that you've loved me through this year, and I hope you know that I have loved you. You have been a soft landing in the midst of several years of upheaval and mourning, and you've gently guided me to the realization that, like Dumbo, I didn't need the magic feather. I had this pastoring thing inside me all along.

As we say our good-byes over the next month, you'll also be preparing to say hello. Your new vicar is so excited to be with you and to learn from you! I know that you will love her well, just as you have done for generations of vicars (21!) over the years. Your faithfulness, generosity, and persistence in showing up for your interns translates to thousands of lives served by your commitment to shaping new generations of ministers.

In case you're seeking ideas, here are some concrete ways you can provide welcome and affection for your new vicar:

- ◆ take her to your favorite restaurant for lunch
- ◆ invite her to a game, concert, play, or other outing so that she can get to know Durham
- ◆ **wear your nametags** (at least through Reformation Sunday – remember, the bishop is coming that Sunday, so you'll be helping him out as well!)
- ◆ **update your photo in the directory** (especially if you haven't changed it since your teenagers were toddlers!)

I have witnessed firsthand "your faith in the Lord Jesus and your love toward all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers" (Eph. 1:15-16). Thank you. Thank you. Thank you.

Until we meet again, on this earth or forever in glory,

Vicar Amanda Spangler

The Rev. Scott M. Anderson, Pastor

The Rev. Amanda Highben, Associate Pastor, Duke Lutherans

Amanda Spangler, Vicar

Susan Esposito, Parish Administrator & Editor

Dr. Ted Turner, Minister of Music

Alan Rigsbee, Bookkeeper

Amanda Stoen, Preschool Director

The Rev. Dr. Charles R. Huggins, Pastor Emeritus

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From the Pastor...

It has been a very hectic June and July will be no less hectic. We had a great ordination celebration of now Rev. Mac Mullins and we will host the ordination of James Dahl this month on July 15.

July is a time of preparation for the fall. We are preparing Sunday School offerings, developing changes in schedules and generally spending the month in planning. I know that we are also recruiting teachers and I am looking for someone to help coordinate Adult Sunday School. I want to thank Jim Shoaf for his leadership with this for the past several years.

On Sunday, July 16, I am holding what I am calling a social ministry summit during the Sunday school hour. I would like to meet with anyone interested in social ministry. We want to reform this group in the fall and have this team review our involvement with DCIA, Urban Ministries, refugee resettlement, CROP Walk, and incorporate the work of the CCG into the work of this team. So join me at 9:45 am for conversation.

July is also transition time. We say goodbye to Vicar Amanda and hello to Vicar Gina. Vicar Amanda has been a blessing this year and I ask you for prayers for her ministry. We will send her on her way with a farewell reception on Sunday, July 30 – so watch for news of this event.

We will be updating the Vicar photo gallery in a few days and if you haven't ever gone to look, it is located in the hallway behind the copier office not far from the interior entrance to the library.

August is the time to pound the new Vicar. Not literally pound her, but provide supplies that will help her settle in. Suggestions are toilet paper, paper towels, cleaning supplies, gift cards and kitchen staples (flour, sugar, coffee, etc.)

So, it may be summer, but we are still busy. Please keep St. Paul's in your prayers.

God's peace,
Pastor Scott

Duke Lutherans

It might be tempting to think that summer is a slow time for campus ministry. After all, many students have dispersed to their home states and our "regularly scheduled programming" won't return until the end of August.

But as I begin my third summer as the Duke Lutherans pastor – hard to believe I started in June 2020 in the thick of Covid! – I'm learning that summer

is anything but *slow* for campus ministry.

And that's not a bad thing because a lot of exciting plans are in place for the Duke Lutherans this season and the new academic year. I'd like to share just a few of these here, but if you also receive our Enews or follow us on Facebook/Instagram, you already know that our students are having some wonderful adventures of their own this summer ... traveling, researching, interning, and exploring. Be sure to check-out "Get to Know Your Duke Lutherans: Summer Edition" if you haven't done so yet! You'll see the students' pictures and hear about their summer plans in their own words.

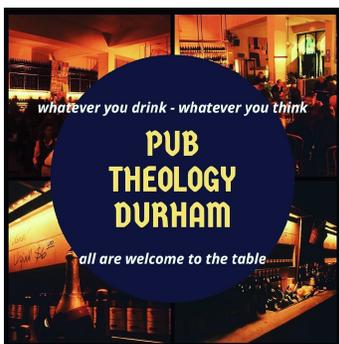
In the meantime, read on to discover more Duke Lutherans news!



- ▶ I was in Chicago earlier in June at the LuMin (Lutheran Campus Ministry network) national conference in Chicago – our first one since pre-Covid! – titled *Inspire, Connect, Equip*. Together with nearly 80 of my colleagues throughout the country, we participated in workshops, dialogued with leaders (including Presiding Bishop Elizabeth Eaton and Metro Chicago Synod Bishop Yehiel Curry), worshiped, exchanged ideas, and encouraged each other in this vital ministry. I can't wait to share everything I learned with the Duke Lutherans. And guess what?! We're cohosting next year's LuMin conference together with the Lutheran campus ministries of UNC and NC State!
- ▶ Under the leadership of our new DL Committee Chair Cindy Snyder, the Committee participated in a vision-casting and goal-setting retreat with ELCA Certified Coach Heidi Kleine in May. Heidi helped us to dream, pray, brainstorm, and strategize about how we might continue to build and nurture Lutheran Campus Ministry at Duke. Stay tuned for more!

▶ We're very excited about our new Duke Lutherans lounge that's in the works at Grace! If you're familiar with Grace's building, this is the large, spacious room on the ground level with its own entrance that used to be a preschool space. Featuring fresh paint, new flooring and furniture, a smart TV, bookshelves, white boards, and a coffee/snack bar and minifridge, this will be a dedicated, welcoming space for Sunday Evening Prayer + Fellowship Dinner, Bible study, fellowship events, movie and game nights, study and rest, and so much more. Above all, this is an *accessible* space for students, members of St. Paul's and Grace, and visitors alike; it's just a few minutes' walk from East campus (so freshmen can easily find us) and parking is free and plentiful. Having a dedicated space to call your own is essential to building a sustainable campus ministry community, and we pray that God will bless our present and future through it as we prepare to welcome students back this fall!

▶ Pub Theology has returned! As I write this, we're scheduled to gather this Thursday night, June 22, at Pour Taproom to explore the topic "Faith + Rest" and to consider such questions as "What does true, faithful rest look like?" and "Is it possible to rest in our restless, ever-busy world?" Pub Theology seeks to foster thoughtful conversation and community-making through engaging with people of varying traditions, perspectives, and life experiences. In our polarized world, we believe such dialogue is not only welcome, but needed. So, pull up a chair, bring your questions and thoughts, and your full self. All are welcome. Join us again on Thursday, July 20, from 7-8:30 pm (location and topic TBA). No RSVP needed.



▶ One final important task that we undertake over the summer is reaching-out to incoming students and their families, welcoming them to Duke and inviting them into our beloved Duke Lutherans community. We call, send letters, texts, emails, and cards – all to share with students that there is a place for them here: a welcoming place of belonging to call home; a genuine community

where it's safe to question, explore, be vulnerable, make mistakes, and wrestle with issues of faith and life; a space where friendships are grounded in compassion, mutuality, prayer, and grace; and a campus ministry *called to life together* and called to proclaim for students their identities as beloved children of God.

Finally, dear ones, join me in praying for the Duke Lutherans and all students to have safe, memorable, and brilliant summers.

Grace and Peace,
Pastor Amanda

Preschool Pitter Patter

by Amanda Stoen

Acceptance is the active, nonjudgmental embracing of experience in the here and now. It is mindfulness in action and improves the well being of adults and children.

Children's behaviors throw us curve balls in life every day, especially when we are least expecting it.

They suddenly become attached to you and don't want to leave your side, they draw on the walls, or they refuse to wear a coat when it's cold outside. It can be a jarring experience when

life is moving along and then your child throws a curve ball.

Take a moment for yourself and breathe. Breathing helps to calm our body and reduces the tension we feel when life suddenly isn't



going our way. When we resist the moment when things are not going the way we expect, we can get stuck and frustrated. Accepting the moment as it is allows us to have empathy. Empathy integrates the brain for personal responsibility and self-control. We must model this for our children so that they can learn these skills.

Through Conscious Discipline, we use the **D.N.A.** process to help children master these skills. We start with **Describing** what you see in terms of emotional signals (face and body cues) and physical actions (stomping, swinging arms). The goal is to verbally capture the moment without judgment and to achieve eye contact. Then we **Name** the feeling the child is communicating. "You seem angry." Take your best guess and allow your child the opportunity to correct you if your guess is off. And finally, we **Acknowledge** your child's desire with positive intent while validating the experience. "You wanted to play with the truck. Tell your friend you would like a turn with the truck." Sometimes we provide helpful prompts for the child if he or she does not know the words to use. Empathy does not change the limits on behavior; it helps children to become better able to accept them.

This month we are continuing with summer camp for our 2 through 5 year olds. We have about 40 children attending summer camp throughout June and July with most of our preschool staff working several or all four weeks. Summer camp is always a fun time for children and teachers as we create a more relaxed atmosphere with lots of water play!

It Takes a Village

by Nan Treul

A recent event caused me to pause and appreciate our wonderful congregation at St. Paul's. I'd like to share my thoughts with you because I'm sure that many of you have had a similar experience.

As you know, our congregation is fortunate to have three beekeepers, who keep two hives on our church property. The three beekeepers are Tina Bessias, Theresa Oertel, and Bill Gresham. Recently, we had a honey harvesting after worship services, and collected almost 90 jars of pure and beautiful honey.

The event I am going to describe occurred a week before the honey harvest. It began with moving the two honeybee hives into a beautiful new stand. The new stand was engineered, designed, and built by Dick Clendaniel. As many of you know, Dick is a gifted wood craftsman, and offered to build a new stand for the two hives. Dick was an engineer in his career, and

he made detailed drawings of how the stand would be built. He constructed it in his workshop at Croasdaile.

When the stand was completed, and it was time to move the stand from Croasdaile to the church property, Jim Shoaf offered to move it in his truck. Bill Gresham assisted him. Bill and Jim loaded the new stand onto the truck bed, and drove it to church, where they placed it near the two honeybee hives. The plan was to move the two hives onto the new stand on Sunday, May 28.

So four beekeepers, Tina, her husband Pakis (another experienced beekeeper), Theresa, and Bill, met after the early service to move the bees. It was an overcast day, and they expected that the honeybees would be quiet and inactive. So they did not block or reduce the size of the entrance, where the bees enter and leave the hive. Bill and Pakis were going to do the lifting, and Bill was dressed in a full beekeeper suit with ALMOST every inch of his body protected by the suit. However, he did not have the boots that he usually wore, and so his ankles were only protected by his socks.



When Bill and Pakis moved the beehive onto the stand, the bees were angry and swarmed out of the door of the hive. They could only find one vulnerable spot on Bill: his ankles. So he received more than 50 bee stings on his two ankles through his socks! Bill

hastily put the hives on the stand and tried to get away from the scene. But the damage had been done!

When he took off his socks, Bill said that they looked like pincushions with all the stingers still poking through the socks. Fortunately, Bill was wearing compression socks, and the thickness of the socks probably prevented some venom from entering his system. It could have been much worse!

Bill went home, and took some Benedryl to reduce any possible allergic reaction. But because of the number of stings, Bill asked Tina and Theresa to check on him throughout the afternoon. Late in the afternoon, he started to feel worse, so he called Tina and asked her to come over to his apartment to check on him. Tina immediately came over, and they decided that Bill should go to Urgent Care. At the urgent care center, the staff decided that he needed to go to the hospital because of the number of bee stings and his body's reaction to it. So Bill was transported by ambulance to Duke Hospital's emergency room.

Bill had volunteered to pick up my girlfriend Lynn and me at the airport that evening, I was returning from a trip to Spain. When he realized that he would not be able to be there, Theresa and her husband Christian, volunteered to pick us up at the airport. then they dropped off Lynn at her home in Cary, and drove me to the emergency room. There I waited for over an hour while the staff tried to get an IV started in Bill's arm to relieve his pain. I finally saw him for 10 minutes at 10 o'clock at night. He was in severe pain but a strong dose of fentanyl had been started through an IV so he was expecting some relief.

The story has a happy ending: Bill was released from the hospital that night when his pain had subsided, and he recovered quickly at home. But what was memorable about this story is the number of congregants of St. Paul's who worked on this project to bring it to fruition, and other members who came to Bill's rescue when the moving of the hive onto the new stand went awry. It reminded me of the name of Hillary Clinton's book, "It Takes a Village."

I am deeply moved by the generosity and passion of the members of our congregation. Vicar Amanda recently mentioned the concept of "ministry of presence." This event definitely illustrated the "ministry of presence," the ministry of serving others with our presence in person. We are an extended family, sharing our gifts and skills, and helping each other as special needs arise. I feel honored and blessed to be a part of this loving congregation.



Our congratulations to former Vicar Mac Mullins – now Pastor Mac Mullins. His Ordination was held at St. Paul's on Saturday, June 17 with a luncheon reception afterwards. He has been called as Pastor in Residency to St. Paul Lutheran Church Quad Cities in Davenport, IA where he will

begin in mid-August. Many thanks to everyone who helped in the planning and participation of his service and fellowship luncheon!

The August Cross Connections will be out a week later than normal. Deadline for submission of information and articles is Monday, July 31 and "Holy Folders" will meet at 11 am on Friday, August 4 to assemble the issue for the post office.

Farewell Vicar Amanda

On Sunday, July 30, between the services (9:45-10:45 am) there will be a reception for Vicar Amanda Spangler in the foyer to wish her Farewell and Godspeed.

Time to Update!

It is time again to bring us up to date on our current pictorial directory. To help us – please submit a photograph of you/your family. It does not have to be a professional photo – many of you probably already have selfies and vacation photos handy on your phone. You may send it to Susan Esposito at

admin@stpaulsdurham.org and it will be uploaded into your family profile. You may also be reminded to make any changes, such as address, email address, birthdays, anniversary, phone numbers – at the same time.

You can get the latest directory on your smart phone app "Instant Church Directory." As changes occur, the updates are made in the church office and are instantly updated on your app when you use it. Instructions for Android and Apple phones are available on the credenza below the TV monitor in the Atrium.

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FREE App for iPhone, iPad & Android

Our church directory is a great resource tool that allows you to get to know our church family better!

Simply go to the App Store, search for *Instant Church Directory* and download the FREE app to begin.

You will use your email address listed in the directory to CREATE A LOGIN the first time you use the directory app.

If you're not listed in the directory, OR if you have trouble logging into the app, please contact the church office.

Available on the App Store | Get it on Google play

Our Congratulations!

Our blessings in honor of the birth of Nora Grace Newcombe, born on Sunday, May 28, 2023 at Duke Regional Hospital in Durham. Parents are Kara and Andrew Newcombe of Durham and grandparents are Dawn and Steve York of Durham.



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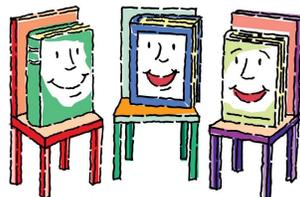
Ordination of James Dahl

James graduated from Lutheran Theological Southern Seminary with an MDiv, on May 11, 2023. His call is to Saint Luke Lutheran Church in Taylorsville NC, which he began on July 1, 2023. James' Ordination will take place at St. Paul's on **Saturday, July 15 at 11:00 am** with a reception to follow in Trinity Hall. All are invited!



St. Paul's Readers

The book club encourages all to set some sort of reading goal to achieve over the next few months. If you are interested in what we are reading this fall, here are our selections:



St. Paul's Readers

- ▶ September 21 – *Don Quixote* by Miguel de Cervantes, translation by Edith Grossman
 - ▶ October 19 – *Judas* by Amos Oz (novel)
 - ▶ November 16 - *Horse* by Geraldine Brooks
- We hope to finalize our books for 2024 by the end of October and welcome suggestions at any time. Please consider joining us for any or all our meetings. We strive to be full of thought as well as thoughtful readers. Contact Katherine Trexler (katherine.m.trexler@gmail.com) with any questions.

The Dropped Stitch Group will not be meeting for the summer. It will resume on September 29th, the last Friday of the month.

PASTA for PARKTOWN!!

Help Stock the St. Paul's Shelf at Parktown Food Hub! Please continue to add a package – or two – of dry pasta to your shopping cart to support this important community ministry and keep the St. Paul's Pasta Shelf well stocked. The Women's Connection Group is leading this initiative to support the Parktown Food Hub, a ministry of South Durham Connections, led by Pastor Sharon Schulze. **St. Paul's Shelf - dry boxed pasta** – spaghetti, macaroni, ziti, penne, etc. (NOT: kits or dinner, nor canned pasta entrees).



Summer Worship Schedule

This summer we will stay with two worship services, at 8:30 and 11:00 am. The 8:30 worship will be using "Now the Feast and Celebration" worship books, and the 11:00 will continue to use the Setting Five booklets from the ELW. The 8:30 worship will be in-person only, the 11:00 service will be in-person, live-streamed, and recorded. This will take effect on June 4 and continue through August.

The Growing thru Grief meetings continue each week at St. Paul's. Meetings are on Tuesday, with registration at 4:00 pm. First time attendees must show proof of Covid vaccination and booster(s). Masks are encouraged. We ask people to come at 4; the program begins at 4:30, and all will end by 6.

Growing thru Grief is a coalition of area religious and civic organizations to offer support and education to those grieving the loss of a loved one. Please contact admin@growingthrugrief.org if you have any questions.