

# GRAINS OF SAND

## The Episcopal Mission of St. Andrew's By-The-Lake

### A Message from your Vicar

August 2013

"I've been down here before, and I know the way out." This was the message of the modern day Good Samaritan parable I shared on July 14 during my sermon. It references the vast amount of experience and understanding we have together as a community of faith.



It also alludes to something called continuous change. Continuous changes are those standard life events we experience. Graduations, death, marriage, birth. These are things that fit into the category of continuous change. Inevitable life experiences that change our lives; most of us have experienced these changes.

When we are experiencing these kinds of changes it can be a great help to be in the company of people who have "been there, done that" as they can often share their learning's and the different experiences they have had.

But when do we share our experiences? When do we offer up our two cents? When is it appropriate, and when should we keep our big mouths shut? This is the question, and we Minnesotans tend to fall on the, "I will never share my experience with anyone" side of it. We prefer to keep our big mouths shut, even when a situation may demand our sharing.

Determining when to share and when not to share requires two things, the ability to listen carefully, and the ability to intuit when you might have something to share. Listening is really hard; I think most of us hear really well. We hear key words or phrases that trigger some memory and we blurt out thoughts in a way that is not helpful.

Listening is an objective exercise, when we listen to one another we turn our attention away from ourselves and towards the person speaking. We give ourselves to that person without the veil of our own experience hanging over our ears. Listening this way is necessary when we move towards supporting and loving those who are facing various challenges.



The second ability, intuition, is not as easy to describe. Let me share with you from my own experience what I mean. I often find myself thinking of people out of the blue. A member of the parish I haven't heard from in a while, a friend I haven't seen, or even a relative I spent the day with last week. What I have found when I consider the names as they come to me in a seemingly random way is that if I contact them, more often than not they are experiencing change in their life that I am able to help with, or they were feeling lonely and found an opportunity to talk helpful.

Continues on page 2

This, I believe, is the Holy Spirit at work, bringing to mind people out of the blue so that we might reach out to them and connect, offer our ears, hearts and love. It is what it means to be part of the human family; interconnected to all the people we have ever met or come into contact with.



Of course, before either of these, the most important thing we can do is ask. Ask our friends, neighbors, and co-workers if they are ok, if they need a hand up out of the place they find themselves. Asking takes courage, but once you begin to present an honest front to those we know and love, we become more than just faces in a crowd, we become family, we become friends.

In the movie Toy Story, Buzz Lightyear recognizes his inclusion into the culture of toys when Andy, the boy who plays with him “inscribes his name” on Buzz’s foot. Desmond Tutu talks about how much God loves us and believes that our name is inscribed on the palm of God’s hand. We are already part of the human family; we have an important part to play, a part that is deeply connected to all the other members of God’s human family.

How do we remain in relationship with one another, jumping down into the places where those we know, and those we do not know, have fallen? By asking, listening and responding to our intuition, our gut when it speaks to us, we will find that our lives are not filled with chance encounters, but rather Spirit filled opportunities to support and care for each other, as we make our way together.

*Aron* ✝

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## Who Does What? Or... Here’s Your Chance to Serve

The Bishop’s Committee is looking at the structure of our church and wanting to match it with our talents and service missions. If you are interested in serving on one of our committees or service ministries or even chairing one please let Roberta Cline or one the Bishop’s Committee members know. I’m sure I forgot a few but here are some of our current choices listed below:



Submitted by JC Curtis

**Liturgy**

**Peace and Justice**

**Altar Guild**

**CHUM Lunches**

**CHUM Dinners**

**Pastoral Care**

**Friday Prayer Group**

**Building and Grounds**

**Church Cleaners**

**Green Team**

**Education**

**Stewardship**

**Parish Life**

**Visual Arts**

**Acolytes**

**Lawn Care**

**Show Removal**

**Coffee Hour**

## Reader's Choice Book Club of St. Andrew's

August 2

I would like to invite you to join us for the golden anniversary of our book club. Our book discussion and lunch meeting is at **noon** at Porter's Restaurant on **Friday, August 2**. The downtown site enables those of you working downtown to join us on your lunch hour. Bring your parking receipt to get free parking. The meeting will last about 1 hour. If you are new to the book club, call or email me at 723-1181 or [carlzimm@msn.com](mailto:carlzimm@msn.com). We hope to have a great turnout for our second anniversary.

Submitted by Sandy Carlson



## CHUM Picnic

August 6

The Annual CHUM Picnic on **August 6**, at **6 p.m.** is part of the National Nightout movement and an event that St. Andrew's supports by providing some food. This year we will be providing watermelon. The specific food request comes from CHUM so that there is *'enough of everything for everybody.'* This is an event that we, as church members of CHUM, are encouraged to attend. It is a great time to meet friends, to celebrate the building of community as part of a national tradition and a local intention, and to get to know some members of the Duluth Community whom you may not have been able to meet in other settings. It is a well-attended and lively event.

Submitted by Joanne Blyler

## St. Andrew's Rain Garden?

August 6 and 7



Kinnan and I attended a wonderful workshop on how to build a rain garden. The U of M Sea Grant is sponsors it. We attended the workshop since we were interested in learning how to utilize the rainwater that comes from the roof of St. Andrews. Since the garden in front of the church is in need of re working, we thought a rain garden might be the answer. A rain garden is simply a garden with a depression that is designed to catch rainwater runoff, growing plants that do not mind getting their feet wet on occasion. This would be a part of the Green Team effort at St. Andrew's. We became interested initially after visiting St. John's Episcopal Church in Linden Hills that has a marvelous rain garden in their front yard.

If anyone is interested, especially those who are a part of the church garden committee, the next workshop will be held **August 7 and 8** at the Chester Park School building (it houses Sea Grant) from **6 p.m. to 8:00 p.m.** in the evening. The cost is \$25 but includes the Bluetooth Guide to building rain gardens. It is a wonderful guide and well written. This is a hands-on experience. The second night we were able to help complete an actual rain garden. If anyone is interested, please contact Cristina Villella at <ville034@umn.edu>.

Submitted by Ellie Alspach

## Help Fill A Backpack Ending Date Approaches

August 12

The annual in gathering of back-to-school backpacks is in full swing. A gift of **eighteen dollars** provides for a well-supplied backpack for **students in grades K-5**. **Twenty dollars** provides a backpack for **students in grades 6-12**. Options for supporting this program include cash or checks made out to CHUM, fully outfitted bags (list of contents is posted in the Mission Hall), and/or specific items for the bag/monies to be used to purchase most needed items. Joanne Blyler will happily deliver them, any and all of the aforementioned to CHUM. Contributions need to be submitted **by August 12**. Backpacks will be distributed on August 20. This drive is coordinated with some of the other organizations who supply backpacks so that there is equitable distribution throughout the community. This is a wonderful gift so that no child need go to school without the supplies needed for success.

Submitted by Joanne Blyler





## Ladies' Night Out

August 12

We will have a Ladies' night on **Monday, August 12 at 6 p.m.** We will meet for dinner at Bellisio's. If someone would like to join us please call Elena Knezevich 724-2939 or email [eknezevich@hotmail.com](mailto:eknezevich@hotmail.com) by Sunday, August 11.

Submitted by Elena Knezevich

## Bishop's Committee Meeting

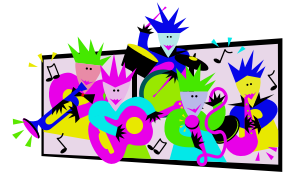
Our next meeting is August 14 at 5:30 p.m. in the St. Andrew's Mission Hall.



## ***Fiesta por la Paz!!* Party for Peace, to Benefit Witness for Peace** **Wednesday, August 14, 2013, 6 – 9 p. m.**

Tycoons Ale House and Eatery, 2 floor of the Old City Hall, 132 E. Superior St, Duluth

Music by the Band Called Truman, featuring Leon Rohrbaugh and friends!  
Refreshments and cash bar available.



Witness for Peace is celebrating its 30<sup>th</sup> anniversary this year, and the Upper Midwest region in Minnesota and surrounding states has completed 12 years of education and advocacy for justice and peace in Latin America. All donations are appreciated and will benefit the ongoing work of Witness for Peace—Upper Midwest.

Submitted by Carolyn Pegg, A member of the Dismantling Team of Peace Church UCC

## Youth Event

### Summer Sailing with St. Andrew's By-The-Lake

August 18

Sign-up on the table in the church entrance for our second free sailing event this summer.

This is for our youth and for their friends in the community to come and see what St. Andrew's is all about. Dave Johnson, Kinnan Stauber, and Sally Buck have volunteered their boats and sailing expertise to support this event. We will begin with a scripture passage and give participants a question to talk with others as we sail around the Bay and Lake. We will then have a hot dog roast and have a discussion of their experience. **Young people between the ages of 12 to 18 are invited to come "Sailing with St.**

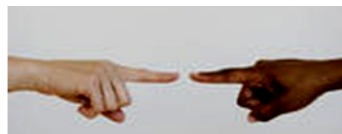
**Andrew's"**. Our sailing event will be held on **Sunday, August 18 from 1 to 5 p. m.** All are welcome, bring a friend, and be sure to sign-up!

Submitted by Dave Johnson

## How to Kill Legally: A Forum to Address Racial Disparities in our Community

August 21

5:30 p. m. - refreshments., 6:00 p. m. - program, Location - TBA



This forum focuses on the verdict of the Trayvon Martin Case and how it affected the nation but also on how it pertains to Duluth. The forum will address your opinion and the opinions of your peers on how we do or do not have racial disparities in Duluth. The focus of this forum will aim to get not only opinions but ideas and solutions of the race related issues we have in our community. The community need you and your voice to be present so we can make a step in the right direction.

Submitted by Carolyn Pegg, A member of the Dismantling Team of Peace Church UCC





## Green Team News:

The Green Team met again in June and is continuing to make progress in working on the Evergreen level, hoping to finish the documentation by the end of the summer. We, at St. Andrew's, are serious about how we interact with the environment and we have a Green Team working on describing what we do and have done, and reminding us that environmental concerns are important to us. Kinnan Stauber is the contact person for this group. Stay tuned!

Submitted by Margaret Handley

## Bike or Walk to Church This Summer

The Green Team is encouraging biking or walking to church as a sustainable transportation mode. You can participate by riding or walking either all or just part of the way.

St Andrew's Trip Log: Do not forget to keep track of your walk/bike trips on the trip log sheet located on the sign-up table. Before Diocesan Convention, we will report how far we collectively went in a few months (and no trip is too small). The Green Team will add this information to our application for the top green recognition.



Ride as a Group: Since it is more fun to ride with others, we will have a standing meet up spot this summer. Gather around 9:15 a.m. on the Point side of the Aerial Bridge, riders should wait 5 minutes and then head off to church (of course invite others to join along the way).

Submitted by Ellen Pillsbury

## Recycle Aluminum Cans

Remember to collect aluminum beverage cans for our building fund! Leave them at church or at JC Curtis' house. This month was low—only 30 pounds—usually it is around 60 pounds in the summer. Every little bit helps, though, eh? Thanks!

Submitted by JC Curtis



## CHUM "Bag Lunch" Organizer Found

Liz Benson Johnson and Dave Johnson have graciously volunteered to organize the CHUM bag lunches from August through December. Thank you! Thanks also to Mike and Sharon Oliver for organizing the CHUM bag lunches earlier this year, and to all the people who help put the bags together once a month on Sunday after church. It is one way we send our St. Andrew's hospitality out into the world.

Submitted by Margaret Handley



## Funny Religious Thoughts from the Web by Brian Lundberg

**New in Church:** After the service a young couple talked to a church member about joining the church. He hadn't met the husband before, and he asked what church he was transferring from. After a short hesitation, he replied, *I am transferring from the Municipal Golf Course.*"



# CHUM Launches Family Shelter Capital Campaign

By Lee Stuart, Executive Director

The face of homelessness is changing: Increasingly, families and children are seeking our help. During 2012, CHUM's Emergency Family shelter served 75 families, including 185 children, a nearly 50% increase since 2010. The current shelter cannot provide for the number of families seeking shelter and does not allow on-site support and services.

For this reason, CHUM launched a \$1.5 million capital campaign for the construction and endowment of a new six-unit emergency family shelter to replace our aging four-unit shelter. The new family shelter is being built in conjunction with the Hillside Apartments, an \$11.2 million project being developed by One Roof Community Housing. The Hillside Apartments will also include 44 units of permanent supportive housing for families who have experienced long-term homelessness. CHUM will operate the emergency family shelter and provide supportive services to families living in the 44 units of permanent supportive housing. Please help us make this happen!



**If you are interested in learning more about the campaign, contact:**

Lee Stuart, Executive Director, [lstuart@chumduluth.org](mailto:lstuart@chumduluth.org) or (218) 720-6521;

Mary Schmitz, Development Director, [mmschmitz@chumduluth.org](mailto:mmschmitz@chumduluth.org) or (218) 720-6521;

Dan Fuchs, [danfuchs4@gmail.com](mailto:danfuchs4@gmail.com) or (218) 461-9359.

## Honoring our Immigrant Heritage

### October

Recently we honored the history of St. Andrew's with a photo exhibit illustrating our journey from past to present. In October we will have a new exhibit giving each of us a chance to share our individual or family immigrant story with the congregation. Since we are all beneficiaries of those who have gone before, let's take this opportunity to honor their courageous lives as told in stories passed on in our families.



Though we are all Americans, each of us has an interesting ethnic past that reveals itself in many ways and has been preserved even after the passage of many generations. Grandparents, aunts and uncles came to America from many countries to fulfill their dreams of a better life.

Remnants of their lives remain in pictures, recipes, documents, artifacts, songs, poems, maps, photos, stories. Write your story. Then assemble the items that symbolize your ethnicity. Each person or family will be given wall space for a display. Please sign up in the mission hall.



Submitted by Ellie Alspach and Arlene Renken

# St. Andrew's Pilgrims

## Where are they and what are they doing now?

This month Brian would like to feature Rachel Cheslak, Lydia Jacobs, and Sarah Johnson.



### Rachel Cheslak

**When and where did you graduate High School?** I graduated East High School in 2010.

**What did you do after high school?** I attended the University of Minnesota Duluth for two years, studying English before having a life crisis and changing cities, schools, and programs.

**Where did you attend college and what degree did you earn?** I am now in film school in Minneapolis and I am working towards being a director/screenwriter, my real passion.

**Did you do any traveling since high school graduation...when and where?** In the summer of 2011, I took a road trip to Theodore Roosevelt National Park with some of my best friends to camp in the wilderness, ride horses through the mountains and have giant buffalos block the trails we were on. It was the most beautiful natural place I had ever been to and I loved the whole trip. In 2012, I took another road trip through Madison, WI, Chicago, IL, and South Bend, IN to visit grad schools with some of my friends, which was also super fun and awesome.

**Any life changing events?** I think that changing schools and cities in one go has been my biggest change lately. I finally feel like I know what I truly want to do and that the path I'm on will get me there. I feel like I have a plan.

**What are you doing now?** I'm finishing my final projects for my production class, filming a five-minute project and I am also working on a final screenplay. So I'm super busy, but it's fun.

**Plans for the future?** Hopefully I'll get some awesome rad job writing for NBC or Marvel and my name will one day appear in big-budget film productions.

**How can people of St. Andrew's contact you if they would like? Email, Facebook?**

<https://www.facebook.com/#!/rachel.cheslak>

### Lydia Jacobs

I graduated high school from Marshall in 2010. I have been working towards a bachelors in Civil Engineering at the University of Minnesota for the past three years. I've learned a lot about myself and my interests since leaving home. My experience at St. Andrew's has led me to continue to grow in faith at school, and I attend the University Episcopal Community here in Minneapolis. I love that the Episcopal way allows me to shape my own view of faith and ask questions as I learn more. I haven't done much travelling thus far in college, but this coming semester I will be taking classes at the Norwegian University of Science and Technology. While in Norway, I also hope to visit my younger sister Emilie at her school in Wales.

**How to contact Lydia:** Facebook: [https://www.facebook.com/bllund64?ref=tn\\_tnmn#!/lydia.jacobs.39](https://www.facebook.com/bllund64?ref=tn_tnmn#!/lydia.jacobs.39)

### Sarah Johnson

**When and where did you graduate High School?** 2009, Marshall School.

**What did you do after high school?** Went to St. Scholastica for 1 year, ran on cross country team and was on Nordic ski team.

**Where did you attend college and what degree did you earn?** Transferred to the University of Wyoming in 2010. Pursuing a degree in Elementary Education and Environment and Natural Resources at the University of Wyoming.

**Did you do any traveling since high school graduation...when and where?** I have traveled to the Kazan and Kunwak Rivers, Nunavut Canada summer of 2009, Erzurum Turkey in 2010 with ski team at UW to compete in the World University Games, 2011 and 2013 Sun Valley, Id. for USCSA National's (Club sports nationals), 2012 Maine for USCSA, and 2013 to Tenerife, Spain for Environment and Natural Resources Class.

**Any life changing events?** All of the places I have been able to travel to and being on the UW Nordic ski team.

**What are you doing now?** I am still at UW finishing up my degree in Elementary Education and ENR. I have 1 more year.

**Plans for the future?** Plans for the future are to graduate from college and get a job teaching somewhere. I would then like to go back to graduate school for environmental education and maybe someday open up my own school.

**How can people of St. Andrew's contact you if they would like? Email, Facebook?**

Contact: [sjohn103@uwyo.edu](mailto:sjohn103@uwyo.edu) or Facebook: [https://www.facebook.com/bllund64?ref=tn\\_tnmn#!/sarah.johnson.925](https://www.facebook.com/bllund64?ref=tn_tnmn#!/sarah.johnson.925)

**Any personal message you would like to send your St. Andrew's family?** Thanks for all of the love and support while I was growing up. I love you all!

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By-The-Lake**

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Suggestion/comments appreciated.



*A People  
on the Way  
to  
knowing,  
loving,  
and  
serving God.*

We're on Facebook  
and the Web!  
[standrewsbythelake.org](http://standrewsbythelake.org)

## Update from the Bishop's Committee July 2013

The Bishop's Committee met on July 10, 2013 – this was our first meeting with our new vicar, Aron Kramer. Following prayer, we reviewed who is doing what and where we needed contact people. It was identified that we needed a doorbell to alert Aron while he is working in the office (Ken Oliver installed it the next day). You will find it at the door to the parking area.



**Rally Sunday will be September 8, 2013.** We will have another picnic, more to come from JC and Sally.

**We are planning a congregational meeting for September 29, 2013** when we will vote on our bylaws and get an update on the Diocesan Convention.

**We are planning a leadership retreat for this fall,** more to come.

*Roberta Cline, Sr. Warden*

## CHUM Food Shelf

The collection bin for the CHUM Food Shelf has not been very full recently. The need is great! **Please** remember to pick up



*Yes / Cau!*



items to donate when you do your grocery shopping! In addition, as always, **cash** donations are greatly appreciated because CHUM can make cash go father. J and Jean Laundergan have volunteered to deliver the items to CHUM for the next few months.

Submitted by Jean Laundergan

**The September Grains of Sand deadline is  
Sunday, August 25.**