

# Body Building News

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## Joyfully Building Up the Body of Christ for the Glory of God!

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As we emerge from the separation that was imposed by the COVID-19 pandemic, I suggest that we gather under the banner joyfully building up the Body of Christ for the glory of God! Four texts provide the biblical basis for this emphasis:

- May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while **joyfully** giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light. (Colossians 1: 11-12)
- Let all things be done for **building up**. (1 Corinthians 14:26)
- The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors, and teachers, to equip the saints for the work of ministry, for building up **the body of Christ**. (Ephesians 4:11-12)
- May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, <sup>6</sup>so that together you may with one voice glorify the God and Father of our Lord Jesus Christ. Welcome one another, therefore, just as Christ has welcome you, **for the glory of God**. (Romans 15:5-7)

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Together we will foster a climate of **joy** and thanksgiving for all that God is doing in and through our community of faith. Let's find ways to bring joy into the hearts and lives of our neighbors and all who are in need, all who called St. Paul their church home, and those whom God will bring into our fellowship.

Together we will look for ways to **build up** this community of faith. Let's engage in caring conversations where we can get to know each other more deeply. Let's develop and use the spiritual disciplines of prayer, study, worship serving, and giving so that our faith is deepened, and our relationships are strengthened. Let's focus on increasing participation in our shared ministry.

Together we will gather as **the body of Christ** in worship, study, fellowship, prayer, and service. God has gathered each one of us into this community of faith and is right now about the work of bringing others into this Body of Christ. Each one of us is gifted in some way for the building up of the of Christ. Let's explore the many ways that God has gifted us, give thanks for them, and then use them fully for the building up of the Body of Christ.

Together we will keep Christ at the center of our community remembering that all that are and all that we have are because of God's great love for us in Jesus. Let's embrace this message and ministry of reconciliation that has been entrusted to us as we explore how we are being called and equipped to be church in our community **for the glory of God.**

I've named this edition of the newsletter the Body Building News, we can call it the BBN for short, because everything in it is meant to build up the Body of Christ.

Your partner in Christ,  
Pastor Pam

**St. Paul Lutheran Church is Joyfully  
Building Up the Body of Christ for the  
Glory of God!**

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## Why ask permission before placing someone on the prayer list

I was recently asked why it's important to ask permission before placing someone on the prayer list. Let me share an experience.

One Sunday morning just before worship, I was asked to add a person to the prayers of intercession worship. I quickly jotted down the name and then began the worship service. When it came time for the prayers, I included the person's name.

To my surprise, the person who was being prayed for ran out of the sanctuary in tears.

When I followed up later, the person told me that they didn't want "everyone to know" what they were going through. I felt horrible. In our desire to show Christian love, we had inadvertently breached that person's confidentiality.

The person explained that they appreciated prayers but weren't ready to face all the questions that would come their way by well-meaning friends and members of the congregation.

This experience and others like it, taught me two things: 1) some people need time to wrap their heads around what's happening to them before making it public and 2) some people prefer not to be mentioned by name. By mentioning the person's name, I pushed them into the spotlight before they were ready.

The lesson here is that showing respect for the person we want to pray for, means getting their permission before placing them on the prayer. This simple act enables us to honor their wishes. To get permission, you might ask something like, "Can I add your name to our congregation's prayer list?" That's really all it takes.

Praying for others in a powerful witness! One that the church takes seriously. You will always be able to name those you care about in the prayers of the church. Once you've gotten the permission of the person, please do pass their name along to me so I can mention them specifically.

I pray for the members and friends in our directory every week. If there is ever anything, you'd like me to pray about specifically please let me know.

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## Coming Back to Worship

“We’ve been away too long!”

“I really want to come back to worship.”

“Why can’t we return to worship again?”

“We’re small and have lots of room so why can’t we gather for worship in the sanctuary?”

These are a sampling of the questions and statements I’ve heard since coming to St. Paul on July 1, 2020. It’s clear that everyone is yearning to return to in-person worship in the beautiful sanctuary of St. Paul.

I’m looking forward to it as well. It’ll be great when we can gather for worship again where we can listen to the songs of faith, remember our baptisms, hear the Word of God proclaimed in the voices of the community, and receive Holy Communion. I long for this day just as you do.

The truth is that we need to re-gather safely so that everyone remains healthy and well.

This will require commitment from everyone. We’ll each need to make sacrifices for the benefit of all.

Your Congregation Council is working on plans right now which will enable us to come back together again for in-person worship. That might start off as worshipping outside since proposed limits from the Governor indicate that we can have 50 people outside. Under the proposed guidelines going into effect on Sept. 4, we can only have 25 people inside at one time.

I can hear you now, “we’re small and won’t go over 25 people.” But think about this. What if some new folks or people we don’t expect come to worship at St. Paul? We don’t want to be in a position where we need to turn people away because we’ve reached the maximum limit.

Starting outside gives us a lot of flexibility as we make additional preparations for moving worship indoors as safely as possible.

Here are some guidelines that will be in place when we gather for worship. Everyone over the age of 5 will be expected to wear a mask and practice social distancing from those outside of their own household or family group. We’ll need to refrain from touching and hugging each other, especially those outside of your own household or family group. I know that will be especially hard since you haven’t seen each other in a long time, but we really need to honor this. You’ll be asked to use hand sanitizer and avoid touching common areas.

Worship itself will be modified so that we can keep everyone safe. We’ll omit the Sharing of the Peace and passing an offering plate. We’ll avoid going up to the altar rail since it’s hard to maintain social distancing. Communion will be distributed at the foot of the chancel steps using individual cups and separate containers for the wafer. There may be other modifications along the way.

On behalf of your Congregation Council, I thank you for your patience as we make final preparations. More information will be shared as it becomes available.

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*Proclaiming the  
Good News of  
Jesus Christ to  
our community  
and the world.*

## God's Work. Our Hands.

God's Work. Our Hands. Sunday is held each year across the ELCA on the 2<sup>nd</sup> Sunday in September. Because of the pandemic, we're not able to serve in the community like we might want too.

Here are some ideas that you might consider for God's Work. Our Hands. Sunday. Please take a picture of yourself and/or your family completing a task and send them to me.

Write a card or letter to someone you haven't seen in a while.

Call someone you haven't spoken to in a while.

Contact someone in the congregation or one of your neighbors to see how you can help them: mow the grass, weed, run an errand, etc.

Make masks that can be available at church.

Contact Mary O'Neal to see how you can support Feed My Sheep.

Leave a note of thanks in your mailbox for the person delivering your mail.

Leave a note of thanks on your porch for the person delivering packages.

Make an additional contribution to St. Paul to help us offset the expenses associated with re-gathering.

Make a contribution to Lutheran Disaster Response: <https://www.elca.org/Our-Work/Relief-and-Development/Lutheran-Disaster-Response/Ways-to-Give>

## NC Synod Opportunities

Join Bishop Smith and others across the Synod for a study of the Gospel of Mark. Every Wednesday in September and October beginning on 9/9/20 at 7:00 – 8:00 pm. Register at <http://bit.ly/Bishop-Bible-Study>

We missed the NC Synod Gathering this spring due to the COVID-19 pandemic. The event has now been made virtual as the **2020 NC Synod Gathering Virtually**. There are six (6) free 1-hour programs being presented in September and October. Topics include:

- The Opioid Crisis: The Faith Community Responds – Sept 10 @ 11:00 am
- Supporting the Signature Ministries of the ELCA – Sept. 22 @ 11:00 am
- Adaptive Leadership in Action: Moving to Change – Sept. 29 @ 11:00 am
- The Importance of Engaging Questions around Faith and Science – Oct. 8 @ 11:00 am
- The Rule of Love: A Reverse Confessions of Sin – Oct. 22 @ 11:00 am
- Attitude Impacts Outcome: Moving COVID-19 Fears to Greater Faith and Congregational Vitality – Oct. 27 @ 11:00 am

Please register for the ones that interest you at <https://nclutheran.org/2020-gathering-virtually/>. These virtual workshops will be using Zoom. You'll receive information about joining the workshop after you register. These programs will be recorded and made available after each event on the synod website.