

# 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)

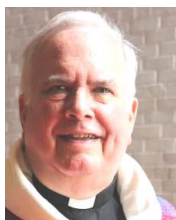
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## FALL AS A TIME FOR REFLECTION

by *The Rev. Tom Gehlsen*



Just the other day while walking and enjoying the cool of the fall season, I found my thoughts taking me on a mental journey. Before I knew it, I was focusing on my breath, not because of proper technique, more around something that I had not considered before. Breathing in, I was taking in fresh new air, while on the exhale, I was releasing air that had already cycled internally. In order to live, I had to continue taking the new in and releasing what I will call "the old."

Isn't it funny how a revelation can just slap you upside the head? I thought about the concept of breath for a while that afternoon as I began to compare it to situations of life that we face every day.

If I decided to hold my breath and not take in any new air, I would suffocate and potentially die. Well, isn't that just like our lives, if we just sit around holding on to the same things, never taking in any new ideas, welcoming in any new people or relationships, challenging ourselves to new heights; isn't the potential for suffocation the same? In the physical sense perhaps not, but in the spiritual sense, in the emotional sense, while wallowing in toxic circumstances which have the potential of causing a suffocation of our dreams, our purpose, our destiny and even our health can and will suffocate.

I couldn't help but remember a family member that always sat in the same spot on her front porch, day in and day out. I remember asking one day, "Don't you want to go somewhere else besides the porch?" Her

response was, "It's safe here." I wanted to ask her what she was afraid of.

Continuing my walk, I began reflecting on Luke 14:16-24. I love that chapter and verse because it reminds me so much of myself at times in my life when opportunity was right there knocking at my door, and much like the invited guest, I too begged off the invitation. Foolishly, I held my breath in a sense and didn't challenge myself to breathe a fresh challenge. I can't get those old, wasted days back, but I certainly have learned to cherish every new opportunity along this journey. What a difference a breath makes!



## Inspiring Words from the Prayers of the People:

Teach us the blessings of gratitude, O God.

Teach us how to live, O God.

Teach us how to make peace, O God.

Teach us how to serve you, O God.

Teach us how to trust in your healing embrace.

Teach us how to love one another.

Amen

## Marion Hunner

St. George's  
New Parish Administrator



Marion and her husband Craig are both cradle Episcopalians, and they recently celebrated their 30<sup>th</sup> wedding anniversary. They have two young adult children: Carrie graduated from Duke University in May, and she is working as a software engineer in Charlotte, NC; Patrick is in his 2<sup>nd</sup> year at the University of Minnesota, Twin Cities.

The Hunner family joined St. Christopher's (Roseville) in 2001, and 10 years later, Marion began serving as their Children's Ministries Director. This is a part-time position, which is a great companion to the part-time Parish Administrator position at St. George's.

Marion's first career was in teaching. After moving to MN, she substitute taught but did not find a permanent position. She worked in several support roles for an optometric practice, including Director of Training and Office Manager, before staying home with her children and submitting insurance claims online. She gained financial experience through her volunteer work with Girl Scouts and PTA, and her time on staff at St. Christopher's has given her a behind-the-scenes look at how a parish functions.

Marion is very excited to join the St. George's community and support them in the good work that they do. **"Welcome, Marion!"**

## St. George's Women's Group (The Women of St. George's)



The Women of St. George's is a social group that is open to all women in the parish. We will be meeting on the fourth Monday of the month at noon on Zoom for the time being. This current group evolved out of the last circle that was functioning at St. George's. There have been as many as 10 circles over the years. They have socialized, prayed, and done outreach.

There was also a separate group called the Women of St. George's. Because of declining attendance it seemed appropriate to focus on the Women of St. George's; hence our current activity. Consider joining us on Monday, November 22nd at noon on Zoom.

## EDUCATION CORNER

By Heather Whitesell, Education Coordinator

Our Chapel studies continue virtually with kids exploring the weekly Gospel and creating visual representations of their thoughts with posters and poems.

### Youth News

The youth have now met a few times in person. I could not believe how much they have all grown! I am sure the acolyte robes will need to be altered! We have begun our discussion on what it means to be an Episcopalian and how the Church began. The kids really enjoyed getting back into the church building and practicing all their past responsibilities. They were happy to see that things still look the same and are looking forward to having a ribbon twirling processional!



At the October youth group gathering, Lilly Schulte, Nolyn Snyders, and Heather Whitesell carved pumpkins.

## SAFE CHURCH

By Heather Whitesell  
Education Coordinator



Those of you who have gone through Safe Church training and need a refresher, only may do so independently by going to [schoolforformation.org](https://schoolforformation.org). If you have any questions about Safe Church training, contact Heather Whitesell.

# STEP NEWS

By Camille Schroeder



Thanks to all of you who donated winter clothing to STEP. The distribution was a success and many adults and children will have a warm winter because of your clothing donations.

There are two more opportunities to help STEP this year. One is the Give to the Max day which is November 18<sup>th</sup>. This is a time to donate money to STEP. STEP has matching funds of \$60,000, so please do what you can to help meet that goal. St. George's will be donating to this project from their Outreach funds.

The second opportunity for you is to donate to STEP's Holiday Program. This is an annual project that aims to see that the children in St. Louis Park whose families are clients of STEP receive holiday gifts. STEP needs to have donations of toys for children 0 to 8 years old and Target gift cards for 9 to 18 year olds. Puzzles and board games are not needed.

St. George's has been a great supporter of STEP ever since STEP began in 1975. Let's continue that support. Many thanks.

## All Souls Requiem Mass & the Commemoration of the Faithful Departed

Tuesday, November 2 at 7:30pm  
St. Mark's Cathedral | Live streamed

All Souls Day is a time when we particularly remember those who have died. The prayers appointed for that day remind us that we are joined with the [Communion of Saints](#), that great group of Christians who have finished their earthly life and with whom we share the hope of [resurrection from the dead](#). Part of the liturgy is the reading of the names of those who have died in the past year. The Rev. Siri Hauge Hustad would be honored to read the names of all who have died in the past 22 months, especially those who have died of Covid-19, from every community in the Episcopal Church in Minnesota. If you wish to send the names of your departed to be included in the mass, please email the Rev. Siri Hauge Hustad at [sirih@ourcathedral.org](mailto:sirih@ourcathedral.org).



## Your St. George's Facebook Page!

One of the themes that came out of the Strategic Planning Committee was to increase the social media presence of St. George's in the wider community. We begin by re-energizing the St. George's Facebook page, and we need your input! Did you hear about an event in the area that you want to share with the community? Did you capture a really great picture of people in the St. George's community? Have you heard a quote from the Homily or find a Bible verse that that really stuck with you? Please send your ideas/pictures for posts to [socialmediastgeorges@gmail.com](mailto:socialmediastgeorges@gmail.com) and be sure to like the St. George's Episcopal Church Facebook page.

When you see posts that you like, you can like and share them with others to increase engagement! The St. George's Facebook page is an important way to keep our church family connected *and* to reach out and welcome the greater community to St. George's.

Interested to learn what other projects the Strategic Planning Team is working on? There will be more information on "next steps" coming soon!



- 8 Kendra McGill
- 8 Connie Kotula
- 9 Preethy Goonetilleke
- 12 Nathan Harmon
- 14 Doug Gniot
- 15 Dorothy LeBakken
- 17 Colleen Monroe
- 19 Odessa Pamoncutt
- 23 Mary Weekes
- Maclain Herbers
- 28 Jina LeBakken

# GIVE THANKS

*Parishioners were asked to let us know what they were thankful for.*

**Kathleen Boe:** I am so thankful for the amazing outdoor spaces that we can find in our National Parks. I am thankful for our forebears that thought to preserve these wonderful spaces.



**Kitty Reese & Bill Stromberg:** We are so thankful to be able to look in our yard and see this beautiful color.



**Katy Campbell:** I am thankful for my puppy, Simon. We rescued him this summer, part of a litter that came to Minnesota from Texas. He is very much a puppy - teething, rambunctious, a little naughty, but he balances it out by being super sweet. He's keeping us busy and entertained as we work from home for another winter.



**Leslie O'Donnell:** There are lots that I am grateful for, but here are the important ones:

- God's unfailing love and a strong faith
- Good health
- A loving husband
- Our new home
- Family and friends

**Sarah Schulte:** I'm thankful for modern medicine, my dad and his Ironman heart, and his ever-supportive fan club.



# GIVE THANKS

**Mary Kuhfeld's** Thankful thoughts this Autumn: I have a lot to be thankful for, from the physical therapist who made a big difference in my shoulder to the fresh news that we are about to acquire a new kitten (after the sad news that we had to put our beloved Java to sleep a few weeks ago). And the hummingbird that was curiously friendly the last part of this summer - even peering in our front window to see what I did when not out watching her sip from her feeder.

**Carole Leonard:** I'm thankful and blessed that God gave me my children and now their families. I've loved being a mother (and a grandmother).



Daughter Lori & son-in-law Vic in Colorado.



Daughter Lisa & son-in-law Steve in Minneapolis

## Jane and Gregg Jacobson:

We are thankful for our family, friends and good health. We thank God for all of these blessings and are especially grateful for the safe arrival of our second grandchild. We love being grandparents.



**Nancy & Bruce Becker:** Gosh, we have so much to be thankful for this past year, but one thing really stands out for us. Our son, Steve, was diagnosed two years ago with multiple myeloma. It has been a difficult journey through two brain surgeries at Mayo, and an aggressive program of chemo every week, and harvesting stem cells for a transplant. Two months ago the team felt he had reached a very excellent level of remission to put him on a maintenance chemo program. Thanks be to God! And thanks for all the prayers and support of family, friends, and our St. George's family, Mayo and doctors. Keep him in your prayers for continued good checkups. GOD IS GOOD.



**Rachel Santos:** There are many things to be thankful for so I'll stick to the basics. Thankful for a safe, warm home and a loving husband to share it with. I'm thankful for the park behind my workplace that lets me enjoy a beautiful calming walk every day. That's gold! And thankful for my faith and the people of St. George's!



**Paul Santos:** I'm thankful for Rachel. 😊

**(Rachel writes:** I swear I didn't make him write this!)



## MINISTERS OF THE EUCHARISTIC ASSEMBLY

|                    | NOVEMBER 7                                     | NOVEMBER 14  | NOVEMBER 21  | First Sunday of Advent<br>NOVEMBER 28                   |
|--------------------|--|--|--|---|
| <b>Readings</b>    | Hebrews 9:2-28<br>Psalm 127<br>Mark 12:38-44   | Hebrews 10:11-14<br>1 Samuel 2:1-10<br>Mark 13:1-8 | Revelation 1:4b-8<br>Psalm 132:1-13 (14-19)<br>John 18:33-37 | 1 Thessalonians 3:9-13<br>Psalm 25:1-9<br>Luke 21:25-36 |
| <b>Lectors</b>     | Mary Weekes                                    | Leslie O'Donnell                                   | John Rash  | Carole Leonard  |
| <b>Ushers</b>      | Bill Stromberg<br>Bruce Wachutka<br>Tom Harmon | Tom Zaun<br>Bob Jones<br>Jane Sandsmark            | Bill Stromberg<br>Gregg Jacobson<br>Bruce Becker             | Tom Zaun<br>Sarah Schulte<br>Lou Michelich              |
| <b>Altar Guild</b> | Kitty Reese<br>Bill Stromberg                  | Kathleen Boe<br>Katy Campbell<br>Rachel Santos     | Nancy Becker<br>Bruce Becker<br>Kathie Brown                 | Jane Jacobson<br>Gregg Jacobson                         |



# Check out the events in November!

## SOME EVENTS ARE ONLINE

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

## 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)

*(Fr. Tom's contact for emergencies when the office  
is closed – 651-319-3570)*

Deacon: The Rev. Diane McGowan

[smarl@aol.com](mailto:smarl@aol.com)

Parish Administrator, Marion Hunner

[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 available on [St. George's  
YouTube Channel](#)

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