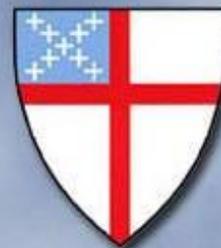


# St. George's Episcopal Church

Uniting in Worship.  
Welcoming in Grace.



5224 Minnetonka Boulevard

St. George's Episcopal Church

This is a free publication for members and friends

Saint Louis Park, MN 55416

[connect@stgeorgesonline.org](mailto:connect@stgeorgesonline.org)

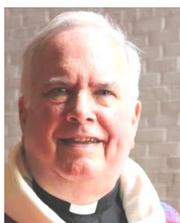
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August 2021

Volume 28, No. 8

## A THOUGHT FOR SUMMER

by The Rev. Tom Gehlsen



Jesus Christ is refreshing. Flight from him into Christless leisure makes the soul parched. At first it may feel like freedom and fun to skimp on prayer and neglect the Word, but then we pay: shallowness, powerlessness, vulnerability to sin, preoccupation with trifles, superficial relationships, and a frightening loss of interest in worship and the things of the Spirit.

Don't let summer make your soul shrivel. God made summer as a foretaste of Heaven, not a substitute. If the mailman brings you a love letter from your fiancé, don't fall in love with the mailman. That's what summer is: God's messenger with a sun-soaked, tree-green, flower-blooming, lake-glistening letter of love to show us what He is planning for us in the age to come – "things which the eye has not seen and the ear has not heard, and which have not entered into the heart of man, God has prepared for those who love him" (1 Corinthians 2:9). Don't fall in love with the video preview and find yourself unable to love the coming reality.

Jesus Christ is the refreshing center of summer. He is pre-eminent in all things (Colossians 1:18) including vacations and picnics and softball and long walks and cookouts. He invites us this summer "Come to Me, all who are weary and heavy-laden, and I will give you rest." (Matthew 11:28). This is serious summer refreshment.

## Education Update

Submitted by Heather Whitesell

As we prepare for fall, we look forward to reconnecting with friends and continuing our spiritual journey. This journey is ever changing and we have learned some great adaptive skills! Things are in the works for providing educational opportunities for all members of St Georges, from children and youth events to adult education. If you have ideas or input please don't hesitate to contact me at [Heatherw@stgeorgesonline.org](mailto:Heatherw@stgeorgesonline.org).

## Safe Church

We are anticipating providing a brief overview of Safe Church policy for the congregation this fall. In the meantime, please visit the website below for information on how to enroll in online sessions.

<https://episcopalmn.org/safe-church>

Get [Outlook for iOS](#)

Do not conform to the  
pattern of this world, but  
be transformed by the  
renewing of your mind.  
Romans 12:1

## PARISHIONER PROFILE

Parishioner Profile  
of the month:

**Claire Kuku**



I was born in Southeastern Minnesota in the small town of St. Charles. I was raised on a farm of pigs and cows with four siblings. I graduated from St. Cloud State University with a degree in Travel and Tourism. I met my husband Abiola at college and we moved to the Twin Cities in 2013. We married in August of 2014 and began to attend St. George's shortly after that. We love how welcoming and familiar all the attendees are at St. George's. We have a home in Coon Rapids where we have lived since 2018. We have three children Grace (6), Oyinkansola (4) and Bernice (5 months). In my downtime I love to listen to true crime podcasts, workout and bike with my husband.

We asked Claire a few fun questions to get to know a little more about her.

**As a working mom of 3 kids, what's your favorite way to relax and take a breather?**

To take a breather I like to listen to true crime podcasts and workout either weight lifting workouts or running. Even as I take a breather, I like to multi-task so I usually like to listen to podcasts as I'm working out.

**What is something you think everyone should experience?**

I recently ran my first 5k with my husband on the 4th of July. The run was both a challenge and a thrill to complete and I think everyone should experience overcoming some sort of challenge.

**How do you support your spiritual life?**

My husband and I are lucky enough to have families that are extremely spiritual in their everyday lives. This upbringing has allowed us in turn to be spiritual in raising our children. I also listen to a podcast called Bible in a Year that has been very insightful for me. I have never read the Bible all the way through and this podcast has granted me a new connection to God's word. I also love listening to a worship radio station on my way to work in the early mornings.

**What's the best advice you've ever received?**

"There is always something to be grateful for"

**Favorite meal when you want treat yourself?**

Scallops and Pasta!

## Beginning again . . . .



There is nothing quite like community...

It has been over a year since we turned quickly to Zoom for our services. Thankfully, we are now able to meet in person. What I have learned through this pandemic is that there is nothing quite like seeing someone in person. I am so grateful that we are able to be back together.

As of July 18, we loosened some of our worship restrictions: No advance sign-up, no sign-in when you arrive, pews are open to sit where you please.

We continue to require masks. As a good friend said to me, there are those that cannot be vaccinated, those that did not have a good response to vaccinations, and those that have not chosen to be vaccinated. As I write, over a third of our county has yet to be vaccinated. So, we are requiring masks.

And, we continue to offer bread only for communion.

But being back together feels good. I do hope that you join us soon for worship on Sunday. For now, we continue with one worship service at 9:30 a.m.

See you soon.

Kathleen Boe      Sarah Schulte  
Rector's Warden   Parish Warden

## A BAPTISM TRADITION CONTINUES

Many thanks to Mary Poulsen for making the beautiful banner for the Kuku family to mark the occasion of their daughter Bernice's baptism. Mary is carrying on the baptism banner tradition that was started many years ago by Maurine Bernier.



## FROM ECMN NEWS: LISTEN FOR YOUR CALLING

Beloved,

Did you know that people who are discerning for the priesthood and the diaconate create two important documents? A spiritual autobiography and a sense of call statement. As a lay person myself, I feel no less called by God than my ordained siblings. So, here's my invitation to all of my Episcopal lay siblings – *let's write our own stories of call and purpose and vocation!* Let's celebrate our giftedness and our place in the Church and the World.

To get your juices rolling, here is a writing prompt from "Now I Become Myself" in *Let Your Life Speak—Listening for the Voice of Vocation* by Parker Palmer (© 2000 by Jossey-Bass Publishers): *I understand vocation not as a goal to be achieved but as a gift to be received. Discovering vocation does not mean scrambling toward some prize just beyond my reach but accepting the treasure of true self I already possess. Vocation does not come from a voice "out there" calling me to become something I am not. It comes from a voice "in here" calling me to be the person I was born to be, to fulfill the original selfhood given me at birth by God.*

As you read these words, what do you hear yourself saying about YOUR vocation, about the "treasure of true self I already possess?"

What have been some of the key steppingstones and turning points on your life's path so far? How have they helped you to become who you are now?

If the word "vocation" doesn't work for you, replace it with "call" or "purpose." Put pen to paper (or fingers to keyboard) and tell your story. First tell it to yourself and to God, and then take the risk of sharing it with a trusted friend or a small group. Why? Because God needs you to know who you are, and the finest gift you can give back to God is to claim your whole self. And the Church needs you to be your whole, gifted self. And we need to celebrate one another as God's creation. Let's fill our prayers, coffee hours, and social gatherings with our stories.

I'll be your listener! Call or email me!

Canon Karen Olson  
Missioner for Ministry  
612-870-3312  
[karen.o@episcopalmn.org](mailto:karen.o@episcopalmn.org)



## NEWS FROM THE BUILDINGS & GROUNDS COMMITTEE

By Carole Leonard, Chair

**Committee members:** Kris Kelley, Carole Leonard, Jane Sandsmark, David Sell, Bill Stromberg, Cyprian Troyer, Bruce Wachutka, and Tom Zaun.

### Items accomplished and appreciated:

Thanks to Bill Stromberg, Geri Alberg, and Carole Leonard for wiping down all of the church pews as well as sweeping the floors of the Sanctuary after the new roof was completed. A lot of residue had fallen onto the pews and floor because of the hammering of the shingles.

Thanks to Tom Zaun and Bruce Wachutka for trimming the crab apple tree by the garden shed so that the roofers could access and shingle the roof of the shed. Thanks also to Tom for removing the sign post from the bushes on the southwest side of the Quonset building.

Thanks to Cyprian Troyer for hauling away the apple tree branches that Tom and Bruce cut down. Cyprian also cut down and hauled away the half-dead evergreen tree located on the southeast side of the Education Building.

Thank you to Geri Alberg and Carole Leonard for their ongoing work tending the flower gardens in the memorial garden, around the electronic sign, and in front of the red church doors on Minnetonka Boulevard. You will find them in the gardens on Thursday mornings.

Thanks to Bill Stromberg and Carole Leonard who have been taking turns sprinkling the new seeded areas on the south-facing lawn of the church three times each day. These areas were damaged by the equipment used by the roofers. The hot temperatures of recent weeks have indeed made this a challenge. As of this printing, we have now scheduled the automatic sprinklers to water this area three times a day. Alleluia and praise the Lord!

**A new roof for St. George's:** We are enjoying the newly shingled roof of the A-frame church.



St. George's new roof.

## A THANK YOU TO CAROLE:

Many thanks to Carole Leonard from the parishioners of St. George's for her hard work and leadership on the roof project. There were many moving pieces to tackle and she got it done! The work on the roof will benefit St. George's for many years to come. Thanks Carole!!

## WELCOME COMMITTEE

by Sarah Schulte

As we continue to reach out to St. George parishioners, we want to make sure all information is up to date. If you have a change in your contact information, please send your updated phone number, address, and/or email to Sarah Schulte at [schulteMSB@yahoo.com](mailto:schulteMSB@yahoo.com) or 612-201-5731. Thanks!

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](mailto:mjsandsmark@gmail.com) 952-221-4004 Thank you!

## A BIT OF HISTORY

Submitted by Camille Schroeder



With there being lots of talk about immigrants these days, you should know that St. George's, over the years, did their part. In 1955, the Men of St. George's brought a Latvian family to St. Louis Park. I could not find any information other than the date and the effort.

In 1962, St. George's brought a Cuban family to St. George's. There was a mom, a daughter and a son. Froilan Araujo was the son's name. They lived in St. Louis Park and Froilan attended church quite regularly.

The third family that came was Lea Ela and her mother. They came to St. George's because Lea's sister was in Edina, sponsored by St. Stephen's Episcopal Church. St. Stephen's reached out to St. George's to see if we would sponsor Lea. And the answer was YES! Lea and her mother lived in Louisiana Court and Lea worked at Methodist Hospital. Ultimately both Lea and her mother died.

The members of St. George's are kind and giving. Who knows what the future will bring.



Submitted by Camille Schroeder

## St. Louis Park Emergency Program (STEP)

Thanks to those who have been bringing food to church for STEP. We contributed 15 pounds on the second Sunday in July. The rest of the July contributions will be listed in the September newsletter. (Deadlines for publication, you know.)

The other need is school supplies. 400+ students will be receiving their school supplies from STEP. Notebooks, crayons, paints, markers, dry erase markers, glue sticks and other supplies are needed. You can drop them off at church in the red wagon.

In September, STEP will be collecting winter outerwear. It's time for you to check your closets and decide which of those jackets, coats, hats, scarves, mittens, gloves, boots or ??? that you can do without and can donate to STEP. No other clothing is being accepted at this time. There will be a clothing rack in the narthex to hang the jackets, etc.

## Dinner at Your Door (DAYD) is still

available. This is a service that has volunteers delivering a noon meal to registered clients. The food is prepared, packaged and the volunteer picks up a certain route and delivers the meals. All routes are in St. Louis Park.

St. George's has participated in this program for many years. At one time there were 10 routes delivered by church members. In the past few years there have been just two routes done by us. And because of the COVID quarantine, St. George's has not participated for 1 ½ years. However, we're starting up again and are looking for drivers. The commitment is one Thursday or Friday a month. The delivery takes about 1 ½ hours. If you are interested, please speak with Camille Schroeder. She would be happy to have you shadow her on a route to see if you would enjoy doing this volunteer activity.



# Check out the events in August!

**SOME EVENTS ARE ONLINE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:30 a.m. – Morning Prayer	<b>2</b>	<b>3</b>	<b>4</b> 11 a.m. GBD (Zoom)	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> 9:30 a.m. – Holy Eucharist	<b>9</b> 7 p.m. Finance Committee	<b>10</b>	<b>11</b> 11 am- GBD (Zoom) 7 pm – Peer Support Group–closed (PH)	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> 9:30 a.m. – Holy Eucharist	<b>16</b> 12 noon Women of St. George 7 p.m. Vestry	<b>17</b>	<b>18</b> 11 am- GBD (Zoom)	<b>19</b> 10:30 am Welcoming Committee (Zoom)	<b>20</b>	<b>21</b>
<b>22</b> 9:30 a.m.- Holy Eucharist	<b>23</b>	<b>24</b>	<b>25</b> 11 am – GBD (Zoom) 7 pm – Peer Support Group–closed (PH)	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> 9:30 a.m. – Holy Eucharist	<b>30</b>	<b>31</b>				

**GOSPEL-BASED DISCIPLESHIP – 11 A.M. 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 PH – Parish Hall



# MINISTERS OF THE EUCHARISTIC ASSEMBLY

	AUGUST 1	AUGUST 8	AUGUST 15	AUGUST 22	AUGUST 29
<b>Readings</b>	Ephesians 4:1-16 Psalm 51:1-13 John 6:24-35	Ephesians 4:28-5:2 Psalm 130 John 6:35, 41-51	Ephesians 5:15-20 Psalm 111 John 6:51-58	Ephesians 6:10-20 Psalm 84 John 6:56-69	James 1:17-27 Psalm 45:1-2, 7-10 Mark 7:1-8,14,15, 21-23
<b>Lectors</b>	Mark Schulte	Carole Leonard	Mary Weekes	Devin Snyders	Mary Kuhfeld
<b>Altar Guild</b>	Bruce Becker Nancy Becker Kathie Brown	Kitty Reese Bill Stromberg	Kathleen Boe Katy Campbell Rachel Santos	Bruce Becker Nancy Becker Kathie Brown	Gregg Jacobson Jane Jacobson

## AUGUST BIRTHDAYS

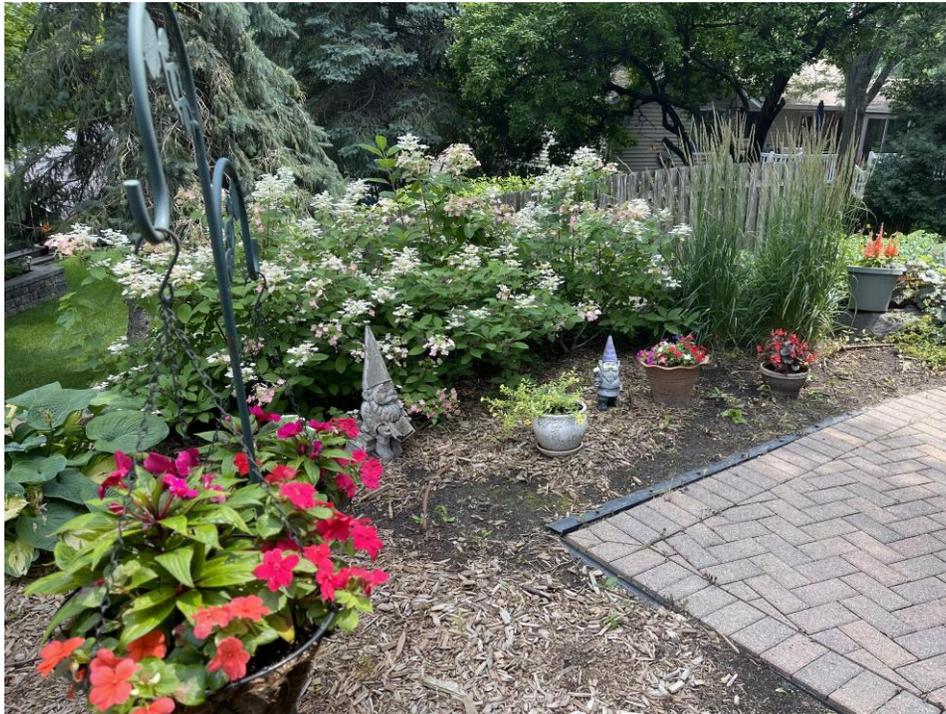
- 1 Harry Kelley
- 3 Finn Westlund
- 4 Jean Hurlbert
- 9 Neal Gysland
- 11 Patrick Kelley  
Ian Rash
- 14 Kristine Malone
- 15 Caryl Eschweiler
- 16 Eleanor Westlund
- 18 David Wayne

- 19 Ron Ottsen  
Holden Hagerman
- 22 Brendon Snyders  
Jacob Carlson
- 28 Jean Wayne
- 29 Kelly Snyders  
Andrew Sell  
Jessica Olson
- 30 Jill Peterson



# How does your garden grow?

We asked St. George's parishioners to submit photos of the lovely and interesting things they are growing in their gardens.



Lou Michelich's gardens.



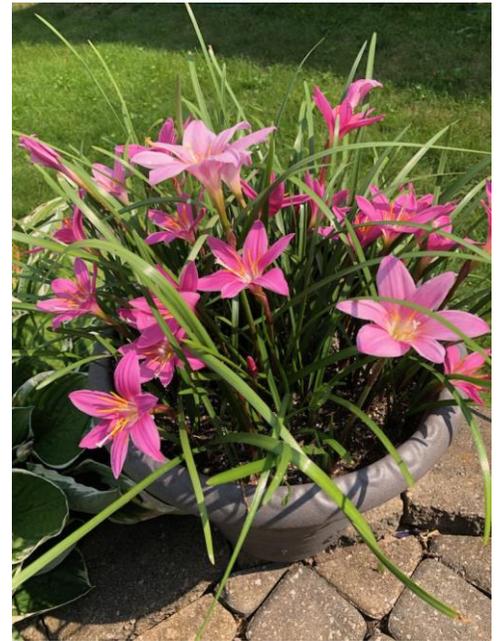
Jane & Gregg Jacobson's garden.



Leslie & Ed O'Donnell's garden.



Heather Whitesell's condo garden.



Carole Leonard's rain lilies.  
(They bloom when it rains.)



Carole Leonard's front yard garden path  
with birdbath.



Carole's front yard.  
Independence Day 2021



Kathie Brown's garden – hanging basket & flower bed.



Sarah Schulte's bounty from their garden.



Sarah Schulte's zinnias with butterfly.

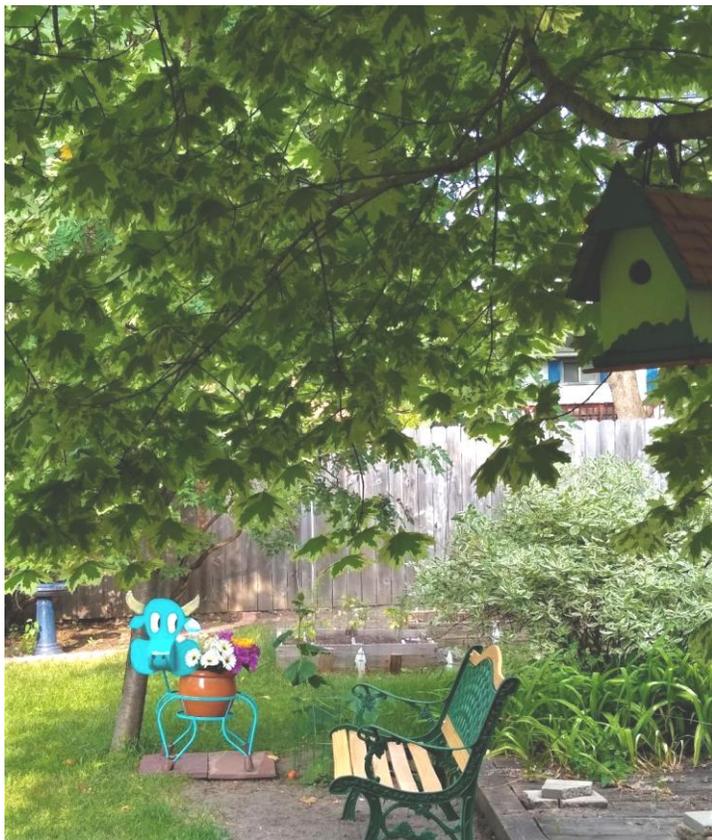
Kitty Reese & Bill Stromberg  
Gardening: A good news/bad news story.



“Lettuce begins in our garden.”



Critters do their damage  
to formerly glorious bush bean plants.



Paul & Rachel Santos

Paul's backyard artistry strikes again, in painting and sprucing up a formerly all bare metal bull, a reclaimed and refurbished/painted bench and a homemade bird house.



Paul & Rachel Santos

Quiet times at the end of the day.

## About St. George's

5224 Minnetonka Boulevard  
St. Louis Park, MN 55416  
952-926-1646

[www.stgeorgesonline.org](http://www.stgeorgesonline.org)

Office hours Monday-Thursday  
8:30 a.m. – 1:30 p.m.

### PARISH STAFF:

Rector: The Rev. Thomas J. Gehlsen,  
Ph.D. [tomg@stgeorgesonline.org](mailto:tomg@stgeorgesonline.org)

Deacon: The Rev. Diane McGowan  
[smarl@aol.com](mailto:smarl@aol.com)

Parish Administrator, Heather Grieger  
[office@stgeorgesonline.org](mailto:office@stgeorgesonline.org)

Music Director, John Hoffacker, D.M.A.  
[johnh@stgeorgesonline.org](mailto:johnh@stgeorgesonline.org)

Children and Youth Coordinator,  
Heather Whitesell  
[heatherw@stgeorgesonline.org](mailto:heatherw@stgeorgesonline.org)

### ARTISTS IN RESIDENCE:

Christina Christensen, Mezzo-soprano  
William Vaughn, Bass

### VESTRY:

Kathleen Boe, Rector's Warden; Sarah  
Schulte, Parish Warden; Bruce Becker,  
Jill Burns, Gregg Jacobson, Jane  
Sandsmark, Rachel Santos, Cyprian  
Troyer, and Bruce Wachutka.

### Clerk of the Vestry:

Laura Harmon

### Parish Treasurer:

Connie Kotula

## ADDRESS SERVICE REQUESTED

## SUNDAY SERVICES ARE NOW IN PERSON AND ONLINE WITH ZOOM

Sunday Worship at St. George's  
9:30 a.m.

Sunday Worship Zoom Meeting  
<https://zoom.us/j/141788041>

You may also join audio by phone:  
+1 312 626 6799, Meeting ID: 141-788-041