

# St Paul News

June 3, 2010

Pentecost Season

Renew our faith Rejoice in grace Reach Out with love

*Building for Christ,  
Caring for Community*



## UPDATES

**Time to take your dishes home!** There are many dishes and containers in the Basement Kitchen that need to be claimed by **YOU!** The Basement will soon be packed up for the construction and *your dish doesn't want to stay packed for the next year*, soooo head down to the kitchen and claim your dish TODAY please.

### **Volunteers Needed to Help Move items to storage:**

Volunteers from 12 years of age and older are needed to help move oak pieces (old organ parts), desks, and chairs to storage offsite. The following days are set for the move: Wed., June 9th (3:30-8pm); Tue., June 15 (5-9pm) and Thu., June 17th. (3:30pm till done). Pickup trucks and/or cars with trailers are also needed. Questions or to Sign up call the Church Office at 549-4141 or sign up on Sundays on the Worship Registration. *We Need You!*

### **Entrance to worship to change:**

One of the first changes that will come with the building enhancement project will be the closure of the breezeway door to the sanctuary. Due to safety issues (*that doorway will be within the construction zone*), you will be asked to enter the sanctuary through the Roosevelt Street Elevator Entrance (on east side of building). Once the safety fence is installed (approximately June 21) we ask that you follow the signs to the temporary entrance. Thank You!

If you have any questions, or comments, please contact a member of the Task Force: Rolf Tandberg, Deb Getz, Gail & Mardell Pedersen, Renny Malach, Gerhard Knudsen, or Pastor Chris Flohr.

## Ground Breaking & Worship

Sunday

June 20, 2010

10:00am

Reception Celebration

11:00am



**GROUND  
BREAKING**



GRACE seems the best word to describe the experience of the past month. Grace in the form of many prayers and care extended to us and Pastor Barbara and her family. We all felt at peace and very supported in prayer through the whole experience. Your cards, calls, and gifts were physical reminders of the love that surrounded us leading up to surgery and now in the healing. Thank you! The staff at Porter Adventist Hospital and the transplant teams were excellent, professional and caring. They do fine work and consider it part of their ministry of faith.

When I was in the doctor's office waiting room on May 17<sup>th</sup> waiting for my post-op check up I met a man from Buffalo, New York. He had donated a kidney to his brother two weeks prior and was having his check up too. Due to the stress of the whole situation he also had back surgery the week after his kidney donation. He already had back problems when he left New York, but it flared up on him while he was in Denver, so the transplant team found him a good orthopedic surgeon there and got it done. Overall he was doing fine, but said he had trouble sleeping because he couldn't sleep on his back due to the back surgery and he couldn't sleep on his stomach because of the kidney surgery. He was becoming a side sleeper which he had never been! It is true that there are always people who are having more "troubles" than we are. It is a humble reminder that keeping perspective in life is important!

Pastor Barbara Westhoff and her husband Gaylan extend their warm appreciation to you. They will need to stay in Denver for a time yet. Everything is going well thus far for her. The kidney is functioning well and doing what it was designed to do. The transplant team runs weekly tests to monitor the important levels and numbers associated with kidney function. When they are fully confident that all body systems are working they will release her to return home. Likely this will happen sometime this month. I will also have a six week check up, but that can be done in Missoula.

Pastor Barbara and I have been nominated to receive the "Spirit of Hope" Award which is presented each year at our Montana Synod Assembly (annual gathering of Lutheran Churches across the state). We are honored to share in this partnership of hope together. Due to the synod assembly (June 4<sup>th</sup>-6<sup>th</sup>) I will be gone the first Sunday in June. Pastor Joe Wahlin will again lead worship on June 6<sup>th</sup>. I will also be gone on Sunday, June 27<sup>th</sup> as I have been asked to speak at the 100<sup>th</sup> Anniversary of First Lutheran Church in Glasgow, MT. I was serving this congregation prior to coming to St. Paul Lutheran Church in September of 2002. Pastor Tom Lee will preach and preside at the worship service on June 27<sup>th</sup>.

We are grateful to God and to all of you for your support through this amazing time of sharing and healing. A special thanks to Bill Schwanke for the Missoulian articles he wrote. May God who is the source of hope strengthen us all in our lives of love and faith.

Always Together in Christ,  
Chris & Nadeen Flohr

LETTERS RECEIVED



Dear St Paul Members,

Thank you for your prayers for my grandson Andrew. He has been overseas for four years in the military's special operations. We have not known where he has been,

but have been sustained with your prayers. He has now been discharged from the military and has come home safely.

**Nancy Norberg**

**From Pacific Lutheran University:**

A thank you letter is posted in the church office regarding their recent concert here at St. Paul.

**Thank you for your generous donations:**

Thank you to the people of St.. Paul for providing basic hygiene items to go to Tennessee flood victims. You donated: 20 bars of soap, 5 cans shaving cream, 16 deodorants, 1 box band aides, 8 dental flosses, 4 pairs of scissors, 15 bottles of shampoo, 10 razors, 1 chapstick, 20 bottles of lotion, 105 tubes of toothpaste, 70 toothbrushes, 39 combs, emery boards, undies and socks! Four boxes were UPS'd to Tennessee on Tuesday, May 25, 2010. Many, many thanks!

Jacque Harris, project coordinator

## A Benefit Variety Show And Dessert

Prince of Peace Lutheran Church announces a variety show and dessert on June 25 (6:30-8:30pm). The evening will include special performances by their musicians including Bruce, their Sunday morning accompanist bringing rock n roll piano, Emily Peregrine sharing her beautiful voice and the *A-Tones* from Atonement Lutheran bringing instrumental selections, plus more! Both the show and dessert will be open to all with requested donations for both. The donations will benefit the general fund of the congregation so that they can enter the summer months with a budget balanced and ready for full ministry. Prince of Peace is located at 2512 Sunset Lane (across the street from Valley Christian School, just off Reserve St.).

## Open House at First Lutheran Classical School

First Lutheran Classical School, 2828 South Ave. W, is currently enrolling grades K-2 for the 2010/2011 school year. You are invited to an Open House June 15 and 16 from 5:30 - 7 pm to learn more about this exciting new opportunity for a Christ-centered education that is academically excellent. Call 549-3311 for more information or visit [www.flcschool.org](http://www.flcschool.org).

## All Lutheran Rummage Sale for *Habitat*

Volunteers needed to: 1) Drop off items at First Lutheran on June 7 & 8 or call Michele McGuirl for pickup; 2) to work at the sale June 7-12; and 3) shop at the sale June 10 & 11 (8am –3pm) or June 12 (8am—1pm).

**Pig Roast & Music Fest for *Habitat*** to be held at Atonement Lutheran on June 20 (4-6pm). Tickets cost: \$11 for adults, \$5 for children over 5, or \$25 for each family.



Church Chuckles and Laughs

## It's Joke Time...

*Give me a sense of humor, lord,  
Give me the grace to see a joke,  
To get some humor our of life  
And pass it on to other folk.*

Jokes taken from "The World's Greatest Collection of Church Jokes," published in 2003 by Barbor Publishing, Inc.

### Why Sermons?

An Anonymous letter writer sent his letter to the local newspaper complaining that church attendance made no sense. "I've gone for there for years," he wrote, "and have heard something like three thousand sermons. But for the life of me, I can't remember a single one of them. So I think I'm wasting my time, as are the preachers for even bothering to deliver a sermon at all."

This letter started a real controversy on the op-ed page. It went on for weeks until someone wrote this clincher:

"I've been married for thirty years. In that time my wife has cooked some thirty-two thousand meals, but for the life of me, I can recall the menu for a few if any of those meals. I do know, though, they all nourished me and gave me the strength I need to do my work. If my wife had not given me those meals, I'd be dead already."

No more comments about sermon contents have appeared on the op-ed page.

Compiled by Gary A. Sorensen

## BAOBAB BLAST, VACATION BIBLE SCHOOL NEEDS YOU!!!



And you may invite your FRIENDS, too, to Vacation Bible School at St. Paul Lutheran Church. We'll get together June 14-18 from 9-noon.

We want YOU to be a part of this Amazing Adventure!!! (It's just not an adventure without "U"!)

All children age 4 through grade 5 are eligible to come and enjoy Kalahari Crafts, Grassland Games, Madagascar Music, Sumptuous Snacking and much, much MORE!!!

Register on line at [stpaul@stpaulmissoula.org](mailto:stpaul@stpaulmissoula.org) or you can find additional forms at the church exits. Please return your registrations by June 7<sup>th</sup>.





## Parish Nurse

I hope you and your loved ones are able to enjoy the summer weather and activities! My article this month is on the importance of caring for our eyesight so we can enjoy the beautiful world God has created.

More than one million Americans at or over the age of 40 are currently blind. Vision impairment creates problems for an additional 2.4 million. Blindness and visual impairment from many eye diseases and disorders can be reduced when detected and treated early.

One of the leading causes of blindness and visual impairment is Age-Related Macular Degeneration (AMD). AMD is the most common cause of legal blindness and visual impairment in older Americans because it damages central vision. But good news! It has been found that in certain people, three B vitamins could be key for lowering the risk of AMD.

In a 7-year study of middle-aged women with cardiovascular disease, these women were far less likely to develop AMD if they took three B vitamins for the study duration (Christen, W.G., et al). The three magic Bs in the study were: B6, B9 (folic acid), and B12. Researchers are not entirely sure how these Bs helped fend off AMD, but concluded that their antioxidant effect lowered homocysteine levels—a marker of inflammation that can damage small blood vessels in the eyes.

Additional research is needed in both sexes to confirm the eye-protective benefits of vitamin B supplements. But in the meantime, it is known that a B-rich diet has plenty of health benefits.

Good food sources of these three B vitamins are listed as follows:

**Vitamin B 6:** chicken, fish, kidney, liver, eggs, brown rice, soybeans, oats, whole wheat bread, peanuts, walnuts, avocados, bananas, molasses, cabbage, cauliflower, mustard greens, and yeast.

**Vitamin B 9:** dried beans and peas, oranges, orange juice, spinach, mustard greens, romaine lettuce, green peas, liver, and yeast.

**Vitamin B 12:** meat, fish, poultry, eggs, and dairy products.

Of note, is that a vegan diet may lead to a vitamin B12 deficiency. This can be prevented by a diet bolstered with foods fortified with B12 such as whole grain cereals. There are also supplements and prescription medications.

We have a responsibility to care for our eyesight. Eat a well-balanced diet rich in grains, dairy products, fish, poultry, eggs, meats, fruits and vegetables. See your eye doctor regularly for vision exams and follow your doctor's advice. By following these tips, you become a good steward of your body!

Blessings,  
Ardie Fraley, Parish Nurse

### Tip of the month:

**Tip of the Month:** Do you feel hungry after exercise? Refuel with a handful of nuts. A little lean protein and some healthy fats can help your body absorb and use blood sugar more effectively.



Thank you St Paul Congregation for your giving of items and time to Lutheran World Relief. On May 1st, volunteers loaded up boxes of quilts and kits and took them to First Lutheran, where a huge truck awaited loading of boxes from the many churches in the surrounding area. This year St Paul sent 81 quilts, 75 school kits, 38 Health kits, 15 sewing kits, and 19 baby layettes. THANK YOU to everyone who watched for specials, shopped, sewed, gathered material, and volunteered with this special work.

After a number of years coordinating LWR for St. Paul Lutheran, I am happy to introduce you to two volunteers who are taking this position over, Jan Turbak and Deb Lutes. Thank you.

Bev Narum

St. Paul Lutheran Church  
202 Brooks Street  
Missoula, MT 59801

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RETURN SERVICE REQUESTED



**Bike and Build** is coming to Missoula August 6-8. If you are interested in helping with this group (St Paul provides 2 breakfasts and 2 dinners during their stay) talk with Phil Stauffer at (728-8262).

### Looking Ahead

- Jun. 7 (6:30pm) Monday Evening Worship begins
- Jun. 7 & 8 Drop off Rummage at First Lutheran Church For the Habitat Fund Raiser
- Jun. 9 (3:30-8pm) **Help Move** furniture & boxes to Storage - *We Need Many Volunteers!*
- Jun. 10-11 All Lutheran Rummage Sale at First Lutheran
- Jun. 14-18 **Vacation Bible School, We'll all enjoy a Baobab Blast from 9—noon; children age 4 through 5th grade are eligible to attend**
- June 15 (5-9pm) **Help Move** furniture & boxes to Storage - *We Need Many Volunteers!*
- June 17 (3:30-9pm) **Help Move** furniture & boxes to Storage - *We Need Many Volunteers!*
- Jun. 20 (10am) Ground Breaking/One Worship Service (4-6pm) Habitat for Humanity Pig Roast & Music Fest at Atonement Lutheran
- Jul. 18-23 St Paul Youth Mission Trip to Blackfeet Reservation
- Aug. 6-8 Bike & Build in Missoula
- Aug. 15-20 St Paul week at Flathead Lutheran Bible Camp

### St. Paul Lutheran Church

202 Brooks, Missoula Montana 59801  
406/549-4141 Fax: 406/327-0496  
[www.stpaulmissoula.org](http://www.stpaulmissoula.org)  
Email: [stpaul@stpaulmissoula.org](mailto:stpaul@stpaulmissoula.org)



**Worship Sundays at 8:30 & 11:00am & Mondays at 6:30pm**

Pastor, Chris Flohr  
Campus Pastor, John Lund  
Pastor Emeritus, Joe Wahlin  
Worship & Music, Bonnie Olsgaard  
Parish Education Director, Elaine Ryan  
Youth and Family Ministry, Linda Swanson  
Parish Nurse, Ardie Fraley  
St Paul Choir, Chuck Bryson  
Chime Choir, Joyce Wahlin  
Maintenance Team, Gail & Mardell Pedersen  
Office Manager, Mary Jones