

July 2021



Greetings, People Loved by God, in the name of our Saviour, Jesus!

Beloved in Christ, Summer is once again here! Praise be to God that we now have some nice weather to enjoy, along with easing COVID restrictions. As such, in-person church services have resumed at our summer hours of 9 AM on Sunday mornings. However, I will be away on vacation for the month of July, so there will be NO in-person services for any of those Sundays (recorded services will be available on the Revjquast YouTube Channel and the St. Paul Lutheran Church/The Church of the Lutheran Hour Facebook Group). However, we will resume in-person worship on August 1<sup>st</sup>.

I will be in the area for most of the month of July, but we will be traveling to Toronto at the end of the month for Rowen's dental surgery appointment. Please keep us in your prayers as we travel, and for a quick and speedy recovery for Rowen! If I am unable to attend to any pastoral emergencies during the month of July, please let me know of the situation, and I will contact one of the local circuit pastors on your behalf.

Your Church Council has been meeting pretty regularly, but we will be taking a break over the summer. Please continue to keep all of our council members in your prayers, as they continue working hard to conduct the business of our church. We are so grateful to God for all of the rich blessings He has given to us. As things continue to return to "normal", following COVID, we have much to be thankful for.

Indeed, the Lord has been good and gracious to us in all things. Truly, we pray with the psalmist in Psalm 33:22, "Let your steadfast love, O Lord, be upon us, even as we hope in you." As always, our hope remains in the love of God for us in Christ Jesus. His death and resurrection reassure us of God's never-ending love for us, no matter what we face. He continues to bless us with His Word and Sacrament—forgiving our sins—and bestowing on us everlasting life and salvation. May this truth comfort you and give you peace this blessed Summer—and the whole year through!

As always, if you have any questions or concerns, please don't hesitate to contact me (cell – 218.324.1948). I pray for you all, daily. May God's grace be upon you, now and always.

Yours In Christ,

Rev. J. Quast

Pastor, St. Paul Lutheran Church, International Falls, Minnesota

Pastor, The Church of the Lutheran Hour, Fort Frances, Ontario



**Worship Schedule Update:** NO in person worship services will be held in the month of July. Worship services can be found online on our Facebook page: St Paul Lutheran/Church of the Lutheran Hour and on YouTube at revjquast. In person worship services will resume on August 1st at 9 a.m.

## Lawn Care List—July 2021

In person worship services are not being held in July, but the lawn still needs mowing! Bottled water is available for all the lawn care groups in the church fridge.

June 27-July 3: Steve Rutkowski, Roger Hasbargen and Leonard Morrison

July 4-10th: Jim Moorhead, John Hopkins and George Aitchison

July 11-17: Steve and Chad Bacon, Harry Batdorf and Ralph Johnson

July 28-24th: Jed, Jordan and Dave Swenson, Bruce Schmidt

July 25-31: Richard, Ryan, Ralph and Joe Christie



### Ladies Summer Luncheon

Tuesday, August 3, 2021

Noon

Island View Lodge

Please call or text Mary Bacon at (218-341-8739) if you are interested in attending. Ride sharing from the church will be available.



**A HUGE Thank you** goes out to Steve Koenig for designing and building our new baptismal font. Please make sure you take the time to see it from all 8 angles! The water bowl was commissioned by Steve and Tamara from a pottery artist who lives near their Wisconsin home.



### July Birthdays!

A very happy birthday is wished to these members of our church family celebrating in July.

July 2: Jolene Quast

3rd: Josh Koenig

5th: Wade Bacon and Heather Toth

6th: Brett Lucek

7th: Steve Hams and Susan Lucek

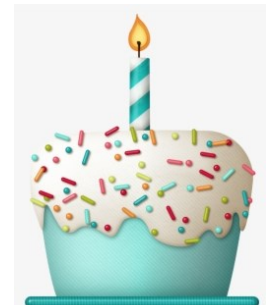
8th: Zelpha Crawford and Debbie Larson

13th: Hadley Whitbeck

15th: Betty Vance

21st: Catherine Crawford

29th: Ralph Johnson



**“I’ve got to get away!”** Have you ever said that or felt that way? The hectic pace of everyday life often catches up with us. We feel a need to find some solitary place where we may enjoy rest and relaxation. It may be Lutheran Island Camp, a campground, a resort, a trip. A change of pace works wonders. It relaxes the mind and body. It refreshes. One returns to his or her regular duties with renewed zeal and interest.

We read in the fourteenth chapter of the Gospel of Matthew that Jesus and His twelve Apostles needed a change of pace. News of John the Baptist’s murder by Herod had just reached their ears. This news ushered in a new period of Jesus’ ministry. It was time to begin preparing the Disciples for the climax of His earthly mission. To do so, He wished to be alone with them for a time. In Capernaum there was too much hustle and bustle. People were coming and going in their efforts to see Jesus. Under such circumstances it was almost impossible to confer with the Apostles. These men had just returned from their first preaching tour. They were excited and wanted to share their experiences with Jesus, but they were kept so busy that they did not even have a chance to eat. They needed a break. So, Jesus invited them to accompany Him to a quiet place. There they could get some rest and Jesus would have the opportunity to teach them. He took them to a desolate area on the northeastern side of the Sea of Galilee, on a mountainside. We also have need to get away for rest. Our minds and bodies need it. A lot of people reach a stage of burnout simply because they do not rest. They do not take the time to replenish their strength. Every now and then make sure to stop and just breathe for a moment. Taking a break from constant activity is something that can actually keep you energized in the life you live for the Lord.

We need not feel guilty when we seek a solitary place for rest and relaxation. Remember, if Satan can’t defeat you outright, he will settle for an exhausted, ineffective version of the person God wants you to be. Make no mistake about it. God wants His children to rest. When you rest, it allows you to replenish your physical, mental, and emotional strength that keeps you fighting the good fight of faith. In the Book of Psalms, David gives the analogy of a shepherd making his sheep lie down and take a rest. A shepherd would do this in order to make sure his sheep were rested for the journey that was ahead of them. Sometimes the sheep would fight and struggle, but because the shepherd cared for the sheep, he would make them lie down. Just as a shepherd cares for sheep, God cares for you. He knows the journey that lies ahead for you, and He will nudge you when it’s time to rest for a moment. Taking a rest break doesn’t mean you are losing ground; it just means you are getting prepared for the journey ahead into greater things. There is, another kind of rest we need, a rest for the soul. The problems and stresses of day-today living cause us to worry and complain. Then we realize how miserably we have failed to live in a Christ-like manner...to follow Him with a faith that will not shrink though pressed by many a foe. Martin Luther wrote: “He who loses sight of the Word of God, falls into despair; the voice of heaven no longer sustains him; he follows only the disorderly tendency of his heart, and of world vanity, which lead him on to his destruction.”

Our Shepherd is not only concerned about us physically, but all the more spiritually. He restores our soul. The broken heart, the screaming conscience, He comes to heal. Jesus says clearly what His chief work would be as our Good Shepherd—to lay down His life only to take it up again. The forgiveness of sins that Jesus has won for us by His death and proved by His resurrection is the ultimate in soul restoration. The needed relief and renewed strength for our souls is given to us in the Means of Grace: the Word and Sacraments. In Jesus, who in love for us gave His life as a ransom for all our sins, we receive rest and restoration. He is our Savior and Good Shepherd who provides for all our needs of body and soul. (Jesus said) **"Come to Me, all who labor and are heavy laden, and I will give you rest"** (Matthew 11:28).

*In all the strife Of mortal life Our feet will stand securely; Temptation’s hour will lose its pow’r, For You will guard us surely. O God, renew with heav’nly dew Our body, soul and spirit Until we stand at Your right hand Through Jesus’ saving merit. LSB 714 v. 3*

Enjoy the Summer and take time to relax, refresh, and be renewed for service to our Lord!

MN North District President Don Fondow



## **Church Roof Update**

Since the cost of lumber is so prohibitive, a quote was seen from Jamar Corporation on resealing the existing roof instead of going with rafters. Jamar representatives inspected the roof and recommended a fiber silicone sealcoat. If the proposal is accepted, they would be resealing the roof next month (August).

A review of the quote will be discussed following worship on June 27th at coffee hour. Copies of the proposal are available at church for review. The quote to reseal the roof was \$17500.00 with a 20 year warranty. If you have any questions on the proposed job, please contact George Aitchison at 283-4739 or Richard Christie.

---

### **From our former Vicar Anthony Mandile**



Dear friends from St. Paul Lutheran:

Greetings from Philadelphia! I pray all is well with you. The warm weather we have been experiencing makes me think of the beautiful sunny days on the river with Gary Buffington and on Rainy Lake with Tony & Susan Lucek! Vicarage is going great. I'll be here until the end of August. Martin Hill's sister, Sarah, is getting married to Daniel Warner who will be serving as the next Vicar here in Philly. My last Sunday here is August 28th.

Thank you for your continued prayers and support. It will be hard to say goodbye to Philadelphia, but I do look forward to seeing classmates again. You are all in my prayers.

Yours In Christ, Anthony Mandile

---

### **Lutheran Heritage Foundation and Rev. Bernie Lutz**

Greetings St. Paul Lutheran! As the Pentecost season unravels in 2020-2021, we are given many opportunities to grow in the Christian faith through the Word of God and His gifts.

I have the joy of directing a Seminary course, Lutheran Apologetics 101 in Yambio, South Sudan. Added to that, creating a syllabus for Teaching Pastors How to Create, Develop and Implement a Christian Education Program In The Parish. The first course needs to be done by June 14; the second course by August 14th. I will be traveling to Yambio to teach the education course. The apologetics course will be done on this side of the ocean. There are many expenses related to these challenges that have been laid upon me at this time, such as printing the syllabus', to make my visit to Yambio and many other supplies. At this time I am asking you to make a special gift, sent to Lutheran Heritage Foundation, 51474 Romeo Plank Road, Macomb, MI 48042 with Pastor Bernie Lutz on the memo line and marked: GODS PLAN FOR SUDAN. Just as the Spirit has tapped me on the shoulder and urged me, a 87 year old Pastor, to go over to East Africa once again, so I pray the Spirit will urge you to support this mission endeavor.



In God's great love for us... Pastor Bernie