

**Uniting in Worship.
Welcoming in Grace.**



ST. GEORGE'S EPISCOPAL CHURCH

October 2020

Volume 27, No. 10

This is a free publication
for members and friends.

www.stgeorgesonline.org

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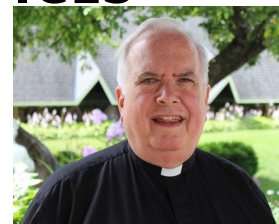
Office Hours: 8:30am -
1:30pm

Monday - Thursday

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AUTUMN SPIRITUAL PRACTICES

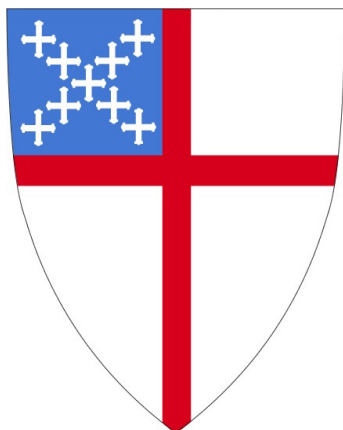
by Rev. Tom Gehlsen



Each of the seasons offers a great deal of wisdom for the spiritual journey. Autumn is a season of transition, reminding us that our lives are constantly in flux. Of course, change is always with us, but autumn brings us to a deeper awareness that we live in a continual cycle of dying and rising. In the Benedictine tradition, one of the commitments is to conversion. Essentially it means being open to the surprise of God throughout your life and therefore open to change. It means believing that God is far bigger than anything you can ever imagine, and so there will always be more dimensions of the sacred to discover.

The autumn leaves changing colors are actually reverting to their original hue as chlorophyll is gradually blocked. As the trees begin to pull energy inward for the coming hibernation of winter, the chlorophyll in the leaves decreases and the vibrant shades we witness are the tree's true color. As autumn begins, we are called to reflect where we are being invited to surrender our masks and become more truly who we already are. With fall's energy of release, we are asked to consider the things, habits, beliefs, and attitudes that we are being called to let go of in the coming days.

The autumnal equinox is the day when the sun rests above the equator, and day and night are divided equally. Autumn's gifts reflect this balance between two energies: the invitation to relinquish and to harvest. Autumn is a season of paradox that invites us to consider what we are called to release and surrender - what no longer serves us or what gets in the way of being present to the holiness of each moment. Autumn also invites us to gather in the harvest, to name and celebrate the fruit of the seeds of dreams we planted months ago. In holding these two in tension, we are reminded that in our letting go, we also find abundance.





EDUCATION UPDATE

by Heather Whitesell Education Coordinator

Though we are still worshipping from our homes, Children's Chapel is up and running. We are following Lectionary based curriculum so kids read and contemplate the Gospel that the rest of the congregation is reading. The Gospel of Matthew has a strong emphasis on forgiveness. Kids are learning to show forgiveness to others as well as ask for forgiveness themselves. Here are a couple of nice prayers related to forgiveness.

Forgive All My Sins
Lord Jesus,
You opened the eyes of the blind,
healed the sick,
forgave the sinful woman,
and after Peter's denial confirmed him in your love.
Listen to my prayer:
forgive all my sins,
renew your love in my heart, help me to live in perfect unity
with my fellow Christians
that I may proclaim your saving power
to all the world.

Friend of Sinners
Lord Jesus,
You chose to be called
the friend of sinners.
By your saving death and
resurrection
free me from my sins.
May your peace take root
in my heart
and bring forth a harvest
of love, holiness, and
truth.



October Birthdays

- 4 Gwen Gysland
- 5 Sydney Holbach
- 7 John Hagerman
Evan Troyer
- 8 Ellen Doering
- 14 Mary Poulsen
- 15 Mary Kuhfeld
Heather Whitesell
- 17 Roxy Zaun
Katherine Owens
- 20 Yosef Huner
- 21 Alan Poulsen
Barbara Behrens
- 25 Amanda Salami
- 27 Bruce Alexander



PARISHIONER PROFILE



Spotlighted this month in our Parishioner Profile is Iris Alexander! Iris is a long-time member of St. George's who has been attending with her family since she was five or six years old. Iris was both confirmed and married (to Bruce Alexander) at St. George's and became a regular attendee herself when she would drive her mom, Myrt Monroe, to Sunday service. Over the years, Iris has been active on the Finance Committee, Vestry, and Kids Café. When not enjoying time with their large family and caring for others, Iris and Bruce like to pack their bags and head for adventures and warmer weather - in New Mexico, Oklahoma, Arizona, Hawaii, as well as more exotic locales like Puerto Vallarta, Israel, and multiple cruise stops in the Mediterranean. During this time of pandemic, Iris misses attending St. George's and seeing the people who have become an important part of her life, and she looks forward to worshipping together in the future. We asked Iris a few questions to gain even more insight into her personality. Here are her responses:

1) What book, movie, or TV show that you've read/watched recently would you

recommend? Masterpiece Theater's Grantchester - about an Anglican priest who does detective work, addressing moral dilemmas along the way.

2) What is your favorite place of all the places you've traveled? The most memorable was Greece - we were in Athens, Santorini, Delphi, and other small islands. Also in Israel, there was so much history and so much to see. There was an indescribable feeling of being in Jerusalem and of wading in the River Jordan.

3) Would you rather travel back in time to meet your ancestors or to the future to meet your descendants? I'd rather travel back in time. All my grandparents except my paternal grandmother died before I got to know them. When my mother died, I found a photo of her great-grandparents, who were full-blooded Chippewa, standing in front of a wigwam. It would be interesting to meet them.

4) Coffee or tea? Both! But maybe more coffee.

5) You can have an unlimited supply of one thing for the rest of your life - what is it?
Good health

Do you have someone you would like to see covered in a parishioner profile? Or would you yourself like to give it a go? Contact either Sarah Schulte, Rachel Santos, or Jill Burns..



OFFICE HOURS AT ST. GEORGE'S

From Memorial Day to Labor Day ----

Monday - Thursday 8:30 am - 1:30 pm

From Labor Day to Memorial Day

Monday - Friday 8:30 am - 1:30 pm

Heather Grieger's Hours:

Monday, Wednesday, Thursday

6:30 pm - 8:30 pm

Tuesday 6 pm - 8 pm



Ask the Rector!

This is your opportunity to ask all those questions you may have about the church, faith, religion or whatever is on your mind. Questions and their answers will be posted in the next newsletter.

Send questions to Sarah Schulte
schultemsb@yahoo.com

and indicate if you would like your name included with the question. Don't be shy, all questions are welcome!

REFLECTIONS FROM THE ECM CONFERENCE 2020

I found it educational, emotional, and inspiring. I believe that the path forward for us at St. George's, will involve the use of creative thinking. Saturday's workshop with Fr Pogue on discipleship was amazing, with practical information, for these times. Lots of really good perspective on interpreting & practicing discipleship in our congregations. Sacred Ground was emotional & informational. I felt I had been oblivious to some of the ways that racism had been manifested in our country. Surely these things couldn't have been...what can we do to reshape our tree with the large rotten core, it needs to be done. Bishop Loya was inspirational, his service was amazing.

submitted by Suzy Garland

One overall impression that I would like to share with the parish is how impressed I am with the tenth bishop. His humor, his genuine joy to be here in Minnesota and to be part of this church community were clear in his opening address, through the business meeting and especially in the way our shared Sunday service was handled at the special occasion of Convention in these strange times. His deep and abiding spirituality will be both a great comfort to us, and effective at encouraging us to move forward in these uncertain times. It is also important to note that all the presentations, chat comments and resources mentioned in the presentations will be available through the ECMN website. I believe that it would be valuable for us to set up viewing parties to gather virtually, see the presentations and reflect on them together.

Notes from Discipleship presentation:

1. Gathered church and Scattered church - the metaphor of the members of the community flowing in and out of the church building; like breath entering and leaving the lungs, or like the action of a heartbeat is a powerful one. There is important work to be done on both ends, and there is vitality flowing in both directions. Life only really happens when you breathe BOTH in and out.
2. Playfulness. This is an important aspect of doing the work of discipleship. We can look for ways that it can be both important and fun.
3. Learning from failure... failure as opportunity see where improvement can happen.
4. How to go beyond anger to addressing the root of transgression. Justice work. Anger shows us what we desire to change, but usually does not help to make the change. Bishop Loya's sermon on Sunday made a good suggestion towards approaching this question - allowing ourselves to be the branches of the vine; abiding in Jesus the vine, and allowing the God to prune the vine as He sees fit, rather than struggling to remake our own branch into the whole vine.
5. What is life-giving, and what is life-taking? This is a powerful question to be asking about our ministries and activities as the church. A question that comes to me is, "How do we free the clergy from the profane business of the physical church building to allow them to do the sacred work of the church community? One of the historically successful answers to that question seems to be shared ministry.

Notes from Innovation and Vitality presentation:

1. Maintaining the Faith Community of St. G's, instead of maintaining the building. We can continue to be what makes St. G's worthwhile regardless of what building we use.
2. Interactive response to the Word. This looks like a terrific way to have the children lead the adults in opening up and talking about the Scripture and the Gospel.
3. Seeing small size as an opportunity for freedoms instead of as weakness.
4. Abundance. Throughout the presentation, there was an overall feeling that as small as the group was, they were working with an attitude of abundance that sees everything through the lens of how much there is that we can do for one another, how much we can share, and how much good work can be done.
5. Fearlessness in doing the work. I really believe that the perspective of seeing small size as granting opportunity and freedom; as well as being willing to learn from failure, truly allows this parish to demonstrate fearlessness in going out and doing the work they are called to do. We can aspire to all of those qualities and attitudes.
6. Good News Garden. Personally I love the idea of working with the parish to set up garden plots - on the model of WW2 Victory gardens to grow food and provide for the community - both in food and in the sense of agency to help make a difference.

Notes from the Justice Presentation:

1. Sacred Circles - Curriculum... 10 sessions. These would be a fabulous program for us to host virtually, both for the parish and for the wider community. This is a powerful and much needed component to the wider social dialog happening around racial justice today. This is a forum where our history and our identity give us a powerful ability to host and foster this work.
2. Sacred Ground as a place to practice communication across barriers of politics, class, race. Many of us have lamented the difficulty of communicating across the divisive issues and politics of the present moment. The Sacred Ground format seems as if it could be a helpful way to foster and teach that kind of difficult dialog.
3. Legacy of racism as a diminishing of our all our potential as God's children, and how healing moves us forward. It seems to me that this is a powerful and powerfully positive way to frame the discussion of race in America.

submitted by Cyprian Troyer



Check out the events in October!

ALL EVENTS ARE ONLINE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:30 pm – AA (G)	2	3
4 9 am - Hymn of the Day (Zoom) 9:30am – Morning Prayer (Zoom)	5	6	7 11am – GBD (Zoom)	8 6:30 pm – AA (G)	9	10
11 9 am - Hymn of the Day (Zoom) 9:30am – HE, Rite II (Zoom)	12 7 pm – Finance (ZOOM)	13	14 11am – GBD (Zoom) 7pm – Peer Support	15 6:30 pm – AA (G)	16	17
1 9 am - Hymn of the Day (Zoom) 9:30am – Morning Prayer (Zoom)	19 7 pm – Vestry (ZOOM)	20	21 11am – GBD (Zoom)	22 6:30 pm – AA (G)	23	24
25 9 am - Hymn of the Day (Zoom) 9:30am – Morning Prayer (Zoom)	26	27	28 11am – GBD (Zoom) 7pm – Peer Support	29 6:30 pm – AA (G)	30	31

GOSPEL BASED DISCIPLESHIP

11:00 am Every WEDNESDAY

<https://zoom.us/j/397934453>

Meeting ID: 397 934 453

You may also join audio by phone: +1 312 626 6799

Key:

GBD – Gospel Based Discipleship HE – Holy Eucharist CEB – Christian Education Building
LL – Library Lounge G – Garden

Sunday Worship AND Hymn of the Day

Join Sunday worship service a bit early to participate in Hymn of the Day.

9:00am Hymn of the Day

9:30am Sunday Worship Zoom Meeting for both:

<https://zoom.us/j/141788041>

Meeting ID: 141-788-041

You may also join audio by phone: +1 312 626 6799

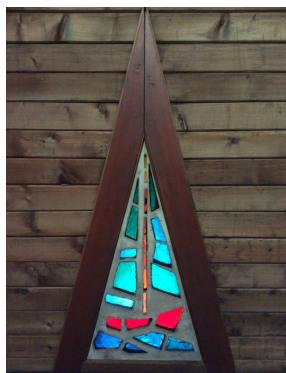


MINISTERS OF THE EUCCHARISTIC ASSEMBLY

	October 4 Eighteenth Sunday after Pentecost	October 11 Nineteenth Sunday after Pentecost	October 18 Twentieth Sunday after Pentecost	October 25 Twenty-First Sunday after Pentecost
Readings	Exodus 20:1-4, 7-9, 12-20 Psalm 19 Philippians 3:4-14 Matthew 21:33-46	Exodus 32:1-14 Psalm 106:1-6, 19- 23 Philippians 4:1-9 Matthew 22:1-14	Exodus 33:12-23 Psalm 99 1 Thessalonians 1:1-10 Matthew 22:15-22	Deuteronomy 34:1-12 Psalm 90:1-6, 13- 17 1 Thessalonians 2:1-8 Matthew 22:34-46
Lectors	Kathie Brown	Mary Kuhfeld	Cyprian Troyer	Devin Snyders



WINDOWS ON ST. GEORGE'S A Monthly Tour through the Stained Glass Windows of St. George's.



Continuing our tour of the stained windows of St George's, we approach the third window and find the theme of the Church sailing forward.
Window 3

Central feature in this window is a ship in full sail. This represents the Church, the Body of Christ, moving onward through life, its sails filled with energy and strength. In the ship one is safe from the evil powers of the world even as the crew of a ship are safe from the surging waters of the sea. Thus Noah in the ark was saved at the time of the flood for 40 days and 40 nights.

Next month we'll look at God's watchful eye over us.

St. Mary's Circle

St. Mary's Circle met via Zoom Monday, September 21 from noon to 2:30. It was the first time the women's group had gathered since March because of the pandemic. There was a great turn-out, and the time was enjoyed by all. It was so nice to hear what is going on with everyone. St. Mary's Circle will meet again Monday, Oct. 19 at noon. Please join the conversation if you're interested! St. Mary's Circle is open to all the women of the parish.

BOOK SHARE

by Sarah Schulte

God's Hotel by Victoria Sweet

This is a fascinating book about the last almshouse in the United States – San Francisco's Laguna Honda Hospital. Laguna Honda was the facility where people ended up when they had nowhere else to go. The author, Dr. Victoria Sweet, came for two months and ended up spending the next 20 years as a doctor there. Her story covers the transition from a hospital that was old-fashioned in its human-paced medicine to a state-of-the-art facility. She weaves intriguing stories of her patients and her colleagues into a compelling argument for "slow medicine," using the metaphors of a mechanic repairing a broken machine versus a gardener tending a garden. The stories of her patients really shine and add much depth to the book. The book not only covers the hospital's transition, but Dr. Sweet's personal journey of studying medicine, her exploration of Benedictine nun Hildegard of Bingen's approach to medicine in the 10th century, Dr. Sweet's own pilgrimage on the Camino de Santiago, and the importance of community in our lives. I highly recommend it! God's Hotel is available in print, audio, and ebook through Hennepin County Libraries.

Do you have a book, program, podcast or other you would like to share with your friends? Please contact Rachel Santos to have it included in an upcoming parish newsletter. All topics are welcome!

FASCINATING FACTS ABOUT ST GEORGE'S

by Camille Schroeder

A little bit of history.

St. George's first services were in 1945 and were held in the band room of St. Louis Park High School. The church began with 15 families and grew rapidly. As more space was needed, the church was moved to the American Legion Hall on Excelsior Blvd. This, of course, proved to be not the best environment for a church and a new location was pursued. Land was purchased on Minnetonka Blvd. (present site of St. George's) and plans were made to use Quonset huts for the church building. Construction was begun in October of 1948, but sadly, a fire on Feb 7, 1949 delayed completion of the church until May of that year. By early 1950 there were 505 baptized members in the church and 235 children in the Sunday school.

Last month we mentioned that St. George's has a cornerstone. Did you find it? The cornerstone is on the Minnetonka Blvd. side of the building, just to the east of the red doors and contains important elements in the history of St. George's



PLEDGES

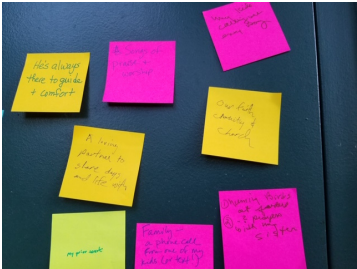
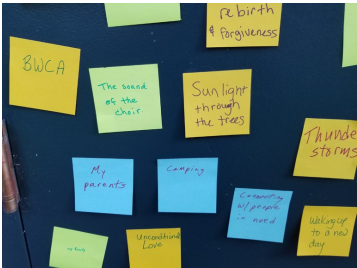
by Carole Leonard, Chair of Buildings & Grounds

Just a reminder that even though we have not been able to gather in person at St. George's church for several months due to the pandemic, the bills of the church still need to be paid. As of the end of June (the last month for which we have numbers), we were behind in year-to-date pledges by \$8,465. If you are able, please continue to mail your pledges to the church office. Thank you.



Big Joys & Little Joys

On September 2, a group of St. George's parishioners gathered briefly to celebrate the big joys and little joys in our lives based on the quote by Hermann Hesse. Under a tree near the picnic shelter, John Hoffacker asked participants to grab a Sharpie marker and a Post-It pad to write down the little and big things that bring them joy - in the physical world around them, the spiritual realm of worship or contemplation, and finally, in memories or thoughts. The notes were stuck on the wall of the picnic shelter so all could see. Ice cream sandwiches were distributed, and the 20 minute socially-distanced gathering was wrapped up. It was wonderful to see everyone who was there! Check out a few of the photographed Post-It note joys in the photos. If you weren't able to attend, maybe take a few moments to write down your own big and little joys for each of the three areas listed above and see if that brings a smile to your face.



Congratulations to Nancy and Gordy Justus on becoming great-grandparents! Their great-grandson, Miles Mackenzie Longren, was born March 5th and at six months old is now on the move!

WELCOME COMMITTEE

If you have a request for "thinking of you" cards and notes, Jane Sandsmark is writing the cards of support to our parishioners. Please email, call, or text any request for cards of support to Jane. Mjsandsmark@gmail.com 952-221-4004 Thank you!

BUILDINGS & GROUNDS PROJECTS UPDATE:

by Carole Leonard, Chair of Buildings & Grounds

Stone wall on Minnetonka Blvd.:

Thank you to Tom Zaun for single handedly rebuilding the stone wall in the front of the church on Minnetonka Boulevard. Many of the top-cap stones had seriously deteriorated and the loose stones were falling onto the grass below. (See before and after photos below). Each of the 23 stones Tom replaced weighed 50 pounds, and Tom first had to lift them into his truck at Hedberg Stone, then out of his truck onto the church property, and then lifted them into place (after first removing each of the heavy deteriorated stones). All in all, Tom lifted 46 of the 50-lb stones which equals one ton.

Thank you, also, to Connie and Al Kotula for loading up and hauling away the 23 old deteriorating stones and depositing them at Hedberg Stone.



Power washing the stonework for algae: Thank you to Gregg Jacobson for power washing the algae from a wall in the playground area as well as the stone wall that borders the garden court.

Painting & prep work: Thanks to the following parish volunteers who have been busy painting around the church property. Thank you to Jane Sandsmark and Kris Kelley for their work on painting the north and south facing fascia on the A-frame church as well as the window sills and the wood fascia on the covered walkway; and to Gregg Jacobson, Carole Leonard and Kris Kelley for their work on painting the west side of the Quonset building which included the stucco and portions, the Library Lounge windows, the parish hall windows, and two large sections of corrugated metal.

Another thank you goes to Bill Stromberg who also single handedly painted the rusted white railings along the very long handicap ramp that runs between the west-facing A-frame building and the Education Building that faces Minnetonka Boulevard. This area will now give a nice impression of our church to cars and pedestrians passing by. (See photo.



A hearty thank you to the Buildings & Grounds Committee and volunteers - Geri Alberg, Gregg Jacobson, Kris Kelley, Carole Leonard, Jane and Mike Sandsmark, Bill Stromberg, and Tom Zaun - for their work painting the outside trim as well as power-washing the west side of the building in preparation for painting. We appreciate your hard work!

BISHOP LOYA TO SPEAK!

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On Sunday, October 11th we at St. George's will welcome our new Bishop, Craig Loya, to preach a homily on Stewardship! We are excited to welcome him and anxiously await his words to assist each of us in our discernment on our gifts to the church. Please plan on being with us that day via Zoom for his spiritual guidance!



PARISH STAFF:

Rector: The Rev. Thomas J.
Gehlsen, Ph.D.

tomg@stgeorgesonline.org

Deacon: The Rev. Diane
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Parish Administrator: Heather
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Music Director: John Hoffacker,
D.M.A

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Children and Youth Coordinator:
Heather Whitesell

heatherw@stgeorgesonline.org

ADDRESS SERVICE REQUESTED

ARTISTS IN RESIDENCE

Christina Christensen, mezzo
Soprano

William Vaughn, Bass

VESTRY

Kathleen Boe, Rector's
Warden; TBD, Parish Warden; :

Lindsay Benjamin, Jane
Sandmark, Sarah Schulte,
Cyprian Troyer, Jill Burns, Gregg
Jacobson, Bruce Becker and
Rachel Santos

CLERK OF THE VESTRY

Laura Harmon

PARISH TREASURER

Connie Kotula

SUNDAY SERVICES ARE NOW ONLINE WITH ZOOM

