# The Tidings

A Monthly Newsletter of Holy Trinity Lutheran Church



#### **CLERGY BURNOUT**

"12But we appeal to you, brothers and sisters, to respect those who labor among you, and have charge of you in the Lord and admonish you; 13esteem them very highly in love because of their work. Be at peace among yourselves. 14And we urge you, beloved, to admonish the idlers, encourage the fainthearted, help the weak, be patient with all of them."

- 1Thessalonians 5: 12-14, NRSV

Grace and peace to you from God our Father, and our Lord Jesus Christ,

For the past three years, I have been honored to serve our Synod as the Dean for the Water of Life Conference. There are 9 conferences within the Northeastern Iowa Synod which consists of a number of congregations. Before the pandemic, the deans and chaplains in each conference would gather together twice a year. After the pandemic started, we began meeting every other week to support one another during a time none of us have ever experienced before. During our sessions together, all the deans reported that the most common topic discussed among pastors in each conference was...Clergy Burnout.

It is hard for many individuals to understand how clergy can be burning out when congregations are closed and ministries are online. I know lately, I have been asked, "So what exactly have you been doing during the pandemic?" The only word that would come to mind was, "a lot."

It is a fact that clergy burnout is on the rise. There are a plethora of articles pointing to this epidemic facing the Church. Articles such as "Psychological Trauma and Moral Injury in Religious Leaders During Covid-19" by Talya Greene and Michael Bloomfield of the American Psychological Association, "Stress Compounded for Clergy in Pandemic" by G. Jeffery MacDonald in the Living Church Magazine, (continued on next page)

"As church's front-line responders, parish priests face a rise in stress, fatigue while pandemic rages on" by David Paulsen in the Episcopal News Service, "Whose problem is clergy burnout?" by Tracey Dawson in The Christian Century, and so many more. I lift up all of these articles for you to review.

Before the pandemic started, pastors were working an average of 55 hours a week. A few weeks into the pandemic, pastors reported working an average of 70 hours a week. Just about every month a colleague in ministry leaves their calling simply because they are burnt out.

Due to the pandemic, expectations of clergy have risen exponentially. Clergy have not only been fulfilling their calling which is outlined in the constitution and letter of call but they have also been forced to learn and become experts in creating virtual ministry. A ministry many congregations did not possess before the pandemic and a skill pastors did not learn in seminary. Pastors were now expected to become IT and live streaming experts within a matter of a week, a skill that is professionally learned over several months.

With this new skill they were trying to learn in such a short period of time, Pastors were preparing worship services and sermons, creating worship slides, recording, re-recording, editing, lining up worship slides with the service, finalizing, and publishing the churches worship videos each week. On top of preparing the weekly worship service virtually, pastors were severely stressed in finding ways to hold their communities together while being socially distant. Because community is at the heart of every church and is of the highest importance to a pastor, they tried to creatively line up ways for people to gather together online through bible studies, fellowship events, committee and council meetings, and small group gatherings. And as one can imagine, pastoral care increased at a rapid rate prior to and at the onset of church closures. Endless time was and still is, spent on the phone or on zoom conducting spiritual, marriage, wedding, and grief counseling, as well as simply checking in with members of the congregation.

With all of this work and stress weighing heavily on their shoulders, many pastors are not taking their days off to care for themselves and their families. I have spoken to several colleagues who say they feel pressured by their congregation to show and prove that they are working. They are wearing themselves out physically, mentally, even spiritually as they are hit with wave after wave of unrealistic expectations and negativity from members of their congregations, as well as the expectations they place upon themselves as they care for the church and their family.

This pandemic has taken a toll on everyone, even the pastors and deacons across the world. The information I outlined in this article summarizes a fragment of the stress pastors and deacons have faced during the pandemic. All the pastors and deacons serving the Church love the gospel of Jesus Christ and the communities they serve. Pastors and deacons are willing to do just about anything to care for the people in their community, even if it means risking their health and well-being. The articles lifted up above truly speak the truth of what clergy and deacons are experiencing every day, including myself. I ask that you hold all spiritual leaders across the world in your prayers as we continue to proclaim the gospel of Jesus Christ.

- Pastor Josh Martyn

#### **ARTICLES REFERENCED**

"Psychological Trauma and Moral Injury in Religious Leaders During Covid-19" by Talya Greene and Michael Bloomfield of the American Psychological Association. <a href="https://psycnet.apa.org/fulltext/2020-41718-001.html">https://psycnet.apa.org/fulltext/2020-41718-001.html</a>

"Stress Compounded for Clergy in Pandemic" by G. Jeffery MacDonald in the Living Church Magazine. <a href="https://livingchurch.org/2020/11/25/stress-compounded-for-clergy-in-pandemic/">https://livingchurch.org/2020/11/25/stress-compounded-for-clergy-in-pandemic/</a>

"As church's front-line responders, parish priests face a rise in stress, fatigue while pandemic rages on" by David Paulsen in the Episcopal News Service. https://www.episcopalnewsservice.org/2020/11/18/parish-priests-face-rise-in-stress-fatigue-as-churchs-front-line-responders-amid-latest-covid-19-surge/

"Whose problem is clergy burnout?" by Tracey Dawson in The Christian Century, and so many more. <a href="https://www.christiancentury.org/article/recommendations/whose-problem-clergy-burnout">https://www.christiancentury.org/article/recommendations/whose-problem-clergy-burnout</a>



#### **IN-PERSON WORSHIP**

Sundays at 9:00 A.M

Seating is limited. Please use signup to ensure a your space.



#### LIVE-STREAMED

Sundays at 9:00 A.M.

Worship with us at home or Watch worship any time you like.

Go to our website at www.htlcdbq.com for sign-up sheet, bulletin and links.

# **May Happenings**

#### **FAITH IN MOTION**

Saturday, May 1, 2021 10:00 A.M. – 11:00 A.M. Dubuque Arboretum & Botanical Gardens 3800 Arboretum Dr, Dubuque, IA 52001

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Our faith in Christ is a living, moving, and active part of what makes us who we are. The focus of our walk is to ground ourselves in faith, enjoy the beautiful bodies God has blessed us with, and the amazing creation that we are a part of and sustains us. We begin our walk with prayer, read scripture and take our leave in a sung blessing. We would love to have you join us in making connections between your faith and your body as well as connect with others in faith.

### HIGH SCHOOL FELLOWSHIP

Sunday, May 2nd 4:30 to 6:30 P.M. Meet at Larsen's for a bonfire. 17268 Emerald Drive. Bring a lawn chair. Cook-out food provided.



#### **ALL COMMITTEE NIGHT**

Tuesday, May 4th
6:00 P.M. - 7:15 P.M.
via Zoom
Ever wonder how ministries
happen? Ever want to get involved?
Find out how by attending All
Committee Night!

### BIBLE EXPLORERS & CONFIRMATION

Our classes are winding down for the program year. This month we will have our Giant Quiz Show Review and end of year celebration on **Wednesday, May 5.** Hopefully, we can get together outside at HTLC, with masks. We will keep you posted.

#### **ADULT FORUM**

Join Us as we study the Book of Acts. We will look at how God's Spirit started working through people to create what we experience today as the church.

#### **Thursday May 6**

6:30 pm

Via Zoom

The theme for tonight is The Spirit on the Margins. In preparation for the class read Acts 8:1-40.

#### **Thursday May 20**

6:30 pm

Via Zoom

The theme for tonight is The Conversion of Peter.

In preparation for the class read Acts 10:1-48.



#### **FAITH IN MOTION MINISTRY**

#### **Different Location**

Saturday, May 15, 2021 10:00 A.M. – 11:00 A.M. Eagle Point Park 2601 Shiras Ave, Dubuque, IA 52001 Admission is \$1 to enter the park.

### GARDENS OF GRACE WORKDAY

Saturday, May 15th 10:00 am to Noon.

Do you like to garden? The Gardens of Grace have been tilled, weeded and is ready for plants! Join us for some fun and get some dirt under your fingernails! Snacks will be provided. Have questions? Contact Christopher Bode or Mary Emily Duba.

#### **FOOD DISTRIBUTION**

May 15th

Holy Trinity Lutheran Church Hunger Outreach Partnering with St. Stephen's Food Bank Providing food at no charge Distribution from 9 A.M. to 11 A.M. (while supplies last) No Registration Required. Please stay in your car. We will bring the food to you.

#### **DUBUQUE AREA**



Saturday, May 22, 9:30 am

#### **Murphy Park**

Join us for a FUN FAMILY EVENT to raise money for the hungry people of Dubuque and the world.

The CROP walk starts at Murphy Park, travels down Grandview Avenue to the traffic circle, then back to Murphy Park.

Breakfast snacks will be served during registration, starting at 9:30 am.

The walk begins at 10:00 am with a devotion and dedication to Dorothy Krayer and Sr. Anita Terese Hayes.

Fun activities provided and a sack lunch served after the walk.

#### HIGH SCHOOL SERVICE PROJECT

Friday, May 21st

5:30 to 7:30 P.M.

We will make sack lunches for the CROP Walk at HTLC.

Saturday, May 22nd

8:30 A.M. to 1:30 P.M.

We will help with the Dubuque Area CROP Walk.

#### **DUBUQUE RESCUE MISSION MEAL**

Saturday, May 22 – Prepare the meal – time to be announced.

Sunday, May 23 – Deliver & serve the meal - 11:30 A.M.

Do you like to cook? Do you enjoy serving others? Then join us!

Come on either day or both! We will lovingly prepare a meal on Saturday then on Sunday we will deliver and serve the meal at the mission. Questions? Contact Gretchen Kueter or Pastor Derek.

### 8TH GRADE AFFIRMATION OF BAPTISM

Sunday, May 23rd Pentecost Sunday Time TBA

We will celebrate the Affirmation of Baptism for our eight- grade confirmation students. We look forward to celebrating with Jacob Haug, Brooke Kelsch, Mark Kelsch, Audrey Kilgore, Isaac Lee, Brianna Lovett, Jeremy O'Rouke, Hannah Pergande, Cal Reuter, Julia Stierman, and Sydney Wersinger.



#### **PENTECOST PARTY**

Wednesday, May 26th 5:30 to 7:30 P.M. On the grounds of Holy Trinity (Outside)

All ages are invited to celebrate the Birthday of the Church with a party at Holy Trinity Lutheran Church! There will be games, crafts, food, and birthday cake of course. Join the fun and celebrate with your church family.

## June

#### YOUTH CAMPING TRIP

Saturday, June 5 – Monday June 7th, 2021 Governor Dodge State Park, Dodgeville, WI

Celebrate the end of the strangest school year ever with a camping trip to Governor Dodge State Park in Dodgeville, WI. We will stay in three adjoining sites from Saturday, June 5 to Monday, June 7. We will hike, swim, canoe, cook, play games, have campfires, and share fellowship. Present seventh through twelfth grade students are invited. Because of physical distancing safety, you will need to find your own transportation to the park (50 miles from Dubuque). If you have a tent, please tell Sara. Please RSVP to Sara. There is no cost for this event.

## In The News

#### YOUTH AND FAMILY MINISTRY RUMMAGE SALE AUGUST 8-14

The dates for the Youth and Family Ministry Rummage sale have been set for August 8-14, barring any continued concerns regarding COVID. Mark your calendars, and plan to sign-up to help. Many hands will be needed. Start saving treasures you no longer need. Additional information coming in the June and July Tidings!



#### ORGAN REPAIR CAMPAIGN

The repairs needed are to some of the pipes which require they be removed and repaired at the manufacturer's facility. Some programmable stops on the organ will also be repaired at the same time.

The total cost of these repairs comes to \$5,000.

How to donate:

Please write "Organ Repair Campaign" on your donation.

- Mail check to Holy Trinity Lutheran Church, 1755 Delhi, Dubuque, IA 52001.
- Drop off your donation in the mailbox in the entry of the church in a sealed, marked, envelope.
- Donate online via Holy Trinity Lutheran Website
- If attending in-person worship, mark separate envelope for Organ Repair and drop in offering plate.

Thank you for supporting the ministry of Holy Trinity Lutheran Church through the time, talent, and treasure God has gifted you with.

- The Worship Team

#### CALL FOR FOUNDATION GRANT APPLICATIONS

The Holy Trinity Lutheran Church Foundation, which oversees the church's endowment with the Greater Dubuque Community Foundation, is allowed to spend 5% of the church's endowment each year. It time again to ask you how we should spend it!

We are inviting groups or ministries here at Holy Trinity to fill out a short application—which asks you to describe in detail, the need and idea. These should be needs that are outside of the parameter of the annual budget. The Foundation will then review the applications and award the grant money.

All applications are due by Friday, May 7th, with decisions being made shortly after. The application is available on our website at www.htlcdbq.com.

If you have any questions, feel free to ask one of the committee members: Joy Bode, Sue Minter, Dale Bjerning, Howard Baack, Melissa Walen and Phil Larson.

## MAY SPECIAL APPEAL DUBUQUE FOOD PANTRY

The mission of the Dubuque Food Pantry is to make food available to needy people in the Tri-State Area. Clients are referred to the Pantry by churches and religious organizations, public and private service agencies, and by members of the Board of Directors. The client then receives food and various other items at the Food Pantry, located at 1598 Jackson Street. The food pantry is open MWF afternoons and Tuesday mornings.

The monthly food distributions that we host and participate in are another way we help feed the needy in our community. This helps for only a short time each month.

During the current Covid-19 pandemic many families are struggling to have enough food, especially with many still unemployed or with reduced income. The food pantry is overrun and even with additional funds from emergency sources can't supply all who are in need. Instead of donating food to the pantry, we should be increasing our efforts to stock our little food pantries at Holy Trinity. The 7/24 availability of this food source is very important.

The best way to help the food pantry now is by financial gifts as the food pantry can purchase needed items cheaper than most of us can. Use the yellow special appeal May envelope for this purpose. For those who have gardens, the food pantry can always use fresh produce in season.

- Paul Dettmann for the Stewardship Committee.

## **Volunteers Needed**

Volunteering is a great way to serve God, the church, and others. If it weren't for volunteers many of missions of the church would not happen. What gift do you have that you would like to share? Here are two teams you could join now.

#### JOIN OUR TECH BOOTH TEAM!

We are looking for volunteers to join our Tech Booth Team. With the start of in-person worship and the live-streaming of our worship service, we need additional help in the tech booth. Could this be you? **We will train you** in our new easy-to-use system. This is a great way to serve Holy Trinity! If you are interested or have questions, please contact Pastor Josh at htlcdbqpastor@gmail.com.

#### JOIN THE GREEN TEAM

The Green Team is seeking 3-4 volunteers for minor seasonal landscaping maintenance May-October 2021 in designated areas on HTLC church grounds by the parking lot and front of the church building, e.g. weeding, monthly fertilizer, watering in dry weather, raking, trimming, a little planting. Outdoor plant donations also welcome! Volunteers do not need previous gardening skills. Church member master gardeners Mary Strom and Christopher Bode will be available to answer any questions!

Please contact Carrie Lohrmann for details and information at carrielohrmann@gmail.com or 215-510-5649, or ask Pastor Derek.

#### THANK YOU TO....

Our volunteer Sunday School recording team: Lisa Anderson, Kari Chesterman, Terry Hoefflin, and Dan Wild.

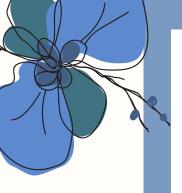
JoAnn and Jim Kopp who helped the church office with a mailing with a moments notice! We are very grateful!

Darrell and Diane Kalmes (where do we start?) Changing the altar linens, flowers and banners, decorating the entry, helping with Noah's Ark, fixing the downstairs toilet, painting and cleaning up the nursery...... the list goes on.

Judy Bredesen, Pastor Derek, Sydney Bonn, JoAnn Kopp, Sue Minter, Mary Strom, Bill and Donna O'Dell and Chris Kueter for all your help with preparing, cooking and serving a meal at the Dubuque Rescue Mission on April 11th.

Those who donated items to the food pantry. Your donation goes a long way to help those in need.

To those who participated in the Spring Grounds Clean up; Chris O'Rourke, Mary Strom, Pastor Derek, Amanda Matson, Barbara Hueneke, Ron Hunt, JoAnn Kopp, John Chesterman, Chris Bode, Carrie Lohrmann, the Matson & Chesterman kids.



Happy BIRTHDA



Katina	Busch	May 16
David	Stork	May 16
Ashe	Lundell	May 17
Angela	Olson	May 18
Mary	Strom	May 18
Logan	Jasper	May 19
Debra	Stork	May 19
Christian	Tiernan	May 19
Caleb	Lee	May 22
Walker	Lundell	May 22
Soren	Obermueller	May 22
Joan	Schmerbach	May 22
Quinn	DiBlasi	May 23
Gretchen	Fuerste	May 23
William	Hinders	May 23
James	Patrum	May 24
Mark	Phalen	May 24
Katharine	Stierman	May 24
Tami	Ernster	May 25
Rosanne	Dryer	May 26
Randy	Glass	May 26
Nick	Patrum	May 26
Laurelyn	Vanderlinde	May 26
Leah	Norton	May 27
Dorothy	Fritz	May 28
Jonah	Lohrmann	May 28
Maren	Phalen	May 28
Samuel	Goldsmith	May 29
Sophie	Kelly	May 30
Kenley	Finke	May 31
Bob	Johnsen	May 31
Robert	Smart	May 31



James & Carol Wissing	May 04	25
Eugene & Jeanette Fredrick	May 05	69
John & Shirley Metz	May 08	39
Dean & Susan Fair	May 11	25
Scott & Beth Kilgore	May 15	17
Marian Walker & Gary Conlon	May 15	10
Matthew & Karlene Galusha	May 19	9
Harvey & Opal Turner	May 23	13
Craig & Charleen Homan	May 27	43
Amy & Randy Naumann	May 28	27
Mark Liaboe & Gretchen		
Fuerste	May 30	40

### **Holy Trinity Lutheran Church**

1755 Delhi Street Dubuque, IA 52001

