

Cross Connections



St. Paul's Lutheran Church

July 2024

Funeral Reception Committee

St. Paul's is in need of a Funeral Reception Committee made up of people who would like to be called upon to help with such receptions. Funeral receptions are a way to help the grieving family during a very stressful time. We each do not necessarily know the deceased or the family in order to help with these events. Those listed would not be expected to help with every funeral, but agree to being asked to help in one of a variety of ways. Categories of help are:

Set-Up (usually done day before)

Food donation

Pre-Reception preparation (day of event)

Serving

Clean Up

Laundry

If you have any questions or are interested in being on a Funeral Reception Committee, please notify Martha Dahl (email: mjdahlhouse@gmail.com or phone: 847-612-6687) with your name, email and phone, indicating in which category or categories you are willing to help.

Thank you!

Dear St Paul's Family,

Summer is a time of travel and transition for all of us and especially for our Vicar program. Our vicars bring willing hearts and hands as they come among us as "new friends" to learn and grow and leave us enriched as a congregation and remain "forever friends".

Two important celebrations are coming soon:

- **July 28 will be Vicar Gina Schaefer's last Sunday with us.** We will celebrate her time with us with a brief reception and gifts. If you would like to contribute to a cash gift to help Gina along her path to ministry, please do so via the offering plate, the deposit slot in the Bookkeeper's office or online with the notation of a "vicar gift."
- **Our '24-'25 Vicar, Ashley Bowman** starts her time with us on August 1! We plan to do our traditional "pounding" consisting of household items and gift cards. A bin will be set up in the foyer to help launch our new Vicar.

Thank you for your continuing support of our Vicars.

Linda P. Foreman for the Internship Committee

Committee: Marcia Redman, Jan Huntley, Curtis Chi, Mike Wormald, Linda Foreman

The Rev. Scott M. Anderson, Pastor

The Rev. Amanda Highben, Associate Pastor, Duke Lutherans

Gina Schaefer, Vicar

Susan Esposito, Parish Administrator & Editor

Dr. Ted Turner, Minister of Music

Alan Rigsbee, Bookkeeper

Candace King, Preschool Director

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Facebook: St. Paul's Evangelical Lutheran Church

From the Pastor...

It is summer time and a lot of us are planning some time away. Maybe a trip to the beach or some exotic travel. I will take a few days this month, but I am planning something a little bigger this fall.

In September and October I will be taking a little mini sabbatical even though our policy calls for a pastor to be able to take up to three months every 5-7 years. Because this is a mini sabbatical, I won't be planning a major educational experience. Kathy and I plan to travel. We are taking some time at the beach to rejuvenate and then we are taking a cruise for 12 days from New York to Quebec and back. Kathy also booked us to Las Vegas for 3 days to see the Eagles at the Sphere.

Since the pandemic, it has been a tough few years and the time away to better prepare myself to be your pastor has been encouraged by Synod staff and our congregation council. I have made arrangements for Pastor Amanda to supervise our new intern in my absence and we have pastors lined up to help with preaching, presiding and visitation. Our new Vicar Ashley Bowman will be taking on the majority of the visitation assignments however.

It is such a blessing to be a part of a congregation that allows staff time away and understands how helpful this time will be.

If you have any questions, please feel free to ask them.

Pastor Scott

National Lutheran Campus Ministry Conference: Campus Ministry at its Best!



Nearly 80 campus ministers from around the country gathered last week at Holy Trinity Lutheran in Chapel Hill for the annual Lutheran Campus Ministry conference.

We met to inspire, connect, and equip one another to transform our students and the world through God's abundant grace!

We worshiped, attended workshops (topics included supporting students

experiencing religious trauma, healthy relationships in community, conflict resolution, and fundraising and development, among others), toured Durham's historic Black Wall Street, and shared ideas and goals for the



new academic year.

My favorite quote of the week was: "If churches are wondering where all the 'missing' young adults are, don't worry ... they're here in campus ministry!"

I'm so grateful to have such passionate, gifted colleagues who care deeply about journeying with our students as they grow in faith and God's love. And I can't wait to share what I've learned with our Duke Lutherans community in the new academic year!

Peace,
Pastor Amanda

Introducing Ashley Bowman

2024-2025 Vicar at St. Paul's

I grew up in Massachusetts and upstate New York, where I got my bachelor's degree in religious studies. Once I graduated, I moved to Alaska, where I spent six years. I have been in Wisconsin for the last 10 years. Everywhere I have lived, I have enjoyed exploring the outdoors and nature. I love hiking, biking, backpacking, and car camping. I also spend my spare time reading, writing, puzzles, re-watching my favorite TV shows, and playing music with my husband. This year I've enjoyed getting into professional women's hockey. I am passionate about the environment and social justice. My favorite classes in school have been Greek and New Testament studies – being able to understand the original language has been like a puzzle that makes the text come alive.

I am so excited to be starting my internship soon. I just arrived to the area with my husband and our dog and we are loving Durham so far! I'm so grateful for this opportunity and look forward to getting to know the community at St. Paul's in August.

St. Paul's Preschool Director

by Candace King

The Lutheran Church has always been a part of my life. I was baptized at Trinity Lutheran Church up the road from my grandparent's home in Pennsylvania. When my parents wanted something more for themselves and their three children, they moved us across the county and we ended up in Salt Lake City, Utah. St. Matthew's Lutheran Church became a second home to me. One of my favorite memories as a child was enjoying food and fellowship with all of our friends at our after service luncheon. Every family would bring a covered dish (or two) and we ate potluck style in our fellowship hall – a child's dream of having access to a variety of homemade sweet treats every Sunday. Another one of my memories that I often think about when my daughter attends service with me, is

when I had completed my lessons to take my first communion. I was 10 years-old and so excited to drink wine because that meant I was basically a grown-up. Much to my mother's embarrassment and my father's entertainment, I made quite the face of disgust after leaving the altar for all to see. As soon as the wine entered my mouth, I immediately regretted pouring it all in at once. I forced myself to swallow it and while walking back to my seat, repeatedly gagged trying not to make the situation worse. I smile to myself every time Caroline takes communion – after she heard my story, she diligently requests the grape juice.

We left Salt Lake in 1996 – my sisters and I had only seen our grandparents twice in the five years we were out there. My parents were ready for a new adventure and we requested somewhere back on the east coast so we could be much closer to family in Pennsylvania. North Carolina was the state that offered my mother her first nursing job and arriving here was a complete culture shock. Macedonia Lutheran Church in Burlington is where we became members and it was a refuge as I weathered middle school. The youth group I became a part of was an integral part to my life – one of the girls even became my college roommate at Lenoir-Rhyne. I was confirmed at Macedonia and learned the importance of being involved in the church. Along with my sisters, I was an acolyte or crucifer multiple times a month, played handbells, sang in the choir, and helped whenever it was requested of the youth.

When I stepped onto the college campus of Lenoir-Rhyne, I knew it was where I was meant to spend my college career. Because we did not have a campus chapel at the time, we partnered with St. Andrew's Lutheran Church. Pastor Fritz gave a sermon on Reformation Sunday that I still reflect on more than 20 years later. I loved that little church. My favorite memory will always be of my husband, down on one knee proposing to me in the outside worship area in June of 2008.

I found St. Paul's while my husband and I were looking for a home in Durham. Our daughter had just been born and a terrible situation had us leaving Cary unexpectedly where I attended Christ the King for a very brief amount of time. The St. Paul's congregation instantly welcomed infant Caroline and I. I felt hopeful this would be my new place of worship. I had no idea what the Lord had in store for me, but it seems as long as I find His people and His home I would have support. I became a member of our congregation in 2016 and in 2019 was offered the role of Assistant Director of our preschool ministry. After four and a half years of serving as the Assistant Director, I'm humbly proud to be stepping into the role of Director. I am incredibly grateful for the program that Amanda Stoen built. My daughter; Caroline, was molded by our

institution - attending all 4 years of preschool here. I would not be here without Amanda's love, guidance, and dedication to St. Paul's. I am so excited to be a part of and continue to grow our children's ministry. Feel free to share your ideas, your time, or your feedback with me! I look forward to serving our congregation in my new role.

Love in Christ,
Candace King

Stewardship: Are You Talking to Me?

Coordinating an annual stewardship campaign is never easy, but it has its rewards. One of those rewards is to witness the power of how your gifts fund the mission and ministry of our St. Paul's neighborhood. Because of you, we share our message of love with many, and this is a great gift!

Stewardship messages tend to focus on money and meeting the budget. It does, of course, fall upon the stewardship committee to talk about financial health and giving. It seems like in recent years though, something has been hampering our call for giving. Remember the covid years? Now it's rising inflation. Even so, we're inspired by our member's commitment to financial giving. You continue to sustain our ministry. All of our giving, contributing what we can, provides enough!

During this stewardship campaign season listen closely, there's another call you'll hear. This call is to lend a hand. St. Paul's has a lot going on in the background. Our stewardship pledge in 2024 is not only to keep you connected to our financial status, but also to make you aware of the many organizations within our church and where St. Paul's could sure use some extra help along with a few new ideas.

Thank you! Your gifts of wealth and lending a hand make the ministry and mission of the church happen. We ask that you pray that as we prepare to launch our annual gathering of gifts, you'll consider how you may continue to contribute, or step in and lend a hand, to your St. Paul's neighborhood.

The Stewardship Crew

From Nurturing Committee ministry:

.....And as we let our own light shine, we unconsciously give other people permission to do the same. — Marianne Williamson

WOW Three Essential Prayers

By John Foreman

As I finally got around to reading Anne Lamott's book – HELP THANKS WOW: Three Essential Prayers – that Pastor Jan Huntley gave me at her session during Lent. I highly recommend it to everyone. As Anne

Lamott states, I have come to believe, over the last twenty-five years, that there's something to be said about keeping prayer simple." The three words of the title can sum up all prayers.

We pray best, she says, when we reach our limit and realize that we can't fix our problems alone and cry for help. We are last at honest with God and perhaps ourselves. "Help. Help us walk through this. Help us come through This is the first great prayer," she writes.

The next great prayer is THANKS. "Thanks is the short form of the original prayer I used to say in gratitude for any unexpected grace in my life" she says. The more you experience gratitude, the more often that feeling comes. It becomes a habit, and your life is the better for it.

The final prayer is simply WOW. "Wow, is often offered with a gasp, a sharp intake of breath, when we can't think of another way to capture the sight of shocking beauty or destruction, of a sudden unbidden insight or an unexpected flash of grace" she writes. Wow is all we can say at times to God's grandeur, generosity, forgiveness.

These three words describe Stephen Ministry as well. We come to our care receivers because they have asked for HELP. They need an unbiased, listening ear – an affirming presence. Someone to walk with them as they traverse troubled times. But they are not the only ones asking for help. While Stephen Ministers spend many hours in training, we still call out to our fellow Stephen Ministers and God for help to be the best we can for our care receivers.

THANKS is the greatest and only reward we get from our care receivers. While thanks is of no monetary value, it is a pearl of priceless worth. But the care receiver is not the only one giving thanks. We, as Stephen Ministers, give thanks for the opportunity to be of service and for the guidance God and our fellow Stephen Ministers have given us.

Finally, WOW describes the grace-filled experience as we watch our care receiver move from despair to perhaps not joy, but at least acceptance – from anxiety to some level of peace – from bottomless grief to manageable.

If you are in need of help and would like a Stephen Minister or would like to be part of the journey from HELP to THANKS and WOW, please contact Pastor Scott, John Foreman, Kim Hoke or Nan Treul.

In the mailbag...

Dear St Paul's family,

Thank you for all of the care and love you've shown me, John, and our family, as we navigated recent heart surgery and recovery. Your cards, calls and meals were

so generous and appreciated; the assurance that so many were praying for me and us made all the difference. Special thanks to Pastors Scott and Jan and Vicar Gina for amazing pastoral care on this journey.

With love,

Linda Foreman and family

Graduation

Pastor Jan Huntley graduated from Lutheran Theological Southern Seminary's Spiritual Director Certification Program in June. She is scheduled to begin as a Resident at Duke Hospital's Chaplain Department on July first.

Stagville Visit



On June 19, four members of St. Paul's took part in a Juneteenth tour of Stagville, a State historic site north of

Durham. Stagville was one of the largest plantations in North Carolina, with about 30,000 acres of land, which were farmed by almost 900 enslaved African Americans. Tour guide Vera related first-person recollections of emancipation at Stagville. Some of the most moving stories were about journeys made to locate family members. Prior to the Civil War, the Cameron family had moved workers from Stagville to their lands in Mississippi and Alabama, so it was especially extraordinary that some families were able to reunite.

Our visit prompted reflections about the long shadows of the injustices of slavery, and the ongoing process of recovery. We came away from Stagville with heightened admiration for the courage and endurance it took to survive that system, and the resilience required to build new communities. Our visit also gave depth to the open-hearted joy that underlies the holiday of Juneteenth.

Bee Ellertson

Election 2024 Save the date!

On August 25, 2024, the Social Ministry committee will host a Lunch & Learn event about the 2024 election. Following 11:00 worship, there will be a light lunch served, followed by a short presentation by Kate Fellman, head of the Durham chapter of YouCanVote (YCV). This non-partisan, volunteer organization works to educate and enable all citizens to vote. Ms. Fellman will talk with us about voter registration, voter outreach,

and election information. She'll describe YCV's well-organized on-line training. To quote from their website (<https://www.youcanvote.org>): "We train and mobilize volunteers to effectively share information about upcoming elections, help voters to register and understand their rights, and remind voters when and where to cast their ballot."

Election information is a focus for Social Ministry this year, so you'll be hearing much more about opportunities to learn and volunteer in the coming months. We hope you'll join us on August 25th.

Bee Ellertson, Joan Pepper, and Steve Mzyk

Social Ministries Committee Expand/Explore/Educate

- Voter Registration and Education – see separate article for details. We are actively recruiting a shared leadership team* to conduct planning for this area. {*Note: We call them "Cords of Three," see Ecclesiastes 4:9-12}

You DO NOT have to be a member of the Social Ministry Committee to serve on a leadership team!

Next Meeting: The next Social Ministry committee meeting will be held Tuesday, July 9, 7:00 pm in Whitesell Hall. All church members and regularly attending visitors are always welcome to join us; hope to see you there!

The Refugee Support Team: Diapers: Sizes 2,3,4 [Please place diapers in the labeled container in the Atrium.] Additional female drivers are also needed.

If you are interested in volunteering in any of these capacities, please contact either Joan Pepper or Pastor Scott; they will connect you with the contact person for that area of ministry.

Note of Change regarding Urban Ministries Serving Saturday Lunch at Community Café

Please note that beginning in September, St. Paul's Saturday to serve lunch at the Urban Ministry "Community Café" will switch to the fourth Saturday of each month (currently the third Saturday of each month). We hope this change will allow additional volunteers to participate in this hands-on outreach ministry. The Social Ministry committee extends its thanks and gratitude to Amanda Anderson for facilitating this change! Sign up online at this site: Sign up online at this site: http://bit.ly/UMD_Signup

Social Ministry's Focus on Voter Registration and Education & the ELCA Presiding Bishop Eaton's June 14th Article

As you've probably noticed by now, The Social

Ministry Committee added "Voter Registration and Education" as a focus area for this year.

While we as Christians know that we are first, and foremost, citizens of the heavenly kingdom, we as Lutherans acknowledge that we also move and live and have our Being within the earthly kingdom (the "Two kingdoms" doctrine). In of the ways we can serve our neighbor in this earthly kingdom is through active participation in civil life; this practice has long been a feature of the Lutheran tradition.

As part of the "Education" piece of our focus area, we will be sharing with you various perspectives about this unique way to participate in civil life.

The ELCA presiding bishop, the Reverend Bishop Elizabeth Eaton, in her June 14th post on "Living Lutheran" – entitled "We Also Are Citizens" – addresses some of the issues surrounding this year's general election. We commend her article to you; it can be found in its entirety at:

<https://www.livinglutheran.org/2024/06/we-are-also-citizens/>

Youth Corner July 2024 Cross Connections:

By the time you are reading this the youth group will be down to less than 10 days until we head to the Big Easy and enjoy the 2024 National Youth Gathering. We can't say **THANK YOU** to our St. Paul's family enough for all your support and prayers to help us get to New Orleans as well as enjoy the city. On July 7th during the 11 am worship we will have our sending service. All 6 of us going to New Orleans will be showcasing our absolutely bright and colorful specially made St. Paul's T-shirts, and thank you to all who purchased a shirt in support of our group.

If you want to follow along throughout our time in New Orleans then make sure you follow St. Paul's on Facebook as real time posts and pictures will be added. The posts will begin just like us on July 15th at 5:30am as we depart from RDU. If you don't get a chance to see a post or want stories we will be excited to tell you all about our time when we get back on July 20th.

But, please be on the lookout for the Sunday School hour time in August that the group will be showing off our pictures and talking about everything we did, ate, saw, heard and so much more while in New Orleans. From the bottom of our hearts, we appreciate everything that you our St. Paul's family has done to help us get the best out of our time in New Orleans. We will do St. Paul's and Durham, NC proud as we find more ways to learn and see how we are **"CREATED TO BE"**.

THANK YOU FROM Adsila Getz, Ben Hodges, Megan Herring, Sarah Herring, Joan Albright, and Megan Cunningham and so as they say down in NOLA "Let the good times roll"

Working Adults July 2024 Cross Connections:

Haven't had the chance to join the working adults group on an outing yet, just wait we have a lot planned for the rest of the year. Our next event is Saturday July 27th when we get a tour of the Duke Lemur Center. Then we are going to enjoy some lake time with a picnic and fun at Lake Crabtree on Saturday August 17th. Pictures and the rest of the year schedule will be posted on the bulletin boards in the hallway of Whitesell Hall. Some of the activities coming up will also showcase the talents of our very own Amanda Anderson. Specific details will also be available on the bulletin board as a highlighted event. So if you ever want to join us in any event you are always more than welcome. For questions or activity details please reach out to Megan Cunningham at mcunni16@gmail.com. We look forward to more events and hope that you will be able to join in on the fun.

July Creation Care Information

Nordstrom and Nordstrom Rack have a New Beautycycle Program. They DO accept all kinds of beauty and skincare product packaging-bottles and caps, various tubes and cap, compacts, pump caps, hairspray triggers (not aerosol), lipstick cases, eyeliner pencils.

They do NOT accept aerosol or pressurized cans, electronic items like hairdryers, bottles from perfume-nail polish or remover, wooden eyeliner pencils, any biomedical or biohazard waste, or partly full packaging. Drop off boxes are in beauty sections of Nordstrom (Southpoint Mall) or Nordstrom Rack (Renaissance Center across the Mall).

Creation Care Event

by Tina Bessias

Climate change has a lot of us worried and wondering how we can go beyond basic measures like recycling and reusing shopping bags to improve the prospects for future life. The Creation Care Committee invites you to explore that topic by participating in *The Week*. It's a group

experience that offers learning, reflection, and discussion in three parts:

- What's happening? An unflinching look at biodiversity loss, pollution, and global warming
- How did we get here, and can we fix it?
- What's being done around the world to make things better?



Caring for God's Creation

Each part consists of a one-hour documentary video and a 30 minute discussion. The series was developed in 2022 by a French couple. Helene Gerin and Frederick Laloux, as their response to learning about climate change. Thousands of people around the world have participated in family groups, congregations, corporations, schools, etc. Locally, it has been done at Epworth Methodist Church and Durham Academy. People describe the experience as inspiring, energizing and empowering.

To do a session, we need three or more people who meet in person or over zoom for three 90 minutes sessions. The creation Care Committee is offering these options to get us started:

- ◆ August 7, 8, and 9 from 12-1:30
- ◆ August 6, 7, 8 from 7-8:30 pm
- ◆ August 11 at 12:15 (after church lunch provided), August 13 at 7:00 pm, and August 18 at 12:15

Please email tina.bessias@gmail.com to sign up or suggest an alternate time. Visit theweek.ooo for more information.

Growing Thru Grief

For over 10 years now, Growing thru Grief continues to offer grief support to those grieving the loss of a loved one. Here is our schedule for July.
July 2 "How to Increase Your Self-Compassion" with Dan Room
July 9 "Anger," with Bill Dahl
July 16 "Holding Hearts," with Joan Eastman
July 23 "Some Points I've Learned about Grief," with Joyce Rea

July 30

We meet at St. Paul's Lutheran Church, 1200 W Cornwallis, from 4 to 6 pm. All are welcome.