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St. George's Episcopal Church

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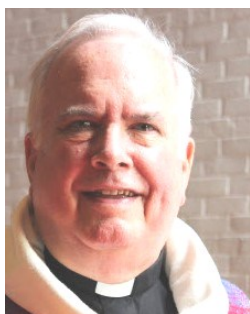
March 2025

This is a free publication for members and friends

Volume 32, No. 3

Lent: A Time for Spiritual Growth

By Fr. Tom



As a Christian observance, Lent is a time of reflection, sacrifice, and spiritual growth. It is a period of 40 days leading up to Easter Sunday that commemorates the passion, death, and resurrection of Jesus Christ. During this time, Christians are encouraged to engage in practices such as fasting, prayer, and giving, as a way to deepen their faith and relationship with God.

Lenten practices offer numerous benefits to Christians who participate in them. Here are some suggestions that may assist you in your spiritual life:

INCREASED HUMILITY:

One of the primary benefits of Lent is the opportunity to develop humility. By acknowledging our weaknesses and limitations through fasting and other forms of self-denial, we can become more aware of our dependence on God's grace.

INTENTIONALITY:

Lent also offers an opportunity to develop intentionality in our spiritual lives. By setting aside time for prayer and reflection on God's word, we can cultivate a deeper awareness of his presence in our daily lives.

EMPATHY FOR OTHERS:

Through acts of charity and almsgiving during Lent, we can develop greater empathy for others who may be struggling or in need. This can help us to become more compassionate and loving towards those around us.

These ideas may offer to you an opportunity for an eventful Lent!



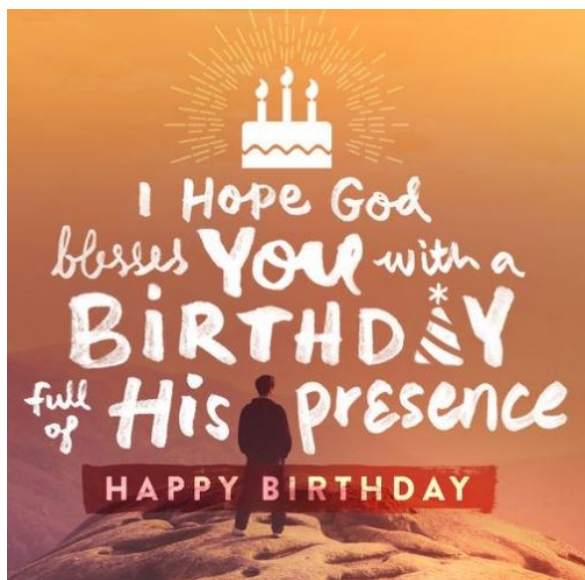
From the Office

By Marion Hunner,
Parish Administrator



Links in the Newsletter - To follow links in the electronic copy of the newsletter, hold down the Ctrl key and click on the link. If you are reading a paper copy, look at the bottom of page 8 for instructions on how to find the links.

Check Reminder-When you write a check to St. George's, please write on the memo line what the check is for. ALSO, please don't include more than one purpose on the same check (example: pledge + altar flowers). This will help our tellers tremendously.



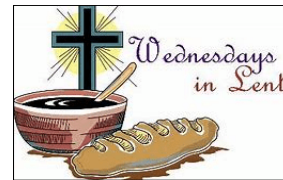
March Birthdays

09 - Deb Rash

09 - Sarah Schulte

Lenten Services Planned

By Fr. Tom Gehlsen



During the Season of Lent, St. George's is partnering with two other churches in the area. Vista Lutheran Church, and Spirit of Christ Community Lutheran Church, are both in St. Louis Park. Services will take place on Wednesday evening of Lent at 6:30 pm. The services will rotate between each of the three churches as shown below. A Pop-up Choir will sing at each service - all are welcome to participate by attending rehearsal at 6 pm.

Evening Schedule

5:30 pm Supper (not Ash Wednesday)

6:00 pm Pop-Up Choir - all are welcome

6:30 pm Worship

Weekly Schedule

March 5: Ash Wednesday at **St. George's**

- Lectors: Camille and Charlie
- Chalice Bearers: TBD
- Usher: Tom H.
- Altar Guild: Jane J.

March 12: Evening Prayer at **St. George's**

- Lector: Carole L.
- Usher: Jane J.
- Altar Guild: Kris K. and Rachel S.

March 19: Wednesday at **Spirit of Christ**

March 26: Wednesday at **Spirit of Christ**

April 2: Wednesday at **Spirit of Christ**

April 9: Wednesday at **Vista**

April 17: Maundy Thursday at **Vista**

April 18: Good Friday at **Vista**.

Click on the links below to learn about each of these faith communities.

[Vista Lutheran Church](#)

4003 Wooddale Ave S, St. Louis Park, MN 55416

[Spirit of Christ Community Lutheran Church](#)

5801 Minnetonka Blvd. St. Louis Park, MN 55416



Episcopal Church
In Minnesota

Our Call as Christians to Take Action to Support Migrants

[From Bishop Loya 2/6/25](#)

Click on the link in the title to read his full message.

Here is a condensed version of Bishop Loya's three calls to response:

Migrant Support Fund:

Donate to the newly formed Migrant Support Fund, which I seeded with \$10,000. The situation is changing and unfolding too quickly to outline all this fund will be used for, but with the disruption in federal funding, the incredible work being done by a number of our congregations at the grassroots, we know the need is already great and will only continue to grow. I will also be reaching out to ecumenical colleagues in Minnesota to ask them to join us in whatever way they are able. **St. George's Second Sunday Community Engagement offering on March 9th will go to this fund.**

You can also donate online [by clicking here](#).

Organizing and Advocacy

I am deeply grateful to the leaders of our own ECMN Migration Caucus, who have convened regular online gatherings in recent months to help local leaders understand better what is happening, and how best to engage and support this work in their context. Virtual gatherings take place on the second Monday of each month at 7 pm, and all are welcome to attend. To receive the Zoom link, contact Deacon Rex McKee at rex.mckee@gmail.com. These meetings offer opportunities for prayer, resource sharing, and calls to action. They have also curated many resources that [you can find here](#). Please feel free to share these resources with members of your congregation and make them available to the local community.

PRAY

Finally, faithful action in the world must always be grounded by yoking our hearts to the living God through prayer. We cannot do this work or bear this witness if we rely only on our own efforts. To help us pray together, I offer the collect below.

While we are recommitting today to funding, advocacy, and prayer, none of these will address every challenge or need. As limited human beings, we cannot save or fix the world. Our work as disciples of Jesus in the face of the world's brokenness and suffering is always about witness and resistance.

In this season, as in all seasons, we are called to resist the forces that assault the belovedness and dignity of every human being, and to witness to our hope of God's coming kingdom, where the only law is love, and where all people, from every tribe, language, race, culture, and nation, gather together in perfect joy, peace, and abundant life.

O God, who embraced us with perfect love and made us your people when we were yet strangers to you: be present with all refugees, immigrants, and displaced people throughout the world; may they know the consolation of your presence, and the liberating power of your love. Then give us grace, we pray, to extend ever wider your embrace in a world of exclusion, until all your children are knit together as beloved family in the perfect love that is your very heart, through Jesus Christ our Lord, who was displaced among us, and who now lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen

This QR code will take you to the online donation site.



Parish Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
10 am Holy Eucharist Educational Forum			6:00 pm Pop-up Choir 6:30 pm Ash Wednesday Service at St. George's	6:30 pm AA		
9	10	11	12	13	14	15
10 am Holy Eucharist	7 pm Finance	10 am Staff Liturgy Mtg	5:30 pm Supper 6:00 pm Pop-up Choir 6:30 pm Lent Service at St. George's	6:30 pm AA		Vestry Retreat offsite
16	17	18	19	20	21	22
10 am Holy Eucharist			5:30 pm Supper 6:00 pm Pop-up Choir 6:30 pm Lent Service at Spirit of Christ	NEWSLETTER DEADLINE 6:30 pm AA		
23	24	25	26	27	28	29
10 am Holy Eucharist	11:30 am Women of St. George's	10:30 am Warden Mtg	5:30 pm Supper 6:00 pm Pop-up Choir 6:30 pm Lent Service at Spirit of Christ	6:30 pm AA		
30	31					
10 am Holy Eucharist						

Sunday Ministries



Find info for Wednesday services on page 2	Sunday March 2 Last Sunday after the Epiphany	Sunday March 9 First Sunday in Lent	Sunday March 16 Second Sunday in Lent	Sunday March 23 Third Sunday in Lent	Sunday March 30 Fourth Sunday in Lent
Lectionary Readings	Exodus 34:29-35 Psalm 99 2 Corinthians 3:12-4:2 Luke 9:28-43a	Deuteronomy 26:1-11 Psalm 91:1-2, 9-16 Romans 10:8b-13 Luke 4:1-13	Genesis 15:1-12,17-18 Psalm 27 Philippians 3:17-4:1 Luke 13:31-35	Exodus 3:1-15 Psalm 63:1-8 1 Corinthians 10:1-13 Luke 13:1-9	Joshua 5:9-12 Psalm 32 2 Corinthians 5:16-21 Luke 15:1-3, 11b-32
Lectors	Bruce Wachutka Fran Bly	Tyler Williams Kathie Brown	Mary Weekes Cyprian Troyer	Sarah Schulte Tom Harmon	Leslie O'Donnell Mark Schulte
Chalice Bearers	Kathie Brown Adele Cormier	Laura Harmon Rachel Santos	Kris Kelley Cyprian Troyer	Leslie O'Donnell Jane Jacobson	Laura Harmon Adele Cormier
Acolytes	None	None	Lilly Schulte Elena Schulte	Lilly Schulte Elena Schulte	None
Ushers	Jane Jacobson	Tom Harmon	Bob Jones	Bob Jones	Bob Jones
Altar Guild	Jane Jacobson	Kris Kelley Rachel Santos	Laura Harmon Heather Whitesell	Jane and Gregg Jacobson	Jane and Gregg Jacobson
Coffee Servers	Bruce and Iris Alexander	Bob Jones	John & Jane Carlson	Betty Bauer Carole Leonard	Bruce and Iris Alexander



Here are some resources to help you prepare your personal Lenten Journey

From United Thank Offering: [Lent 2025: 40 Days of Welcome and Gratitude.](#)

This is a call to give thanks for the ways we experience welcome/hospitality, in our homes, communities, and through the ways we care for ourselves and our stories. Our hope is that during the 40 days of Lent, we can all use gratitude to help us be more welcoming in the world around us.

When you click on the link, you will need to scroll down to find:

- The Ungrateful Refugee: A Lenten Book Group with UTO and EMM (could also be done in small groups locally).
- Daily text message: Sign up for a daily prompt to notice and give thanks for something in your life that you might take for granted.
- Printable calendar: Download a calendar with the same prompts as the daily text message that you can print out and hang on your fridge to mark the days until Easter.
- Printable prayers: Download prayers adapted from the UTO Liturgy for use during Lent and Easter.

From The Episcopal Church: [Life Transformed: The Way of Love in Lent](#)

The journey through Lent into Easter is a journey with Jesus. We are baptized into his life, self-giving, and death; then, we rise in hope to life transformed. This Lent, communities are invited to walk with Jesus in his Way of Love and into the experience of transformed life. Together, we will reflect anew on the loving actions of God as recounted in the Easter Vigil

readings. Together, we will walk through the depths of salvation history into the fullness of redemption.

From Episcopal Relief and Development: [2025 Lenten Meditations](#)

This Lent, “let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.” (Hebrews 10:24-25)

Join writer Jerusalem Jackson Greer this Lent as she encourages us to partake in “A Commonplace Lent.”

If you would like printed copies of any of these resources, reach out to Marion in the office and she would be happy to print them for you.

From ECMN

This Lent, ECMN’s racial justice and healing team invites you to join them in reading ***Tarry Awhile: Wisdom from Black Spirituality for People of Faith*** by Dr. Selina Stone. As written on the back cover, “Tarrying is a Black Christian spiritual practice which answers ‘yes’ to the question Jesus once asked his disciples. Whether in the vibrancy of music and signing, or in hushed silence, people of all ages actively wait for an encounter with God that will transform what we know, what we feel, and what we experience day to day.”

Dr. Stone’s words and theology feed, instruct, and encourage us as we, followers of Jesus, continue to walk with love, mercy, compassion and resist white supremacy culture. An endorsement by the former Archbishop of Canterbury and the trust that he broke does not negate the necessity of learning from the scholarships of Dr. Stone.

We will begin with our first written reflection and questions on Ash Wednesday, March 5, in the Weekly Newsletter. Read or listen along to “Tarry Awhile” along with your faith community and/or invite a friend to join you in this Lenten practice.



By Camille Schroeder

MINNESOTA MARCH FOODSHARE.

It all began in 1982, 43 years ago. It was an attempt to alleviate food insecurity in Minnesota. In 2024, 7,579,420 pounds of food were collected in the metro area. St. George's has participated for all those years and will do so again this year. The project runs from March 1, 2025, to April 6, 2025. During that time, you are invited to participate by bringing donations of food and other household items to St. George's. In Minnesota it is estimated that 537,890 people are facing hunger, with 34% of them being under 18 years of age. What to bring? Any non-perishable food that you might enjoy or need. Paper products: toilet paper, paper towels, and napkins; canned meats; pasta of all kinds; jams, jellies and peanut butter; cleaning products; diapers and wipes; feminine products; toothpaste and toothbrushes; and any other foods or items that a household might use. Our donations will be taken to the St. Louis Park Emergency Program. So far this year we have donated 76 pounds of food.

What can we do for the Foodshare project?

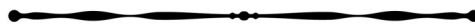


April Educational Forum: Sunday, April 6

By Fran Bly



The April Forum is planned to help us understand the community issues of homelessness and affordable housing. Our forum will be led by Rev Emily Goldthwaite, Director of Congregational Organizing for Beacon Housing. Beacon Housing is a faith-based organization whose mission is to build a better tomorrow through affordable housing and educational, spiritual and social opportunities. Rev Goldthwaite will share Beacon's vision, accomplishments and challenges, updates on their building plans and advocacy work. There will be time for questions and information about ways to get involved both individually and as a parish.



Welcome to Our Future

By Jane Jacobson

The Rev. Susan Moss, a retired priest with the Diocese of Minnesota, has joined St. George's as a Ministry Companion. ECMN provides this important ministry to parishes undergoing change. Rev. Moss will work closely with our rector, wardens, and vestry by listening to our joys and concerns and gently guiding us into the future we choose for St. George's. We welcome this opportunity to explore new possibilities



About St. George's

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

www.stgeorgesonline.org

Office hours Tuesday-Thursday
8:30 a.m. – 2:30 p.m.

PARISH STAFF:

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

tong@stgeorgesonline.org

Deacon: The Rev. Diane McGowan

smarl@aol.com

Parish Administrator, Marion Hunner

office@stgeorgesonline.org

Music Director, John Hoffacker, D.M.A.

johnh@stgeorgesonline.org

ARTISTS IN RESIDENCE:

Monica Murray, soprano

Alexis Winters, mezzo-soprano

Luke Slivinski, tenor

Vanessa Vaughn, bass

INTERIM WARDENS:

Jane Jacobson and Lou Michelich

VESTRY:

Members at Large: Iris Alexander, Ed O'Donnell,
Camille Schroeder, Cyprian Troyer, and Mary
Weekes

PARISH TREASURER:

Kathie Brown

Sunday Worship at

St. George's 10:00 am

Sunday Services

are offered in person

and available on St. George's

YouTube Channel

LINKS IN THIS NEWSLETTER

There are many links in this newsletter. If you would like to follow them, please begin by going to our website, www.stgeorgesonline.org and then clicking on News and Docs at the top. There you will find the online version of this publication. Press the Ctrl key as you click on the links, and that should take you where you need to be.

**NOTE: If you would like to receive
a printed copy of the church
newsletter, please contact Marion
in the office.**