

THE MAGAZINE OF ST. PAUL LUTHERAN CHURCH

August 2017

journey



Precious green sauce

Pesto aficionados know that the best pesto is made and eaten on the same day. Most of us in America refrigerate pesto sauce, but that's only for convenience sake.

Freezing is definitely out. Icing up the combination of basil, garlic, pine nuts, olive oil, and Parmesan cheese is not a good idea.

The best pesto in the world, food critics say, is found in Genoa, Italy. Genoese pesto (pesto alla Genovese) is king. Gardeners in the Ligurian hills along the Mediterranean coastline look for young basil that hasn't flowered yet, with leaves sweet in taste and stalks no more than seven or eight inches tall. Chefs work their marble mortar and wooden pestle magic, grinding and pounding all the ingredients together. Sometimes sheep cheese gets added in. The resulting green sauce is a source of great pride for the people of Genoa.

Tourists flying out of Genoa have long been angry at airport security checkpoints when they're told their jar of pesto doesn't qualify for boarding unless it's under 3.3 ounces. It's one thing to pitch a half-full plastic water bottle; it's another to throw away the best pesto in the world.

Well, something got the attention of airport security officials in Genoa. Maybe it was the tourism bureau or some irate government official frustrated with trying to bring a homemade gift to a friend. Whatever happened, authorities have relaxed the liquid carry rule in Genoa – for pesto only. Passengers are now able to carry jars as large as 17 ounces in their carry-on luggage. They do have to buy a 50-Euro cent stamp at the airport for the precious green sauce. But all proceeds from the stamp benefit a charity that airlifts sick kids to area hospitals.

I am thinking about this relaxation of airport security rules not because I sometimes wish that our airports would do the same – I do long for a more generous spirit among certain TSA workers. The new rule is rather on my mind because of the way that legalism in the church has done little favor for believers over the centuries. Many Christians I meet are recovering legalists. They're trying to untie the knots of a life shaped by a religious tradition or congregation that cared more about rules and regulations than about God's free gift of grace.

The instinct to adhere to the letter of the law instead of the spirit of the principle behind the law is understandable. It's usually easier to scrap imagination and live within the confines of well-defined boundaries. Methodical obedience doesn't require a huge commitment of the human heart. The apostle Paul, in his early life, was a paint-by-numbers kind of guy. He was steeped

in legalism. Only when he had a life-changing encounter with grace did his legalistic world collapse. We might try reading his letter to the Galatians sometime with an eye toward his obvious desire to turn a church full of legalists upside down.

Last autumn, Pope Francis delivered a homily at the Vatican in which he suggested that legalism makes Christians stupid. "May the Lord give us this grace: to open ourselves to the Holy Spirit so that we will not become stupid, bewitched men and women who sadden the Holy Spirit." The pontiff asked, "Is my life a kind of half a life, lukewarm, that saddens the Holy Spirit and doesn't allow that power in me to carry me forward, to be open?" He went on to reason that fixation with the Law ends up ignoring the gift of grace brought to us by the Holy Spirit.

WWJCOOG? What Would Jesus Carry Out Of Genoa? Can't you see him pulling a 17-ounce jar of pesto from his carry-on bag? Or maybe even a larger vat, just to challenge the system. I suppose that's a lot of pesto to consume in one day, especially when refrigeration is frowned upon. Then again, Jesus shared everything he touched, which is likely what he'd decide to do with that precious green sauce – the best in the world.



Peter W. Marty

PETER W. MARTY
senior pastor



ON THE COVER: Ethan Bettis

journey

AUGUST 2017

Volume 5 | Issue 6

EDITOR Ann McGlynn

DESIGNER Lauren Brown

ADDRESS

St. Paul Lutheran Church
2136 Brady Street,
Davenport, Iowa 52803

CONTACT

Email journey@stpaulqc.org
Phone 563.326.3547

MISSION

St. Paul Lutheran Church is a faith community, shaped around five core values: radical hospitality, passionate worship, intentional faith formation, adventurous mission and service, extravagant generosity.

Journey (USPS 8314) is published monthly by St. Paul Lutheran Church ELCA, 2136 Brady St., Davenport, IA, 52803. Periodicals Postage Paid at Davenport, IA.

POSTMASTER

Send address changes to *Journey*, 2136 Brady Street, Davenport, Iowa 52803

Back-to-school blessing Aug. 20

The anticipation of a new school year is in the air: school supplies, back packs, and the eagerness of learning new things.

On Sunday, Aug. 20, St. Paul will hold its annual back-to-school blessing. Students of all ages can bring backpacks and laptop bags to worship at 9:20 and 11 a.m. for a special blessing. Just bring your bags up to the front of the Sanctuary near the altar. The blessing will be during the children's message. Children will receive a small item to remind them God is with them as they return to school.

Sunday morning learning at St. Paul begins again on Sunday, Sept. 10.

Women of St. Paul fall gathering slated for Aug. 26

The annual fall gathering for women of St. Paul, *Servant of All to Make a Difference in the World*, will be Saturday, August 26, 9-11 a.m.

The morning, which will honor the 500th anniversary of the Reformation, will begin with a portrayal of Katharina von Bora Luther in the Chapel Commons, followed by refreshments. Women will then have the opportunity to participate in quilting and/or assembling school kits which will be donated to Lutheran World Relief.

Sign up at stpaulqc.org/signups or at the Information Center. Child care will be available upon request. The event is free.

Contact: Jan Lloyd, 563-359-3790, cmljml@q.com or Judy Skogman, 563-332-7547, djskog@aol.com.

Neighborhood cleanup set for September 2

The St. Paul corner of the world is a beautiful place. On Saturday, September 2, 10 a.m.-12 noon, gather to pick up trash and debris in the blocks surrounding the campus. It's called the Make It Yours Neighborhood Cleanup.

No need to sign up, just come! Supplies and snacks are provided. Contact: Jules Irish, julesi@mchsi.com.

Early Morning Book Group to meet in August

Wake up with coffee and a good book with the Early Morning Book Group in August. Meet in the Library Commons on Tuesday mornings, 6:45-7:30 a.m., on August 15, 22, and 29.

The book will be *Hallelujah Anyway* by Anne Lamott. It is available in the St. Paul Book Corner. Contact: Pastor Katy Warren, katy@stpaulqc.org.

St. Paul to host Powerful Tools for Caregivers

Iowa State University Extension will hold a six-week session, Powerful Tools for Caregivers, at St. Paul, beginning Monday, Sept. 11, 5-8:30 p.m.

Powerful Tools for Caregivers is a series of classes designed to empower family caregivers of adult and minor children with special health and behavioral needs to take better care of themselves.

The tools learned in this series benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions, and locate helpful resources.

Interactive lessons, discussions, and brainstorming help participants take the tools they choose and put them into action.

The course is free. To register, call the Iowa State University Extension office at 563-359-7577. Contact: Jennifer Best, jb主@iastate.edu.



CC CONVERSATIONS TO BEGIN IN SEPTEMBER

Rich conversation with other Christians on topics related to faith, politics, and culture doesn't happen often enough in our day. At least these conversations don't often grow beyond the quick trading of opinions.

CC Conversations is a new opportunity for St. Paul people to discuss matters of faith, politics, and culture, based on articles and news from *The Christian Century* magazine. The goal will be to think critically and faithfully about a whole host of issues.

Beginning this September 7, on the first Thursday of each month, 6-7:15 p.m., Pastor Peter Marty will facilitate discussion as the group identifies a couple of articles from the most recent two issues of the magazine. Participants will want to have read those two issues in advance, through either a subscription (special St. Paul rate cards are available at the Information Center) or by stopping by at church to read one of the copies secured in the library.

The Christian Century is a bi-weekly journal devoted to shaping America's conversation about religion and faith in public life. Pastor Marty serves as publisher of the magazine.



BEHIND THE SCENES

New boilers = better heating

Their size rivaled two VW Beetles, steel gray and tucked away in the basement of St. Paul. Each fall, they roared to life, fueled by natural gas, to boil water. With a complicated twisting and turning series of pipes, valves, radiators, air handlers, they delivered steam heat to much of the St. Paul building.

One was 52 years old, the other 65 years old. Their efficiency? Forty percent (at the generous end).

For the past two years, St. Paul leaders and staff made plans to replace the boilers – a rather involved endeavor to avoid the increasing possibility that one of the boilers could fail at an inopportune time. The council approved the \$225,000 project in the spring, paid for with money set aside in the Building Improvement Fund. Northwest Mechanical Inc. of Davenport is the contractor. A \$21,800 rebate from MidAmerican Energy will help offset some of the cost.

The old boilers that served St. Paul well are now gone, chopped up and removed piece by piece this summer. The 1952 Kewanee boiler heated Fellowship Hall, the Chapel and the Chapel Commons. The 1965 Kewanee served the Education Wing, Library, Church House, and Luther Loft. They required manual operation, and some areas of the building experienced significant temperature inconsistency.

In their place? Two units the size of a washing machine, with 82.6 percent efficiency (a conservative estimate). One will carry much of the load, while the other will serve as a backup.

The new system, leaders say, will improve the climate of the areas served with improved controls, while reducing operating costs. The control and automation systems will integrate with the system that heats the Sanctuary, Gathering Area, and a portion of the staff offices.

It is anticipated that the new boilers will have a lifespan of approximately 30 years.

Next up for mechanical attention, sometime in the next 5 to 10 years, will be the chiller system for air conditioning. A breakdown currently under repair has shut down cooling for much of the building in recent weeks.

About Kewanee Boilers

The old boilers were in fact made in Kewanee, Illinois.

Kewanee began manufacturing boilers in 1868, according to the company's history, when a man named Valerius Anderson started a company to make steam heating devices to heat animal feed. Three years later, the company began making steam boilers for homes and businesses.

Over the next 133 years, until production ceased in 2002, tens of thousands of Kewanee boilers were sold to residential, commercial, and industrial customers in the U.S. and abroad. A boiler part company now ensures parts are available for the remaining boilers.

For more information about rebates that are available for homeowners and businesses, visit www.midamericanenergy.com/ee.

SERVING IN APPALACHIA

They hammered, nailed, played, sang, cooked, prayed, and cared. Eighty youth and 38 adults were love in action during a week-long trip to Jonesville, Virginia, in July. Working with Appalachia Service Project, they helped make homes warmer, safer, and drier, and listened to stories different than their own. Love your neighbor, Jesus said. And that they did.





Faith home, finally found

Ethan Bettis spent quite a few years of his young life trying to find a church community that would accept him and love him. One year ago, he visited St. Paul. Then he joined, and he hasn't looked back since.

The very first time Ethan Bettis walked into St. Paul Lutheran Church, it was for worship on a Sunday morning one year ago.

The 17-year-old was there with Cheyenne Griswold, who encouraged him to come with her. Ethan, who is gay, was hesitant - he had actively tried to become a part of other churches, only to be rejected because of his sexuality.

His friend was not hesitant. She knew he would be loved and accepted at St. Paul for exactly who he is.

"She walked up to Andy Langdon (director of youth ministries), and said, 'This is my friend, Ethan. He's gay,'" Ethan said.

And the rest, as they say, is history. Ethan has jumped right into life at St. Paul - joining the mental health team on the NAMI walk, singing in the youth choir, attending worship, being a part of Sunday Night Live, presenting an adult learning session on Sunday morning about living out his faith through activism.

Unfortunately, he just missed going on the youth mission trip last year...but made up for that this year.

Ethan started to go to church when he was 10 years old. Life had taken some rough turns - his younger brother was diagnosed with cancer, and his grandfather died.

"I thought maybe since I wasn't going to church, God was mad at me and gave my brother cancer," he said. "I was angry at God, that this supposedly almighty and powerful being could let something horrible happen to a helpless child.

"But we became closer as a family and avid church goers."

As time went on, Ethan came to understand that he is gay. And as time went on, he found himself rejected by the people at two churches.

They said: "We don't hate you, we hate your sin."

Ethan wasn't quite sure what he was being told. "I was still trying to figure out this being gay and Christian thing. I eventually gave up on church and decided I could worship through the way I lived my life and didn't need to attend a church to be considered a Christian."

But anyone who knows Ethan knows that community is very important to him. Then the invitation from Cheyenne came.

"I immediately fell in love with the entire place, the people, music, building. There are a lot of reasons we are drawn to and from God. I'm particularly in tune with welcoming (or unwelcoming) because of my sexuality. I was really wary of how people would react here at St. Paul, but when I found out the ELCA was an inclusive church, I was all in."

Ethan graduated this year from Pleasant Valley High School. In the fall, he will attend Scott Community College. He hopes to be a cardiothoracic surgeon someday, in honor of his grandfather who died when Ethan was 10.

He also is interested in hospital administration. And, there might be a few people at St. Paul who are encouraging him to consider church work, too.

This summer, Ethan was one of the 118 people who ventured to Jonesville, Virginia, to help make homes warmer, safer, drier. He updated his friends and family about the work there on Facebook.

"This week... man oh man. It has been hard. It's hard to be away from my family and animals. It's hard to do work that I don't know or want to do but I'm doing it because I need to. God says that humility is shown by not words but actions (1 Corinthians 12:7-10)."

And he is thankful for St. Paul.

"I've found a church that welcomes me. For years, I didn't know how to be gay and Christian. What does it mean to be gay and Christian? It means I am a person searching for God. I am loved by God, redeemed by Christ.

"My sexuality doesn't keep God's love from me, but allows me to be embraced by a supportive community who knows I have value and worth as a person."

He then says a version of the blessing prayed at the end of each Sunday Night Live - St. Paul's high school youth group: "I am a child of God, wholly and dearly loved. Jesus loves me and others do too."

**"When I found out the ELCA
was an inclusive church,
I was all in."**

- ETHAN BETTIS



'Barils do not give up'

Joan Baril faces multiple sclerosis diagnosis, while son Peter anticipates prosthetic leg

He remembers almost everything about the crash.

On May 15, Peter Baril and a friend headed south on Harrison Street in Davenport on his motorcycle. Just a few blocks north of church, a car pulled out in front of them.

"I remember making choices on where to put the bike," Peter said. "I can remember hearing the crunch of the car. I can remember exactly what it sounded like."

Then he can remember looking down and knowing that his life was going to change. Excruciating pain and a helicopter ride to Iowa City followed. The morphine wasn't working. His family came to be by his side. Doctors amputated his right leg below the knee.

"I would do anything to take this all away," mom Joan told her son. Peter looked at her. "Mom, I would do anything to take MS away from you."

'I'm fine'

Steve and Joan Baril brought Peter home from Russia when he was a baby. The story goes that he had a feisty spirit in him from the day he was born. A cleft palate meant that he had to fight to survive. Caregivers said he would pull himself up to standing in his crib to try



AT THE GROCERY STORE: Peter and Joan test out the carts

“I lost my leg. I'll get a new one. It's a little bit of a slow down. I can adapt.”

to get food from other children.

After he came home to the United States, the road to Iowa City was a well-worn one for the Barils, for surgeries and appointments at University of Iowa Hospitals and Clinics. Peter had a lot of medical attention while growing up. The family thought the trips to Iowa City were done.

Not so. Peter is now receiving care again in Iowa City as he works toward acclimating to a prosthetic leg.

How's he doing? He means it when he says, "I'm fine."

"I lost my leg. I'll get a new one. It's a little bit of a slow down. I don't have to sit around and be worried. I can adapt."

Meanwhile, shortly before the motorcycle crash, mom Joan finally received a definitive diagnosis for the health problems she has persistently sought answers for three years - she has primary progressive multiple sclerosis, or MS. Common symptoms include problems with walking, weak or stiff legs, and trouble with balance.

So while her son gets a new leg, Joan will be embarking upon a brand new treatment for her specific type of MS. It's called Ocrevus, an IV medication. The belief is that it will stop or slow the progression of the disease.

"What have I learned in the process?" she wrote on Facebook when sharing that she was approved for the treatment. "Don't give up. Particularly if your condition is progressive. No matter how polite and respectful you are, your tenacity will not always be appreciated. Second, find an advocate. In my case, this was Tonya Norgard, nurse extraordinaire. This (treatment) could be a game changer for me. I am grateful."

Pushing forward is a common trait in the Baril family. Five years ago, before her health symptoms began to flair, Joan finished dead last in the Quad City Triathlon. "But I finished. Barils do not give up."



THE BARIL FAMILY: Mary, Peter, Joan, and Steve

The Cheetah

Matt Husnik is with American Prosthetics & Orthotics in Iowa City. He is working with Peter on his new leg.

"When we get the opportunity to work with someone like Peter, it's exciting for us because we know how much potential there is," he said. "I don't think a prosthesis is going to limit someone like Peter. Ninety-nine percent of that has to do with Peter being Peter."

Prosthetic technology has significantly improved outcomes in the past 20 years, Matt said. One particularly exciting development is what is known as The Cheetah, a prosthetic that is very effective for very active people. Peter may be a candidate for that type of device, Matt said.

"We have people doing Zumba class and 10 mile hikes, farmers out in the field all day, construction workers, people going for a swim," he said. "That's the best part of my job. We'll follow Peter for a long time, get to know him and his family well. He's given me a list of his demands. It offers me a challenge."

What are some of those demands? Peter wants to ski, go fishing and floating on the river, and have a career, perhaps as an electrician.

"My goal is to make him a prosthesis that will allow him to do what he wants to do," Matt said.

Three things

Three things can make Peter Baril cry. One he won't talk about. The other two are his grandma and his mom. The support that his family, which includes dad Steve and sister Mary, has received since the crash has been pretty overwhelming, too.

The advancements that will positively impact their lives are not lost on the family.

"It's amazing what science is doing for both of us," Joan said. "There's a lot of hope surrounding MS."

And as for Peter? "He's inspiring people, including me," Joan said.

ON THE SLOPES: Peter competed with the Snowstart Ski Team



new members / JUNE 2017



Suzanne & Bob Benson



Amy Bracken



Keith & Kathy Clifford



Phil & Kara Knutson



Mandy Pavelka



Julie Pearson



Lexie & Doug Reiling, Wyatt



Lois Scott



Adam & Bridget Sipes, Joseph, Anne



Becky & Ron Sipes



Gala Sunderbruch



Liz & Brad Treiber, Estelle, Fiona



Barb Wiese

SUZANNE & BOB BENSON are retired, she as a musician and he as a physician. They enjoy traveling together. Suzanne continues to play violin and Bob volunteers with Habitat ReStore. They have three grown children.

AMY BRACKEN is a fourth-grade teacher at Madison Elementary School in Davenport. She enjoys reading, yardwork, and walking, and cares about education and equal rights for all. Her sister, Kathy Tomsha, is a St. Paul member.

KEITH & KATHY CLIFFORD enjoy camping, biking, kayaking, and time with family. Since retiring from IBM, Keith enjoys building furniture and volunteering at the Habitat ReStore. Kathy's work as a homemaker continues. Daughter Lauren Sels and family are members, too.

PHIL & KARA KNUTSON enjoy reading. Kara is a nanny and Phil is an engineer at John Deere. He also

enjoys cooking and restoring antiques. She likes to learn more about child development and create with cross-stitch.

MANDY PAVELKA is a loan officer with Ruhl Mortgage. She enjoys spending time with family and friends, along with playing golf and traveling. She joins her husband, John Pavelka, in membership at St. Paul.

JULIE PEARSON is a French and English teacher at Rock Island High School. She enjoys reading, going for walks with her husband Rob and their dog. She and Rob were married at St. Paul, and she joins him as a member.

LEXIE & DOUG REILING, WYATT (2), were drawn to St. Paul because of the commitment to caring for the community. She works at the Davenport Public Library, he is a CPA at Oelerich & Associates.

LOIS SCOTT says her spirit is lifted after being in this place. She appreciates the teachings and messages of St. Paul. She enjoys attending concerts, water aerobics, encouraging friends, and grandparenting.

BRIDGET & ADAM SIPES, JOSEPH (6), ANNE (4) love the outdoors, sports, reading, and movies. Bridget is the CEO of the Sipes home, and Adam is an economist at John Deere. The people and the hospitality at St. Paul are what drew them here. His parents are also joining today.

RON & BECKY SIPES are retired, Ron from John Deere and Becky from CADS and United Way. He is an avid gardener and dabbles in outdoor photography. She enjoys reading and cooking. They are passionate about issues such as water conservation and education.

NEW MEMBERS CONTINUED

GALA SUNDERBRUCH believes in the importance of education and mentoring children. In her retirement, she volunteers at Hope at the Brick House in Davenport. Gala was drawn here because of meaningful funeral services she has attended.

LIZ & BRAD TREIBER, ESTELLE (10), FIONA (7) like to spend time outdoors. Liz is the executive director of the Student Hunger Drive and singer/songwriter with Wicked Liz & the Bellyswirls. Brad is the leader of Treiber Construction, Industrial Steel Erectors, and B&B Masonry Restoration.

BARB WIESE is a professor at St. Ambrose University. Improved educational opportunities for students with disabilities are important to her. She likes to garden, kayak, and take care of her horses. She joins her daughter, Stephanie Hinds, and family in membership.



MEMBERSHIP INQUIRY CLASS

Learn more about the faith expressions that ground us, the mission commitments that inspire us, and the program life that can grow your faith. Come to an upcoming class on Saturday, Aug. 19, 9-11:30 a.m. or Tuesday, Sept. 19, 6:30-9 p.m.

Sign up at the Info Center or online at stpaulqc.org/signups.

Council Notes

The St. Paul Congregational Council approved items to receive funding from the Endowment Committee and the Memorial Gifts Committee.

The first is a grant to St. Paul member and recent Luther College grad Meredith Bruster, to support a year of living and working in southern Africa through the Evangelical Lutheran Church in America's Young Adults in Global Mission. The \$3,000 will come from the Endowment Fund for Mission Outreach.

The second is for an additional set of the new curriculum for the St. Paul Preschool, called Creative Curriculum, for \$2,500. The Memorial Gifts

Committee approved the request. The curriculum is a part of St. Paul's participation in the Statewide Voluntary Free Preschool for 4-year-olds.

The third is for two large communion sets, approved by the Memorial Gifts Committee, for pastoral team use in conducting Bible studies, or group worship in nursing homes, retirement communities, and other offsite settings.

The council received an update on the boiler replacement project, the wildly successful youth servant trip to Appalachia, and year-to-date giving by St. Paul people. Gratitude was expressed for faithful generosity.

SERENITY IN THE ST. PAUL GARDENS

Beauty surrounds us, but usually we need to be walking in a garden to know it. - Rumi



UPCOMING worship

AUGUST 5 & 6

Season after Pentecost

PREACHING

- 5:30** Peter W. Marty
- 8:00** Peter W. Marty
- 9:20** Sara Olson-Smith
- 11:00** Sara Olson-Smith

AUGUST 12 & 13

Season after Pentecost

PREACHING

- 5:30** Ryan Bailey
- 8:00** Ryan Bailey
- 9:20** Katy Warren
- 11:00** Katy Warren

AUGUST 19 & 20

Season after Pentecost
Hunger Awareness Weekend &
Back-to-School blessing

PREACHING

- 5:30** Katy Warren
- 8:00** Katy Warren
- 9:20** Peter W. Marty
- 11:00** Peter W. Marty

AUGUST 26 & 27

Season after Pentecost
New Member Sunday, 9:20 a.m.

PREACHING

- 5:30** Sara Olson-Smith
- 8:00** Peter W. Marty
- 9:20** Peter W. Marty
- 11:00** Sara Olson-Smith



ST. PAUL
LUTHERAN CHURCH

2136 Brady Street
Davenport, IA 52803

AUGUST 19 & 20

HUNGER

awareness weekend

On Hunger Awareness Weekend, food expresses love for our neighbors:

- ▶ **Food Pantry gathering:** Stock a paper bag with nonperishable food items and bring it to worship that weekend. The food gathered will be used to fill the shelves at the Friendly House Food Pantry.
- ▶ **Garden Share:** Too many tomatoes? Not enough squash? St. Paul people can bring bounty from their gardens and take what they can use or share with others. The harvest left over will be donated to Café on Vine.