



TIDINGS

August 2020

COVID-19 TASK FORCE UPDATE

The good news is that the church council approved the preparedness plan on July 14 as created by the task force. This plan is the first major step on the way to being able to reopen the building to worship, meetings and other activities as it gives staff, visitors and the congregation guidelines on how to safely conduct worship, meetings and other activities in the building together once we do reopen. This plan will be constantly evolving as information changes—as recommendations come to relax or strengthen protective measures, those will be reflected in the plan.

The text of the plan will be made available soon, but the specific instructions include maintaining physical distancing of at least 6 feet, wearing a mask in the building, cleaning and disinfecting all hard surfaces after use, limiting access to the bathrooms and blocking use of the drinking fountains. It also spells out how worship will be conducted following the guidance of the government and health organizations. This currently includes no singing or group readings out loud, a different handling of communion and we would be limited to a maximum of 50 people in the sanctuary at any time, with everyone (except family groups) physically spaced at least six feet apart.

Also of note is the importance of self-screening, because keeping others safe is important. If you don't feel well, believe you may have been in contact with someone who was exposed to COVID-19 or feel the risk to your health is too great, we will strongly encourage you to remain at home and participate in our online streaming worship or meet via Zoom with your group.

While putting the preparedness plan in place is a hopeful step toward being able to worship and meet in person, the task force agrees that given the current spike in cases and infection rates, we will likely not worship in person in August. However, we are hoping for—and planning for—a worship together for Rally Day. We will continue to provide information as we have it.

So, what can you do at this time? In preparation for reopening, we will need to clean and disinfect many areas of the church building. In addition, once we are open again, we will need to clean the spaces we use deeper and more frequently than normal. All of this cannot fall on Maintenance Engineer Steve Panning, so as we get closer to a reopening date, we will need volunteers to help with the new cleaning regimen. If you are interested in helping with this, please contact me or the church office.

For the time being, remember that the building is closed, and you can go into the church only if it is necessary. If you do need to go into the church building, please be safe and wear a mask, avoid areas used by childcare, and spend as

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DAILY DEVOTIONS

Every day members of Mt. Carmel will share daily devotions on Facebook. Each post features a Bible verse, thought and prayer. Find the devotions on our Facebook page daily after 8 a.m. You don't have to have a Facebook account to view the daily devotions at www.facebook.com/MountCarmelMpls.

COVID-19 Update, continued on 3



MT. CARMEL LUTHERAN CHURCH

We are a faith community participating in the life of God, both as sheer gift to us and as a calling to the neighborhoods of Northeast Minneapolis. We are a multigenerational community that proudly celebrates our history while joining together with younger generations to follow where God is leading. We build our community through faith practices like prayer, dwelling in the Word and hospitality.

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Office hours

8:30 a.m.-1:30 p.m. M
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Tidings

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www.mtcarmel.net

**The mission of Mt. Carmel
Lutheran Church and its members
is to learn, live and share God's
Word.**

Ministry Affiliates: Minneapolis Area Synod/ELCA; Northeast Senior Services, Inc.; Little Kitchen Food Shelf; The Sheridan Story; Eastside Meals on Wheels; Plymouth Christian Youth Center; Mission Northeast and Casa de Oracion a las Naciones.

The Mt. Carmel facility is shared with the following community groups: Scout Troop 132, Venture Crew, Cub Scouts, Girl Scouts and Alcoholics Anonymous.

We are an ELCA congregation. All are welcome. Learn more about the ELCA at www.elca.org/About.



Evangelical Lutheran
Church in America
God's work. Our hands.



WAIT FOR IT

Heidi and I were just on a three-day getaway to Bayfield, Wisc. We had a lovely time but not great weather. One day it rained off and on all day. That didn't stop us from trying to go hiking, though! We heard about a wonderful shoreline hike fifteen miles to the west starting at Meyers beach. Got there only to find out the trail was closed due to fallen trees from a storm a few nights earlier. OK. Never mind.

"Let's go back to Bayfield and look for hikes there," we said. So, we settled on a two-part plan: first, a trail that began on the edge of town and went up along a ravine. Then, after that, we'd head down to the waterfront for a shoreline trail. The ravine trail was a nice, wooded trail that kept going up. Good! We'll get some vertical in! But the longer we hiked, the more the rain came. And with the rain, the mosquitoes were roused. We soldiered on to the highpoint of the trail: a lookout that was completely blocked by trees.

Not wanting to take the same route down, we opted for an alternate route. Apparently, the super-muddy, ultra-buggy one. We knew that there was an option to cut back to the original trail after a bit, though, so we kept an eye open for that. Never came. We kept walking. Eventually, there was an opening in the woods and we suddenly found ourselves entering a cemetery. The rain had only increased. How did we come upon a cemetery? It's like the beginning of a slasher movie where an attractive, young couple (it's my story) are out for a walk on a dark, gloomy day and stumble upon a cemetery that's not supposed to be there. The rest is all downhill from there.

But we hung in there. "Here's the road that leads right back to the middle of town," I deduced from looking at Google maps. We walked along the road in our soaking wet shoes, glad that we at least had rain jackets with us. Eventually we got back to where we were staying, and no ghouls had followed us from the cemetery. I asked Heidi if she was game for the shoreline hike. She was not. Time to dry out and read in our rental unit. I certainly understood. I, however, was headed for the shoreline

Pastor's Pen, continued on 3

Pastor's Pen, continued from 2

trail. I figured since I was already wet, and I wanted to get some more steps in, why not?

After four tenths of mile on the shoreline trail, I encountered a barricade. Trail closed due to damage. "OK, that's just the way it is today," I said. Nothing more can be done. I headed back into town. The rain had now receded, and as I walked down by the waterfront, I stumbled (there's that word again) into a privately funded public garden right there in between some apartments and the trailhead. Looked interesting, so I walked in.

And I was enchanted. Sure, it was a small little garden, but the flowers were beautiful, and the path was red brick. It contained some old fishing ships displayed like artifacts. It had a pond with delightful statues of children playing or reading by pond's edge. And in the pond were lily pads with gorgeous lotus flowers! Mostly white, but with a few violet ones as well. Suddenly I had my camera out and I was engrossed in the delicate beauty of the lotus flowers and the bronze girl reading her book.

This somewhat miserable and disappointing day had unexpectedly led to something enchanting and life-affirming.

In the year 2020, and many times in life, we slog through it. We can only hope to chance upon a tranquil garden with beauty, life and fragrances that nourish our spirits back to buoyancy.

Psalm 23 reminds us, "he leads me beside still waters; he restores my soul."

Song of Solomon 2 gives us a vivid promise of spring that always follows winter:

The flowers appear on the earth;
the time of singing has come,
and the voice of the turtle-dove
is heard in our land.

Life gets much harder than anything a rainy, muddy trail can throw at you. And for that reason, we all need to remember that our God is the God of resurrection, of beauty, of life. Our God knows how to give good gifts to us. Remember this on your tougher days.

*God's Peace,
Pastor John*

COVID-19 Update, continued from 1

little time in the building as necessary.

We know this time of physical separation has been difficult for everyone and respect the desire to return to in-person worship. But in watching all of the health information and data on this dangerous virus, it is clear that we cannot ensure the safety of the congregation at this time. The only responsible course of action is to continue online-only worship and prepare for the day when we can safely worship together in person.

If you have any questions or concerns about our COVID-19 responses, please contact Paul Lathrop or Pr. John.

WITH SYMPATHY

Loraine Carlson on the recent death of brother Kenneth Johnson following a battle with Parkinson's

WELCOME

Frank and Barbara Johnson, who have returned to the area and resumed their Mt. Carmel membership

GIFTS RECEIVED

FACILITIES FUND

In memory of Dale Thorsen:
Al & Audrey Erickson

UNDESIGNATED MEMORIALS

In memory of Dolores Nypan: Dick and Margot Jacobson

In memory of Tom Campbell:
Bill and Kay McReavy

THANK YOU

Marlene Brown and Carol Panning, for their help from their home assembling the Tidings

The money counters Jim Evans, Dan Gillet, Ralph Matthes and Julie Larson who have been coming in twice a month and physical distancing to process the mail-in and drop-off contributions.

MEETING ONLINE

These groups are meeting online:

Reflect Group—Sundays at 11 a.m. (Contact Nick Ralston at faithformation@mountcarmelmpls.org)

Good Fruits Bible Study—Tuesdays at 2:30 p.m. (Contact Leona Olson at onondave@yahoo.com)

Men's Bible Study—Wednesdays at 6:45 a.m. (Contact Ralph Matthes at marinosdelimpls@gmail.com)

KEEP US INFORMED

Did you know that because of privacy laws, hospitals and nursing homes do not call us to report if a parishioner has been admitted, or if a person's condition has worsened?

That means we rely on family members and friends to keep us informed. Please call the church office, 612-781-2796, if you or someone you know of is hospitalized.

SOFTBALL SEASON HAS BEGUN!

The Mt. Carmelites softball season has begun! Fans are welcome.

- Aug. 4, 7:15 p.m. at Freedom
- Aug. 11, 8:30 p.m. at Freedom
- Aug. 18, 8:30 p.m. at Lions Park
- Aug. 25, 7:15 p.m. at Lions Park
- Sept. 1, 7:15 p.m. at Freedom
- Sept. 8, 6 p.m. at Freedom
- Sept. 15, 8:30 p.m. at Freedom

Players, umpires and spectators should maintain 6 feet physical distancing on and off the field. New Brighton suggests that spectators bring their own chairs. Players, umpires and spectators are encouraged to wear a mask or other face covering. Please contact Diane Langer at 612-718-4229 with questions.

Lions Park: From 694, exit at Long Lake Road, go south. Long Lake Road turns into 10th Street, turn left onto Old Highway 8, turn left into Long Lake Regional Park and turn left into parking lot.

Freedom Park: From the intersection of 694 and Silver Lake Road, go north on Silver Lake Road, turn right on 14th St. NW. Park on right (14th St and Silver Lake).

TREASURER REPORT

YTD (June 30, 2020)

Mt Carmel Financials are showing positive due to the Federal Paycheck Protection (PPP) Loan, in addition to reduced expenses. However, for June, our actual giving did not meet our pledged giving and Year-to-Date (YTD) giving is down.

The PPP loan helps with salaries, benefits and utilities for Mt. Carmel and for the Mt. Carmel Child Care Center for eight weeks. This time is close to ending.

Please keep your giving up to date by mailing in your weekly donations or donate online at <https://mountcarmelmpls.org/give/>. (We are still processing some PPP loan proceeds so this report is an estimate.)

Estimated actual income to expense ratio YTD through June 30, 2020 was \$15,585.74.

Estimated income/to expense

June Actual	June Budget	YTD Actual	YTD Budget
(\$3,992.98)	(\$2771.01)	\$15, 585.74	(\$5,485.31)

Diane Davis Langer
Mt. Carmel Church Treasurer

JAVA WITH JOHN

Please join Pastor John and others on Thursdays for a time of informal fellowship and conversation. We will gather at 10 a.m. in the shade of a tree in the triangle park across the street from Mt. Carmel. Please bring your own chair and whatever beverage/treat you would like.

STATE FAIR TRIVIA

(for everyone)

The JOY group would usually meet this month and celebrate the “Great Minnesota Get Together” with corn dogs, mini donuts, fruit on a stick and State Fair trivia. Since we are still in the midst of the COVID-19 pandemic and are unable to meet in person, we can still participate in a little trivia! Here you go Steve Ristuben (he’s our trivia buff!). If you can’t find the answers by “Googling” you can find them elsewhere in the Tidings. HAVE FUN! (Karen Moeller)

1. How many ears of corn does the corn roast food vendor go through each day?
a. 25,000 b. 30,000 c. 35,000 d. 40,000
2. How many cookies can Sweet Martha’s Cookie Jar produce in one day?
a. 2,500,000 b. 3,000,000 c. 2,750,000 d. 3,500,000
3. What year was the very first Minnesota State Fair Held?
a. 1871 b. 1863 c. 1859 d. 1880
4. What year was the Pronto Pup introduced at the State Fair?
a. 1952 b. 1946 c. 1949 d. 1947
5. How many dozens of mini donuts are eaten each year at the fair?
a. 225,000 b. 338,000 c. 330,000 d. 229,000
6. How many pounds of butter are used to sculpt the likeness of each Princess Kay of the Milky Way?
a. 50-55 lbs. b. 70-75 lbs. c. 60-65 lbs. d. 85-90 lbs.

THOUGHTS ON FAITH AND LIFE

Join Pastor John on the Mt. Carmel Facebook page every Wednesday for a time of spiritual reflection live at noon on Facebook (you don’t need a Facebook account to watch) or watch the video at any time.

Are there topics you would like Pastor John to focus on or dig deeper into? Email pastorjohn@mountcarmelmpls.org to share your thoughts.

TRUSTED SOURCES FOR COVID-19 INFORMATION

Part of the job of the COVID-19 Task Force has been to gather data, recommendations and information about the to make informed decisions and fully understand the scope and risk of the COVID-19 pandemic. But if you do a Google search for COVID-19, you can easily be overwhelmed. So several of us on the task force have gathered a collection of trusted sources to follow, and we thought it would be a good idea to share that list with you so that you not only can see what we’re looking at, but also can inform yourself about the challenges this pandemic brings to the Mt. Carmel community and keep yourself and the community safe.

Learn more at <https://mountcarmelmpls.org/what-is-the-covid-19-task-force-watching>

WHERE CAN I FIND...?

During this unusual time, our communications team is working hard to keep you updated and connected.

Website

One of the best ways to find information is on the church website at www.mtcarmel.net.

Find wind worship videos and documents, congregational mailings and other information on the NEWS page. Visit the news page directly at mountcarmelmpls.org/news.

Facebook

Worship is live on Sunday mornings through Facebook live. Also find our daily devotions, videos with Pastor John and event information.

You do not need to have a Facebook account to view our videos and posts, simply visit www.facebook.com/MountCarmelMpls on any computer or mobile device.

FAITH FORMATION AT A GLANCE

At the end of July, squeeze out the last bit of good in this month. Take nothing good for granted these days. Enjoy the sun, roast marshmallows at night, go on a sunset walk, sit and read outdoors, be still and pray, catch up with an old friend on the phone, play a card game with your family or bake sweet treats. Remember that we are called to build the kingdom of heaven with community, laughter and joy as well as justice and peace, it is all of God—and one strengthens the other.

Reminders: Coming up we have,

- Reflect. Reflect is on! For security purposes, please email me if you would like to join us for Reflect. We have been and will continue to gather each week, after worship, via Zoom, in the same way, and in the same time slot (11-11:45 a.m.) to retain the greatest sense of normalcy as is possible! I invite you to join our conversation and fellowship and directly engage this faith formation opportunity.
- Videos. You may have seen my face on video giving the children's message with the time that I have at home each week. I encourage everyone to watch those videos and ponder for yourself or talk with your family asking some probing questions based on the content. Us adults know that often messages meant for "children" have something to say to us directly as well. Making a small video for the purpose of uplifting the rest of our congregation goes a long way these days and can be a great way to directly engage faith formation in a creative way.
- Camp. The camp resources are up! Camp Wapo full-time and summer staff have done a phenomenal job with their Wapo at Home efforts for our Mt. Carmel Youth and all campers to still have a way to engage camp despite physical camp not being an option due to COVID-19.
- Devotionals. I encourage you to engage these daily on Mt. Carmel's Facebook page and consider what God has been revealing in your life. Perhaps it's a scripture passage that is speaking to you, or an experience that gave you hope. I then encourage you, if you are open to it, to write a brief devotional yourself and send it to myself or Pastor John and we can make it available to encourage the rest of this church family.
- And as always, what are your ideas? If you have an idea that is not listed above for something positive and in the realm of faith formation or fellowship for our community, email me! My virtual door is always open to working with people on new ideas. I think all of the staff would echo that in this time of virtual community. Feel free to email me at faithformation@mountcarmelmpls.org

I look forward to gathering with you all again when it is safe.

*Blessings,
Nick Ralston
Faith Formation Director*

THE NEW JIM CROW BOOK STUDY

It's a place to begin. A place to start learning. A place for open discussion. And we invite you to join us.

A group of us, including Pastor John, are planning to read and discuss the book "The New Jim Crow" by Michelle Alexander. The book was published in 2010 but is as important now as it was then. Maybe more so given all that has happened this summer.

We are meeting weekly starting Thursday, Aug. 6, at 5:45 p.m. in the triangle park across from church. The plan is to do a chapter a week (for the first meeting we are reading the introduction and chapter 1) and keep our meetings to an hour.

If you are free on Thursday evenings and have the time, we would love for you to join us. If you have questions, please contact Pastor John or Barb Hollister.

PS: Bring your own chair!

MEMBERSHIP SNAPSHOT

We recently completed a several-month-long review and update of our church membership rolls and church database. The result is a relatively accurate list of church members and active participants. Much appreciation goes to Lynette Dubbles and Carol Panning who assisted Steve Robertson in this work.

Who are we as Mt. Carmel church? (All figures are as of May 25, 2020)

- We are a congregation of 226 baptized and active children and adult members, with 29 non-member family participants (spouses and children of active members).
- There are 163 adult members (age 25 and over) with 98 women and 65 men.
- Our members come from approximately 138 households (individuals or families).
- We are an older congregation, with 44% of our total members age 65 and up and 20% age 24 or less. (Note that we do not have birthdays for every member.)
- We are a congregation of long-term members, with 45% having been members for 40 years or more. However, we also have 30% of our members who have joined in the last 20 years.
- Our senior members are also very generous in their stewardship and church financial support. For 2019 year-end, 51% of our total contributions came from 14 individuals or households age 70 and up, with an additional 31% from those in their 60s and 70s.

STAYING UP-TO-DATE

In this time of physical distancing, stay up to date with Mt. Carmel and our community through our website. Visit www.mountcarmelimpls.org/news to download weekly announcements, view past worship services and find information on special events and learning opportunities. Make sure to subscribe to The Candle email list as well.

If you find it difficult to access our information online, contact the office to be added to our weekly postal mailing list. Each week you will receive the weekly announcements and the text of the previous Sunday's sermon.

To subscribe to The Candle or have your name added to our postal mailing list, please contact Steve Robertson at 612-655-7594 or office@mountcarmelimpls.org.

2020 MT. CARMEL COUNCIL

Tim Quinlan, President
Barb Hollister, Vice President
Karen Matthes, Secretary
Allison Gurney
Melissa Kohler
Dave Larson
Patrick Lathrop

TIDINGS DEADLINE Sept. 15

Articles for the monthly Tidings are due the Tuesday after the monthly council meeting (usually the third Tuesday). Please submit your articles (or submission questions) to jenni@jennilathrop.com. Each issue is delivered the first week of the month.

PRAYER CHAIN

To to lift up a prayer concern for the prayer chain, please contact Leona Olson at 612-859-7075.

NORTHSIDE JUSTICE FELLOWSHIP

Have you ever wondered where your next meal was going to come from or whether you had enough food to feed your children? The people we distribute food to through the Northside Justice Fellowship are living in a food desert: they do not have access to a grocery store due to the riots and looting following the murder of George Floyd.

The people we serve each week appreciate the donations put together by the volunteers from Mt Carmel, other churches and the local neighborhood. Those served range in age from teenagers to grandparents and many households have multiple generations under one roof. After registering, the people move down a line and receive a bag full of groceries, produce, milk and sometimes meat if it is available. Paper products, diapers and personal hygiene products are available as needed.

We do not have a lot of opportunity to interact with the people as they move down the line, it really is a quick process as all the grocery bags are prepackaged by the volunteers before distribution.

However, we are able to chat with the young people who live in the neighborhood and volunteer packing groceries and helping people to their cars with their food. In addition, the group A Mother's Love is the focal force for the organization of the food distribution with leader Donna Morris.

When the food distribution first started it was in the Cub parking lot at Broadway and Aldrich Ave N. It was rather chaotic as the crowds were large and there were many volunteers. Distribution is now at Gethsemane Lutheran Church (4658 Colfax Ave N.). Due to this location and distance from the area where most needed the crowd is smaller and the distribution is more organized.

We truly enjoy volunteering for this food distribution project. We are helping our Northside neighbors during this time of need and getting to know this community better.

When we reach out to people in need, God is always present. We are all God's children, all God's family and we take care of family.

Doug and Linda Jones

FREE SUMMER PRODUCE THIRD SATURDAYS

Little Kitchen Food Shelf is hosting free monthly summer produce distributions on the third Saturday of the month through September (Aug. 15 and Sept. 19). Free and open to the community, no pre-registration or ID/proofs required!

All distributions take place Noon-2 p.m., rain or shine. Masks required; social distancing enforced. Grace Center for Community Life, 1500 6th St NE, Minneapolis MN 55413. For more information, please call 612-788-2444 or email LittleKitchenFoodshelf.org.



FOOD COLLECTION FOR NORTH MINNEAPOLIS NEIGHBORS

Thanks to everyone who donated food and personal hygiene items for distribution by Gethsemane Lutheran in North Minneapolis. Another thank you to those who donated \$360 to pass onto Gethsemane to purchase items not donated. You can see from the photo a lot of donations came in. We needed two big SUVs to bring the items to Gethsemane.

We are tentatively planning another food collection on Rally Sunday in September. Thanks to our volunteers: Leona Olson, Barb Hollister, Martha Hoppe, Christine Pudney, Owen Pudney, Doug Jacobsen and Allison Gurney and family. Many hands make light work!

Page 5 State Fair Trivia: 1. A: 2. B: 3. C: 4. D: 5. B: 6. D

TIDING SUBMISSION GUIDELINES

Your information is important. Please follow these guidelines for submissions:

- All articles and images should be emailed to jenni@jennilathrop.com.
- We may not be able to include your images, but please include captions when you send images. We can also share images on Facebook and in weekly worship Powerpoint slides.
- Send all articles as Word or Google Doc attachments. Please do not send articles in the body of emails.
- Articles will only be run once unless requested.
- Short headlines are the best. Use subheads for longer articles.
- Articles will be edited for style and may also be edited for clarity and to fit the available space.

Thanks! Let Jenni Lathrop know if you have any questions about the Tidings.



Mt. Carmel Lutheran Church

1701 St. Anthony Parkway NE
Minneapolis, MN 55418

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Mt. Carmel Lutheran Church

During this season of COVID-19, the church building is closed. But our faith community is always open.

Pastor

John Strommen

Office hours

M 8:30 a.m.-1:30 p.m.
T-F 8:30 a.m.-3:30 p.m.

Sunday worship

10 a.m.—Facebook Live at
facebook.com/MountCarmelMpls

Mt. Carmel Child Care

Brenda Wetzel, Director
612-781-2798

**Mission: Learn, live
and share God's Word**



WORSHIP WITH US ONLINE

Join the Mt. Carmel faith community for worship on Facebook Live, Sunday mornings, 10 a.m.

To access the worship online, go to the Mt. Carmel Facebook video page at facebook.com/pg/MountCarmelMpls/live anytime after worship is scheduled to begin. Select the video with the red "LIVE" tag to start watching. *You do not have to have a Facebook account to watch the worship service.* Videos are available to watch at any time after the live event.

For more on worshipping with us using Facebook Live, visit mountcarmelmpls.org/watching-worship-on-sunday-mornings.



612-781-2796



office@mountcarmelmpls.org



www.mtcarmel.net



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