

SAINT JAMES *Lutheran* CONNECTION

February 2019

www.saintjameslutheran.com

Friend of a Friend

Bhutan is a lovely little country nestled in the Himalayas on the northern border of India. The capital city of Thimphu is home to Yogen Chhetri and his wife Kamala Gurung, who operate the Himalayan School of Music. There are no Christian church buildings in this Buddhist land, but the Christians meet in house churches, and this includes the church that worships at the Himalayan School of Music.



Yogen came to Minnesota in 2015 to study at the McNally Smith School of Music, and that is where he met Susan Brezny. She introduced him to our Missions Committee, and when Yogen returned home, I began to offer training to him and Kamala via Skype. This has become a weekly ritual. We do Bible study together, and I have introduced them to Martin Luther's Small Catechism. They like it so much that they have invited some of their friends to join in on the Skype sessions. A four-way Skype call is not uncommon.

I went to visit them in Bhutan in January 2017, and while I was there I baptized three young people. In January 2018, I met them in northern India so that I did not need a visa to get into Bhutan. We had a two-day conference in the Indian village of Dalsingpara at the Bethel Church. Yogen's friends at the Bethel Church invited their friends, and when it was over, they wanted to get together again.

We had our second two-day conference at the Bethel Church last month. After the first day, many of them slept on the floor in the church and then freshened up the next morning in the brand new rest rooms built with support from our Saint James Missions Fund. After the second day, they were already talking about next year's conference.

Then I traveled south to Guntur for the 13th annual Telugu Pastors' Symposium, where I saw Edwin, one of my Skype friends who knows Yogen!

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Worship Services

Sunday 8:00 a.m. & 10:30 a.m.

Monday 6:30 p.m.

Lord's Supper: 1st and 3rd Sunday and following Monday

Bible Studies

Sunday 9:15 a.m.

Tuesday 10:00 a.m.

Saturday 8:00 a.m. divided as follows:

Women: 2nd / 4th Saturday

Men: 1st / 3rd / 5th Saturday

460 Annapolis Street West / West Saint Paul, MN 55118

Small Talk

Clear Meaning



Verna's birthday was a couple of days ago. Because it is so fresh in my mind, I'm sharing the following story with you.

A man asked his wife what she'd like for her birthday. "I'd love to be eight again," she replied.

On the morning of her birthday, he arose early, made her a nice big bowl of *Coco Pops*, and then took her off to the local amusement park.

What a day! Amongst other activities, they rode on the three most thrilling rides in the park: the *Death Slide*, the *Wall of Fear*, the *Screaming Monster Roller Coaster*. Five hours later she staggered out of the theme park, her head was reeling and her stomach felt upside down.

They followed up the amusement park with a meal at a McDonald's. Her loving husband ordered her a Happy Meal with extra fries and a refreshing chocolate shake. Then it was off to the movies: the latest epic, a hot dog, popcorn, all the Coke she could drink, plus her favorite candy M&M's. The husband thought to himself, "What a fabulous adventure for someone who wanted to be eight again!"

Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his precious wife with a big smile and affectionately asked, "Well, Dear, what was it like being eight years old again?"

Her eyes slowly opened and her expression suddenly changed. "I meant my clothing size!"

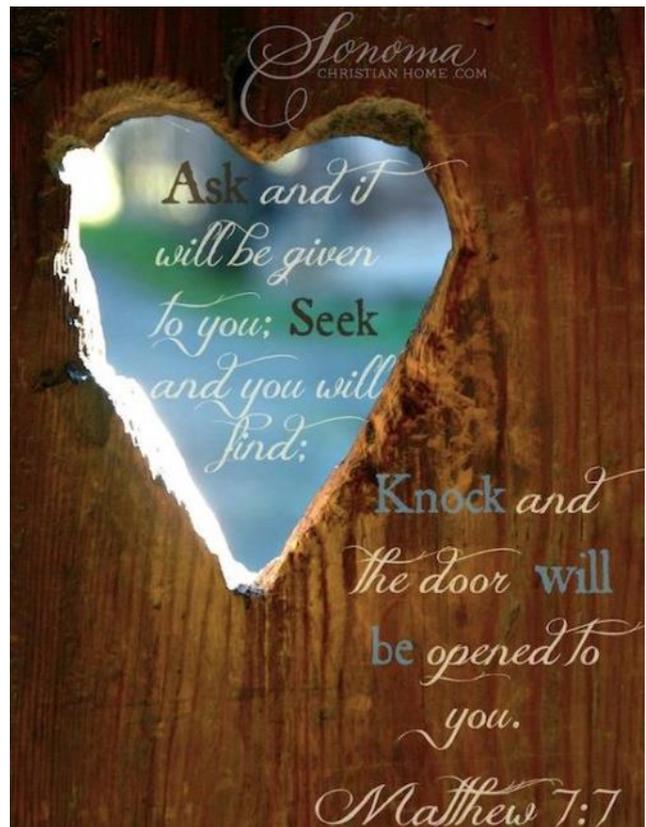
As a husband who sometimes misunderstands his wife, I thought this story was a humorous attempt at highlighting the importance of clear communication. The day would have been different if the wife had added the word "size" before the word "eight" when she answered her husband's question. The husband could have asked for clarity on what she meant by being eight again. When they arrived at the amusement park she could have asked her husband what was going on. Of course all this clarification would spoil the joke, however the

message is clear. It doesn't take much effort to get a little more clarity when communicating with another human being.

The same could be said for our relationship with God. At times we may not feel as if we understand God or His Word. It doesn't take much effort to find clarity. Prayer and time thinking are great starts. Talking with another Christian, whom you respect, about what is puzzling you is another strategy. Sometimes when we're stumped on something we've read in God's Word, another part of God's Word often gives clarity.

Jesus promised that if we ask God for help, it will be given. If we seek understanding from God, we will find it. If we knock, to get God's attention, He will open the door, (Matt. 7:7-8). God desires to be known by us. God isn't hidden behind a curtain, or a fog. God has a human face in the face of Jesus. God came in human flesh to make His dwelling with us...to be known by us. This Jesus came and communicated eagerly and clearly to us. He said, "I love you. I have called you by name, you are mine. Come and follow me." We can't get much clearer than that.

~ Pastor Volker



Harrison Lawrence Senior Organ Recital

March 31—Please Save the Date

Harrison Lawrence will play his Senior Organ Recital at Saint James on Sunday, March 31st at 4PM. Everyone is welcome. Please invite your relatives, friends and neighbors.

In May, Harrison will graduate with a Bachelor of Music degree in Church Music and Organ Performance from Saint Olaf College in Northfield. Harrison will complete his organ internship at Saint James in May.

It has been a blessing to have Harrison as our first Organ Intern. It's provided him with the opportunity to be part of the music ministry in a large Lutheran congregation since January 2018. As many of you know, Harrison's grandparents, John and Sue Longendyke, and parents, Brian and Becky Lawrence, have a long history at Saint James. Harrison was baptized by Pastor Albrecht and during his youth he attended worship, Sunday School and Vacation Bible School at Saint James.



Harrison Lawrence
Organ Intern

January Wedding

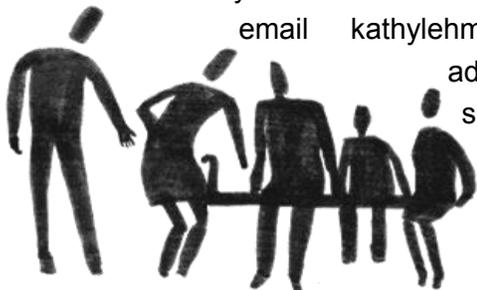
January 19

Christine Anderson
&
Nicholas Brezny

Seeking Ushers for Sundays and Wednesdays during Lent, Holy Week and Easter

We have several openings for ushers. You can usher for one service or a few services or join an usher team and serve once or twice each month. We are especially in need of ushers for the Lent and Holy Week services in March and April. Look for sign-up sheets in the Narthex soon. There will be experienced ushers at these services, but they will need help.

Contact Kathy and Steve Lehmann at 651-459-2930 or email kathylehmann4335@gmail.com for additional information and to sign up to usher. Training is free and fun!



Altar Guild Meeting

February 27, 6:30 p.m. - Fireside Room
Judy Varela, facilitating

NOTE: The meeting is one week early due to Ash Wednesday on March 6.



Parish Nurse Notes

Having a Spiritually Healthy Heart

On the Wellness Calendar, February is always “heart month.” Research substantiates that spiritual, mental, emotional and physical health are intertwined, not separate entities.

Anger, stress and pessimism all affect the heart physically and spiritually.

Anger causes one to crave high sugar, high salt and fatty foods, and stimulates the sympathetic nervous system, causing surges in hormones. Anger causes a change in chemical composition in our bodies which is harmful to us physically, mentally and spiritually and negatively affects blood pressure.

Stress is a less tangible emotion, but too much stress changes hormones and steroids that circulate in the bloodstream. These substances affect turbulence and resistance in blood vessels. Stress affects organs in unseen ways, triggering inflammation and clotting of blood and also constricts coronary arteries. Stress also changes cells in the blood stream and lowers the immune response.

Pessimism contributes to a 19% increased risk of mortality. A study showed that 55% of participants

with positive life orientation outlived those who were negative.

Good nutrition can help our mental, spiritual, emotional and physical health by helping us to feel well and be able to incorporate habits that help deal with anger, stress and pessimism. Having a diet rich in plant-based foods and “good fats” will combat hypertension and its consequences. Keeping our heart spiritually healthy helps to deal with anger, stress and pessimism.

Proverbs 4:23 says, “Keep your heart with all vigilance, for from it flow the springs of life.”

Ephesians 5:20-21 says, “Giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ, submitting to one another out of reverence for Christ.” Gratitude is essential in life.

Philippians 4:11 says, “...for I have learned in whatever situation I am to be content.”

Shirley Hess, Parish Nurse
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Leviticus - The LORD Speaks to Us Today

Pastor Albrecht's Bible Class in the Fireside Room



Moses did not divide the book of Leviticus into chapters. Moses structured this book according to divine speeches. The first divine speech filled the first three chapters and gave instructions for the voluntary offerings. The second divine speech began with chapter four and carried over into chapter five. The third divine speech was shorter, the second part of chapter five. The fourth divine speech was only the first seven verses of chapter six. The second, third and fourth divine speeches gave instructions for the mandatory offerings. Why do the voluntary offerings come first?

God told Moses to repeat the first four divine speeches to all the people of Israel. God tells Moses to repeat the next divine speech to Aaron and his sons. What do we learn from the instructions to the priests about the worship life of God's Old Testament people? How does our worship life today resemble theirs?

The class will be repeated on Tuesday mornings in the Fireside Room. All are welcome.



The Book of Esther

Pastor Volker's Bible Class

Chapel (Rooms 7 & 8, downstairs)

The stage is set. We've met the major characters of the story of Esther: Xerxes, the unpredictable king; Mordecai, the wise cousin and adopted father of Esther; Haman, the enemy of Mordecai and all Jews; and Esther, the star of the story. (Her name means *star*). Now we're beginning the plot of the story, to see how God will once again come to the aid of His people through Esther. Looking forward to seeing you at class.

Saturday Morning Women's Bible Study



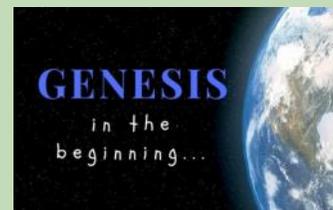
James & Proverbs

The women will meet February 9 and 23 in the Fireside Room. The doors open at 8:00 a.m. Pastor Albrecht joins the group at about 8:30.

We will continue our discussion of the Epistle of James in connection with selected passages from the book of Proverbs.

All women are cordially invited to join the discussion.

Saturday Morning Men's Bible Study



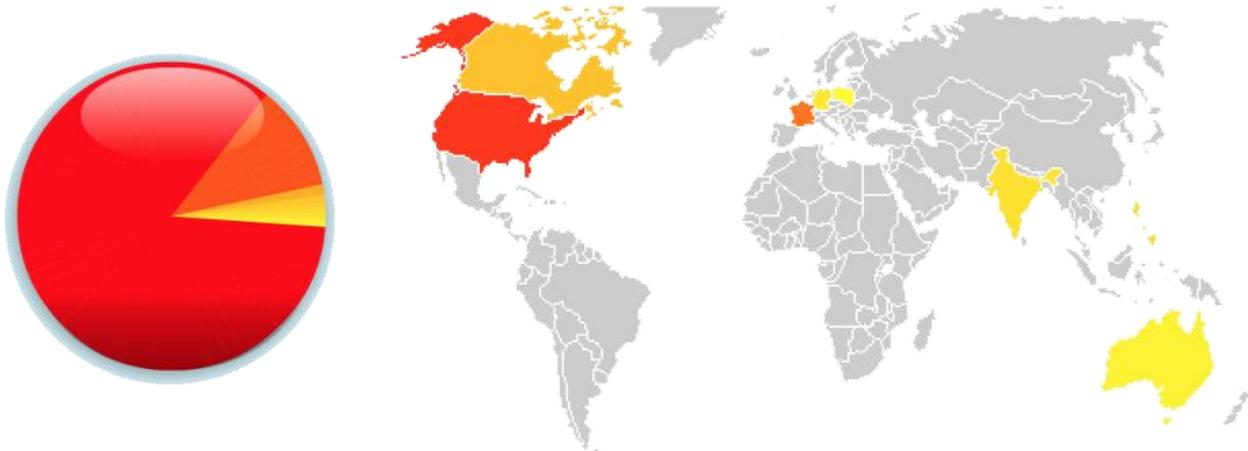
Genesis

The men will meet in the Fireside Room on February 2 and 16. We will consult Martin Luther's commentary on the book of Genesis as we discuss the First Book of Moses.

Donuts and bagels are usually provided. Bring your own beverage, if you like.

All men are cordially invited to join the discussion.

Saint James Global: Sharing the Gospel around the World

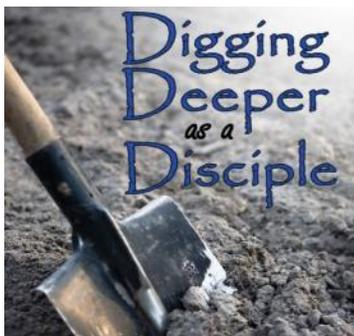


If you looked at the charts during our 90th anniversary celebration, you saw that Saint James, through our online ministry, brings the message of Christ all over the world, not only through our mission partners, but through recordings of our services and sermons.

In addition to our YouTube audience watching our videos, our website added audio tracking capability in early 2018. Of 1,291 audio file downloads in 2018, 85% were from the United States, 11% from France, and 1% from Canada. 23 other countries include Netherlands, Philippines, India, Germany, Azerbaijan, and more on 6 continents. Praise God that He gives us this opportunity to share the Gospel with all nations!

Questions Are Good! Bring Them to DDD

First Session on Tuesday, February 19 at 7:00 p.m.



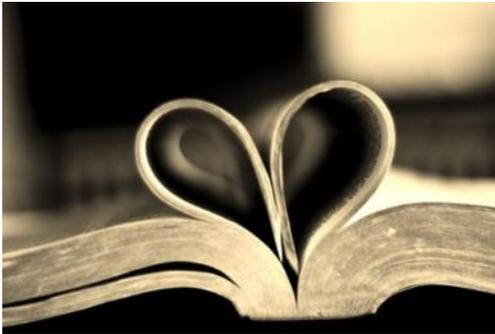
Digging Deeper as a Disciple is our name for a Bible study series that covers the basic teachings of the Christian faith in an atmosphere that invites and encourages discussion.

Some questions do not occur to you when you are in Sunday School or Confirmation Class. After you live a few years, you may have new questions about the Bible and Christian living.

Do you know someone who would like to hear Lutheran answers to some of the tough questions that people are asking today? Maybe you and your friend would enjoy coming to DDD together.

The first session will meet in the Fireside Room on Tuesday, February 19 from 7:00-8:30 p.m. Both members and non-members are welcome. Pastor Albrecht and Pastor Critchley and Pastor Volker will take turns leading the sessions. Come for all the sessions or only those that interest you. Brochures are available at the Welcome Center. All are welcome.

All Ages Valentine's Day Party & Pine Car Derby building wants YOU!



On Sunday, February 10th, join fellow church attendees for lunch in the Fellowship Room after the 2nd service. After lunch, stay if you can to join in with the Valentines festivities and make a valentine for someone you love. **If you haven't yet cut out a pine car, you will get a chance during the afternoon.** The All Ages Pine Car Derby will be held at Saint James on Sunday March 10th. We will have individual races for youth, adults and families! So now is your chance if you want to make a race car.....and YES we mean YOU!

Youth Summer Mission Trip

Sometimes God calls us to step out of our comfort zones and to engage with people who are different from us. Inevitably our faith grows in these new situations when we encounter places, things, people and challenges that stretch us and cause us to lean on God. This summer we are blessed to partner with Praying Pelicans in Puerto Rico and to serve with a church and fellow Christians there. Check out the displays in the Narthex to see where we will be serving and who will be going. We will be looking for prayer partners for each participant. Ask Terese or Kathy Hanson about what is involved to be a prayer partner to a youth or adult who will be serving this summer.



Annual Youth Variety Show & Fundraiser

Come warm up with some hot soup, good bread, tasty desserts and spectacular entertainment on February 24th at noon until 2:00 p.m.! This annual fundraiser is the culmination of our envelope fundraiser and will help the 20 youth and adults planning to work, worship and serve in Puerto Rico this summer. There will be a silent auction of items and the envelope fundraiser board will be up until the end of the event. Invite your neighbors, your friends and your family. The meal is generously sponsored by Thrivent!



Envelope Fundraiser

We have appreciated the generosity and the support the last few years and hope everyone can participate again. Pick any envelope and place inside the envelope either the donation amount suggested on the outside of the envelope or any amount of your choosing. No amount is too small, or too big! Turn the envelope into the box in the Narthex or into the main office. These donations can be anonymous or if your name is included your donation will be added to your regular church record. Check out the display in the Narthex during the month of February for more details.



February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 8:00am Men's Bible Study
3 8:00am Divine Service with Holy Communion 9:15am Sunday School and Bible Classes 10:30am Divine Service with Holy Communion	4 5:00pm Children's Handbell Choir 6:30pm Evening SonRise Contemporary Worship 7:30pm Adult Handbell Choir 7:30pm Vestry	5 10:00am Leviticus Bible Class 7:00pm Sunday School Teachers Meeting	6 10:30am Service @ Good Samaritan 4:00pm TreeHouse Support Group 5:00pm Youth Group 5:00pm Confirmation 6:15pm Meal 7:00pm Saint James Choir Rehearsal	7	8 10:00am Service @ Lilydale	9 8:00am Women's Bible Study
10 8:00am Worship Service 9:15am Sunday School and Bible Classes 10:30am Worship Service 12:00pm A3 All Ages Activity: Valentine's Party	11 10:00am Service @ White Pine 1:00pm Music Staff Meeting 4:30pm Executive Committee Meeting 5:00pm Children's Handbell Choir 6:30pm Evening SonRise Contemporary Worship 7:30pm Adult Handbell Choir	12 10:00am Leviticus Bible Class 2:00pm Service @ Wilder 514 2:45pm Service @ Wilder Memory Care	13 10:00am John Raddatz Visitation 11:00am John Raddatz Funeral 4:00pm TreeHouse Support Group 5:00pm Youth Group 5:00pm Confirmation 6:15pm Meal 7:00pm Saint James Choir Rehearsal	14	15 9:30am Service @ Wilder 512	16 8:00am Men's Bible Study
17 8:00am Divine Service with Holy Communion 9:15am Sunday School and Bible Classes 10:30am Divine Service with Holy Communion	18 5:00pm Children's Handbell Choir 6:30pm Evening SonRise Contemporary Worship 7:30pm Adult Handbell Choir 7:30pm Elders	19 10:00am Leviticus Bible Class 7:00pm Natural Outreach Class 7:00pm DDD	20 4:00pm TreeHouse Support Group 5:00pm Youth Group 5:00pm Confirmation 6:15pm Meal 7:00pm Saint James Choir Rehearsal	21	22 7:00pm Family Game Night	23 8:00am Women's Bible Study
24 8:00am Worship Service 9:15am Sunday School and Bible Classes 10:30am Worship Service 12:00pm Youth Variety Show & Fundraiser	25 5:00pm Children's Handbell Choir 6:30pm Evening SonRise Contemporary Worship 7:30pm Adult Handbell Choir 7:30pm Vestry	26 10:00am Leviticus Bible Class 7:00pm DDD	27 4:00pm TreeHouse Support Group 5:00pm Youth Group 5:00pm Confirmation 6:15pm Meal 6:30pm Altar Guild Meeting 7:00pm Saint James Choir Rehearsal	28	<div style="border: 1px solid black; padding: 10px; background-color: #ffffcc;"> <p>Saint James Lutheran Connection</p> <p>Submissions for the March issue are due February 19.</p> </div>	

**SAINT JAMES LUTHERAN CHURCH
460 ANNAPOLIS STREET WEST
SAINT PAUL, MN 55118**

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RETURN SERVICE REQUESTED

IN THIS ISSUE:

- **Ushers needed for Lent, Holy Week and Easter**
- **All Ages Activity—Valentines Party on Sunday February 10**
- **New Round of DDD classes begins February 19**
- **Youth Variety Show & Fundraiser on Sunday February 24**
- **Harrison Lawrence Senior Organ Recital**

