

St. Paul Lutheran Church
Reflections

September, 2020

Roberta Reynolds, Editor

Pastor Notes, September 2020

Dear friends,

July 31, 2016 was my first Sunday here at St. Paul. Ever since the beginning of our time together I have found you to be a welcoming, supportive, loving community. You have been open to the new things I wanted to try, some of which even worked! You cared for me during sicknesses, surgeries, and now during Covid-19. We've come a long way! I know that leaving is always difficult, but my leaving St. Paul is going to be a very sad day for me. I feel like I am leaving you in the middle of a desert without a map!

But then I remember the story of the Israelites in the wilderness. Exodus 16 recounts the story of how, when the people complained about having no food, God provided manna for the people. After some time of "wandering in the desert" under Moses direction, God brought them to the promised land under new leadership. Living in the new land required a new vision, so God provided Joshua. Every time the people needed something, God provided, although it wasn't necessarily in the time the people wanted! But the people could always count on God. In that, nothing has changed. Ever since the founding in 1890, St. Paul has been God's partner in ministry, and God has and continues to provide.

The past 4 years of "wandering" has taught us many things, not the least of which is that St. Paul is here for a reason. For years we didn't always live into that reason, we didn't always know what the reason was, but eventually we were given that wonderful realization that God had brought us exactly where God wanted us to be. I think of 4thFest. God helped us realize that we are on this corner to be a part of the community in its largest public celebration.



1stNite and working with people with special needs lifted the congregation to provide for the community in other ways. The programs and congregations that share the space with St. Paul are a blessing to the community as they are a blessing to St. Paul.

So what happens now? I have been called to a congregation that was founded in 1958. My last Sunday will be September 27. Kevin and I will be moving to Delaware. St. Andrew's in Dover is finding their way through the wilderness as well. Together we will learn how to rely on God, and I pray that God will give me some insights as to what He's calling me to do there. And here, you will too. There might be a little wandering, but have no fear, God is still guiding and providing. Just listen, and pray, and don't lose heart. As the song says, "The best is yet to come."

Kevin and I pray that you will remember us as fellow wanderers, seekers, and strivers in God's ministry here. We hope to "see" you on Facebook, but remember, God is leading you forward with NEW leadership. I will be attending to a different congregation, and someone else will be guiding you. We pray for your future blessings, and for your energy and excitement in the future God is leading you into!

Thank you for your patience, your care, and your openness in sharing this time together. You will always be in our hearts, our thoughts, and our prayers. We are that much better for having been with you 😊

Blessings,
Pastor Anne



St. Paul needs people willing to help stream the Sunday worship service at 9:30 a.m. on Facebook and YouTube. We are hoping to have a supply of volunteers who can serve on a rotating basis so that the responsibility can be shared. No experience is needed as you will receive instructions in how to do this.

Please contact the church office at stpaul@stpaulelong.org if you are able to assist with this.



Pastor Anne will continue to livestream the Worship Service on Sundays at 9:30 am via facebook from the sanctuary. She will be using the church facebook page to livestream, so please use the link below.

Facebook: <https://www.facebook.com/stpaulelong/>

You may also watch the recorded service on YouTube using the link below.

YouTube: <https://www.youtube.com/channel/UCHG7oj6Tb9WhTZZvcNzu2ow>



WORSHIP IN THE PARKING LOT

9:30 a.m.

- People in their cars in the parking lot will be able to listen to the worship being broadcast from inside the church on the FM channel 98.1, or watch on their phones on Facebook.
- At the conclusion of the livestream (after the postlude) Pastor Anne will distribute the elements (grape juice and wafer sealed in a plastic package) outside.
- She will do the rite for Eucharist, which you can hear on your radios, and we will commune together.
- She will do the benediction, and people will be dismissed.
- **NO PEOPLE** will be allowed **FOR ANY REASON** in the church building, so there will be no restrooms or other facilities available. The building will remain closed.



As the building remains closed, please continue--

Mailing your donations to St. Paul Lutheran Church, 181 Elm Street,
East Longmeadow, MA 01028, or

Going online to our website—stpaulalong.org



Service and Outreach News

The Service and Outreach Committee has been meeting via Zoom during the pandemic, so we wanted to share with you some of the plans we have for the fall. Whether we are meeting in person or not, we plan to prepare Thanksgiving food baskets as we have in the past. In addition, we will proceed with a toy collection for Christmas. For dropping off items, if the church has not reopened by the collection period, we will make arrangements for you to bring them when Roberta or someone else is working at the church.

When the college students in our congregation return to their campuses, we would like to continue our practice of sending them \$10 Subway or Dunkin' gift cards along with a supportive message from the congregation. To do this, we will need contributions of gift cards or money so we can purchase additional cards. You may mail these to the church.

We look forward to seeing all of you soon.



Johannes DeVries
Trenton Duclos
Florence Fay
Joan McPartland
Vinny McPartland
Linda Mumper
Sarah Phillips
Harry Rohlf
Charlotte Stark
Kenneth Wall



Prayer List



Barbara Anderson
Chris Anderson
Bob
Janet Davies
Johan DeVries
Donna
Doug & Mary Ann
Florence Fay
Andrea Grushka
Kayla
James Kolkoski
Dorothy Kowaleski
Jim McKnight
Tim Palmioli
Richard
Lorraine Stevens
Tom Sutherland
Eugene & Marge Walz
Jeremy Webb
Linda, Brianna & Eric



Totally Adaptive Fitness, in East Longmeadow, MA, is inviting you to join our awesome Adaptive Fitness, Adaptive Yoga, and Adaptive BEAT classes on Zoom!

Get ready to improve your fitness, flexibility, mobility, range of motion, breathing, see friends, and just have fun and feel great!

ALL DISABILITIES AND ALL ABILITIES WELCOME!

September 2020 Schedule:

Mondays 4:30 - 5 pm Adaptive BEAT (Rhythmic drumming to fun music)

Wednesdays 4:30 – 5pm Adaptive Fitness (great combo class)

Sundays 4:30 – 5pm Adaptive Yoga

If possible, bring: Yoga mat, water.

For Monday and Wednesday, also bring some type of drumsticks or wooden spoons or just your hands, for drumming.

Coaches:

Kelly Phillips, MAT, Special Ed Teacher, ACE Cert Fitness Coach, Certified Autism Fitness Specialist, TRX/Refleksiv Yoga Qualified, POUND and Zumba Certified

Silvana Ayala, Occupational Therapist, Certified Autism Fitness Specialist, POUND Certified

Questions and registration: totallyadaptivefitness@gmail.com

Payment: \$50 for the month of September for unlimited classes offered. (up to 3 classes per week!) Through Paypal: totallyadaptivefitness@gmail.com