

Grateful and thankful



ON THE COVER: Bonnie Heydeman

journey

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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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POSTMASTER

Send address changes to Journey, 2136 Brady Street, Davenport, Iowa 52803 With the changing of the seasons, I imagine many of us have similar routines where we prepare our houses, yards, and wardrobe for the colder weather. I don't have a lot of household decorations for the fall but I do enjoy putting out a few pumpkins, mums, and miscellaneous items. One of those items is a little sign given to me as a gift when I was going through a challenging time. It's nothing fancy, just a square wooden plaque with the words, "grateful, thankful, blessed." I have to say that it looks pretty cute sitting on our fireplace mantle, holding up the arm of my stuffed scarecrow.

With the coronavirus still in our midst, it's hard for some people to feel grateful, thankful, or blessed. Families are juggling the demands of working from home with online or hybrid school schedules, or limited childcare arrangements. Single people are feeling intense loneliness from canceled social activities and missed lunch dates with their friends group. Couples are feeling the extra stress on their relationship given the sudden and enduring change in their normal routines. I read somewhere that because of COVID, far more people are aware of mortality—their own subjection to death and death on a larger scale. With November being the month of Thanksgiving, how do we feel thankful when there seems to be so many challenges, heartache, and death in our midst?

Last month, St. Paul hosted a very small gathering for the Women of the Evangelical Lutheran Church in America (WELCA). It was their annual fall gathering with other area churches. One of the activities was participating in a churchwide WELCA initiative called "Dear Friend in Christ." Women were asked to write letters to encourage someone else in their faith and those letters would then be exchanged. This reminds me of the Epistles, the collection of letters we have in the Bible that were written to encourage various faith communities in the early church. They are an encouragement to us still today.

We have a variety of letters, written at different times, by different people, addressing various challenges. What I find encouraging as I glance through the Epistles, is the way the reader is addressed...grace and peace to you, I remember you in my prayers, I give thanks to God for you, praying with joy for your sharing in the gospel. The other thing I notice is a reminder of the shared faith in Jesus Christ. The writer proclaims to the reader, the amazing gift we have received through the life, death, and resurrection of God's son, Jesus.

This shared faith, which is grounded in God's love,

mercy, and grace is what gives the writers the ability to encourage others. I believe this is how we can be grateful, thankful, and blessed while we still deal with the challenges of life. God calls us individually into community. As the Body of Christ, we live out our life of faith encouraging and supporting others. Being centered in Christ, crucified and risen, changes our hearts and lets us experience a life



of thanksgiving. How do you show your gratitude for the grace you have received through Christ?

Many of you are active participants in St. Paul's food, housing, mental health, and neighborhood school outreach ministries. Many of you live out your life of faith in a variety of other ways, in your daily lives doing things that support and impact other people's lives considerably. I am reminded of my friend who has three boys, now all grown with families of their own. The family of five would spend every Thanksgiving Day preparing and serving a free community meal for others. Later that evening, after they had shown their gratitude of God's grace through service, they would join together at their own table for a thanksgiving feast.

"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ." — Ephesians 3:16-18

KRISTINE DOHRMANN

visitation pastor



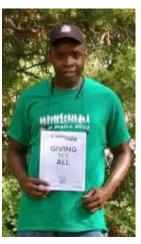
FALL FACES

It's been a fall full of activities with St. Paul people. Worship, confirmation, the NAMI Walk, WELCA, kids' milestones, youth group - while keeping physically distanced, we gather safely in the presence of God and each other.













Photos, top left and clockwise: 2136 young adults carving pumpkins, Dave and Mary Jorth in worship; Gary and Jean Medd walking for NAMI; Confirmation conversations under the North Lawn lights; Rolla Lucas participating in the NAMI Walk; The Machetta family at outdoor family worship; Confirmation sponsors gathered on the South Lawn; a community of women of the ELCA on the North Lawn.

November Happenings



FIVE WEEKLY IN-PERSON WORSHIP SERVICES TO BE OFFERED, INCLUDING SATURDAYS AND SUNDAYS

St. Paul has realigned its in-person worship services each week in the Sanctuary to now fall on Wednesdays, Saturdays, and Sundays. These 30-minute services include music and a message. Each is limited to 100 people. Thank you for understanding capacity limits during the pandemic. The new schedule begins Nov. 1.

- Wednesdays, 12 noon and 7 p.m.
- Saturdays, 5 p.m.
- Sundays, 9 and 10:30 a.m.

A seat will be guaranteed for you at marked locations in the sanctuary, maintaining safe physical distance. All must wear a mask covering their nose and mouth. You will receive a reminder email with these details on the morning of your service.

A session of adult learning called Jesse's Stump now moves to the Chapel on Sunday mornings from 11:15-12 p.m. Signup is required at **stpaulqc.org/signups**.

If you have tested positive for COVID-19 in the past two weeks, have been exposed to someone who tested positive in the past two weeks, were asked to quarantine by health officials, or are exhibiting any cold- or flu-like systems, please stay home.

Neighborhood Cleanup set for Nov. 7

The St. Paul corner of the world is a beautiful place. But with a location near busy streets, businesses, and schools, litter and debris accumulate.

On November 7, 10 a.m.-12 noon, St. Paul people will gather to pick up trash in the blocks surrounding the campus. This few-times-a-year event is called the Make It Yours Neighborhood Cleanup. Grab a picker-upper, a snazzy safety vest, gloves, and a garbage bag. Head out with family and friends new and old to clear away things that should be recycled or pitched instead.

All supplies are provided. No need to sign up, just gather at the south entrance. Contact: Jules Irish, julesi@mchsi.com.

Youth: Sunday Night Live/ Midweek Recharge

High school students have two opportunities to gather each week at St. Paul. Contact: Andy Langdon, andy@stpaulqc.org.

Sunday Night Live, Sundays, 7:15-8 p.m. (*note changed time) SNL is a lively mix of food, games, discussions, devotional moments, and worship. Faith comes alive here. An amazing team of adults leads and prays with students. Each month, high school seniors share their faith stories.

Midweek Recharge, Wednesdays, 7:15-8 p.m. This small group is designed for high school students to gather, connect, and grow in faith with each other.

Food and care ingathering set to mark Thanksgiving

Fill a bag with nonperishable food items and toiletries and bring it to church for St. Paul's annual Thanksgiving ingathering. Three ways to donate:

- Items may be brought to the church any time in November, including Donut Driveup Sunday on Nov. 15, 8-11:30 a.m.
- Call the church office to have a staff member come pick up.
- Write a check to St. Paul, put Food Pantry in the memo line, and drop it off or mail it to church.

The food goes to the Friendly House Food Pantry in Davenport and the women's and baby products go to families served by Madison Market.

What's needed? Soups, mac & cheese, canned meat (chicken & tuna), cereal, peanut butter, jelly, toilet paper, bar soap, laundry soap, diapers (sizes 5 and 6), wipes and feminine hygiene products (tampons and pads).

Please, no expired items. Questions? Ann Mc-Glynn, ann@stpaulqc.org.



Once a month, this group will meet to discuss a few episodes from different podcasts centered around a certain theme, listened to ahead of time. November's theme is Humor and Happiness. Sign up at stpaulqc.org/signups, and we'll send you the podcasts to listen to each month, along with a question to consider. Led by Katy Warren and Hayden Kvamme, Contact: Hayden Kvamme, hayden@stpaulqc.org.

Grief Group Drop-In Online

Monday, Nov. 2, 1:30 p.m., or Tuesday, Nov. 17, 7:30 p.m., Zoom

A supportive, compassion-filled time together for those who are experiencing grief. Explore anger, depression, fears, acceptance, and new strength for a hopeful future. Led by Pastor Sara Olson-Smith, sign up at stpaulqc.org/signups. Contact: Sara Olson-Smith, sara@ stpaulqc.org.



CC Conversations

Thursday, November 5, 6-6:45 p.m., Library Commons

Enjoy conversation with other St. Paul people on topics involving faith, politics, and culture, using articles and news from the Christian Century magazine as a springboard for conversation. Articles for discussion are posted on the church calendar 10 days before each session at stpaulqc.org/calendar. Contact: Peter Marty, peter@ stpaulqc.org.

Choir rehearsal

Wednesdays, 5:30 p.m., Sanctuary, Chapel, Friendship Hall

During the pandemic, children's, youth, and adult choirs are meeting for social togetherness and singing. Full safety precautions are in place, including masks on for everyone. Chorale meets weekly, children's and youth choirs meet twice a month.

If you haven't been a part of a choir before and would like to be now, contact Chris Nelson, chris@stpaulqc.org.

Children's Outdoor Worship

Saturday, Nov. 21, 4 p.m., South Lawn

Bring a blanket and gather with other families, well-spaced and regardless of weather, on our South Lawn for worship! We'll praise God in playful and creative ways, tell Bible stories, dance (in place!) and sing (quietly)! While everyone is welcome, these services will be planned especially for families and children elementary-aged and younger. Sign up online at stpaulqc.org/signups. Contact: Sara Olson-Smith, sara@stpaulqc.org.

Coffee Conversations

Tuesdays, Nov. 10, 17, & 24, 10:30 a.m., Chapel

Gather for everyday conversation on three Tuesdays in November in the Chapel (with masks). Please sign up at stpaulqc.org/signups to reserve your spot. This is an open group — please feel free to join us for any or all of these sessions. Contact: Hayden Kvamme, hayden@stpaulqc.org.

SEASON OF ADVENT

Advent in the Book Corner

The St. Paul Book Corner is preparing for the change of seasons with some devotional books and calendars for Advent, which begins Sunday, Nov. 29.

Devotionals:

Our Hope and Expectation: Devotions for Advent and Christmas explores the Advent season and celebrates the joy of the 12 days of Christmas and the day of Epiphany. In addition to devotions, it offers household blessings and prayers to enrich your preparations and celebrations. Available in the Book Corner for \$3, large print for \$5.

Families Celebrate Advent & Christmas is a colorful deck of cards that is full of rituals, prayers, and reflections. Create a new after-meal ritual, use them as decorations, or take them with you on the go. Available in the Book Corner for \$8.

Advent calendars:

The Book Corner will have a couple of different options, including a chocolate Advent calendar from SERRV International. Milk chocolate hearts hide behind the visual story. Purchases of the SERRV Advent calendar help fund Serry's Eye Care for Artisans program. Available in the Book Corner for \$10.

A thrill of hope Advent daily devotions begin November 29

This December, focus on the promise of God's love with St. Paul's annual tradition of daily Advent devotions.

Featuring an array of St. Paul voices, these devotions will land in your email inbox and the St. Paul website, based on the theme of A thrill of hope from the Christmas hymn, O Holy Night. The final devotion will be posted on Christmas Day.

Sign up to receive the devotions by email at ow.ly/TGYC5, or read them on the website beginning Sunday, Nov. 29, at stpaulqc. org/blog. Note: If you have received the devotions in the past, you do not need to sign up again.

Journaling through Advent

The liturgical season of Advent is a four-week journey to the birth of Christ. It is a season centered around reflection and waiting.

If you would like to mark this time with your own practice of spiritual reflection and writing, contact Kendra Thompson. A small, mostly virtual writing group will be gathering to observe these twenty-six days with daily writing prompts for this season of expectation.

Contact: Kendra Thompson, kendra@stpaulqc.org.

HEALTH PROFESSIONALS adapt with covid-19

Several St. Paul people work in health-related fields. Three professionals share how their work has changed over the past eight months.



Bonnie Heydeman, surgical nurse, Genesis Health System

For more than 27 years, patients who have had surgery at Genesis Medical Center - East, have been cared for by Bonnie Heydeman.

One constant with COVID-19 for surgical staff? Change, she said.

The amount of gear required to keep medical staff and patients safe increased. "We wear a mask when we get out of our car and go into the building, then out of the building and to our car. We always wear a mask in the building - we take it off to eat lunch and that's it." Specially fitted masks, N95 masks, cloth masks, face shields, eye goggles, and a contraption called a CAPR (see the photo of Cal Atwell) - they are all part of the routine now.

Visitation times and number of people allowed in as visitors has also fluctuated over time. However, thanks to a texting system, the surgical team keeps in touch with families from the operating room, no matter where the family is during the procedure.

Hospital staff manage air pressure to decrease the opportunity for the virus to travel through the air, she said. The number of chairs in the breakroom are fewer.

The other constant, despite COVID? Bonnie loves her job – the people she takes care of and the people she works with.

Cal Atwell, surgeon

For as long as Cal Atwell remembers, he wanted to be a doctor. He grew up in Annawan, Illinois, where he was friends with the son of the local physician. Forty years into his career as a surgeon, he still loves what he does.

During the pandemic, his schedule has continued to be full - as he is known to do. And yes, it has included patients who have COVID-19.

"There's still a lot we don't know about COVID," he said, while taking a mid-day break. "It is unpredictable."

He shows a photo of himself in what's known as a CAPR - a protection device that is more common now in the days of COVID-19. Medical professionals are required to wear more Personal Protective Equipment, or PPE.

Yet, his greatest joy of practicing medicine remains the same - taking care of someone who goes on to live well. The hardest part also remains the same - talking with the loved ones of someone who has died.

"The older I get, the more emotional I get," he said.



Amy Thoreson, deputy director, Scott County Health Department

Tell us about your job before COVID-19.

My job is to oversee the daily operations of the Health Department. Fortunately, I work with a great team so most days, things run smoothly. One unique thing is that we provide the medical care for the Scott County Jail, so I would "go to jail" a couple times a week. I would spend time with a variety of colleagues working on things to improve our department and community. Ironically, I was part of a county team developing a continuity of operations plan for the county and each of our departments in case of disease, power outage, security issues, you know, 2020. We had just finished developing a department strategic plan that will push us in areas of health equity, customer engagement, and access to care.

How has your job changed because of the virus?

For the 21 years I have been working in public health, we have been trying to bring attention to what public health does because it's always been in the shadows. Well, COVID-19 has brought a lot of attention to it!

Our department is working seven days a week to interview cases and complete contact tracing. I am part of the team that is here every weekend, so the job that's really changed due to COVID-19 is mine as wife

and mom. We have regular briefings with local and state partners. We've been meeting weekly with the schools since early July. My phone rings a lot more than it ever did before with questions from partners on various situations that they are trying to plan for or respond to. If I'm in charge of pulling cases, particularly lately, that's all that I do all day...pull them from the state system, write up ones that come from the hospitals and clinics, look for duplicates and get them to staff. We are also planning for how to vaccinate the community for a COVID-19 vaccine when it becomes available.

Can you tell us about what contract tracing is all about?

Contact tracing is all about trying to stop the spread of COVID-19. We know that the virus is spread primarily through close contact. So, we want to interview a positive case to figure out the people that he/she has been within 6 feet of for 15 minutes or more during his/her infectious period. We then call them and give them recommendations about self-quarantining so that if they get sick, they don't spread it to someone else. People can get sick anywhere from 2-14 days after they were around someone with COVID-19 so it's important that they stay home and away from others that entire time, even if they don't have symptoms or test negative.

What is something you would like St. Paul people to know about the health professionals who are on the front lines of the disease?

There are a lot of health professionals on the front lines of this response...at the hospital, at the doctor's office, at the nursing home, at the school, and at your local public health department. We want this to be over as much as you do. There is a tremendous amount of pride in what we do; two staff have delayed retirements to continue to serve the community, and one came back from retirement to help. We are your neighbors, friends, members of your congregation, and I can promise you, we are not interested in being "government in your business." We are just trying to keep us all safe and healthy.

What are you looking forward to once a vaccine is approved?

A vaccine is just one step towards ending the pandemic. We don't know when it will be ready and how many people will want to receive it so it won't be a magic pill where a vaccine will equal the end of pandemic. The steps we can take now to get us closer to an end are to wear face coverings and to keep our distance whenever we are around people we don't live with.

What I am most looking forward to when the pandemic is over is giving hugs... and taking a vacation!





FRESH AIR

The fire tetrahedron contains four components, which is the only relevant application of my high school parallelogram indoctrination. These components are ignition, fuel, oxygen, and a chemical reaction. A fire starved of oxygen will not burn. To put out a candle, we put on a cap, or the flat palm of a thrill seeker. To save our house, we can shut the door of a room on fire. Those bellows by your grandparent's fireplace? You guessed it. To give our lawnmower the air it needs for efficient combustion, we take the choke off. To bring back the embered-down campfire, we poke the logs with the poky thing.



My life occasionally feels like I'm oxygen deprived. I am blessed with everything, but there are days (weeks, months, years) when the fire is not burning. I am down, uninspired, unloving. At risk of patronizing all of you with this analogy, this is how I rekindle. I get out of my routine, drive a new way to work or go to a place I have never been. I watch my kids; I mean really watch them in a focused way. I get around new people, positive people. I listen to a podcast, typically historical to get away from politics for a moment. I get into nature or somewhere very quiet. I recognize when my inner monologue has grown negative, with my wife's help that is. I practice thinking a positive thought about every person I encounter, especially while driving. So if you also feel down despite being blessed, I wish you the best in introducing fresh air that rekindles your spirit.

- Shane Peitscher



PLEDGE IN PRINT

During the week of November 9, watch for a letter from Pastor Marty. The envelope will include your financial pledge card for Daily Ministry 2021. Take some time to consider, and if you can, grow your pledge. Return your card to church in person or by mail.



PLEDGE ONLINE

Visit stpaulqc.org/pledge-2021 to complete your pledge online.

WATCHING THE FIRE

My dad planted a tree in my yard, not too long before he died, though I can't recall the exact timeframe. It was special, just one connection to him; and while the tree did fairly well for the last 12 years or so, it was struggling recently and was cut down. I now have it piled as firewood, and have started relaxing around the firepit, a new ritual. I used a hand-saw so the pieces would fit in the firepit, instead of piling the trunks and branches for pick up by the city. This was intentional, as I saw beauty in the idea of the fire — the connection to Spirit, to connecting with my dad, as I watched the fire burn.

Little did I know how much these words and connection to my father would mean, as I was recently informed of my job elimination. While I'd already been debating internally about some job aspects, this was still a shock. My dad was someone I could talk with about my next steps, and I missed that debate between us. He was a man focused on career and wanting what was best for people in their jobs, especially his children. So, I talked a bit, around the fire. I didn't say much to be honest; but I sat and watched the fire, and knew there was power in that.

Fire is powerful. This has been a year of adjusting in many ways. But one thing I believe is that fire can be refining. Spirit is powerful, God is power. Reflecting, through the fire, through the connection to the tree and my dad, and through the Holy Spirit, I know I have strength that comes from all connections. As I reflect with the fire, I know the Spirit will continue to be a guide... Just listen. — Christa Orfitelli





TWELFTH NIGHT

Childhood time throughout the year is marked by the succession of holidays. In my small northeastern Iowa town, Twelfth Night was a treasured time to celebrate the last night of the twelve days of

In early January, citizens of the community were invited to dispose of their tired-looking, brittle Christmas trees in a vacant field near the local college. Then, on the appointed night, hundreds of Brownies and Girl Scouts would descend on the field to watch the local fire department set fire to the huge pile of trees.

I can still feel the rush of excitement as hundreds of trees burst into flames to create a giant bonfire, much welcome in the sub-zero temperatures.

The evening's festivities continued in the college cafeteria with the serving of hot chocolate and white sheet cake. Excitement was high as you hoped you would be the one that year to discover a nickel or penny in your piece of cake. A nickel signified that you would reign over the evening as king and the penny assigned you the role of court jester. Entertainment included skits performed by the older girls and, of course, the singing of beloved Girl Scout songs.

At the end of the evening we reluctantly left the cheer of good friends and the sense of belonging in a close-knit community. It was time to go home and start dreaming about Valentine's Day.

- Marcia Robertson

IT'S A PROMISE

A financial pledge to your congregation is a financial promise. It's your best indication of what you would like to give during the coming year. It's possible that one could give whenever one feels like it, absent of a pledge. But that does little to help the church plan its ministries and mission, locally and globally. It also turns giving into an ad-hoc exercise instead of a long-range spiritual practice that reflects and keeps your life priorities. So pledge, please!

IT'S A BUILDING BLOCK

Every St. Paul member is asked to complete a pledge commitment. It's one of the expectations of belonging to a congregation that is moving in the same direction. Our Daily Ministry Budget is shaped entirely on the upfront generosity of member pledges. Without them, we have no operating budget.

IT'S FIRST FRUITS

The Bible calls this kind of considerate giving first fruits giving. As an ancient farmer would have pulled the best vegetables and fruits to make an offering to God, we aim not to give what's left over from our living. As unselfishly as possible, we pledge to God ahead of other financial responsibilities. Challenge your giving to grow each year. That's how our church grows its impact. Remember, it's all a faith-based estimate of your personal desire and potential.

Blessing of the animals

On the Feast Day of St. Francis, beloved creatures of St. Paul and their owners gathered for a celebration of creation and companionship. The sounds of barking, mewing, cawing, and snuffling joined our prayers as we gave thanks to God for our pets and all that God has made.





















Advent and Christmas plans taking shape

Advent and Christmas will look different this year at St. Paul due to the pandemic, but plans are taking shape for memorable and meaningful ways to celebrate the season.

Small and physically distanced in-person worship will be offered by signup, in addition to online worship. Outdoor experiences are also being planned.

Watch for details in the coming weeks, as staff work to create safe ways to welcome the birth of Jesus, light of the world.

Heading south for the winter?

Are you a St. Paul snowbird? If you plan to be elsewhere this winter, please let our business office know so we can stay in touch. Send us your mailing address and dates you plan to be gone. Connect with Carrie Bowman by emailing carrie@stpaulqc.org, or calling 563-326-3547.

Endowment committee approves support for Christine Vincent

The St. Paul Endowment Committee recently approved tuition support for Christine Vincent, a seminary student who is a St. Paul member and former youth ministry intern. Below is a portion of the letter she wrote to the committee.

I am a seminarian at Lutheran Theological Southern Seminary, LTSS, in Columbia, S.C. I live in an on-campus apartment, and prior to COVID-19, worked in the campus library. This year has looked much different than my previous one, with all classes being held online via Zoom. We certainly miss being in the classroom but are learning to adapt.

I just started my second year working as the youth ministry associate at St. Andrew's

Lutheran Church in Columbia. I run a middle school and high school youth group, help teach confirmation, lead a monthly high school girls' Bible study, teach weekly Sunday school, among other things. The positivity rate in Columbia continues to hover around 15 percent, so we have not resumed in-person worship.

LTSS is the only ELCA seminary which requires the study of both Greek and Hebrew. I studied Hebrew my entire first year and began learning Greek this past summer. I have very much enjoyed learning to read biblical texts in their original languages.

My Clinical Pastoral Education, CPE, program for this past summer was cancelled, due to

COVID-19. I am currently discerning whether it would be wise to do CPE this summer and then immediately do an internship the following fall. I am leaning toward doing a fourthyear internship, rather than a third-year internship. I am so grateful for St. Paul's continued support. I continue to brag about my home congregation, most people at LTSS are pretty blown away by the size of St. Paul and the variety of programming y'all are able to offer. Thanks for all you do.



with **SYMPATHY**

as of Oct. 22:

- ▶ Beth & Peter Laureijs, her father **Everett Jeans**
- ▶ Pat Thompson, husband Merlyn Thompson
- ► Chris & Carie Nesbitt, his grandfather Leonard Nesbitt
- ► Vicki & John Seeck, her father Elliot Whoolery
- ▶ Jan Harper, aunt Helen Hebbeln
- ► Stephanie & Adam Holland, her grandfather Kenneth Curtis
- ▶ Lois Hultgren, brother Fred Erbe
- ▶ Jim & Anne Earel, his grandmother Norma Earel

DEATHS

- ► Merlyn Thompson, Sept. 24
- ► Carol Seitz, Oct. 8

WEDDINGS

- ► AJ Boeh & Elyse Arensdorf, Sept. 26
- ► Ann Abplanalp & Craig Witte, Oct. 17

BAPTISMS

► Ava Kinzenbaw, daughter of Andrea & Rob Kinzenbaw, Sept. 19



2136 Brady Street Davenport, IA 52803

DONUT DRIVEUP

SUNDAY, NOV. 15, 8-11:30 A.M.

St. Paul pastors and staff will be outside in the south parking lot for Donut Driveup, this time with a twist. Enter through High Street, and come get your favorite donuts and a special St. Paul blend of coffee. If you'd like, bring nonperishable food items and toiletries for St. Paul's annual Thanksgiving ingathering. The food goes to the Friendly House Food Pantry in Davenport and the women's and baby products go to families served by Madison Market. See page 4 for more details.

