

Cross Connections



St. Paul's Lutheran Church

February 2024

Tuesday, February 13 – Shrove Tuesday Pancake Supper, 6:00 pm in Trinity Hall



It's Shrove Tuesday, so what exactly does "Shrove" mean? And why are so many people eating pancakes today? Pancakes were traditionally eaten on the day before Ash Wednesday because they were a way to use up eggs, milk, and sugar before the fasting season of the 40 days of Lent. This evening, the youth will be our cooks, hosts, servers, and clean-up crew for the Shrove Tuesday Pancake Supper. All donations this evening will go to support their trip to the National Youth Gathering this summer! Come join us for pancakes, sausage, applesauce, and fellowship.



Ash Wednesday Services – February 14

12:00 noon - Brief communion service, imposition of ashes, and healing liturgy
7:00 pm - traditional Holy Communion service with the Imposition of Ashes

Wednesdays during Lent – Feb 21, 28, Mar 6, 13, 20

- + 12:00 pm Holy Communion and Healing Service in the sanctuary
- + 6:00 pm Suppers in Trinity Hall
- + 7:00 pm Lenten Worship

If you wish to help with the meals, please contact Martha Dahl. She could use assistance in cooking, serving, and cleaning up. Vicar Gina Schaefer is in charge of our Wednesday Lenten Worship. This year, we will pray and reflect on the spiritual disciplines. We will hear a word of meditation from people who participate in the ministry of St. Paul's. Vicar Gina will also be leading a workshop during the Sunday School hour every week that will go deeper into the spiritual disciplines.



Stations of the Cross

– Pastor Lorrel Strom-Jensen

Lent begins the second week of February and Stations of the Cross will again be offered on Fridays at 12:00 noon in the Sanctuary. I hope that long-time members are looking forward to seeing St. Paul's beautiful collection of the Stations artwork as they will be back up on the side walls of the Sanctuary for the Lenten season. For those who are new, the Stations follow Jesus from Gethsemane to the tomb with visual depictions of his journey. On Fridays, you can join me to follow Jesus on this path with scripture and prayers that tell the Holy Week story. Following Jesus on this path offers pause for us to contemplate our own lives, in our time and place. Please join me on any of these Fridays at noon during Lent: Feb 16, 23, Mar 1, 8, 15, and 22.



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From the Pastor...

February is always one of my favorite months, because the Durham Jazz Orchestra comes and offers us two hours of wonderful music. I hope every year that more of us would take advantage of the music they offer. They will be with us from 7 pm to 9 pm on Saturday, February 10th. Council has approved the serving of beer and wine that evening and we hope if you come, you'd bring a dessert to share. Please join us and invite friends to come with you. The orchestra has a medley of big band music and Larry Grovenstein and Curtis Chi are part of the orchestra. Come have some fun!



February will be a month of change for my Thursday Bible Study. The Gospel according to Mark has been surveyed by Rick Lischer during January Sunday School, and I was asked to spend some time in this gospel over the next couple of months. We will begin Mark study on the first Thursday in February.

I plan to welcome new members on February 4th, so if you are interested in membership, please talk to me. Right now we will be welcoming Brianne and Pamela Meagher as well as Camber Herrig.

February also means the beginning of Lent and I encourage you to read the Vicar's article for an overview of what is happening during Lent.

Pastor Scott

Greetings, friends at St. Paul's,

It may seem hard to believe but the season of Lent is upon us!

The word 'Lent' comes from the word Lencten which is an Old English term for the season of springtime when the days are longer, warmer, and brighter, after the cold winter months. Traditionally, lent is a time of fasting and reflection, while sitting in anticipation of the resurrection. Throughout history, new converts to Christianity would use the time of lent for training and education in preparation of baptism at the Easter Vigil.

A key theme of Lent is repentance. Throughout the season we consider the place and things in our lives that have grown stagnate in sin. We look for our "turn-around" signs that tell us we need to find a new direction. Lent is a time to do a little spiritual and personal Spring cleaning. I won't pretend that this is easy work, in fact it can be quite difficult to let go of old hurts or familiar bad habits. Still, repentance

allows us to release our sorrow and grief, and turn to Jesus to be healed. Following such difficult work can be a deep sense of relief and rightness, even joy.

This year we will focus on the spiritual disciplines for Lent: prayer, Sabbath, fasting, stewardship, and confession. Learning about and practicing these disciplines can help us listen to where God is speaking in our lives and realize how God provides us the grace for forgiveness. Not all disciplines are for everyone – personally, I'm not very good at sitting still and praying for long periods of time – but everyone should do a little bit of everything. That way we can find what we are called to in this moment in our lives.

During Lent we will meet every Wednesday night at 7 PM for a brief service where we will pray and reflect on one of the spiritual disciplines. We will hear a word of meditation from people who participate in the ministry of St. Paul's to see not just how we can include a spiritual discipline in our lives but how we sometimes already do! In addition, Pastor Scott will be leading a noon communion service during the day.

For those who want to learn more, I will be leading a workshop during the Sunday school hour every week that will go deeper into the spiritual disciplines. Each week will allow a hands on chance to practice the discipline (as possible) and see how it works in practice. We will also have classes before Ash Wednesday and Holy Week to talk about what those days mean in the church year.

I hope this Lent you will find a chance to do a bit of "spring cleaning" in your spirit, whether it's through worship, practice, or prayer.

Vicar Gina

Preschool Pitter Patter

Amanda Stoen



A huge THANK YOU for all of the book donations to Book Harvest! The preschool and church together collected more than 100 books! Many thanks to Heather Slane for organizing the Book collection and delivering the books to Book Harvest. If you want to learn more about the important work they do in our community, please visit

www.bookharvest.org to learn more.

Our classes have been learning all about winter since we have returned to preschool and we experienced some very cold weather in January! While

we have not had snow yet, we have had ice and the children have been exploring it while outside. Our teachers also made “snow” for sensory bin exploration for the children to make snowballs. Our teachers are very creative in ways to help the children experience winter in the south!



Enrollment for the fall has begun! We offer classes for children ages 10 months - 4 years old. If you are interested or know of anyone who is, registration forms and tours are available on our website, stpaulspreschooldurham.weebly.com. If you have any questions in the meantime, please reach out to me at the church or by email: preschool@stpaulsdurham.org. Thank you for your support and prayers of this flourishing ministry at St. Paul’s!

Youth Corner

Again the youth group would like to say a very big THANK YOU to the families of St. Paul’s for your continued support of the youth group both financially and prayerfully as we continue to grow. The youth have had a fun start to 2024. We started the year out by meeting for Sunday School on January 14 where we talked about what the season of Epiphany means and is in the Lutheran church calendar. It was a fun discussion that allowed us to look at life and this time at church in a deeper understanding.

We then gathered on Friday, Jan 19 for the first lock-in of 2024. The night started out with a spaghetti and meatball dinner that was made by some of the youth group, before we sat down and enjoyed the meal together. We even learned how to clean the kitchen as



SHROVE TUESDAY

a way to prepare for when we host, cook, and clean-up the Shrove Tuesday pancake supper on Feb 13th. We are

looking forward to seeing you all there to join us as we prepare for Ash Wednesday and the season of Lent.

We then headed off to Frankies in Raleigh for two extremely fun rounds of Laser tag. We were the dominating team beating both teams that we played against. Once we were done, back to the church for the night we went. We had a fun and challenging scavenger hunt. The youth divided into two groups, middle school vs. high school, where they had to solve different riddles to get from clue to clue. The middle schoolers took the lead and beat the high school team, but we later learned a little cheating took place. But leader, Megan Cunningham, quickly learned the prize: (a giant bag of candy starburst, skittles, and chocolate) may not have been the best choice of a prize! The youth then played two very “educational” games of pictionary and charades. One round of hide ‘n seek took place before we started “Guardians of the Galaxy version 3” or playing the piano in Whitesell Hall. By around 1 am all the youth dispersed about the church to sleep except Adsila Getz who bravely stayed awake all night to watch more movies. By 8 am all youth were awake to clean up their stuff and eat breakfast before heading home.

One of the youth group members you are going to continue to see and learn about is Kathryn Pattison. Here is a little biography of herself from Kathryn. “I love to dance, I dance at Hillsborough, cheer, dance, and gymnastics. My favorite form of dance would definitely have to be contemporary. I love contemporary because I can expres emotions through my movements and it helps me to connect with my body. A fun fact about me is that I have 7 siblings, my siblings are the most important thing to me in this world. I love my family so much and am so grateful to have them. I am looking forward to exploring New Orleans and learning more about its history.” You can continue to see and get to know Kathryn at different youth activities as we prepare for the national youth gathering down in New Orleans during July.

January was just the start of a fun filled year for the youth group. Come on down to the youth room on any 2nd or 4th Sunday of the month to see our group continue our discussions about the church year. Or you can find us at our next lock-in on Friday, Feb 9 at 5 pm where we will have a taco bar for dinner and then head to Bowlero Durham for a few hours before spending the night at church. Or you can also get to know the group when we host, serve, mingle, and clean up on the Feb 13 Shrove Tuesday Pancake Supper. If you would like more information about the youth group or upcoming events please reach out to leaders: Joan Albright or Megan Cunningham at the new youth group email link: youth@stpaulsdurham.org.

**Join us as St. Paul's Readers
Welcomes Rick Lischer!
Sunday, February 25 at 12:30 pm**

Please note the change of date and time for this meeting. We invite everyone to join us for our discussion of *Open Secrets: A Memoir of Faith and Discovery* by Richard Lischer, 2022 (Doubleday). We have moved our regular meeting date and time to Sunday, February 25 at 12:30 pm, in Trinity Hall to allow others to take part. A light luncheon will be served.

Rick Lischer's memoir recalls his first try at ministry in a country church in southern Illinois. Fresh from a Ph.D. in theology and bursting with ideas and ambition, he finds himself assigned to New Cana Lutheran Church, an American gothic congregation "as tightly sealed as a jar of home-canned pickles." For Lischer and his wife, Tracy, the ministry's first lesson is a lesson in loneliness. Eventually, he learns (the hard way) that farming, loss, storytelling, and gossip possess their own wisdom and can be ministry themselves.

In this book, the cultural revolutions of the 1970s, from Vietnam to Watergate, are viewed from the front porch of a white-framed parsonage in the middle of a cornfield. With charm, openness, and humor, Lischer brings to life the clash of cultures and personalities that mark the beginning of a vocation. About this book, *Publisher's Weekly* wrote, "[Lischer's] portraits are masterfully drawn. Not only does he write beautifully, but he also tells the unvarnished truth about both tragedy and redemption in a Christian community."

Your church book club is delighted to host this event to highlight Rick's considerable talents, along with his wit and wisdom. You may not be surprised to learn that he has written or edited fifteen books. Please come, even if you have not read the book. We want to encourage everyone to hear about his early years of ministry and share in his journey. Our goals are for a lively discussion and good fellowship. We also want to encourage a love of reading along with the personal growth that ensues.

If you want to read ahead, our March selection is *The Heaven & Earth Grocery Store* by James McBride, 2023. This novel has garnered numerous awards and is billed as a boisterous hymn to community, mercy, and karmic justice.

St. Paul's Readers is open to all – men and women. Please consider coming to our monthly meetings (3rd Thursdays at 3 pm). We'd be happy to see you. Please contact Katherine Trexler (katherine.m.trexler@gmail.com) with questions.

Black History Month Devotions honor the work of CCG

by Marillyn Bell-Hawley

The Social Ministry Committee has graciously invited the former Continuing Conversations Group to merge with them in an effort to expand the work of both groups by providing greater opportunities for the congregation's Outreach Ministry.



The Social Ministry Committee is very excited to welcome CCG members and would like to honor their work by providing special devotions during the month of February, Black History Month.

These devotions will reflect the level of CCG's in-depth work of exploring African American history, culture, and its relevance to our congregation. These devotions are rooted in the foundation of our mission here at St. Paul's, to strive for greater awareness of our diversity, tolerance, and our Christian bonds that connect us all.

Thank you Continuing Conversations Group for establishing that foundation. We look forward to even greater growth together.

Social Ministries Committee Expand/Explore/Educate

As we continue to EXPAND current ministries (see Volunteer Opportunities below) and EXPLORE and initiate new ministry possibilities (see article about the March 9th Rise Against Hunger meal preparation event), we also seek to target our third goal of EDUCATING ourselves – as a committee and as a congregation – about the most pressing needs in our community ... needs which primarily affect the most vulnerable of our brothers and sisters.

Once we learn about these pressing issues, we then will be better equipped to ACT in tangible ways to help address specific needs within our community and also learn to ACT as advocates to "restore and reconcile our world." [quote source: <https://www.elca.org/Our-Work/Publicly-Engaged-Church/Advocacy>]

EXPLORE: As mentioned in the December CC, please continue to thoughtfully consider the question which Vicar Gina asked during her sermon on Nov. 12: "What new ways can we reach out that we haven't yet considered?" Think small and think BIG! The Social Ministry committee members regularly will review all these potential ministry ideas – in addition to the list of topics generated at the Social Ministry Summit on July

16, 2023. Please place your ideas for new ministry opportunities in the Social Ministry mailbox or email your ideas to Joan Pepper. (irisdragonfly45@yahoo.com)

Our next meeting will be held on Monday, February 12 at 7:00 pm in Whitesell Hall. The primary focus will be EDUCATING OURSELVES – and we will be brainstorming: 1) additional ways of sharing information about current ministries with church members and visitors, and 2) select topics for church-wide educational opportunities and potentially identify speakers who have expertise in those areas. We also will set a tentative schedule of events for the remainder of 2024. All church members and regularly attending visitors are always welcome to join us.

Volunteer Opportunities with Ongoing Social Ministries:

The Refugee Support Team:

- additional female drivers

Camp Destiny & Burton Magnet Elementary (BME) Community:

- BME - Volunteers to read 1:1 with 1st graders* - weekly commitment on your choice of weekday/s
- BME - Volunteers to assist students with homework during after-school program* – weekly commitment on your choice of weekday/s

*NOTE: Prospective volunteers for the BME in-school activities must first complete a volunteer application through Durham Public Schools; application available at:

<https://www.dpsnc.net/domain/133>

- **Urban Ministries:** Volunteers to serve lunch at UMD’s “Community Café” on the 3rd Saturday of each month: sign up link: bit.ly/UMD_Signup
- **Creation Care:** New CC team members to assist with the increasing number of CC projects

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.

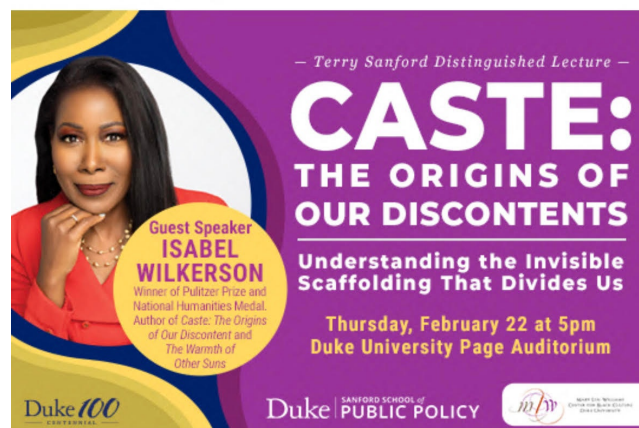
Stephen Ministry

The holidays are over. The presents have been opened, the decorations put away and the tree taken down. Winter has us in its icy grip. The days are shorter and the nights longer. It is that time of the year when sorrows are magnified, grief sharper, and loneliness more pressing.

But you don’t have to suffer alone. There is a



willing ear to listen to all of these concerns. This ear is attached to a Stephen Minister – a trained layperson willing to deliver Christ-centered care to hurting people. All conversations are kept confidential so you can feel safe in talking about all your concerns and fears. If you or if you know someone who would benefit from a Stephen Minister, contact John Foreman, Kim Hoke, Nan Treul, or Pastor Scott.



You’re Invited! February 22

Isabel Wilkerson is in the news these days. Her work is the subject of a just-released film, “Origins” by Ava DuVernay which a critic calls “as audacious as it is ambitious . . . [exploring] history and hierarchies of power...” The film is based on the story of how Wilkerson came to write *Caste: The Origins of Our Discontents*. This extraordinary book uses the lens of India’s caste system to re-frame our views of race in the U.S. “A book steeped in empathy and insight, *Caste* explores, through layered analysis and stories of real people, the structure of an unspoken system of human ranking and reveals how our lives are still restricted by what divided us centuries ago.”

On Thursday, Feb 22, Wilkerson will be speaking at 5:00 pm in Page Auditorium on the Duke West Campus. The Social Ministry Committee has obtained eight tickets to the lecture. If you would like to attend, please send a message to either Joan Pepper or Bee Ellertson. We will be offering to carpool to the campus that afternoon.

The Duke Sanford lecture invitation tells us that Wilkerson “offers a holistic approach to understanding ourselves and our society and shares urgent insights into our current era of rupture and uncertainty, pointing toward hope in our common humanity.”

We hope you can join us.

Joan Pepper and Bee Ellertson

Panel Discussion and Exhibit about Housing Inequality

On Feb 23, a reception and panel discussion at Duke will review the exhibit, “Uneven Ground: the Foundation of Housing Inequality in Durham, NC.”

The exhibit “connects the historical roots and contemporary effects of inequality in Durham. It was part of the Bull City 150 project in 2019; the banners will be on display in the Rubenstein Building (next to the Sanford Public Policy building on Duke’s West Campus) until March 8. Robert Korstad, organizer of the Feb. 23 panel discussion, says that “We hope the exhibit lays the foundation for further reflection and community dialogue about the hopes and challenges of housing and land equity in Durham’s modern era.”



The reception starts at 4:00 pm on Feb 23. Members of the Social Ministry Committee plan to carpool to the Duke campus for this event. If you would like to join us, please send a note to Bee Ellertson at bellertson@icloud.com.

Prayer Shawl Ministry Information

Do you know of a St. Paul’s church member or personal family member/friend going through a serious, prolonged, physical, emotional, or spiritual hardship such as confinement in a home/hospital/rehabilitation facility, grief, divorce, illness, mental decline, job loss?? If so, continue reading...

Please take a Free full-sized Prayer Shawl from the quilt rack next to the table just outside of the Narthex **OR** pick up a **small “Pocket” Prayer Shawl** which will easily fit inside a purse or pocket. Also notice there are blank cards in which to write a note before presenting your recipient with our gift.

Members of St. Paul’s “Dropped Stitch” group have knitted these hand-made articles for those currently in need of our **Tender Loving Care**. The shawls provide both **tactile warmth** and **emotional comfort** in order that...

together we make known God’s love.



Ohio’s Lutheran Marriage Encounter community is offering a mini-retreat on the **Five Love Languages** by Dr. Gary Chapman

Saturday, February 10, 2024
11:45 am Log in (Eastern time)
12:00 Noon Start
3:00 Approximate end.

For: EVERYONE

E-mail questions or rsvp to: Jean & David Fell davidjeanfell@hotmail.com (as they have important handouts to send).

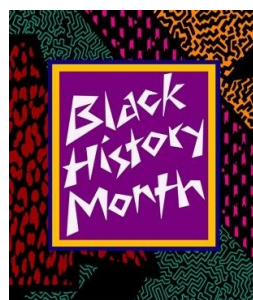
Log on and join us:

<https://us02web.zoom.us/j/7307342644?pwd=TG51VHVKaWo0Nm1MZUFRL2pDOWh2UT09>

Meeting ID: 730 734 2644 Passcode: Faith (Kevin Guynn will be available for technical assistance at 440-346-0272, starting at 11:45)

Do spread the word. This can be really valuable for anyone who has any kind of relationship – whether it’s with spouse, fiancé, siblings, kids, parents, good friends – in other words – EVERYONE! Find out what your primary love language is, and find out how to discern that other person’s primary love language. It might be that you’ve been talking ‘past’ each other for years. No wonder your “love tank” is sometimes running on fumes.

Workshop on the Singing of African-American Spirituals at Christ the King Lutheran Church Saturday, February 10, 2024



This year as part of our celebration of Black History Month, Christ the King Lutheran Church will be hosting a workshop on the singing of African-American spirituals. This event, geared toward adults, will be held on Saturday, February 10, 2024, from 9 am until 12 noon at CTK, 600

Walnut Street in Cary, followed by lunch. The workshop (and lunch for adults) is free thanks to generous support from Thrivent Financial for Lutherans. We cordially invite you and others from your congregation, organization, or school to attend. Our presenter will be Dr. Ginger Jones Robinson.

Growing Thru Grief

At Growing thru Grief, we're continuing to offer grief support to those grieving the loss of a loved one. Here is our schedule for February 2024

- Feb 6 – “A Grief Perspective” with Jane Williams
 - Feb 13 – “Here Comes ANOTHER Holiday!” with Bodie McCann
 - Feb 20 – TBA
 - Feb 27 – “What I Have Learned from 22 Date of Death Anniversaries” with Mandy Murphy
- We meet at St. Paul’s Lutheran Church, 1200 W Cornwallis Rd, from 4 to 6 pm. All are welcome.

- ❖ *Enjoy little children?*
- ❖ *Miss your growing grandchildren?*
- ❖ *Want to share some fun children’s literature with children?*

Wildflower Cottage would love to have you come read a story to the children, share a hobby, or show them something that is of interest to you. Many children of Wildflower have out of town/state/country grandparents that they don’t get to spend time visiting with on a regular basis. The intergenerational experience could be a fun adventure for everyone! For more information, contact Krissy or Shaena at Wildflower Cottage.

Creation Care

Do you have Christmas or other greeting cards that you would like to recycle? One way is to use them to make gift tags. Another way is to cut them to make cool book marks. If you wish to have them recycled, bring the fronts (no writing) to church and place them in the basket on the credenza. They will be taken to a place which will use them for crafts. There is also an envelope for used postage stamps.



Our tip of the month is for Safe Deposit of Used Medications. They are accepted at:

- Walgreens, 6405 Fayetteville Rd, Durham
- Walgreens, 3905 N Roxboro Rd, Durham
- CVS, 3573 Hillsborough Rd (rte 70) Hillsborough
- Local law enforcement facilities

We continue to collect used eyeglasses, small batteries (NO LITHIUM) and pop can tops. The drawers are located next to the credenza in the atrium.

Time to Update!

It is time to bring us up to date on our current pictorial directory. To help us – **please submit a current photograph of you/your family.** It does not have to be a professional photo – many of you probably 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 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. On the Credenza under the TV monitor are instructions on how to download the app. Any questions? Ask staff!

Offering Statements

The 2023 annual giving statements have been mailed. If you have a question regarding your statement, please contact one of the co-financial secretaries, Phil Hart (psbhart@gmail.com) or Rod Runestad (rodrunestad@gmail.com) .

St. Paul's Lutheran Church, ELCA
1200 West Cornwallis Road
Durham, NC 27705-5731

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PASTA for PARKTOWN!!
Help Stock the St. Paul's Shelf
at Parktown Food Hub!



Thank You. You have continuously helped to meet a vital need that keeps growing. 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. Also, on the first Sunday of the month we will accept closed bags of paper shreds. Parktown Food Hub uses them for their compost piles.

Young In Spirit

February get-together is on Wednesday, February 14 after the 12:00 noon Ash Wednesday service. We will have lunch (approximately at 12:45 pm). Please bring a side dish to share for a potluck lunch. Sloppy Joes sandwiches will be provided.



UMD (Urban Ministries Durham) Food Prep!

We will volunteer our services on the third Saturday of each month, 11:30 am-1:30 pm. Next date is **February 17, 2024**. During the shift, you will prep for the dinner meal and serve lunch. Sign up online at this site: http://bit.ly/UMD_Signup

Volunteers must be 13 years old, must wear closed toed shoes and shirts that cover armpits. Hairnets and aprons are provided – you can bring a hat and apron as well. Urban Ministries is located at 410 Liberty St, Durham NC 27701. If you have any questions, please contact Amanda Anderson at andersona1129@gmail.com



Durham Jazz Orchestra -
Saturday, February 10 at 7 pm

Time again for our fabulous Big Band Bash and dessert pot-luck. Come and enjoy the sounds of the Durham Jazz Orchestra, an



18 piece big band plus vocalists. Our own Larry Grovenstein and Curtis Chi are part of the Orchestra. Their music will have you ready to dance and we will be accommodating – the dance floor will be open to anyone. Bring along a dessert to share if you wish and we'll celebrate with beer and wine. Please invite friends and neighbors to come along. It is a fun evening with great music.

RISE AGAINST HUNGER will take place at St. Paul's Lutheran Church, on Saturday, **March 9th** from 9 AM - 12 Noon. January begins the official kickoff for our 2024 Rise Against Hunger work day on March 9, 2024. The financial goal is \$4,300 to cover the cost of 10,000 meals. And, we need commitments for 60 workers between 9:00 am and Noon on March 9th. Register to work at: Events.Riseagainsthunger.org/STPLC There is a small table display in the foyer for the "CHANGE for a CHANGE" event to collect your loose change (or more). These collections will be turned in at the end of February to help fund the event on March 9th. We have already received financial commitments to cover over half of the cost of this event. We will have special envelopes in the pews and at the usher table for your donations. Any extra we receive will be held over for another event. For questions/suggestions contact: Dean Redman, Marilyn Hawley, Bee Ellertson, or Mary Runestad.