

February

## St. Peters Post—News & Notes February 2024

St. Peters Lutheran Church  
Phone Number : 651-228-1482

Worship : Sunday @ 8:30 AM  
Bible Study @ 9:30 AM

**Mission: "To welcome all people into the kingdom of God by fostering relationships."**

**Providing Treats for Fellowship** Calling all bakers, treat lovers, and coffee connoisseurs! Please contact Elizabeth Montgomery ([elizabeth.e.92@gmail.com](mailto:elizabeth.e.92@gmail.com); 612-388-7728) if you have interest in providing treats for fellowship! You may sign up using the embedded [link](#) or on the form in the narthex.

Please reach out with any questions or concerns. A reminder will be sent 4 days before your scheduled Sunday and Elizabeth will be in touch with further details at that time.

**Valentine's Day Project** : Socks for the homeless. Any size: Men's, women's and children. Place in the box in the Narthex. Deadline February 11th. We can do the shopping for you if you are unable too. Call Carolyn 348-7320 or Geri 227-4790.

**Welcome Back to Christine** Christine Walberg will be returning from her maternity leave to play for us starting Sunday, February 11. We rejoice in the time to rest and bond as a family, and look forward to hearing her again.

**Deuteronomy - Sunday Bible Study** Starting this month, Sunday Bible Study will be reading and discussing the book of Deuteronomy, and specifically engaging with ancient law codes. While it may be common to think that these laws are dry and inapplicable, I hope that if you participate you will find the opposite. We will focus on not only what these laws say (and some are weird and even seem off putting), but how we go about applying something from a context that is far removed from our own so that we might grow in wisdom as we follow in the way of Jesus.

**Ash Wednesday** Ash Wednesday is February 14 this year. Please join us for service that evening at 6:30 pm. Imposition of ashes will be available for those that desire it.

**Midweek Lenten Services** During Wednesdays in Lent, starting February 21, we will meet in the church basement around a table together for worship. Our focus this year is on the book of Habakkuk - a prophet centered on grief, questions of God's justice, and a life of trust in the midst of circumstances that are contrary to God's blessing. Join us as we read together and discuss together, that we too might continue to learn to "live by faith" (Habakkuk 2:4).

**Holy Week** Mark your calendars. Maundy Thursday is March 28; Good Friday is March 29. Both services will be at 6:30 pm. Easter Sunday service will be at 8:30 am. Bethesda has invited us to join in their breakfast following our service. This is a great opportunity to foster relationships together.

### **Women of the Church—December we meet on Saturday, Jan 6—Please join us!**

We meet for Bible Study the first Saturday of each month from 9-10 AM, then we have a meeting of Women of the Church from 10-11, following Bible Study. Some highlights from our last meeting include:

If you have an interest in helping with Altar Guild, please contact Elizabeth Montgomery at: 612 388-7728. We will also be building Blessing Bags for the homeless in our community. We will be building them on Saturday February 24<sup>th</sup> at 9:00 AM. If you are able to help us with this, we will be collecting: gloves, granola bars, beef sticks, toothbrushes and toothpaste, wipes, five dollar bills and other packaged snacks or simply any cash donations. We will have a bin in the back of the church for your donations and once the bags have been completed, we will place them there as well for you to either keep in your car to hand out or place in our little pantry. This is being done in concert with our "socks for the homeless" also in February. Please join us for any and all of our events. If you have any questions, please reach out to Jackie Brueggemann at 612 709-3793. Thanks for your participation.

If you have any questions about the Women of the Church (WOC), please reach out to Becki Hamilton at 612 414-0641 or Jackie Brueggemann at 612 709-3793.



Sun, Feb 4 Gary B.  
 Sun, Feb 11 Gerri Morse  
 Sun, Feb 18 Andrew E.  
 Sun, Feb 25 Ellen E.



Feb 4, 11, 18, 25  
 Linda & Val

- 4 Zachary Peterson
- Zipporah Weber
- 9 Zephaniah Weber
- 11 Gary Brueggemann
- 14 Ron Nelson
- 24 William Crittenden
- Adrian Nowaczewski
- 26 Arthur Dement
- 28 Maureen Murphy



Feb: Linda Schwartz  
 Mar: Becki H & Norma C.



2 Becki & Mark Hamilton  
 14 Linda & Jack Bataglia

**CRAFTING & QUILTING**

Friday, Feb 9 join us for crafting from 6:30—9:30 PM and Saturday, Feb 10 from 9:00—3:00.

Quilters will meet on Saturday, Feb 10 from 9—noon. No experience necessary.

**Finances** Giving Dec 26—Feb 2

Envelope Giving = \$ 12,000.59  
 Electronic Giving = \$ 1,360.00  
 Misc Giving = Acts 4 \$ 175.00  
 Bethesda Rent = \$800.00

Annual Final Budget for 2023- \$198,131  
 divided by 12 = \$16,510.92 estimated per month



**Monthly Food and Fellowship**—Please join us on Tuesday, Feb 20 at 6:00 PM at the church. Mark Lehner will be whipping up something tasty for us to enjoy. If you have any questions, contact Mark at scubamac1@me.com

**PRAYER CONCERNS**

- |  |   |
|--|---|
| Jordan and Katie at the death of their boys, Jesse and Asher | Darrell - strokes (Helen Mikle's brother)                   |
| Robert (Shirley's nephew)                                    | Sarah McGuiness (friend of Hamiltons)                       |
| Sharen Melby   | Toivo - health concerns (Grandson of the Cheesebrows)       |
| Bill - multiple myeloma (friend of Al Malcolm)               | Renee Kreitz  |
| David Huber - concern with eyes                              | Linda Bataglia and Jack Blank                               |
| Steve - hospice (Nancy Appenzeller's husband)                | Jack Bataglia (Linda's brother)                             |
| John and Marie Gonsoski                                      | Al and Trish Malcolm  |
| Sherry (friend of Karen Lehner)                              | Jennifer (niece of Adrian with kidney failure)              |
| Dean - bladder cancer (cousin of Norma Cheesebrow)           | Ron (brother-in-law of Adrian with cancer)                  |
| Steven Mikle   | Steve (brother of Adrian with cancer)                       |
| Kathy Nelson - stage 4 lung cancer (Midge's sister)          | Shirley (Adrian's cousin who has cancer)                    |
| Rita - broken vertebrae (sister of Al Malcolm)               | Jim Morse (Gerry's cousin diagnosed with Myasthenia Gravis) |
| Bill Crittenden  | Robert (son of Rosie Peterson with inoperable cancer)       |
| Art and Nancy Dement   | Dean (friend of Lehnerns diagnosed with prostate cancer)    |
| Bev Hamilton - on hospice                                    | Helen Mikle   |
| Nature   | Mark Murray (son-in-law of Helen Mikle)                     |
| Eric Morse   | Jackie Nowaczewski  |
| Dan - cancer (Sharon M. brother in law)                      |   |
| Tim Meyer (friend of Malcolms)                               |   |
| Loretta (family member of Midge)                             |   |
| Nina - cancer (mom of Michael, a friend of the Webers)       |   |
| Al - cancer (friend of Norma)                                |   |

# February 2024

*Altar Guild - Linda Schwartz*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				6:00 Bethesda		9:00 Women's Bible Study 10:00 WOC
4	5	6	7	8	9	10
8:30 am Worship 9:30 am Bible Study 12:30 Potluck/Fun 10:00—12:30 Bethesda		3:30 Deacons Meeting			6:30—9:30 Crafting	9:00-noon Quilting 9:00—3:00 Crafting
11	12	13	14	15	16	17
8:30 am Worship 9:30 am Bible Study 10:00—12:30 Bethesda			Ash Wednesday 6:30 Worship	6:00 Bethesda		
18	19	20	21	22	23	24
8:30 am Worship 9:30 am Bible Study 10:00—12:30 Bethesda		6:00 Food & Fellowship Meal at Church	6:30 Worship	6:00 Bethesda		9:00 Build Blessing Bags
25	26	27	28	29		
8:30 am Worship 9:30 am Bible Study 10:00—12:30 Bethesda			6:30 Worship	6:00 Bethesda		

## FEBRUARY HEALTH NEWSLETTER, 2024

This month's newsletter is from the article "How to Help ( and not Help) in a Crisis edited by Jamie Aten, Ph.D., and Kent Annan, M.Div. It is a summary of important points of the article. February is thought of as Love Month with Valentine's Day (2-14) but St. Valentine was beaten with clubs and beheaded on 2-14-270 under the Roman Emperor Claudius II. Pastor substituted the names of saints instead of girls in the pagan ritual on 2-15 to the goddess Februata Juno. So, a discussion on helping those in crisis seem fitting for this month.

### What not to say:

- The two words, "At Least" can have many truisms that follow. It is not helpful because it invalidates the person's pain.
- "Everything happens for a reason". Invalidation of pain
- "God needed an angel". God does not need more angels and people do not become angels in death.
- "Just don't think about it" This is not helpful and can be harmful. This can increase isolation.
- "Time heals all wounds". Not true especially for significant losses where loss can be experienced for a lifetime.
- "You can always get another..." The minimizes pain (our discomfort) and interferes with persons mourning in real-time,
- "You should be over this by now"
- "You need to move on" Both of these do not allow the person to move through the grief and is not true- people do not get over grief but learn to carry that grief or work through the grief.
- "I understand what you are going through" No you do Not know and no one knows someone else's grief.
- 10 "God is in control" This is true but not helpful.
- 11 "You have to be strong" This encourages stuffing of feeling and grief rather than healthy expression of grief.

### What To Say or Do:

The ministry of Presence. By Presence mean to show up, be with that person, and say little.

Ministry of Absence. Giving the person time to step away from everything to take the time they need to work through the pain.

Keep showing up. Keep in touch in small ways and in larger ways but be consistent, keep checking in, do not take responses personally. "I am willing to and waiting for walking beside you in your pain".

Practice compassion and patience. The word compassion means to suffer with someone and patience is necessary in healing.

Show yourself compassion, patience, and kindness. By becoming beacons of hope we can bring healing to the deepest wound.

### Additional helps in listening:

- 1 Focus on the present in the here and now.
2. Acknowledge the difficulty of the situation.
- 3.Be authentic and genuine in your warmth and concern.
4. Be there through the difficult times both now and in the future.
- 5.Be willing to listen th the hard stuff even if you are uncomfortable with it.
6. Talk about how they are trying to make meaning of what they are experiencing or feeling.
8. Listen without judgment. Do not argue or debate their experience.
10. Show patience and let the person share their story in their own time. Do not force the person to share more than they want to at that time.

I hope you find this helpful There is a lot more on this topics. It was very close to the disaster training I got by the Red Cross and in literature I have read on the topic of grief and disaster response.

"Lives of the Saints" by Rev. Alban Butler, (1955) Benziger Brothers, Inc.  
David Cheesebrow MPA, MA.N. RN, FCN