March 2017

DUED

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Conditioned thinking

Earlier this year, it was announced that Ringling Brothers and Barnum & Bailey Circus will be closing the curtain once and for all this May. After 146 years of performances, their "Greatest Show on Earth" will come to an end.

I admittedly felt a bit conflicted when hearing this news. Increased concerns about animal cruelty make me think this is a good move in the right direction. However, the sentimental part of me remembers many childhood trips to the circus with my dad, marveling at the acrobatic stunts or silly clowns or the man being shot out of a cannon across the room.

Mostly, I remember loving the elephants. As a small child, I was in awe of these colossal creatures and how the human trainers could so easily control and guide their movements. It's a pretty incredible sight.

I once heard a story about how elephants are trained for the circus (though, having never worked in a circus, I cannot confirm its validity). Elephants are trained when they are young and, of course, much smaller. They have a strong rope tied around their necks and attached to a sturdy pole. At first the elephants will naturally walk away. They'll pull or twist or try to wrangle their way out, but ultimately stop resisting when they discover they just aren't strong enough to break free.

This happens again and again when the elephants are still young, each time discovering it's a futile attempt. When this process is repeated enough times, the animals eventually stop trying to break free, believing it's an impossible task—even as they grow to weigh several tons with the brute strength to snap just about any rope.

These giants of an animal grow so accustomed to being restrained that they have no sense of their own power. Little by little, slowly over time, the elephants are conditioned to have a whole different sense of freedom. Somehow they are completely unaware of their innate capacity of force and influence.

No matter how elephants may be trained, it's clear they've somehow been taught to believe they are less powerful than they actually are. It makes me wonder if perhaps we humans have a few things in common with these gigantic circus animals. We have no ropes tied around our necks and no strength of a creature weighing six tons. But we, too, slowly-but-surely often fall prey to the same sort of conditioned thinking. That somehow we are not strong enough or smart enough or brave enough to break free of the thoughts or fears that hold us captive.

The apostle Paul once wrote a letter to his friend Timothy, encouraging him to be bold in his faith. Timothy was a young man, perhaps a bit unsure of himself or his capabilities as a Christ follower. So Paul's advice to him was this: "Do not neglect the gift that's in you." In other words—don't forget the unique mixture of courage and faithfulness and audacity God created in you. Do not fail to believe your words and actions can actually come together to make a difference.



I can tell when I've watched the news with a little too much frequency or when I've given the negative, doubting thoughts in my head a little too much weight, or when I've let feelings of hopelessness or helplessness become a bit too prominent. I start to feel a bit like an elephant in a circus—ever so slowly trained to believe that fear is greater than hope. Or, I'm conditioned to assume my contribution of good can't possibly overcome the evil in this world. Or, I've somehow slowly forgotten that this God we worship is so much greater than whatever challenge we may be facing.

One difference between us and those elephants? We get to *choose* what we let shape our thoughts and actions. We can allow ourselves to be contained by fear or worry, trained to let uncertainty or challenges limit our perspective. Or we can believe, with God as our guide, we are capable of incredible things.

aly Warren

KATY WARREN associate pastor



ON THE COVER: Laura Fehr, music therapist

journey

MARCH 2017 Volume 5 | Issue 1

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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.

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Walking the Grief Journey

On five Sundays, March 12-April 9, 10:45-11:30 a.m., this supportive and compassionate series is for those who have experienced the loss of a loved one. Explore anger, depression, fears, acceptance, and new strength for a hopeful future.

Walking the Grief Journey will be led by Lynn Batcher, retired hospital chaplain, and Jim Hoepner, who serves as a hospital Befriender.

Sign up at **stpaulqc.org/signups**. Contact: Lynn Batcher, ldbatcher@hotmail.com.

678 lock-in set for March 17 & 18

Just for students in grades 6, 7, and 8! Bring a sleeping bag, pillow, pajamas, and your favorite snack food. Friends are welcome, and it's free. No need to sign up, just come.

Middle school life can get complicated. More demands at school, more pressure to fit in socially, more independence. St. Paul steps in with positive, faithfocused community for students in grades 6, 7, and 8. Look for anything tagged "678."

The lock-in begins on Friday, March 17, 8 p.m., ending after breakfast at 7 a.m. on Saturday, March 18.

Questions? Contact: Andy Langdon, andy@ stpaulqc.org.

2017 offering envelopes are available in the Elevator Commons

Offering envelopes for 2017 can still be picked up in the church office. St. Paul members, if you haven't done so already, please stop and pick up your personalized box. These envelopes are for you as a convenient reminder of the faithful discipline of giving.

2017 budget, slate of candidates approved

The congregation approved the 2017 budget, as well as a slate of candidates for council, mission board, and three committees, at the annual meeting in February.

The \$2.65 million budget represents a 4.46 percent increase from 2016. Proposed benevolence and mission giving – money given to outside organizations to support work locally, nationally, and internationally – grows to \$560,000, or more than 21 percent of the budget.

Approved candidates for leadership positions are:

- Church Council: Samantha Bley, Tom Buhr, Jeannine Crockett
- Mission Board: Jerry Fisher, Sharon Ratliff-Crain
- Endowment Committee: Anne Budde, Josh Fiedler
- Memorial Gifts Committee: Ken Kerker, Ben Lloyd
- Nominating Committee: Dana Esbaum, Pat Sierk

To see the year-end video, recapping 2016, visit **vimeo.com/stpaulquadci-ties**. The congregation's annual report is available at the Info Center.

Contemplative Outreach to hold prayer retreat

The Eastern Iowa branch of Contemplative Outreach will hold a day retreat, United in Prayer, on Saturday, March 18, 8 a.m.-1:30 p.m., at St. Paul.

The day will include a time for Centering Prayer, as well as Lectio Divina. A time of discussion will also be held, and a DVD about contemplative prayer will be viewed. A potluck will be held at noon for those who wish to participate.

To sign up, or learn more, contact Marcia Jensen at jensenyetta@gmail.com.



AUGUSTANA CHOIR TO PERFORM HOME TOUR CONCERT AT ST. PAUL

On Sunday, March 12, 3 p.m., the Augustana Choir will perform at St. Paul, the final stop on its spring tour.

This highly selective mixed ensemble performs a wide variety of music in major concerts, special events, and on tour. The choir has released a number of recordings, and performed on the commercial and public radio and network television. The Augustana Choir requires a high level of musicianship and a serious time commitment. Students in the Augustana Choir also participate in the Handel Oratorio Society. Admission is free; a freewill offering will be accepted.

LOUGEBY LAUNDRY & DIAPERS

CREW OF THREE WASHES MADISON ELEMENTARY KIDS' CLOTHING TO BOOST ATTENDANCE

Laundry day is always on Thursday.

Student council members at Madison Elementary School gather up the baskets from classrooms and bring them to the basement for a rotating team of three St. Paul people to wash and dry.

The laundry service is for anyone at the school, but particularly for kiddos whose families don't have regular access to a washer and dryer.

"I love these kids," said Barb Blake, one of the laundry trio. "I want to make sure that they come to school, and this might help."

Barb, Kris Sherman, and Kathie Heaps are the laundry team. They rotate once every three weeks, arriving by 8:30 a.m. to begin. They are stationed in the basement at Madison, affectionately referred to as the dungeon, where they wash and dry clothes for 4-5 hours. The student council members then pick up the clean clothes and return them to classrooms.

The idea, said social worker Erica Bell, grew after a few people saw stories about a similar effort in California – an effort that showed improved attendance for kids who took part. The idea is that kids who have clean clothes will attend school more regularly. And studies clearly show that kids who miss school start falling behind their peers very early in measures such as reading and math. "If kids aren't in school, they're not learning," she said. "Having clean clothes also likely contributes to raising their self-esteem."

Others use the washer and dryer at the school, too, Erica noted, including the school nurse to help students who have accidents.

Kris is a graduate of Madison Elementary, and she proudly wears her Madison volunteer shirt that notes she was a member of the class of 1961. The place where they do laundry used to be where the students would congregate during nuclear war drills.

"This is not a chore for me," she said.

Kathie Heaps agrees. "If I was a kid now, I probably would have been using this service." She told the story of a little boy who took an item she washed out of the basket, held it up to his nose to smell it, and smiled.

Kathie Heaps, Kris Sherman, Barb Blake

"I love these kids. I want to make sure that they come to school, and this might help."

— BARB BLAKE

"That's the paycheck," she said.

MOMS COLLECTING DIAPERS AND WIPES FOR FAMILIES WITH LITTLE ONES

"There's no such thing as other people's children."

That thought is the driving force behind a diaper ministry, led by Sara Harless and Amy Philip. They are collecting and distributing diapers and wipes to the mamas and papas at the Madison Marketplace food pantry.

The word has spread, and donations are consistently coming in. A friend who had a birthday party asked for diapers instead of gifts. A gathering of moms prompted a call for diapers and wipes. They are collected and then given to families with babies and toddlers who come to the pantry.

On Sundays, March 5 and 12, Sunday school kids and youth will be able to participate by bringing diapers and wipes as part of the annual Lenten gathering. It will be called *Diaper Blessings*.

*Note: Organizers have discovered that generic diapers and wipes work just as well as name-brand.

"We believe in helping our church neighborhood families keep their children healthy and clean," Amy said. "The families have told us how these diapers have been such a great help – including a mom of twins and a parent who lost her job."

News: Madison Marketplace Plans move this summer

Madison Marketplace is outgrowing its space for the twice-amonth food pantry in the basement of Madison Elementary.

The plan to help is that the Marketplace, which is a partnership between St. Paul, River Bend Foodbank, and Madison Elementary, will be one of the tenants in the new community center planned for J.B. Young K-8, which closed in May. The center will include a variety of organizations as well as the school district's administrative offices.

It will be called the JB Young Opportunity Center. The hope is that the food pantry will move to the building – a couple of blocks west of Madison on Locust Street – by late

summer. Along with the move is a hoped-for expansion as well.

Other organizations will join the

pantry, including the Safer Foundation, Pena's Boxing Club, Children's Village, Daughters of Mokenna, the Art Legacy League, Boys and Girls Club, and the Quad City Youth Sports Foundation, among others.

▶ Watch a video about the Madison Marketplace at vimeo.com/stpaulquadcities.

Volunteer

Interested in tutoring, spending time with a lunch buddy, helping at the food pantry, or getting involved at Madison in one of countless other ways? Contact Dana Welser, neighborhood school partnership coordinator at dana@stpaulqc.org.

Music speaks

Music therapist uses voice, instruments to improve the lives of others

You are my sunshine, my only sunshine You make me happy, when skies are gray You'll never know dear, how much I love you Please don't take my sunshine away.

> She calls it her hello song, often for older adults who are in memory care, hospice, or who have disabilities. It helps get them focused on the session ahead.

> Laura Fehr is a music therapist. She travels to schools, nursing homes, hospitals, hospice houses, and a variety of other places, to lead people – from the youngest ones to the oldest – in therapy.

> Music therapy, she said, is using music to work on non-musical goals in communication, cognitive, motor, and social/emotional areas. While some recorded music can be used in a session, most of it is live – created with voices, guitar, piano, and her bags full of fun instruments that she carries along wherever she goes.

> "Live music is processed everywhere in the brain," she said, adding that it releases all sorts of good chemicals in the brain, such as oxytocin, dopamine, and serotonin.

> What are some examples of music therapy? According to the American Music Therapy Association:

- Work with an individual to regain speech after surviving a brain injury.
- Work with older adults to lessen the effects of dementia.
- Work with children and adults to reduce asthma episodes.
- Work with hospitalized patients to reduce pain.
- Work with children who have autism to improve communication capabilities.

- Work with premature infants to improve sleep patterns and increase weight gain.
- Work with people who have Parkinson's disease to improve motor function.

The organization also stresses that while time with music can be a wonderful experience, it is not necessarily clinical music therapy.

A typical session with Laura begins with a hello song, such as *You are My Sunshine*. She begins to notice and assess how her client or clients are doing with this introduction, an important step in guiding the remaining portion of the session.

Then, the mission is to work on some goals. For a child learning numbers, it may be recognizing 70 percent of numbers 1-15 by singing physically active songs about those numbers. For a kiddo with developmental delays, it might be to work on fine motor skills by singing songs like Itsy Bitsy Spider. For a woman in hospice, it may be reducing her pain level by redirecting her focus from the pain to the music. For a man in a memory care unit, it could be to draw him out of silence into tapping his fingers or batting a beach ball around the room with his fellow residents. For someone with anxiety, it could be to provide structure with singing songs that have well-known beginnings and endings.

Her instruments are a vivid variety of items, found in music stores and online. She has lots, but some favorites include a wooden frog that makes a stunningly realistic ribbit sound when rubbed with a stick, a bag of egg shakers, beach balls, and things called boomwhackers – tubes tuned to specific notes that are hit against an object to make that particular tone.

"I've been having a lot of success with the beach

balls lately," she said with a smile.

Laura grew up in southwestern North Dakota, where she first started singing in her church choir at about 4 or 5 years old. Piano lessons followed, through high school and into college. She learned guitar, too. Her first couple of years in college were spent either in music education or performance majors. Then she took a music therapy class and knew that's what was for her.

Upon graduation from the University of North Dakota, she made her way to Iowa because of an internship with West Music in Cedar Rapids, then to the Quad Cities for a short time to fill in for a therapist on maternity leave. She is a certified music therapist, and now works for Music Speaks, a practice with therapists throughout the Midwest.

The name comes from the idea that when words fail, music speaks.

Some of Laura's most cherished memories are of rewriting words to familiar songs with clients who are in hospice.

Often, she uses "You are my sunshine."

One client wrote verses about her husband and children (and their funny idiosyncrasies), and then about Laura herself (and how she really needed to wear gloves on her always-cold hands in the winter). Laura then records the songs and gives a CD to the client and his or her family.

"It's a wonderful way to express emotions that might not happen any other way," she said.

"MUSIC IS A WONDERFUL WAY TO EXPRESS EMOTIONS THAT MIGHT NOT HAPPEN ANY OTHER WAY." — Laura Fehr



What is music therapy?

Music Therapy is when music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals.

After assessing the strengths and needs of each client, a music therapist provides treatment, including creating, singing, moving to, and/or listening to music. Through musical involvement, clients' abilities are strengthened and transferred to other areas of their lives.

Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words.

Research in music therapy supports its use in areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

SEASON OF LENT 2017

faith feets

Lent is a journey – a path for people from all walks of life – to the joy of Easter. There are many ways to explore the words of God to prepare your soul for the Resurrection of Christ.

ASH WEDNESDAY

March 1, 12 noon & 7 p.m., Sanctuary

Christians gather on Ash Wednesday to mark the beginning of the Lenten journey to Easter. Pastor Peter Marty preaches for these services of Holy Communion.

On this solemn day you'll receive, if you'd like, an ashen cross on the forehead reminding us of our frailty and sin. It's an invitation to make each day a new beginning, in which we are washed in God's mercy and forgiveness.

12 noon: This 45-minute service is a meditative respite in the work day.

7 **p.m.:** The evening service includes music by the Chorale, along with a message for the children.

CHOIR REHEARSALS

Wednesdays, 6 p.m., March 1-April 5

All choirs will rehearse on Wednesdays during Lent. Children's and Youth Choir will be from 6-6:45 p.m.; Chorale will gather from 6-6:55 p.m.

CONFIRMATION

Wednesdays, March 8-April 5, 6:30-7 p.m.

Seventh-graders will participate in a mentoring relationship with a member of the congregation. This will consist of 30 minutes of conversation about life and faith. Eighthgraders will experience a unique activity connected to a different spiritual pathway each week – service, nature, study, contemplative, artistic, relationships, and traditions. Confirmation will not meet on Ash Wednesday, March 1.

Wednesday nourishment in Lent

The St. Paul community of faith gathers for worship services and meal fellowship on five Lenten Wednesdays, March 8 — April 5

Worship | 12 noon-12:30 p.m.

Chapel gatherings will include music, silence, a pastoral reflection, and Holy Communion. These more contemplative services will center on the same themes as Wednesday evenings.

Suppers | 5:30-6:55 p.m.

Enjoy a meal in community. Catered by HyVee, there will be a different menu each week to feed stomachs and a sense of togetherness. A freewill donation of \$7/ person or \$20/family is welcome to cover the cost. Volunteers bring cookies to share.

Red Apron Crew: This crew offers the warmth of hospitality and service. Put on an apron and help fill drinks, clear tables, and offer conversation to those who come to eat. To help, contact Joanna Roland at joanna@ stpaulqc.org or 326-3547, ext. 219.

Green Apron Crew: Scrape some plates, make some friends. The Environmental Team will scrape and wash dishes to reduce the amount of waste going to the landfill. Scraps will be composted, too. To help, contact Steve and Jane Strittmater at jjazz20@mchsi.com, 563-370-7166.

Lenten study: Intentional lives of faith | 5:30 – 6:15 p.m.

Lutheran Christians usually encounter the Small Catechism during confirmation. But not all of us were Lutheran in middle school, and regardless of faith background, that may have been a long time ago.

As we enter the season of Lent and as we mark the 500th anniversary of the Protestant Reformation in 2017, get reacquainted with this simple, but profound handbook of faith. Together we will learn how to put the catechism to its intended use: helping us live more intentional lives of faith.

Large group session led by Ryan Bailey, director of faith formation, followed by small group discussion. In the Luther Loft. No need to sign up, just come.

Worship | 7-7:35 p.m.

A service in the Sanctuary features the beautiful *Holden Evening Prayer* liturgy, led by the Youth Choir.

Faith on wheels is the unifying theme. Ride along on the journeys of a taxi driver, as he encounters the lives of his passengers. Themes include living generously, discovering friendship, embodying courage, practicing forgiveness, and engaging scripture.

Children encouraged to worship; childcare also available.

Giving for others

Acts of love are among the spiritual disciplines that mark the season of Lent. Jesus calls us to encounters with justice and need.



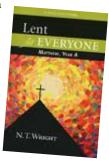
By providing immediate relief to those who are hungry, the Evangelical Lutheran Church in America (ELCA) World Hunger organization meets basic needs and recognizes the universal human right to food. But ending hunger is about more than food. By connecting people with education, health care, and sources of income, long-term, sustainable change can be accomplished. The ELCA is active in 60 countries through World Hunger.

Regular midweek Lenten offerings at St. Paul (known to some by the purple envelope) will be given to fight hunger. We hope to exceed \$20,000. If you would like to make an additional Lenten offering towards this cause, please earmark your check memo line with "World Hunger."

Devotional book: Lent for Everyone

Lent for Everyone: Matthew, Year A by N.T. Wright provides readers with a

gentle guide through the Lenten season, from Ash Wednesday through the week after Easter. Wright, a popular biblical scholar and author, provides his own Scripture translation, brief



reflection, and a prayer for each of the days of the season, helping the reader ponder how the text is relevant to their own life today. The book is available in the Book Corner.

Easter lilies

Honor or remember loved ones with an Easter lily. The lilies will adorn the altar on Easter morning, a reminder of the beauty of the resurrection of the living Christ. Lilies are \$12 per plant; forms are available at the Info Center.



HOLY WEEK and EASTER

Palm/Passion Sunday

APRIL 9 | 8, 9:20, & 11:45 A.M.

Saturday worship at 5:30 p.m. With festive palm branches waving, the mood turns somber as we realize that Jesus goes on to die.

Maundy Thursday April 13 | 12 NOON & 7 P.M.

In scripture, liturgy, and song, we mark Jesus' last meal with his disciples. Our fourth-graders culminate a period of preparation with their First Communion at the evening service.

Good Friday

APRIL 14 | 12 NOON, 4:30, & 8 P.M.

The church gathers to remember the suffering and death of Jesus. **Pretzel-making:** Beginning at 3:30 p.m., children are invited to Fellowship Hall to form cross-shaped pretzels.

Easter Sunday APRIL 16 | 6, 8, 9:45, & 11:45 A.M.

No Saturday worship

With shouts of alleluia, rumbling timpani, and triumphant brass, we celebrate the resurrection of our Lord.

BEHIND THE SCENES

Improving energy efficiency

St. Paul replacing lighting, installing insulation to reduce energy use and cost

he shift downward began years ago. First came the change from incandescent to CFLs. Now, the switch from CFLs to LEDs is underway.

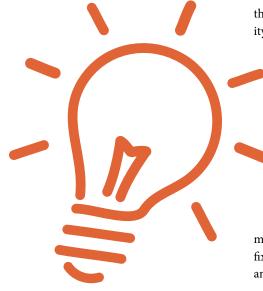
It's a lot of letters that are adding up to a lot of savings.

St. Paul building staff are halfway through the most recent change out of lighting fixtures and light bulbs to increase efficiency and decrease cost. To reduce the cost of the installations, the church applied for and received thousands of dollars in rebates from MidAmerican Energy.

"We have a payback of two years," said Matt Spencer, custodial manager. He is working on the project with Todd Byerly, director of operations.

St. Paul took advantage of MidAmerican Energy's Commercial Energy Solutions program, had an assessment, and updated insulation in the Education Wing and lighting to LEDs throughout the building. The congregation spent a total of \$12,860 and received rebates of \$9,202.

Additionally, St. Paul qualified for a bonus rebate of \$1,086 since the congregation



completed three separate projects. With the bonus, the out-of-pocket cost for St. Paul after rebates was \$2,572, making the projects pay for themselves after a little over two years.

The idea is this: When individuals and organizations use less energy in daily life, it reduces reliance on power produced at fossilfueled plants, leaders from MidAmerican say. It allows power companies like MidAmerican the ability to supply more clean energy.

The letters of lighting can be a bit confusing. Here's some history, from Energy Star.

Incandescent lights are the smooth round lightbulbs that people had in their homes for many years. They produce light using electricity to heat a metal filament until it becomes "white" hot or is said to incandesce. As a result, incandescent bulbs release 90 percent of their energy as heat.

CFLs are the newer light bulbs that look like a spiral. In a CFL, an electric current is driven through a tube containing argon and a small amount of mercury vapor. This generates invisible ultraviolet light that engages a fluorescent coating on the inside of the tube, which then emits visible light.

CFLs need a little more energy when they are first turned on, but once the electricity starts moving, CFLs use about 70 percent less energy than incandescent bulbs.

LED lighting products use light emitting diodes to produce light very efficiently. An electrical current passes through semiconductor material, which illuminates the tiny light sources we call LEDs. The heat produced is absorbed into a heat sink. When designed well, LED lighting is more efficient, durable, versatile, and longer lasting.

The change, just from CFLs to LEDs, means a decrease from 160 watts used per fixture to 27 watts, with a much brighter light and less heat – on top of less cost.



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

Council Notes

The Congregational Council elected officers for 2017 at its February meeting, and welcomed incoming council members Samantha Bley, Tom Buhr, and Jeannine Crockett.

Serving as president is Jeff White. Jeff, who is beginning his second year on council, is vice president of marketing and business development at Elanders Americas. Vice president is Debbie Roski, a nurse manager who is beginning her third and final year on council. She previously served as secretary.

The council secretary is Craig Witte, a retired concrete supply business owner, in his second year on council. Treasurer will continue to be Duane Haas, a nuclear power plant industry consultant.

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UPCOMING worship

MARCH 4 & 5

First Sunday in Lent

PREACHING5:30Sara Olson-Smith8:00Katy Warren9:20Katy Warren11:45Sara Olson-SmithMUSIC

9:20 Chorale, Alleluia choir

MARCH 11 & 12

Second Sunday in Lent

PREACHING	
5:30	Peter W. Marty
8:00	Peter W. Marty
9:20	Amy Diller
11:45	Peter W. Marty

MUSIC 8:00 Quartet 9:20 Chorale, Jubilate choir

MARCH 18 & 19

Third Sunday in Lent

PREACHING5:30Ryan Bailey8:00Ryan Bailey9:20Katy Warren11:45Katy Warren

MUSIC 8:00 Quartet 9:20 Chorale

MARCH 25 & 26

Fourth Sunday in Lent

PREACHING

5:30 Amy Diller
8:00 Amy Diller
9:20 Peter W. Marty
11:45 Peter W. Marty *MUSIC*8:00 Quartet
9:20 Chorale, Cantate choir

For more details on the weekly worship schedule at St. Paul, go to **stpaulqc.org/worship**



2136 Brady Street Davenport, IA 52803



Parents of children born in 2016 gathered at St. Paul to connect and share in the joy (and sleeplessness!) of life with a newborn. These are some of the 39 babies born in 2016. Families learned what it means to form a child's faith and received a colorful story Bible as a gift from St. Paul.