



St. Matthew Lutheran Church Newsletter August 2020

The Lutherans: Posting Vital Information Since 1517

[Letter from the Pastor](#)

Greetings and peace to you in the name of Christ Jesus our Lord!

Another month has come and gone marking five months we've been dealing with the coronavirus pandemic in our lives. As I look back on these last five months the thing that has gotten me through is my prayer life and my spiritual practices. What is a spiritual practice you might ask? My working definition is anything that you do which brings about spirituality. This could be as conventional as prayer or meditating on the words of scripture. Others take a more unorthodox approach. Exercise could be used

as a spiritual practice. My spiritual practices of late have been reading the daily texts published by the Moravian Church, praying the divine office, meditating and praying while listening to Taizé chant music, and baking.

At first I wasn't using baking as a spiritual practice. The only reason I took it up was for something to do during the pandemic... and I also wanted an excuse to buy a stand mixer. It was when I started my first bread recipe that I realized the repetitive nature of baking lends itself real well to the act of prayer. Now while I measure out ingredients, I take time and pray for those in need. When I knead bread, I take the time to pray for our world which is in need. When the baked goods are done and come out of the oven, I find myself thanking God for the bountiful harvest which has been blessed to me and those that I will share it with. This month I'd like to commend to you the practice of finding a spiritual practice. What is the one thing you do that can be coupled with your faith life that makes the practice a spiritual one? I leave you

with an idea; here is the link to the Moravian Church's daily texts.

www.moravian.org. These are a few verses of scripture put out

daily by the Moravian church that are accompanied by a prayer.

Perhaps in the morning when you first turn on the news or

whatever starts your day you could read the few verses that come

from the Moravians as a way to center that which you are

preparing for that day upon the one who provided this day for us

all to begin with. I look forward to hearing that which you have (or

will have) as a spiritual practice.

Respectfully yours in Christ

-Pastor Blake W Shipman

Fellowship of the Believers

"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer."

Acts 2:42 (NIV)



**"Quiet
the mind
and the
soul will
speak."**

Ma Jaya Sati Bhagavati



Income \$9,697.72
Expense \$8,378.35

HOW TO MEDITATE IN 4 STEPS

1. Sit down comfortably.
2. Set a timer for 5 minutes and close your eyes.
3. Focus on your breath. What does it feel like? Slow or fast? Deep or flat? Notice how your chest and belly are rising and falling with your breath.
4. Keep experiencing every breath fully, without trying to control it. When you notice your thoughts wandering away, gently bring them back to your breath. Do this until your timer goes off.

Read more at
invisible-lioness.com

President's Letter

Dear Friends,

We have finally made it into the sanctuary! As of July 5, we have Sunday worship services at 9:00 am in the church proper. These services are also recorded and broadcast via the internet later the same morning. Approximately 20 people have availed themselves of the opportunity to worship at the church while many more individuals have chosen to worship online, viewing the services as they become available. We are so fortunate to live in a time when viewing the services in your own home, at a time that is convenient for you, is possible! Our worship team of Pastors Baltz and Shipman, Deb Hyland Pam McKensie, Lori Fisher, Dave Thompson, John Klinkner and Roger Johnson are making this possible for us.

If you choose to come to worship on Sunday morning, your temperature will be checked to ensure that you are well and you will be asked to wear a face mask. The service is spoken, rather than sung, and Deb Hyland is

singing the songs as a solo to diminish the spread of germs that occur when we sing. I've been asked if the Saturday evening services will be returning. This will be a council decision for a future time. We initially needed to choose a time when the most people could attend and Pam was available to play for us. The Saturday evening question is one we will be discussing at a future council meeting.

Our prayers are with Sam and Deanna Gross as their son Shane and his wife continue to recover from a bout with Covid-19. They had a few rough days but are since improving. Thanks be to God!

Congratulations to John and Jan Klinkner on their 50th wedding anniversary!!

I pray that you continue to have a safe and healthy summer.

In His service,
Bruce Etzel

NEW WORSHIP PROCEDURES

We are thankfully ready to open our sanctuary for regular worship services starting July 5th at 9am. Because Covid 19 is still a factor in all our lives, we will need to follow a number of guide lines to maintain a healthy environment for all of our members and staff.

Upon arriving at the church, each person will have their temperature taken. A digital thermometer which will not require actual touching of the body (just positioning it 2 inches from the forehead) will be used. Temperatures over 100.4 degrees will require that person to remain outside the church.

Every member will be required to wear a face mask throughout the service. Because 6 feet of distance must also be maintained, other than families or couples sitting next to each other, seating will be arranged to accommodate this factor. Hand sanitizers will be provided in each pew.

Hymnals have been removed from the pews but all hymns will be projected on our screen at the front of the church.

We will modify these procedures as we work through this process.

Yours in Christ

Bruce Etzel

CELEBRATIONS IN AUGUST

BIRTHDAYS

- 02 Bryan Daniel
09 Mary Wachter
10 Bobbie Johnson
13 Beverly Coffey Reda
16 Scott Miller
24 Gail Appel
25 Rita Wohlers
26 Brian Miller
Jerry Wachter
30 Cameron Harstad



ANNIVERSARIES

- 08 Irle & Marilyn Boehm
18 Dick & Edie Jones
Tammy & John Oldenberg





St. Matthew Lutheran Church 127 South
High Street, Galena www.stmat.net
815-777-1134

Service Times: Saturday at 5:30 pm
Sunday at 10:00 am

Where God's work happens 7 days a
week. A First Century Church for the
Twenty-first Century. See our website for
our full calendar of events and follow us on
Facebook!

