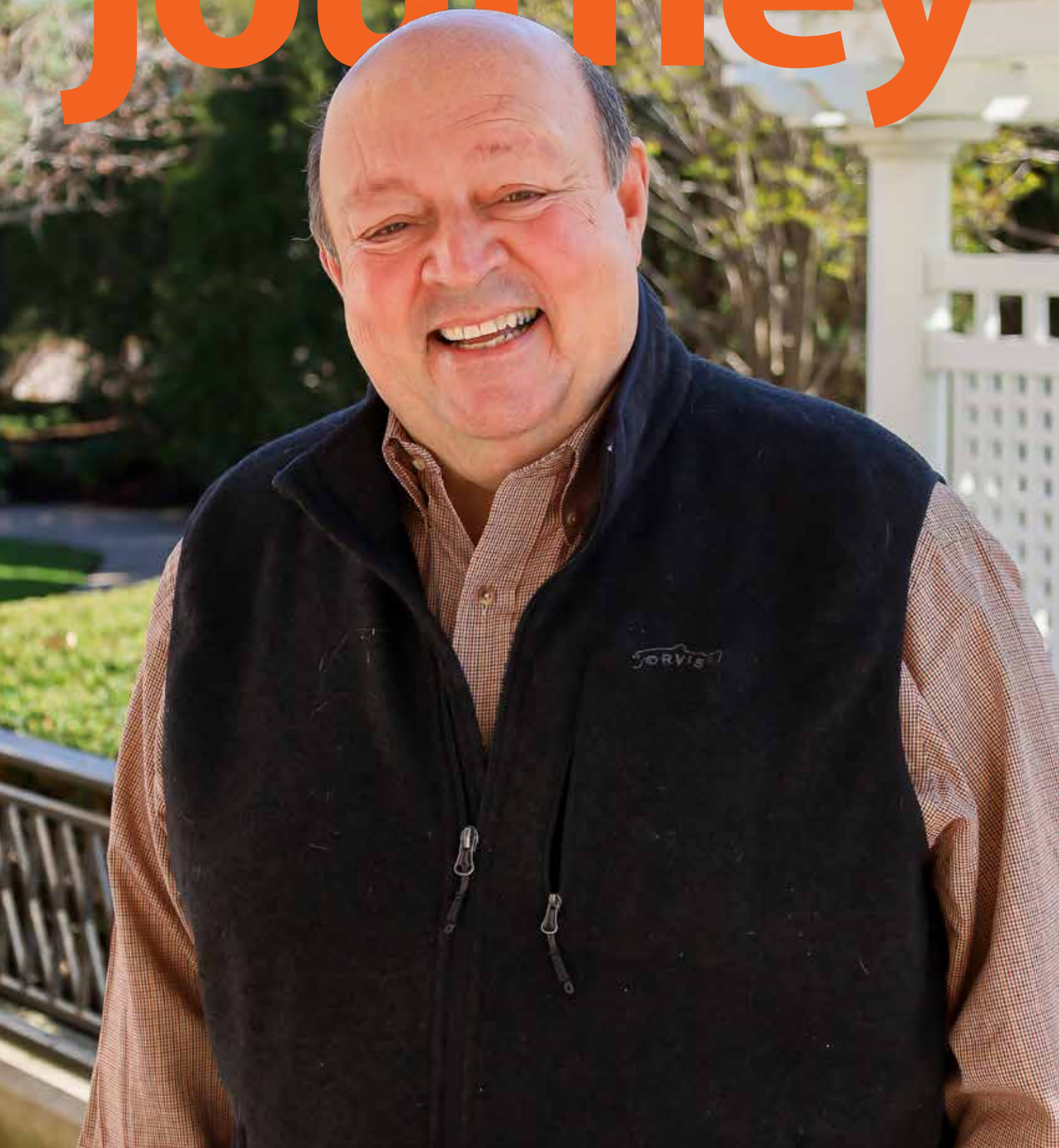


MAY 2022

The magazine of St. Paul Lutheran Church

journey



More than an orange peel



ON THE COVER:
Steve Kalber

journey

MAY 2022
Volume 10 | 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, courageous service, extravagant generosity.

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I remember well the decor of many a bedroom I've sat in while holding vigil for people approaching death. I'm not sure why room details leave such an impression, except that I sit longer and probably more still than usual in those times. When Walter took his last breath some years ago, his son and I were the only ones in the bedroom. His actual death moment was what we all seem to talk about wanting – peaceful, in the extreme. I remember the warmth of the afternoon sun coming through the window as Dan and I chatted about big and little things. There was a photo of dad on the dresser, from the 1970s, I think. His pants looked about four inches too short. He didn't have cancer back then.

With Walter's body cooling down, Dan and I started to talk about how worn-out that body seemed to be. It was in the course of that conversation that Dan said something I've heard too many times before in life: "It's just a shell, Pastor" he said. "That's all it is. Just a shell." I challenged that rather dim view of the human body, though not very forcefully or helpfully. I told myself then, and a number of times since, that I need to do a better job of helping people grasp the significance of a faith claim we Christians make about *the resurrection of the body*. So, here goes:

Christians have long assumed that what God did in raising Jesus from the dead is a pretty good indication of what we might expect. But even though we regularly profess belief in the resurrection of the body, most of us have a spiritual body in mind. If the Bible is to be trusted, the one who made our bodies and declared them to be good is taking those unique bodies of ours along with everything else we are. As far as God is concerned, no *body* – and nobody! – deserves to be treated as trivial or insignificant.

Looking at a body like Walter's, and imagining all that life had put it through, I thought of both the fragility and resiliency of the human body. Even when we fail to honor our bodies in ways they deserve, they still remain our uniquely personal device for interacting with the world. If only we could remember this truth more steadily, we might stop intellectualizing the faith. We'd cease thinking of our bodies as consumables or disposables. Even when broken, flawed, or worn out, these bodies of ours



still remain precious to their designer. God never declares our bodies to be just a shell. That shell language runs uncomfortably close to thinking of our bodies as equivalent to an orange peel or a polyvinyl chloride bottle headed for the landfill. No, the apostle Paul reminds us that God stands ready to recast the entirety of our bodies into a new mystical reality that exists beyond time and space.

Over the centuries, many people have decided that the human body is too gross or too embarrassing to play a role in eternity. The Greeks viewed the body as a prison house for the soul, a trap for what yearns to be free. The Bible makes a different claim, however, that the body is a beautiful and glorious invention – a temple, really. And temples do not belong in the garbage. Our bodies age, wither, and die. But they're gifts that also endure, material realities that get reshaped into a new and revised version of whatever we once were. "The Lord Jesus Christ will transform our lowly body to be like his glorious body" (Phil. 3:21).

Maybe we need to take more time in this Easter season to give fresh attention to our bodies while they're in their present form. The way we treat them now as gifts of God might help rid us of the idea that they're just a shell, which sounds way too close to suggesting they belong in the garbage after we die.

Peter W. Marty

PETER W. MARTY
senior pastor

Teresa Keller

Teresa Keller joined the St. Paul ministry in March as a part-time visitation chaplain. She has experience in a wide variety of people-centric jobs, most recently working in the Cancer Center at Genesis.

Tell us about your family/where you grew up/went to college

I was born in Davenport and raised on a farm just north of Durant. I have one younger brother. He and his wife live near Tipton. I'm married to my best friend, Larry. We have a combined family of three daughters and one son. The three girls live nearby and my son is on the East Coast with a move to New Mexico planned soon. We have seven grandchildren ranging in age from four to 22 years old. We have a family farm dating back many years that we still maintain.

What makes you, you?

What makes me who I am are the many different things and jobs I've done in my life. First, I'm fortunate to have both of my parents still living and I had all of my grandparents in my life as well. My family is a huge factor in who I am.

I started nursing classes at Scott Community College after my daughters were born, which led to EMT and paramedic training. I retired from the paramedic field after 20 years of service. I hold licensing in Iowa for both personal lines insurance and real estate.

I am a certified lay leader and lay speaker through United Methodist Church, completing my Clinical Pastoral Education through Genesis Medical Center. Most recently, I spent my time working in the Radiation Department at Genesis West in Davenport. With all of my past work experiences, people have always been at the forefront. I enjoy helping people, listening to stories, and caring for others.

What are you passionate about?

I'm passionate about spending time with my husband and my grandchildren. I enjoy sewing and quilting as well as reading. Larry and I could fish all day. We go trout fishing and camping in Northeastern Iowa. We spend a lot of our time mowing on the farm during the summer.

What are you looking forward to?

I'm looking forward to being of value to those who cannot always get here to church or as much as they would prefer. I look forward to making a difference to the members and staff I meet and serve.



With all of my past work experiences, people have always been at the forefront. I enjoy helping people, listening to stories, and caring for others.



may

HAPPENINGS



Baccalaureate milestone set for May 15

Baccalaureate is a milestone recognizing the lives of graduating high schoolers. Graduating seniors and their families gather in Fellowship Hall at 10:15 a.m., with intentional conversations, prayers, and blessings. Sign up at stpaulqc.org/signups. Contact: Katy Warren, katy@stpaulqc.org.

Food and care ingathering planned for Mother's Day weekend

Fill a bag with nonperishable food items and toiletries and bring it to church the weekend of May 7 & 8 to support two local food pantries. Or, 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. To help sort the collection at noon on Sunday, May 8, sign up at stpaulqc.org/signups. Questions? Jessica Taylor, jessica@stpaulqc.org.

St. Paul to host women's synodical convention in June

All women of St. Paul are invited to attend the SEIA Women's Organization Gathering held at St. Paul on Friday and Saturday, June 10-11.

This is an opportunity to meet and connect with other women in the synod, to experience Bible study, worship, guest presentations related to the Madison Marketplace and Tapestry Farms, and participate in a hymn sing and organ demonstration by Chris Nelson.

The cost for both days is \$75 which includes two meals. For one day, either Friday or Saturday, the cost is \$45 and includes one meal. Registrations are due by May 10 at this price or \$80 after. For registration forms and information call or email Cindy Bleich, 563-355-4850, georgebleich@mchsi.com.



Growing food, in community

In partnership with Tapestry Farms, a non-profit urban farm system that invests in refugees, land on the St. Paul campus provides a place of nourishment, care, and joy this coming growing season.

Come and help plant seeds and seedlings on Saturday, May 14, 10 a.m.-12 noon, at the garden site, 2005 Main Street. Wear clothes and shoes that can get dirty, and bring gloves and any garden tools you would like. Rain date will be May 21. No need to sign up, just show up. Contact: Ann McGlynn, ann@tapestryfarms.org, 563-370-0004.

Faith, health, and coffee chats planned for May 3 & 17

Bring a beverage of your choice and settle into a conversation on faith, health, and wholeness. This group meets on the first and third Tuesday of the month, 10:30 a.m., on the North Lawn (weather permitting). No need to sign up, just come! On May 3 discuss chronic illness and pain. On May 17, the topic is angels with Jeanne Olsen. Contact: Dave and Dortha DeWit, dorthamdw@aol.com.





Guys Coffee Group continues to connect for fellowship and fun

Grab a cup of coffee and settle to connect with fellow St. Paul men. This group meets twice a month with the next gathering on Monday, May 9, 10 a.m., in the Library Commons. The idea is to strengthen guys in faith and friendship. Contact: Dave McPherson, davemcph@msn.com.

Ushering Hospitality

If you enjoy greeting people, and are willing to contribute to the comfort and ease of others in worship, please consider ushering. We'd love your help as we rebuild teams. "Must I do it every week?" Of course not. The more helpers, the more periodic your service. "Is there some training?" Yes. We'll send a funny and informative 9-minute video your way and pair you with an ushering mentor. "Does helping out on Sunday mean an end to vacations in my life?" Don't be silly.

Call or contact Becky Harper (563-326-3547 ext 211, or becky@stpaulqc.org) to offer your willingness to explore.

Racial Awareness Team

St. Paul's Racial Awareness Team exists to expand awareness of our world, love our surrounding community, deepen empathy, advocate for change, celebrate justice, delight in diversity, and partner with neighbors in our city. The next meeting will be held on Tuesday, May 17, 7 p.m., in the Library Commons. Anyone is welcome. Contact: Sara Olson-Smith, sara@stpaulqc.org.

TRANSITIONS IN youth ministry

St. Paul's ministry to middle and high school youth is in the midst of transition following the departure of associate youth director Haley Rhoads in mid-March and the early April resignation of Andy Langdon as youth director. In an April 11 pastoral letter to the congregation, Pastor Marty noted the breach of personal and professional boundaries involving an inappropriate relationship between Andy and another adult. The Church Council unanimously accepted Andy's resignation. Pastor Marty also noted, with gratitude, Andy's accomplishments and positive impact on many youth during his decade-long ministry at St. Paul.

A spirited transition team of adults is in place working to ensure that as many youth activities, milestones, and trips as possible remain a part of the late spring and summer experience of our youth. This team, which includes both volunteers and assorted staff, will be communicating with parents and youth throughout the transition. The energy and willingness of families who've already stepped forward to offer assistance is greatly appreciated.

The church council has appointed a search committee for a new director of youth ministries. Serving on this team: Derek Ball, Andrew Harris, Lisa Fiedler, Janelle Carter, Patty Herzberg, Jeff Carroll, Asa Mahn, and Rowan Appel. Please keep their work and the kids of this church in your prayers.

One additional note: Bishop Amy Current of the Southeastern Iowa Synod notified St. Paul on April 18, 2022 of Andy Langdon's resignation, which included his denial of an inappropriate relationship, from the roster of the Evangelical Lutheran Church in America. She commended St. Paul for its handling of the situation and reiterated the ELCA's policy of not tolerating misconduct by rostered leaders.



Prioritizing you

Self-care. It's become a buzzword over the past handful of years, the topic of blog posts and magazine articles, but what is it really? And why is it important? St. Paul social worker/counselor Angie Vaaler and mental health nursing professional Steve Kalber share from their years of experience and talk about the importance of self-care during Mental Health Awareness month and throughout the year.

Self-care, as defined by the World Health Organization is “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.”

Self-care includes a litany of items that translate into overall health and well-being. Things like exercise, nutrition, and intentional connection are all practices anyone can create to manage the daily stressors we all face.

According to a 2021 Google Trends study, self-care and topics related to self-care including reflection, healing, and mental health were among the most searched themes of the year. In fact, the number of searches specifically for “self-care” has doubled since 2015. It’s no surprise the last few years have put a strain on mental health with abrupt shifts in the normal flow of lives. As things return to a new kind of normal, how can we continue to grow and care for our physical and mental wellbeing?

Steve Kalber is a registered nurse who has worked for Vera French, taught in the nursing program at St. Ambrose for 12 years, and is currently doing clinical adjunct work with St. Ambrose nursing students in their mental health rotation at Genesis.

“Self-care is starting with a basic awareness that the individual — you — can do things for your well-being on your own behalf which will optimize physical and mental health,” Steve said. “It’s the self-efficacy within us to make choices and changes that lead to more optimal health overall. It’s important to distinguish between trends and solid, scientific knowledge. Self-care is important because it’s accessible. We are always accessible to ourselves and our internal thoughts and forces so there are lots of things we can do independently to address our needs and decrease or avoid future trauma. When we care for ourselves, we’re much better equipped to care for those we love. It’s important to everybody of all ages and stages of life.”

St. Paul’s onsite social worker/counselor Angie Vaaler agrees that self-care is about figuring out what is best for you in the current moment and taking action to nurture the things you need most. Often adding connection, fun, and calm, while eliminating the guilt or the “I should be” thoughts are a step in the right direction.



Angie Vaaler

“Self-care is truly anything that you can do to reduce daily stressors in your life, maintain health, maintain connection, set healthy boundaries, and create an overall sense of well-being. The big thing with self-care is that not only does it help you reduce stress but it also can make you more resilient. It even affects our physical health and immune function. If you’re reducing stress, you’re less apt to harm your immune function because you are taking



“When we care for ourselves, we’re much better equipped to care for those we love. It’s important to everybody of all ages and stages of life.” — STEVE KALBER

care of yourself, you are resilient, and you are overall healthier. It's all a circle, all a cycle."

Self-care, especially things like exercise and getting outside into the sunshine, boosts all of those "happy chemicals" — endorphins, dopamine, serotonin, oxytocin — in your brain that leads to a positive mood and feelings of happiness.

How do you get started? By making small, intentional changes.

"Just start with five minutes of breathing or quiet time. It doesn't have to be big things: stepping outside during the middle of your workday to get some sunshine, standing from your desk, and doing stretches. There's a mindset shift. Instead of thinking *I have to be productive in my downtime*, ask yourself 'Can it wait? Is it more important than my health and well-being? Can someone else help me?' Find other solutions so you can prioritize time for yourself."

Both Steve and Angie agree that there is no "one-size-fits-all" self-care plan.

"It's important to find things that work for you, to identify your areas of need, and find activities that fit and are intriguing to you," Angie said. "The five things that work for other people might not work for you."



► Pay attention to your environment

Don't allow yourself to become overstimulated with the news or negative inputs. Surround yourself with beautiful things. Pictures that your children or grandchildren drew, are one example.

► Get out in nature

Nature helps you detox from technology, that constant buzzing and ringing of cell phones and dinging of reminders. Take some time to disconnect from the blue lights of screens to sit or walk in nature. Plus, fresh air is calming, and walking is great exercise!

► Keep moving

"Some of the countries in the world with the longest lifespans don't have spas and gyms but more active lifestyles. They walk to work instead of driving, they take the stairs, they handwash the dishes, they're active. When you have a chance — take the stairs, park your car farther away, small things that will keep you moving," Steve said.

► Teach yourself to stay in the present

When you find yourself in the past or ruminating about the future — try to recognize that and recenter yourself in the present moment. What sounds do I hear? What smells are present? Grounding techniques like walking barefoot in the grass are helpful to return to the moment.

► Proper Nutrition

Psychologists and nutritionists are studying the complex interaction between what we eat and how we think and feel including which types of foods stimulate different chemical interactions in your brain. Choose cleaner, healthier ingredients and avoid ultra-processed foods.

► Make mundane tasks fun

"When you have tasks you aren't excited to do, turn on music! If you're doing laundry or picking up around the house, listen to music, an audiobook, or a podcast," Angie said. Anything that will keep you engaged, that makes the activity enjoyable, boosts your mood, and maybe even starts a dance party.

► Make it a habit!

"Use reminder techniques to tell yourself to 'stay in the moment, to reach out.' It's important to build that into the structure of your day," Steve said. "We plan our errands, we plan our appointments but we don't plan our obligations to ourselves."

► Connect and communicate

Don't be afraid to reach out. Do things intentionally that will lead to interactions with other people. Learn to say "I need" or recognize when you need something. "It's necessary to say 'I'm taking some time for myself.' That's very difficult for people to say especially parents of young kids and primary caregivers," Angie said.



St. Paul explorers are on a quest searching for ways God shines light on us and the world.

Vacation Bible School, with the theme of *Discovery on Adventure Island*, will be Monday, June 13-Friday, June 17, 8:30-11:30 a.m. St. Paul will transform into an island paradise of excitement as kids and volunteers explore music, crafts, science projects, recreation, Bible stories, and more. Watch as they discover God's love and mission in their lives.

The theme verse is "Arise! Shine! Your light has come; the Lord's glory has shone upon you." (Isaiah 60:1)

Daily themes are:

- ▶ **Shine with love:** Genesis 1 – Creation
- ▶ **Shine with trust:** Exodus 3:1-20 – Moses and the burning bush
- ▶ **Shine with faith:** Luke 5:17-26 – Faith through the roof
- ▶ **Shine with joy:** Luke 15 – The "lost" parables
- ▶ **Shine with hope:** John 20:1-18 – Mary at the tomb

Vacation Bible School

Kids age four (by Sept. 15) through entering fifth-grade, from 8:30-11:30 a.m. Registration is \$15 per child through Sunday, May 15. From May 16-June 1, cost is \$25 per child. Deadline is June 1. No late registrations or walk-ins will be accepted. Classes will be capped, so please sign up early.

678 Week

Middle-schoolers, entering grades 6-8, spend the morning (8:30-11:30 a.m.) having a blast and learning about God. Registration is \$15 per student through Sunday, May 15. From May 16-June 1, cost is \$25 per child. Deadline is June 1.

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, 11:30-3:30 p.m. 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.

Sign up online at stpaulqc.org/signups

Or scan the QR Code with your phone

Please note: No walk-ins or late registrations can be accepted.



EASTER

With shouts of Alleluia! St. Paul people celebrated Jesus' resurrection on Easter Sunday through four services.



new members



KarrieAnne Burke is a child welfare specialist with Bethany for Children and Families. She enjoys outdoor activities, reading, and walking her dog. The people and core values are what drew her to St. Paul.



Linda Kern works as an accountant with Indiana University. She likes to spend her free time gardening, and has three adult children. She was drawn to St. Paul by the people and choir.



Carol & Lance Burton (*Lance not pictured*) like to spend time with family and are passionate about helping with food insecurity. They were attracted to St. Paul by the sense of community. Lance works as a logistician with the Department of Defense. Carol is retired from human resources.



Diane & Sam Nielsen are both retired from John Deere – Diane as an industrial engineer and Sam as a forklift driver. They enjoy spending time with family. Their daughter and family, Leslee and Andy Cook, are St. Paul members.



Beverly Downey-Eads is married to St. Paul member Dennis Eads. An education consultant, Bev loves horses, children, spending time with family, and serving others.



Patty Scott is a retired teacher. She is an avid volunteer with Bethany for Children and Families, cancer awareness organizations, and others. She enjoys playing tennis.



Tony & Beth Runkle are parents to Boone and Tate. Tony is employed as principal at Hopewell Elementary. Beth is a first grade teacher with PV Schools. This family likes spending time together traveling, hiking, and playing sports. What attracted them to St. Paul? “A church for our entire family to connect and grow as Christians.”



Monica & Brandon VanDeWalle are parents to Sofia, Marisol, and Samuel. Monica is the owner of the Write Choice Network. Brandon is president of HighPoint Wealth Management in Bettendorf. They enjoy baking, cycling, and skiing. The opportunities for kids and mission opportunities for adults is what drew them to St. Paul.

Explore St. Paul in a 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, May 14, 9-11 a.m. Sign up online at stpaulqc.org/signups.

Council Notes

Council gathered on one of the first warm evenings in April and received with enthusiasm the news of Teresa Keller's late March start as St. Paul's visitation chaplain. They also reflected on Holy Week and Easter joy, and the happiness of nearly 2,000 worshipers on Easter morning. The generosity of St. Paul people during Lent generated almost \$20,000 in support of ELCA World Hunger and an additional \$5,000 to support Ukraine.

The garage project off the south parking lot is nearing completion. The customary Mayfest celebration, familiar to many people, will not be held this May as congregational leaders evaluate the potential of new plans.

Council voted to ensure continued support for the congregation's 2025 Main Street house that serves adult men who live with persistent mental illness. Council also approved a finance committee recommendation to undertake a much-needed renovation of two Sunday school/preschool rooms and our childcare room. Both projects, anticipated to begin late June, will be funded by the Capital Improvement Fund, thus saving the church the need to conduct a fundraising campaign.

Following input from members of the congregation, Council appointed a search committee for the Director of Youth Ministries position. (See the youth ministry transition article on pg. 5).

Business office assistant Carrie Bowman recently announced her retirement from St. Paul, beginning later this month. She's been the business office assistant for five years.

Carrie focuses on membership and guest records, bulk mailings, accounting assistance, and some staff support. With a background of working in bank trust departments, as well as nonprofits, Carrie has loved the detail work of helping make an office function smoothly.

She and her husband, Jerry, live in Davenport and have two adult children. Carrie enjoys playing tennis, reading, hiking, and traveling.



► **Employment opportunity: Business office assistant**

St. Paul Lutheran Church seeks a business office assistant to join the church's staff team. This individual will have primary responsibility for maintaining membership database records, processing accounts payable, managing mailings and providing membership reports. Awareness and knowledge of the membership is helpful. Some background in bookkeeping is desired. Opportunity to work with volunteers. Proficiency in Microsoft Excel and Word is expected.

To read the job description, visit stpaulqc.org/employment. Applications will be reviewed as they arrive. Interviews will take place promptly. Employment would begin immediately. Send letter of interest, resume, and a list of three references to: busassistant@gmail.com.

Phishing email alert:

From time to time, different members of the congregation have received spam or phishing emails that purport to be from a St. Paul pastor or staff member. If you have any doubt about the trustworthiness of the originating email address, or the content of the message being authentic, please do not reply or respond directly to the email. Contact the pastor or staff member through other means to verify the email's authenticity. Thank you.



WORSHIP at St. Paul

► **April 30 & May 1** *Third Sunday of Easter*

Preaching:

5pm & 11:15am: Peter W. Marty
8 & 9am: Sara Olson-Smith

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

► **May 7 & 8** *Fourth Sunday of Easter*

Preaching:

All services: Peter W. Marty

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

► **May 14 & 15** *Fifth Sunday of Easter*

Preaching:

5pm & 8/11:15am: Katy Warren
9am: Sara Olson-Smith

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

► **May 21 & 22** *Sixth Sunday of Easter*

Preaching:

5pm & 9am: Peter W. Marty
8 & 11:15am: Megan Eide

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am

► **May 28 & 29** *Seventh Sunday of Easter*

Preaching:

All services: Katy Warren

Liturgical tradition:

5pm/8 & 9am

Contemporary Open Spirit:

11:15am



ST. PAUL
LUTHERAN CHURCH

2136 Brady Street
Davenport, IA 52803

Blood Donor Day

AT ST. PAUL

Wednesday, May 18, 1:30-6:30 p.m.

Give the gift of life. Twice a year, St. Paul people roll up their sleeves and help others through blood donation. Time slots are available from 1:30-6:30 p.m., in Fellowship Hall. Contact: Pastor Sara Olson-Smith, sara@stpaulqc.org.

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