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Holy Breath

By Pastor Brad Froslee

Dear St. Michael's Family,

On May 23 we celebrated Pentecost. In the Christian tradition this festival day commemorates the gifting of the Holy Spirit on the early apostles, and the ways this Spirit continues to inspire, challenge, and invigorate us today. Throughout the summer we continue to celebrate the Sundays after Pentecost; we hear stories of God's people and the church being equipped, renewed, and sent.



With our confirmation students at St. Michael's we talk significantly about Spirit and what this name means. You see, the Greek and Hebrew words (*Pneuma* or πνεῦμα; *Ru'ach* or רוח) are more than just words for Spirit—the Hebrew word is tied to wind and breath, and the Greek word is similarly tied to breath and blowing air

In Genesis, God's Spirit (God's breath) moves over the waters. In creating humankind God breathes and gives breath. In the book of Acts, Jesus has said God will send an advocate to speak in and through the disciples. And these disciples are met with a mighty wind—a mighty breath—that moves them out into the world.

Over the past year breath and breathing has likely been on all of our minds. We have been living through a global pandemic that is carried on our very breaths. Most of us have guarded our activities, worn face masks to protect others and ourselves, and have been dialed into the realities of illness circling in the air.

This past year we have also heard over and over again the words, "I can't breathe." The video recordings of a man laying facedown on the street begging to breathe have become part of our communal awareness. And this video has offered one way for people of color and indigenous communities to name the oppressiveness of racism in our country—that the world and experiences they encounter regularly take away their breath.

I want to believe we are moving into a new season—a new day—when God's

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breath is moving over creation and is being blown into a new and renewed people. This is the story of Pentecost! We cannot stay locked in familiar rooms of complacency, grief, or despair. We cannot wait for someone else to figure things out or come up with all the answers. We can't be afraid of what people will think of us.

As God's very own people, the Holy Breath fills us and moves us into the public sphere. We tend to one another, we speak a word of hope with new words and renewed imaginations, we act for the common good, and we proclaim a life that will not die.

It is time for us to take deep breaths. Beyond the hope that we are on the other side of COVID-19 (or getting there); beyond breaths that the violence of last summer is behind us. We breathe in deep holy breaths that call us to dream and imagine a new world, a renewed community of faith, and our own lives as transformed.

One critique of the Church at large is that we tend to set our sights too low or limit ourselves too much. The gift of Pentecost is that God won't leave us in that place, but rather with a mighty wind (a rushing breath), challenges us to dream big and to step out in faith for the healing of the world, and hope for us and the generations to come.

May that Holy Breath fill us this day and in the days to come!

Pastor Brad

Summer worship updates

This summer, we will worship indoors on Sundays at 10 a.m. (in the sanctuary) and outdoors on Mondays at 7 p.m. (on the Fellowship Hall lawn). There will not be Monday worship on Memorial weekend, July 4 weekend, and Labor Day weekend.

Masks and social distancing will continue to be required at indoor worship services for the coming weeks. We will worship using an adapted liturgy and continue to gauge what works best for our congregation and community as we look at current health and safety protocols, vaccination rates, and supporting all members of the congregation. We encourage those attending to bring a lawn chair.

Currently there will be no coffee hour following worship. We are assessing options for outdoor fellowship later this summer.

Additionally, we will be welcoming guest preachers this summer. The Rev. Justin Lind-Ayres, The Rev. Babette Chatman, and Seminary Intern Jenn Luong, who serve as staff at Augsburg University will be involved with worship. We will continue to provide updates on worship protocols on-line and in the *Friday Flyer*.

A word about masks, etc.

On May 14, Governor Walz ended the statewide mask mandate. It is recommended that those who are not vaccinated continue to wear a mask, and businesses and local municipalities may still enforce mask requirements, particularly those who serve children and youth such as schools and childcare settings.

Because our community is intergenerational and we have no way of knowing those who are vaccinated, as well as being home to Northern Voices Preschool, we will continue to enforce mask requirements while in the building for worship, volunteering, work, etc.

This may change in the coming months, so plan on staying up-to-date on current policies and procedures by heading to our website or contacting the church office. Thank you!

Social Ministry/Community Life

Social Ministry calendar

Panera Bread	Daily
Food Mobile Distribution	June 8
Sandwich Making	June 13

St. Michael's forms Advocacy Commission

A few years ago, the church council worked with the congregation to develop six values that are at the core of our community as we strive to live out our faith together. One of those values is: **"Acting for Justice and Peace:** We are called to speak and act with and for all in need, and to care for the gift of God's creation."

The church council has been discerning how to live out this value more intentionally, and has decided to create a short-term commission of members to research and evaluate local nonpartisan faith-based advocacy groups.

This small group will report their findings to the church council, who will then explore what it might mean for our congregation to join a nonpartisan faith-based advocacy group or groups. We know that the love of God can and should be made known in real, life changing ways in our community, and we want to work with other faith communities to achieve this work on a larger scale.

If you are interested in joining this advocacy commission, please contact Pastor Brad to learn more.

Aiding the people of India

Many of you have been reading about the tragic outbreak of COVID-19 in India. St. Michael's is partnering with the ELCA's Lutheran Disaster Response in providing funds where assistance is most needed. The church council approved \$5,000 at the May meeting from our Disaster Response funds. Thank you to all who support funding this work through St. Michael's and your incredible generosity. This is one way that, together, we can help to make a small difference.

The "Recipes for Disaster" have arrived!

St. Michael's new COVID-era cookbooks called "Recipes for Disaster" have arrived. They're available at church. Pick one up! There is no cost, but we encourage all who can to make a \$10 donation.

The donations will offset the cost of printing, and donations above the cost of printing will be equally donated to: COVID relief efforts in Guatemala, the Dorcas Star Mission and its hospital and COVID work in Uganda, and COVID relief in India through the ELCA.

Thanks to everyone who submitted recipes and volunteered to work on the book. It's been a great opportunity to share ideas, learning, and our love of food.

Gratefully,

The Community Life Committee



A sabbatical update

By Pastor Ali Ferin

Dear St. Michael's Family,

Much has changed since I began planning for my sabbatical last winter. Though I ultimately knew I would be taking this special time away during a pandemic, the rapid changes to health department procedures and the impacts those will have on ministry in fall make it difficult for me to imagine a restful sabbatical over the summer.



We are also in the middle of important staff transitions as we bless Jon Bates on his journey to nursing school and welcome a new Director of Children Youth and Family Ministries this summer. In addition, the process for hiring an Office Administrator and Communications Associate continues, which is all to say there is exciting, complex work to accomplish this summer...and I want to be a part of it!

With the support of Pastor Brad and the Personnel Committee, I have decided to postpone my sabbatical until summer of 2022. I feel relief, not regret, in making this decision but there are spiritual implications for me as I delay my sabbatical.

We learn throughout scripture, that God does not suggest rest, God commands it. The day of weekly sabbath comes whether we are ready or not. It is not earned, it is gifted and mandated. Many of the 10 Commandments are inherently accepted in our society - do not steal, do not murder, etc.... but remembering the sabbath day and keeping it holy, *taking rest seriously, is something we (definitely I) struggle to carry out faithfully. So while I will still be working this summer, I will also be disciplined in my approach to rest. I have enlisted other pastors to hold me accountable to sabbath this summer and as such, I will be carving out specific time in my schedule to care for my body, my relationships, and my spiritual life.*

This means I will be taking some weeks off for vacation this summer, and we will be bringing in guest preachers regularly to give Pastor Brad and I space in our schedules for rest and creativity in planning for fall.

Friends, thank you for taking seriously the care and support of the staff of St. Michael's. It is a special place to serve, and I am entering this summer feeling grateful; grateful for the patience and compassion of Pastor Brad, grateful for the guidance and wisdom of the Personnel Committee, and **grateful for you.**

Life of the congregation updates

- A memorial service for Janet Parrish was held on May 15. Janet died on March 15.
- A memorial service for Ruth Herz was held on May 26. Ruth died on January 18 .
- On May 9, Elyssa and Aaron Wilkerson welcomed their first child, Iris Ann.
- On May 22, Eimy Sofia Rodriguex Solis was baptized at St. Michael's

Summertime fellowship opportunities for adults

Join the Summer Patio Series

Join the St. Michael's women for the Summer Patio Series, a time for small group connection and conversation! For six sessions this summer, small groups will read *I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown.

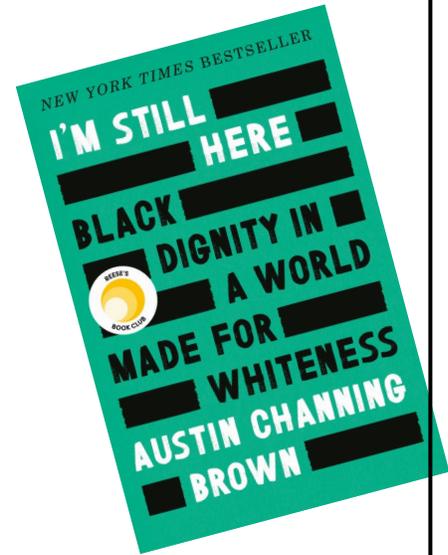


Small groups will meet six times over the course of the summer on either Wednesday, Thursday, or Sunday evenings, *in-person outdoors or online*. The small group sign up and discussion guides for each meeting are available here:

www.stmichaelselca.com/patioseries

Unlike previous Summer Patio Series, there will not be a kick off party at the start of the series.

Questions? Contact Pastor Ali!



Over the years, the Summer Patio Series has become a place to enjoy fellowship, meet new friends, find new and exciting reading options, and relish the summer.

There's Men's Bible and Brew, too!

At 7:30 p.m. on Thursday, June 17, the Men's Bible and Brew will meet outdoors at St. Michael's

Bring your favorite brew and come for a time of conversation and connection.



Laurie Krachmer elected to serve as voting member to 20-22 Churchwide Assembly

The Saint Paul Area Synod met in assembly i on Friday, May 14, and Saturday, May 15. The assembly included the kicking off of the Synod's Planting Hope Capital Campaign; keynote address by the Rev. Dr. Joy Moore, Vice President of Academic Affairs and Academic Dean at Luther Seminary; greetings from Mikka McCracken, ELCA Churchwide Representative.

Additionally, the Synod elected leaders to various positions. Laurie Krachmer, member of St. Michael's, was elected to serve as a voting member to the Churchwide Assembly in Columbus, Ohio, in August 22.

Thanks to Barb Yarusso, Brian Cihacek, and Belinda Cline who served as voting members at Synod Assembly. Congratulations and blessings to Laurie Krachmer.



Celebrating and honoring our 2021 Graduates
High School Graduation Recognition
Monday, June 14, during 7 p.m. outdoor worship
There will be an opportunity to share a written blessing after worship on Sunday, June 13.

Emily Breuch



Emily graduated from Irondale High School and will attend St. Olaf College in the fall.

Elsa Carlson



Elsa graduated from Open World Learning Community and will attend the University of Minnesota, Twin Cities, in the fall.

Rachel Carter



Rachel graduated from St. Anthony Village High School and will attend Illinois State University in the fall.

Kaia Goldenman



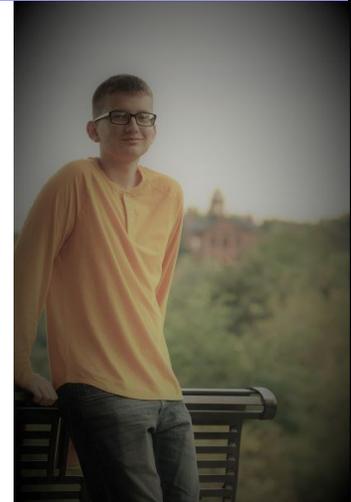
Kaia graduated from Roseville Area High School and will attend the University of South Carolina in the fall.

Gracie Klaras



Gracie graduated from Irondale High School and will attend St. Paul College in the fall.

Tanner Rohrich



Tanner graduated from Roseville Area High School and will attend National Guard basic training at Fort Jackson, South Carolina, in the fall.

Kate Spence



Kate graduated from Mounds View High School and will attend Colby College in Waterville, Maine, in the fall.

Adam Wermager



Adam graduated from Irondale High School. He will be EMT certified in June.

Cameron Willcox



Cameron graduated from Fridley High School and will attend the University of Wisconsin, LaCrosse, in the fall.

ST. MICHAEL'S LUTHERAN CHURCH

CHILDREN, YOUTH, AND FAMILY MINISTRIES

..... 2020-2021 PROGRAM YEAR

A Note from Jon:

In May, we finished up another program year of St. Michael's. Through our online ministries and in-person ministries, we were able to have some fun through JackBox games online. We had conversations and prayed for each other across Zoom, and we saw each other grow in different ways.

As I write these words, we are seeing glimmers of a life returning back to where it's safer to meet in-person and youth are getting vaccinated. We're looking forward to the ways that we'll be connecting this summer and into the upcoming fall!

Please read on to see items to add onto your life and your calendar as we continue to lean into the community of St. Michael's.



Here's what's happening:

St. Mike's Summer Spree—tie-dying at the church!

Sunday, June 13 - after worship and through noon

Monday, June 14 - 6:30-7 p.m. and after worship through 8:30 p.m.



You're welcome to tie-dye a shirt outdoors at the church. The station will be available after worship on Sunday, June 13 and also before and after worship on Monday, June 14.

High School Graduation Recognition

Monday, June 14

7 p.m.



Mark your calendar! Monday, June 14 the church will be recognizing and blessing our high school graduates!

Middle School Bonfire

Friday, June 18

7-9 p.m.



Middle School Students (6-8th graders) will enjoy time around the fire, snacks, and some games at the church. The group will also welcome and celebrate the our rising sixth-grade student into middle school ministries at St. Michael's

High School Book Study on, *Staying Awake*

At the end of May, a Doodle poll was sent out to high schoolers to determine the first day of a book study. The group will potentially meet occasionally and sporadically throughout the summer. Contact Jon for more information.



Children, Youth, and Family Ministries, Continued

Wait, there's more...

Friday Flock

July 9 and August 13
6-8:30 p.m.



Children (K-5th graders) are invited to enjoy an evening at St. Michael's with dinner, games, crafts, and time outdoors. We'll be using and adapting material from our friend, Mr. Rogers, throughout the summer.

Service Weekends

July 10 & 11, and August 14 & 15



Throughout the summer, youth (6th-12th graders) will engage in service across the Twin Cities with their peers. We will meet at a different location on each date. Depending on local organization and ministry needs, the different age groups may even meet at different locations on different days.

Registrations: For our summer ministries, please sign up and register your child(ren) and youth at stmichaelselca.com/cyf or connect with Jon for more information.



Visit: stmichaelselca.com/cyf or
E-mail Jon Bates at youth@stmichelselca.com

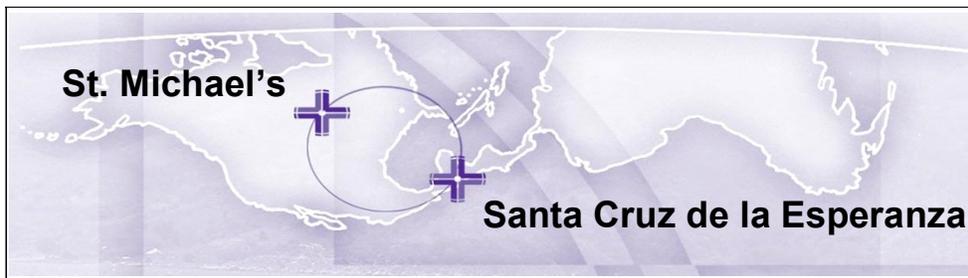
Confirmation Updates

The final session of outdoor confirmation will be held on June 6 at 11:30 a.m. Bring a lawn chair, beverage, and lunch if desired.

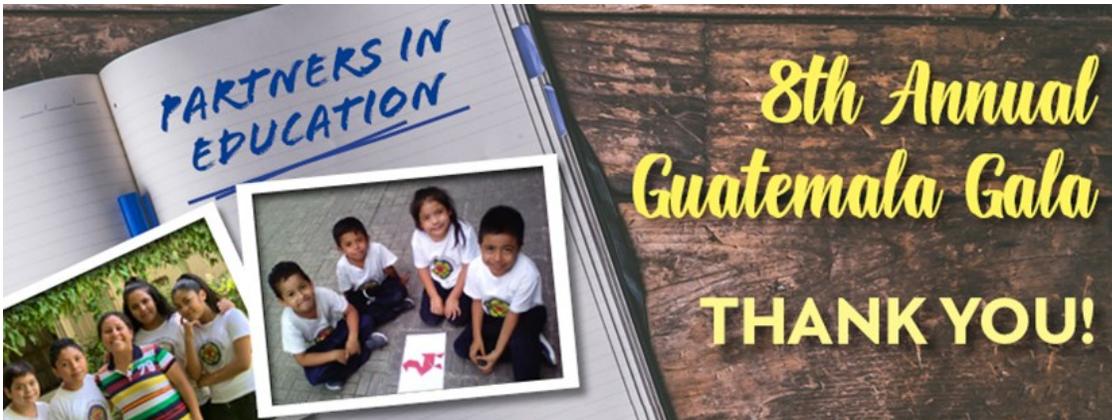
Online Confirmation sessions are complete.

Registration for the 2021-2022 confirmation year will be available this summer.





Our Guatemala Partnership



Gracias!

Thank you, St. Michael's, for your generous contributions at the May 2 Guatemala Gala! The fundraising goal for the education ministries of the Iglesia Luterana Agustina de Guatemala (ILAG) has been surpassed. Thank you for your generous support for our brothers and sisters in Guatemala!

If you weren't able to participate in the Guatemala Gala, you can still watch it on **Facebook** or on the **synod website** (<https://spas-elca.org/>).

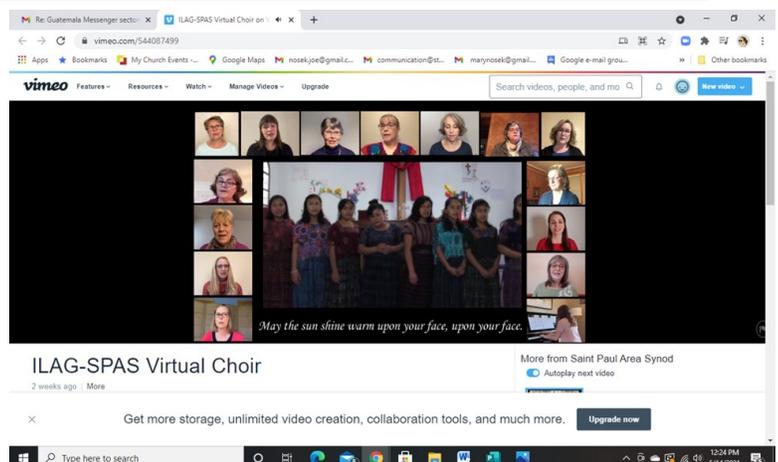
If you have not yet given, we invite you to still do so...any additional gifts will further bless the important work of the ILAG.

Checks may be made out to the Saint Paul Area Synod with "2021 Guatemala Gala" in the memo line and sent to the synod at 105 University Ave. W., St. Paul MN 55103, Attn: David Roinas.



An intercontinental, virtual Choir

The idea for a combined choir from the ILAG and Saint Paul Area Synod came as a response to COVID-19 restrictions. Without any possibility of traveling, how could we continue to build our relationship? Kyung Ko, Music Director at Our Savior's Lutheran in Circle Pines, was willing to connect musicians from Minnesota and Guatemala to create this beautiful virtual choir, performing *May the Road Rise to Meet You* by Lori True. You can watch it at <https://vimeo.com/544087499>



Not getting your *Friday Flyer*?

Are you having a problem with our weekly e-newsletter, the *Friday Flyer* not showing up in your primary inbox? First check your other inbox folders—it often shows up in a spot called the *Promotions* folder. Or it could be in your *Spam* folder. If a search of those yields nothing, then contact Mary Nosek at communication@stmichaelselca.com, and we'll find a way to make sure the newsletter gets to you!

Notes about the *Messenger*

Got something for the July *Messenger*?

The July *Messenger* submission deadline is Friday, June 18.

Making the *Messenger* Green

If you prefer to read your upcoming issues of St. Michael's monthly *Messenger* newsletter on our church website instead of having a paper copy mailed to you, please notify the church office. Another option is to receive the *Messenger* via e-mail. Just let the church office know your preference.



St. Michael's Staff Directory

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