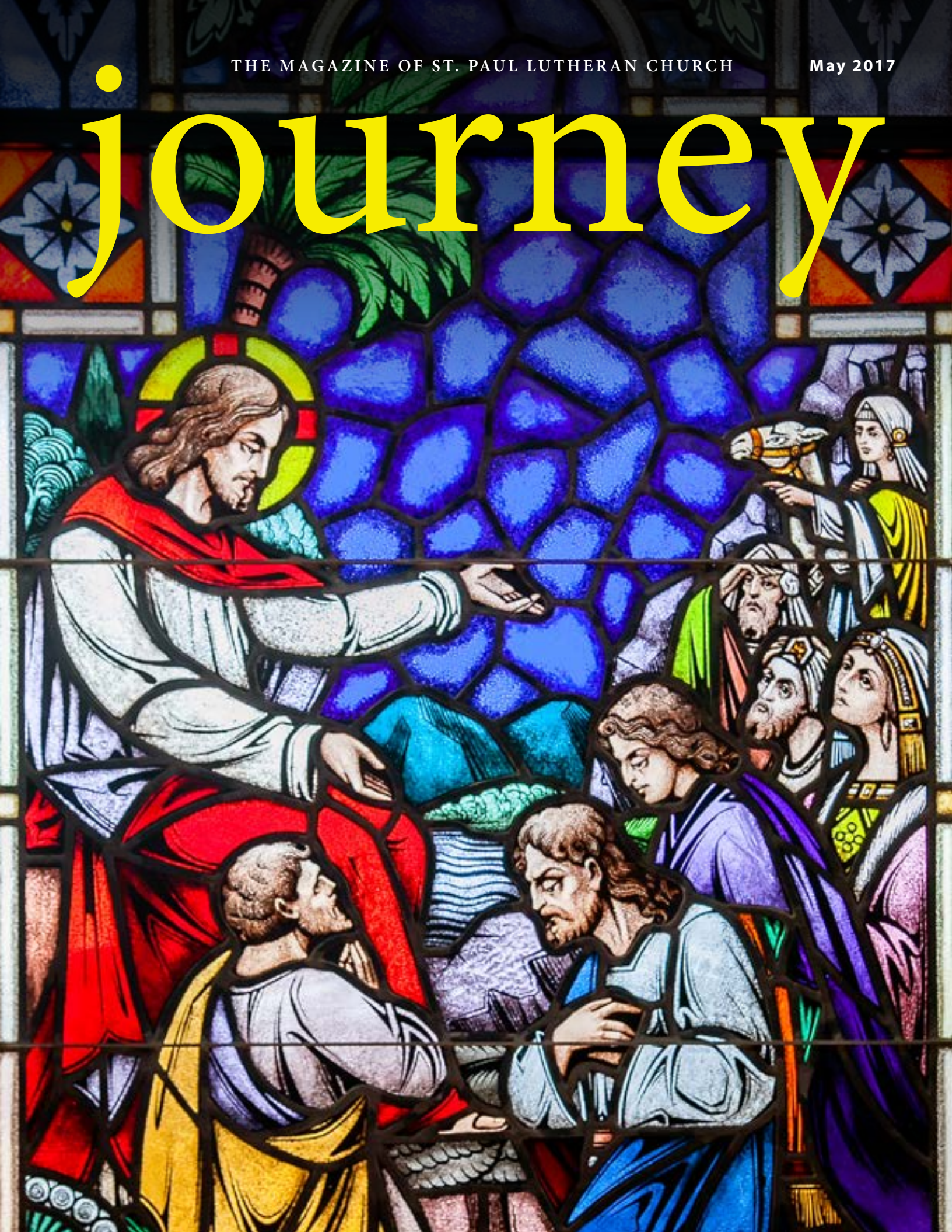


journey



Saying no

A few years ago, famous television producer Shonda Rhimes published a book called "Year of Yes." It documents her 365-day adventure of saying yes to interviews, appearances speaking arrangements and other such engagements. Rhimes felt like it was time to overcome her fear of the spotlight and begin saying a resounding yes to the opportunities fame was sending her way. The book became a best-seller; she touched a nerve in our culture in some way.

It seems we are bombarded by yes. There are books about living our fullest life, podcasts about not letting anything slip by, and shows about opportunities we need to stop turning down. They feed us a steady diet of doing more. Our calendars are jammed, our queues packed, our to-do lists are endless. Our lives get more and more bloated with things we can't miss. The fear of missing out drives us on a one-way highway to do it all.

Seeing all this stuff to say yes to honestly makes me feel inadequate. The glorification of yes to runs smack dab into what has often been the defining word of my life, *no*. It hasn't always been clear what should be a yes, but often enough, what I shouldn't be doing is abundantly clear. Trimming away the fat was uncomfortable at first, but I soon found myself channeling Nancy Reagan in my very own "just say no" campaign.

In an odd way, saying no has provided more opportunity, more room for things that actually matter. A spiritual director once told me that saying no allows us to say a deep yes to other things.

Jesus talks about letting our yes be yes and our no be no in the Sermon on the Mount in Matthew. Obviously we are not the first generation of people to wonder about this. Looking around our culture, with the words of Jesus, this spiritual director and perhaps, Shonda Rhimes marinating in my brain, I see a lot of shallow yes going on. We are stuffed with half-hearted commitments, wading into life instead of swimming in the deep end. It happens because people don't want to say no to anything. In thinking about this, the root cause seems to be fear. It's the fear of missing an opportunity, disappointing someone, making someone mad, being bored, and unscheduled time with our own thoughts. So instead, we say yes to it all, over-committing to do everything and in the end doing nothing well. We are left with full calendars and empty hearts.

Rhimes wrote this book to overcome her fear. I think it is time for us to overcome our collective fear of saying no. I want to propose a new idea this season – a time of saying no. We don't even have to make it a full year,

but perhaps a week, or a month would do. A chance to evaluate what we really care about, instead of shallow yeses, can never hurt. Saying a resounding no to the things that suck away our time, energy, and resources allows us to say a resounding and deep yes to the things God asks of us.

A *no* to injustice means a *yes* to orient our lives toward doing justice, a *no* to war is a *yes* to work for peace, and a *no* to hate is a *yes* to recommit ourselves to love. Sometimes saying no is the most powerful and radical thing we can do.



AMY DILLER
pastor in residency



journey

MAY 2017
Volume 5 | Issue 3

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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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ON THE COVER:

Jesus depicted in the St. Paul stained glass windows.

Moral Injury of War to be held May 16

Moral injury is at the root of many mental health issues facing returning troops and veterans. It is the dilemma that occurs when violating one's moral code.

On Tuesday, May 16, St. Paul will host a presentation, Moral Injury of War, 7 p.m. in the Chapel. The presentation is free and open to the public.

The speaker will be Chaplain (Colonel) Jeffrey Zust, command chaplain for First Army, Rock Island Arsenal. He is a pastor in the Evangelical Lutheran Church in America, and has served as a military chaplain for 30 years in reserve and active duty positions for both the Air Force and the Army. His assignment locations have included the United States, the Balkans, Southwest Asia, and Korea.

Contact: Greg Paulline, ghpaulline@mchsi.com.

Friends and Families offers mental health support

A new drop-in group for people whose loved ones are impacted by mental illness is meeting at St. Paul on the fourth Monday of every month, 6-7 p.m.

Friends and Families is for anyone looking for mutual support by sharing with and listening to others. Led by mental health professionals and Pastor Sara Olson-Smith, this time is set aside to seek comfort and care in a small group setting.

There's no need to sign up, just come. Contact: Pastor Sara Olson-Smith, sara@stpaulqc.org.



Summer worship schedule begins May 21

With summer just around the corner, please note the change to the worship schedule on May 21.

Sunday worship will be at 8, 9:20, and 11 a.m. Saturday worship remains at 5:30 p.m. Sunday morning learning will be on break from May 21 through Sept. 3. On the weekend of September 9-10, learning begins again and worship returns to 8, 9:20, and 11:45 a.m. on Sunday mornings.

Mission Appalachia trip set for October

As a crew of St. Paul people prepare this summer to help make homes warmer, safer, and drier in Appalachia, the dates for the fall trip have been set – October 7-14, 2017 in Jonesville, Virginia.

The church's partnership with Appalachia Service Project (ASP) translates into twice-a-year serving experiences. In October, crews will work in Jonesville, Virginia.

In Appalachia, poverty is more than double the national average. Jobs are few and far between in these mountains. Homes are crumbling. Walls buckle. Roofs leak. Sagging floors pose hazards to all ages.

The trip expense and travel distance are reasonable, at \$325 for the week. St. Paul offerings underwrite some of the cost, making a meaningful mission experience possible for a wide range of people.

Sign up online at stpaulqc.org/signups. Contact: Pastor Katy Warren, katy@stpaulqc.org.



ST. PAUL PRESCHOOL BIDS FAREWELL TO LONG-SERVING STAFF MEMBERS

Two long-serving teachers will say farewell to the St. Paul Preschool this month. Both women will be dearly missed, said Joanna Roland, preschool director.

Debbie Harksen is stepping away after 14 years of leading little ones. She also has served as a Sunday school teacher for kindergartners. She and her husband, Shawn, have two kids, Allison and Matthew.

"She is easy-going and has a great sense of humor," Joanna said of Debbie, who teaches in the Caterpillar Room. "She is just really great to be around."

Chris Gibney is retiring after 28 years, most recently as the preschool music teacher. She and her husband Gary intend to spend more time with her family, in particular her beautiful grandson, Ian.

"She's a quiet, humble servant," Joanna said. "She helps with so many different things."

A farewell is scheduled during the closing preschool chapel on Friday, May 19, 10:45 a.m.

St. Paul Preschool is searching for a part-time pre-k teacher to begin work in Fall 2017. This person will be part of a team that provides a stimulating, safe, and developmentally appropriate educational environment where preschool children have the opportunity to develop cognitive, social, emotional, and physical skills. To learn more about the position and how to apply, visit stpaulqc.org/about/employment.

CAMP

MAYFEST

SUNDAY, MAY 21, 12 NOON - 2 PM

Come on out to Camp Mayfest for an afternoon of food, music, and games. Bring your lawn chair and sunscreen to St. Paul, and wear your favorite camping shirt or hat, for fun in the sun for all ages.



FOOD

Gather 'round the camp fire

Burgers, pork chops, and hot dogs will sizzle on the grill. Bring a dish to share – desserts for last name A-D, side dish or salad for last name E-Z. A freewill donation helps with food costs.

MUSIC

It's time for a sing-a-long!

Minus Six will take the main stage with inspired original music, hits from the past and present, and contagious energy.

FUN

Camp games are the best games

Games, face painting, and a gaga pit will be just some of the fun. Stop by the photo booth and say cheese for a picture-perfect way to remember the day.

VOLUNTEER

Be one of cool camp "staff"

Help is needed to lead kids' games, set up the chairs and tables, staff the food tent, and tear down for the day. Volunteering at Mayfest is a great way to make new friends. Sign up at stpaulqc.org/signups.

Summer Sunday Schedule

Starting May 21, worship is at 8, 9:20 and **11 a.m.** Learning for all takes a break, resuming Sept. 10.



VBS: Truly heroic in God

Kids will go on awesome adventures alongside some of their favorite Bible heroes, and discover the qualities that make us truly heroic in God, at Vacation Bible School 2017.

VBS, with the theme of *Hero Central: Truly heroic in God*, will be Monday, June 5-Friday, June 9.

The week will include epic music, spectacular science, crafty crafts, heroic recreation, and fantastic Bible stories to help kids (and leaders) discover their strength in God!

The theme verse is *Do good! Seek peace and go after it!* (Psalm 34:14b): Daily themes are:

- ▶ **Samuel anoints David:** 1 Samuel 16:1-12
- ▶ **Abigail saves the day:** 1 Samuel 25
- ▶ **Jesus goes to the temple:** Luke 2:41-52
- ▶ **Beatitudes:** Matthew 4:23-5:12
- ▶ **Pentecost:** Acts 2:1-41

Vacation Bible School

Kids age four (by Sept. 15) through entering fifth-grade, from 8:30 a.m.-noon. Registration is \$15 per child through Sunday, May 21. From May 22-28, cost is \$25 per child. Deadline is May 28. No late registrations or walk-ins will be accepted. *Classes will be capped, so please sign up early.*

678 Summer Experience

Middle-schoolers, entering grades 6-8, will spend the morning (8:30 a.m.-noon) having a blast and learning about God. Registration is \$15 per student through Sunday, May 21. From May 22-28, cost is \$25 per child. Deadline is May 28.

Summer Stretch

High school students, entering grades 9-12, volunteer in the morning with VBS and 678, then spend the afternoon playing water games, making T-shirts, and studying the Bible. Cost is \$30.

Volunteer

A strong corps of service-minded and joy-filled adults make it all happen. Interested in helping? There's a job to fit your gifts.

Questions? Contact Michelle Juehring, michelle@stpaulqc.org, 563-326-3547 ext. 227



Register by May 28. Sign up online at stpaulqc.org/signups.

THE LIFE OF *Jesus*

On certain days, when the sunlight hits just right, a rich and vibrant array of colors light up the St. Paul Sanctuary. The light filters into reds, blues, yellows, and greens through the Ascension window.

Originally, stained glass windows were used as teaching companions for those who could not read. Today, they offer a history lesson and artistic interpretation of the story of Jesus. In addition to the story told, each window has symbols that represent special messages.

“St. Paul’s stained glass windows are beautiful. They have a radiance that delights the senses and a story that stirs the soul,” the late Harvey Prinz wrote about the windows.

01 / THE BIRTH OF JESUS

Symbols: Lily, carnation, star

Mary gently wraps her baby boy with bands of cloth. Joseph stands beside a shaft of light, trying to grasp the wonder of an angel chorus just described by the shepherd. The kneeling shepherd bows his weary head. A little lamb looks up. The carnation represents pure love.

02 / JESUS IN THE TEMPLE

Symbols: Lotus, star, lamp

Early in life, Jesus is more at home in the temple than his parental home. Mary and Joseph discover Jesus in the temple with the religious scholars. The white lotus is depicted because it blossoms with remarkable beauty untouched by the impurity of its environment.

03 / BAPTISM OF OUR LORD

Symbols: Phoenix, nimbus, shamrock, shell

John baptizes with water, but he tells of a greater one who will come and baptize with the Holy Spirit. Although he has no sins to confess, he asks John to baptize him in solidarity with us. A shamrock with three leaves symbolizes the Holy Trinity.



07 / JESUS IN JERUSALEM

Symbols: Light, palms, crown, scepter

Jesus rides into Jerusalem for the Passover. This fulfills an ancient image from the prophet Zechariah of the Messiah arriving on a donkey. “Here comes the king,” shouts the palm-waving crowd. The palm branches remind us of the victory of God’s love for the world in Jesus’ suffering.

08 / JESUS IN THE GARDEN

Symbols: Red cross, cup, sword, ear, sheath

Jesus goes to the Garden of Gethsemane to pray – a moment of great restlessness and anxiety. In the garden, he experiences the agony of anticipated suffering. The sword, sheath, and ear remind us of the betrayal of Judas and the capture of Jesus by the mob in the garden.

09 / CRUCIFIXION OF JESUS

Symbols: Pelican, fish

On the cross, Jesus prays for his persecutors, comforts the thief dying at his side, and provides for care for his mother. Death comes as he prays to God. Legend says the pelican feeds its young with its own blood, and then dies. The early church saw this as a parallel to the life of Jesus.

04 / TEMPTATION OF JESUS

Symbols: Oak tree, chi rho, world, dragon

The artist of this window depicts a scary wilderness. A volcano steams. Lightning strikes. A vulture peers menacingly from a rock perch. Two lions and a snake have their eyes on Jesus. The oak tree represents the wood from which Jesus' cross would be made, his enduring adversity, and testing in this earthly life.

05 / JESUS THE TEACHER

Symbols: Bible, candle, padlocked door

Jesus is a gifted teacher. He inspires and touches lives as no one else. He also challenged others, and made enemies along the way. Among his followers, Jesus opens doors of a new way to live in the world. Jesus suggests that behind the padlocked door is a joyful homecoming for all who are lost.

06 / TRANSFIGURATION

Symbols: Stone tablets, grapes, fiery chariot

"Shine Jesus, shine, fill this land with the Father's glory." This hymn could be a theme for a mountaintop event for Jesus, Peter, James, and John. We call it the transfiguration because Jesus' clothing suddenly becomes dazzling white. The grapes represent the land God promised the wandering Israelites.



10 / RESURRECTION OF JESUS

Symbols: Butterfly, antenna shell, roses, peacock
Mary Magdalene, Mary the mother of James, and Salome are bringing burial spices to anoint the dead body of Jesus. A closer look reveals tinges of bloodshot red from sobbing. They see the tombstone cracked, entrance open, and a young messenger of God in white. The butterfly symbolizes resurrected life.

11 / ASCENSION OF OUR LORD

Symbols: Vine, branches, fruit, flowers
Forty days after his resurrection, Jesus ascends into heaven. We feed the hungry, comfort the sick and wounded hearts, and seek justice for those who cannot. It is Christ who works through us, and the Spirit who empowers us. Vines, branches, fruit, and flowers symbolize the relationship between followers and Jesus.

TIMELINE: WINDOW HISTORY

1950: Ground-breaking for the new St. Paul Lutheran at Brady and Lombard streets. Father-son pastors J.A. and Emerson Miller developed a 10-window life of Jesus theme, with an ascension window above the altar.

1952: The former Columbia Stained Glass Company of Milwaukee created the windows at a cost of \$12,000.

1985: In a remodeling of the 1952 sanctuary, Gospel symbols were added to complete the lower part of the ascension window. The work was completed by Potente of Kenosha, Wisconsin.

2007: The windows were moved into the new sanctuary as an interior wall of art.

A booklet detailing information about St. Paul's stained glass windows, along with devotional thoughts, is available in the Book Corner. The booklet was created by Harvey Prinz, who was a Lutheran pastor and bishop, with credit to Joyce and Paul Bohnsack, "longtime stewards of the St. Paul stained glass stories."

Mentors encourage Habitat families

Initiative breaks poverty cycle with home ownership

Saturday mornings are when new beginnings happen. That is when groundbreaking takes place, and dedications, too, for Habitat for Humanity Quad Cities. It's also when volunteers and partner families come together to build the homes where those new beginnings take root.

A family mentor is almost always there on those Saturdays, rooting the family on with love, advocacy, and an eye toward the future – with a hammer, saw, or paintbrush in hand.

“I have been inspired by the partner families as they work so hard for the opportunity to purchase homes that will provide stability and safety for their families,” said Belinda Holbrook, a mentor who recently earned a lifetime achievement award from Habitat. “I have personally heard the inspiring stories of immigrant families who have experienced unimaginable trials in their home countries before coming to the United States.”

Belinda also leads the crew of mentors. She and five fellow St. Paul members (Pam Crowe, Priscilla Hull, Susan Marty, Beth McConville, Ardith Simms) are part of a team of people who mentor partner families as they work their way to homeownership. Jan Trimble is the Habitat staff member who guides the mentors along the way.

Family mentors' most important job is to empower and encourage families.

All families must take part in classes that focus on finances, credit, insurance, maintenance and cleaning, and legal protections such as wills. The goal is to ensure they have as solid a foundation as possible – sometimes mentors will attend the classes, too.

Each adult in Habitat families must put in at least 250 hours of sweat equity, working on Habitat homes or at the Habitat offices. Many families exceed that amount, some significantly. Friends and family members can also work a



portion of the sweat equity hours.

As building time draws near, families choose their lot. Mentors can help choose countertops, siding, lighting, shingles, and other materials that give the home a personal touch. They assist in filling out paperwork.

Monthly meetings offer mentors the opportunity to talk about what they've encountered as they guide families through the process. They talk about how they've handled specific situations, advice they've given, and seek input on how to manage upcoming challenges.

In addition to all of the official tasks, there are softer skills for mentors to keep in mind, too:

Remember this is about doing with, not doing for. Take extra time in the beginning with the family, as newly approved families have many things to learn at once. Seek to develop a friendship. Be upfront, honest, compassionate, and humble.

“I love the camaraderie we have,” Pam said of the people she's mentored through questions about policies, sweat equity hours, and conversations over a plate of cookies.

“We're advocates for them,” Beth said.

The St. Paul mentors talked about seeing families deal with racism, poverty, and other significant challenges. “No-body chooses to be poor,” Belinda said.

Meanwhile, the moments of beauty are just as breathtaking.

“We all work together, sweat together, paint together,” Ardith said.



Belinda Holbrook



“It’s been truly a blessing,” Pam said.

On the day of a recent house dedication for a family from Togo, all sorts of people came to celebrate. Volunteers, Habitat staff, and friends gathered around to mark this particular new beginning.

Thanks to a little help from the Internet, the family’s pastor from Togo led the group in song.

“I’m in awe of what families have to do, by the level of commitment it takes to have a better life,” Beth said. “It’s unbelievable the fortitude they have to make it happen. They just want a house, a stable place for their family.”

MENTOR: Mentors are a vital part of the Habitat process. To learn more about mentoring, connect with Belinda Holbrook, bholbrook@mchsi.com.

VOLUNTEER: This summer, St. Paul people will help build a Habitat home with Ciza Meckson and Furaha Veronique and their children, Othniel and Mwamini at 901 Farnam Street, Davenport. Signups for Wednesday evenings and Saturdays are going on now at stpaulqc.org/signups. No prior construction experience necessary.

Why shelter?

Habitat for Humanity knows that safe, decent and affordable shelter plays an absolutely critical role in helping families to create a new cycle, one filled with possibilities and progress. Affordable homeownership frees families and fosters the skills and confidence they need to invest in themselves and their communities. The outcomes can be long-lasting and life-changing.

With a little help, Habitat homeowners are able to achieve the strength and self-reliance they need to build better lives for themselves and their families. They are empowered to overcome the barriers that so often stand between their families and better, healthier, more financially stable lives.

Studies conducted by academics and experts draw a straight line between housing quality and the well-being of children. Surveys of Habitat homeowners show improved grades, better financial health, parents who are more sure that they can meet their family’s needs. Wherever we work, we witness tangible evidence that strong and stable homes help build strong and stable communities.

Decent shelter provides the solid foundation for all of this. It’s the platform on which a family lives out today’s realities and prepares for tomorrow’s transformations. Every Habitat house changes lives: those of the families who help build them and pay an affordable mortgage or loan and all those who offer them a hand up in a time of need. — Habitat for Humanity

Easter & Holy Week

Jesus' last supper. His death on the cross. And on Easter morning, his resurrection. St. Paul people gathered together to mark these most beautiful events of deep love... and joy. Holy Week at St. Paul – He is Risen. He is Risen, indeed!



Council Notes

New boilers for St. Paul was a top discussion item at the April meeting of the congregational council, including a tour of the heating and cooling systems in the Lower Level.

The project, which could begin late spring or early summer, will replace the original 1952 boiler and a 1965 boiler. The units heat the area of the original sanctuary (now the Chapel and the Chapel Commons), Fellowship Hall, and the Education Wing. Three responses to requests for proposal are under analysis. Money for the project will come mostly from the Building Improvement Fund, with supplementation from the Greatest Needs Bequest Fund.

In other news, the congregation approved calling Kelsey Fitting-Snyder and Joshua Kestner to St. Paul for the two-year pastoral residency program at a special meeting on April 23. They will begin their work

here in August, their first call as ordained pastors in the Evangelical Lutheran Church in America (ELCA).

A youth ministry internship program, led by Andy Langdon, director of youth ministry, was approved for this fall. The recruitment process will seek to identify an intern who ideally plans to enter church ministry. The first semester of the initiative will be supported by money from the Endowment Fund for Mission Outreach.

The council also approved the position of contemporary worship assistant. Kyle Schneider will serve under the guidance of Bill Campbell, assisting the Open Spirit ensemble on many weekends and providing leadership for the group for Sundays when Bill is traveling during his St. Ambrose sabbatical this summer and fall. Kyle is a student at St. Ambrose University.



ST. PAUL FIRST COMMUNION CLASS

Fourth-graders gathered in front of the communion table before Maundy Thursday worship. This Holy Week service marked their first taste of bread and wine. Those receiving First Communion:

| | | | | |
|--------------------|--------------------|------------------|-----------------|--------------------|
| Gabrielle Andersen | Rachel Ehlers | Macy Krafka | Makenna Posten | Mary Cate Townsend |
| Rowan Appel | Eva Fiedler | Jackson Laver | Brock Rathje | Estelle Treiber |
| David Ball | Harrison Fierce | Michael Lukowicz | Annabelle Ruth | Anna Tryon |
| Sophie Lind Barnds | Adelia Good | Mallory McDonald | Aidan Ryan | Grant Wilson |
| Jonathan Bergert | Adam Grothusen | Deborah Medyana | Connor J. Shinn | Hallie Wisely |
| Jocelyn Bock | Mia Hinds | Evan Hayden | Madeline Sierk | Tanner Yates |
| Ella Boehm | Ellie Holdorf | Mirocha | Malena Smigo | |
| Grace Boehm | Elihu John Klipsch | Jacob Neymeyer | Rachel Spicer | |
| Madison Braun | Zachary Knox | Emmett Olsen | Tyson S. Spicer | |
| Caden Buhr | Ashanti Kolwey | Jace Page | Emily Thoreson | |

UPCOMING worship

MAY 6 & 7

Fourth Sunday of Easter

PREACHING

5:30 Sara Olson-Smith

8:00 Sara Olson-Smith

9:20 Sara Olson-Smith

11:45 Sara Olson-Smith

MUSIC

8:00 Quartet

9:20 Chorale

MAY 13 & 14

Fifth Sunday of Easter

Mother's Day, Baccalaureate

PREACHING

5:30 Peter W. Marty

8:00 Peter W. Marty

9:20 Peter W. Marty

11:45 Peter W. Marty

MUSIC

8:00 Quartet

9:20 Alleluia, Jubilate, Cantate, and Youth choirs

MAY 20 & 21

Sixth Sunday of Easter

Summer schedule starts

Mayfest Sunday

PREACHING

5:30 Peter W. Marty

8:00 Sara Olson-Smith

9:20 Sara Olson-Smith

11:00 Peter W. Marty

MAY 27 & 28

Seventh Sunday of Easter

PREACHING

5:30 Katy Warren

8:00 Katy Warren

9:20 Katy Warren

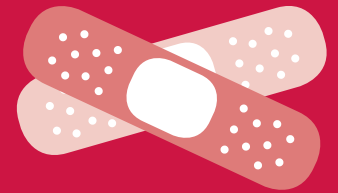
11:00 Amy Diller



ST. PAUL
LUTHERAN CHURCH

2136 Brady Street
Davenport, IA 52803

Someone needs blood every **2** seconds.



About **1** in **7** people entering
a hospital needs blood.

One pint of blood can save up to **3** lives.



Blood Donor Day@St. Paul

Wednesday, May 17, 2-6 p.m.

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