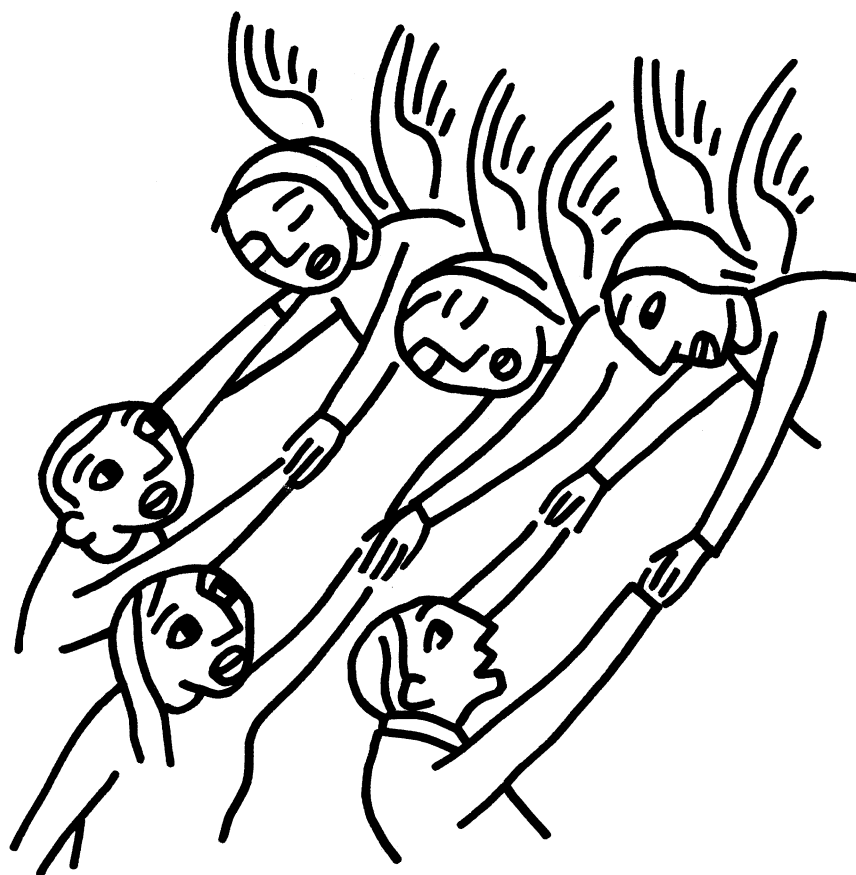


THE TWENTY-SECOND SUNDAY AFTER PENTECOST



November 9, 2025

ST. PAUL LUTHERAN CHURCH

Welcome to ST. PAUL LUTHERAN CHURCH

We are happy you have joined us for worship today. Wherever you are on your journey with or toward God, you are welcome here—you are a blessing to this assembly.

We welcome all who are seeking God's love and grace. We welcome all because God welcomes all, regardless of race or culture, sexual orientation, gender identity, gender expression, or relationship status. We welcome all without regard to addictions, physical or mental health, imprisonment, socio-economic circumstances, or anything that too often divides us. Our unity is in Christ.

Lutherans believe, teach, and confess that in, with, and under the bread and wine in Holy Communion we receive the true Body and Blood of our Lord and Savior, Jesus Christ, for the forgiveness of sin, life, and salvation. All who are drawn in faith are welcome to join in this confession and receive the Sacrament.

We invite and encourage your full participation in our worship this morning. With this service bulletin you can follow and participate in this morning's liturgy.

New to St. Paul? If you have questions or want more information, please fill out a newcomer form with the QR code at the right. Questions about transferring membership from another Lutheran church, or for beginning the process for baptism, confirmation, membership, or transferring from one of the other Christian traditions, may be directed to the Church Office at 781-646-7773 or parishadmin@stpaularlington.org.



SUNDAY SERVICE

8:15am | Service with Holy Communion in Nave
9:00am | Choir Practice
9:30am | Education Hour with Sunday School,
Adult Forum, Confirmation
10:30am | Service with Holy Communion
and online
11:30am | Coffee Hour

LIVESTREAMING

Worship is streamed on the St. Paul Lutheran Arlington Facebook page. A Facebook account is not necessary to stream, however, without a Facebook account the stream works on a computer browser only and not on a phone.

SERVING THE COMMUNITY TODAY:

Kim Fechtel, Jennifer Parker & Lydia Zehsow, *Altar Guild*
Morgan B. and Sinclair O., *Acolytes*
John Turner, *Lector*
Peter Schmidt, *Cantor*
Taryn Walsh, *Deacon*
Andy Airasian and Dan Ries, *Ushers*
Hollie Schmidt, *Livestream Broadcast*
Peter & Hollie Schmidt & Lisa Chiulli Lay, *Coffee Guild*

The Rev. Nathan D. Pipho, Bishop of the New England Synod,
has authorized Samantha Menapace to preside at the Eucharist
at St. Paul Lutheran Church in Arlington, MA on November 9, 2025.

*When the instruction for standing * appears, please stand as you are able and as seems comfortable.
At the ✠, you may make the sign of the cross, which reminds us of our baptism.
The congregational responses are printed in **bold**.*

GATHERING

PRELUDE

Fantasia in G minor

J. Pachelbel (1653-1706)

WELCOME

* CONFESSION AND FORGIVENESS

Blessed be the holy Trinity, ✠ one God,
who looks upon us in compassion,
forgives our sin,
and heals our lives.

Amen.

Let us confess our sin in the presence of God and of one another.

Have mercy, O God,
against you, you alone, we have sinned. In your compassion, cleanse us from our sin and take away our guilt. Create in us a new heart and give us a steadfast spirit. Do not cast us away, but fill us with your Holy Spirit and restore your joy within us. Amen.

As tender as parent to child, so deep is God's compassion for you. As high as heaven is above earth, so vast is God's love for you. As far as east is from west, so far God removes your sin from you, renewing your life through Jesus Christ. Blessed be God who crowns us with mercy and love.

Blessed be God forever.

* GATHERING HYMN

How Small Our Span of Life

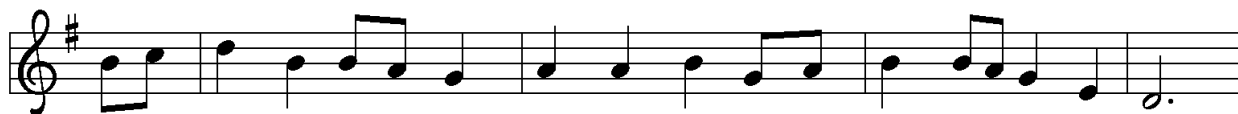
ELW 636



1 How small our span of life, O God, our years from birth till death:
2 And yet our speck of life is spanned by your in - fin - i - ty;
3 O Christ, you left e - ter - ni - ty to plunge in time's swift stream,
4 We thank you, God, for kind-ling faith that lights our tran - sient years,



a sin - gle beat with - in the heart, the catch-ing of a breath,
our tick of time on earth is caught in your e - ter - ni - ty.
to share the short-ness of our span, our mor - tal lives re - deem.
il - lu - min - ing our pil-grim-age through mists of doubt and fears;



a drop with-in the o - cean's deep, a grain up - on the shore,
While suns and stars spin end - less - ly through depths of cos-mic space,
You filled your cross-closed years with love; you loved us to the end
for hope that sees a life be - yond the swift - ly pass-ing days;



a flash of light be - fore we sleep to see the sun no more.
while ae - ons roll and ag - es pass, you hold us in your grace.
and touch us with your ris - en life that ours may time trans-cend.
for love, both hu - man and di - vine, that lifts our hearts to praise.

Text: Herman G. Stuempfle Jr., b. 1923

Music: KINGSFOLD, English traditional

Text © 1993 GIA Publications, Inc., 7404 S. Mason Ave., Chicago, IL 60638. www.giamusic.com. 800.442.3358.

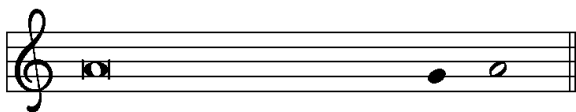
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* GREETING

The grace of our Lord Jesus Christ, the love of God,
and the communion of the Holy Spirit be with you all.

And also with you.

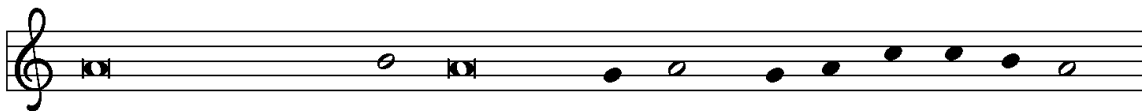
* KYRIE



In peace, let us pray to the Lord.



Lord, have mer - cy.



For the peace from a-bove, and for our sal - vation, let us pray to the Lord.



Lord, have mer - cy.



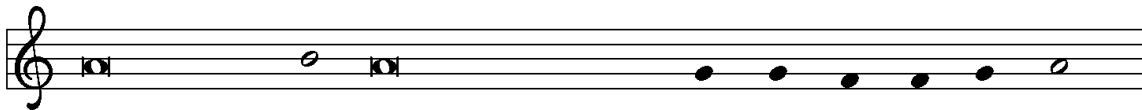
For the peace of the whole world, for the well-being of the church of God,



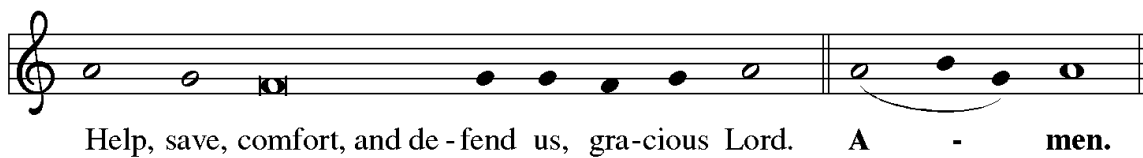
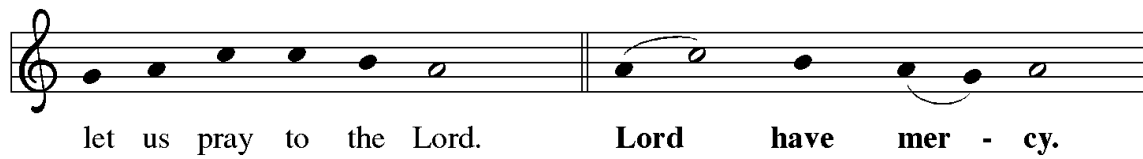
and for the unity of all, let us pray to the Lord.



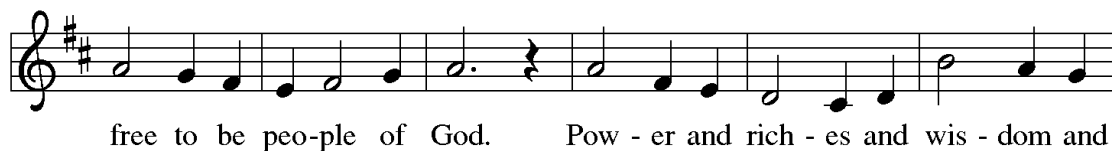
Lord, have mer - cy.

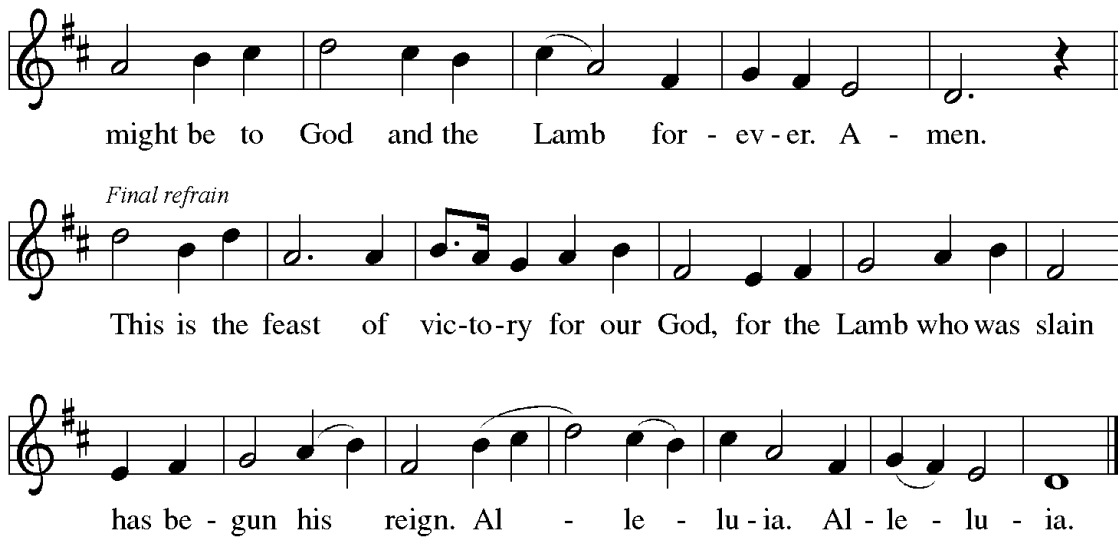


For this holy house, and for all who offer here their wor-ship and praise,



* HYMN OF PRAISE





*** PRAYER OF THE DAY**

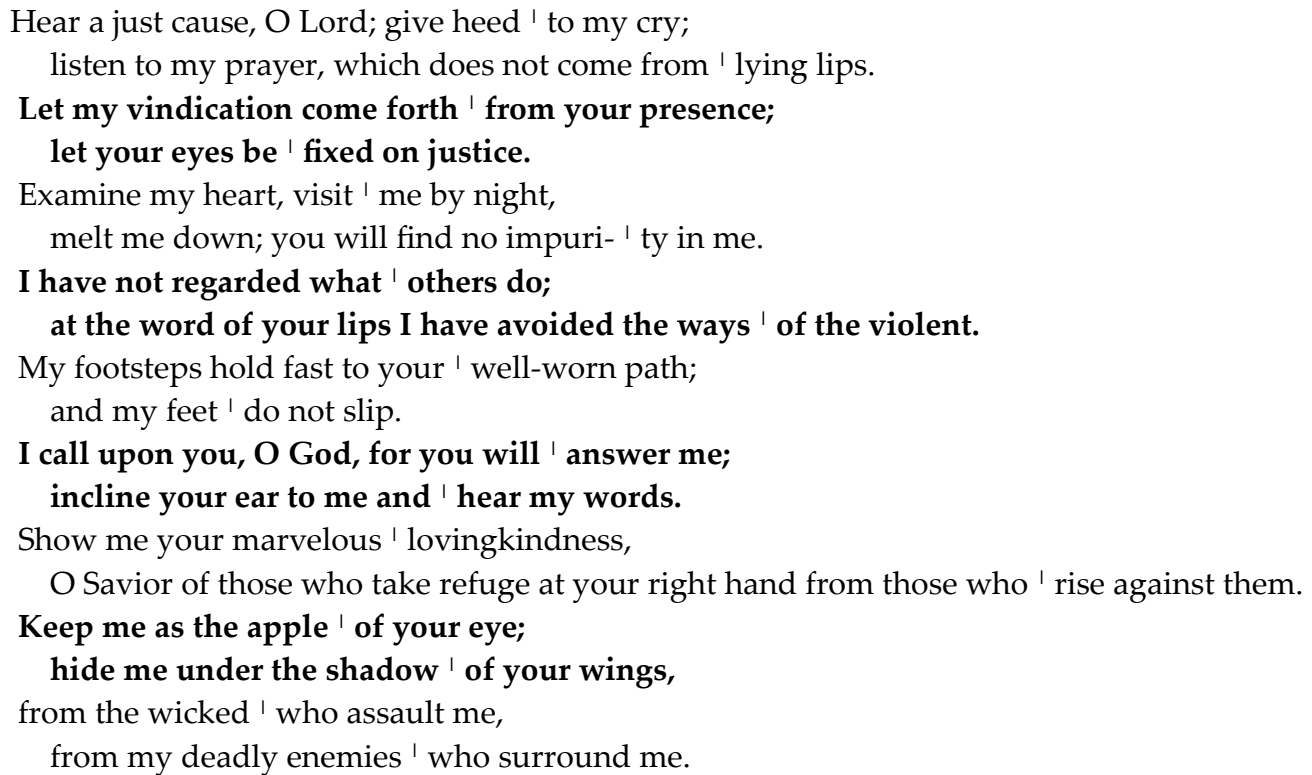
O God, our eternal redeemer, by the presence of your Spirit you renew and direct our hearts. Keep always in our mind the end of all things and the day of judgment. Inspire us for a holy life here, and bring us to the joy of the resurrection, through Jesus Christ, our Savior and Lord.
Amen.

WORD

FIRST READING

Job 19:23-27a

"O that my words were written down!
 O that they were inscribed in a book!
 O that with an iron pen and with lead
 they were engraved on a rock forever!
 For I know that my vindicator lives
 and that in the end he will stand upon the earth;
 and after my skin has been destroyed,
 then in my flesh I shall see God,
 whom I shall see on my side,
 and my eyes shall behold, and not another."
 The Word of the Lord.
Thanks be to God.



2 Thessalonians 2:1-5, 13-17

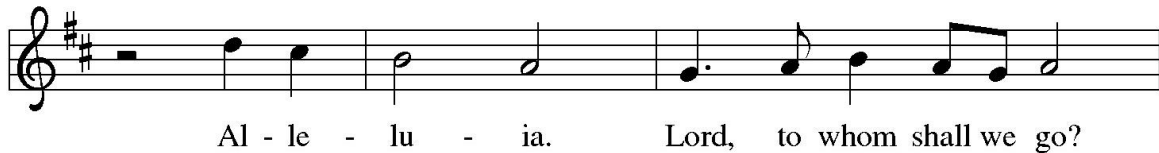
But we must always give thanks to God for you, brothers and sisters beloved by the Lord, because God chose you as the first fruits for salvation through sanctification by the Spirit and through belief in the truth. For this purpose he called you through our gospel, so that you may obtain the glory of our Lord Jesus Christ. So then, brothers and sisters, stand firm and hold fast to the traditions that you were taught by us, either by word of mouth or by our letter.

Now may our Lord Jesus Christ himself and God our Father, who loved us and through grace gave us eternal comfort and good hope, comfort your hearts and strengthen them in every good work and word.

The word of the Lord.

Thanks be to God.

* GOSPEL ACCLAMATION



* GOSPEL

Luke 20:27-38

The holy gospel according to Luke.

Glory to you, O Lord.

Some Sadducees, those who say there is no resurrection, came to [Jesus] and asked him a question: "Teacher, Moses wrote for us that if a man's brother dies leaving a wife but no children, the man shall marry the widow and raise up children for his brother. Now there were seven brothers; the first married a woman and died childless; then the second and the third married her, and so in the same way all seven died childless. Finally the woman also died. In the resurrection, therefore, whose wife will the woman be? For the seven had married her."

Jesus said to them, "Those who belong to this age marry and are given in marriage, but those who are considered worthy of a place in that age and in the resurrection from the dead neither marry nor are given in marriage. Indeed, they cannot die anymore, because they are like angels and are children of God, being children of the resurrection. And the fact that the dead are raised Moses himself showed, in the story about the bush, where he speaks of the Lord as the God of Abraham, the God of Isaac, and the God of Jacob. Now he is God not of the dead but of the living, for to him all of them are alive."

The gospel of the Lord.

Praise to you, O Christ.

CHILDREN'S MESSAGE

Kim Bergstrand

SERMON

Kim Bergstrand

* HYMN OF THE DAY

Christ, The Life of All the Living

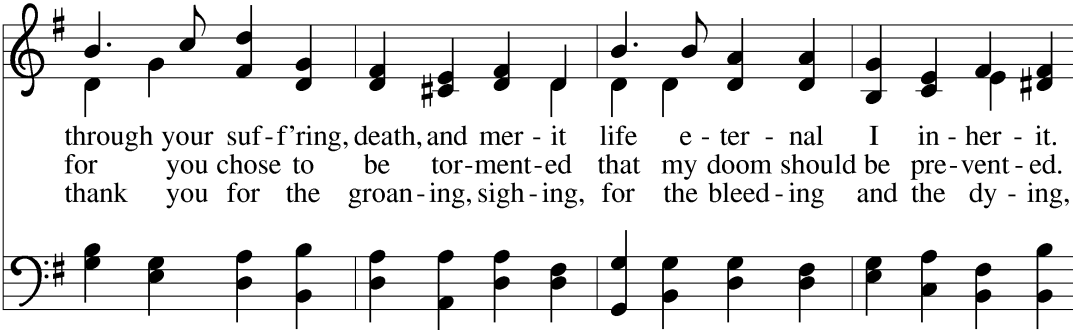
ELW 339

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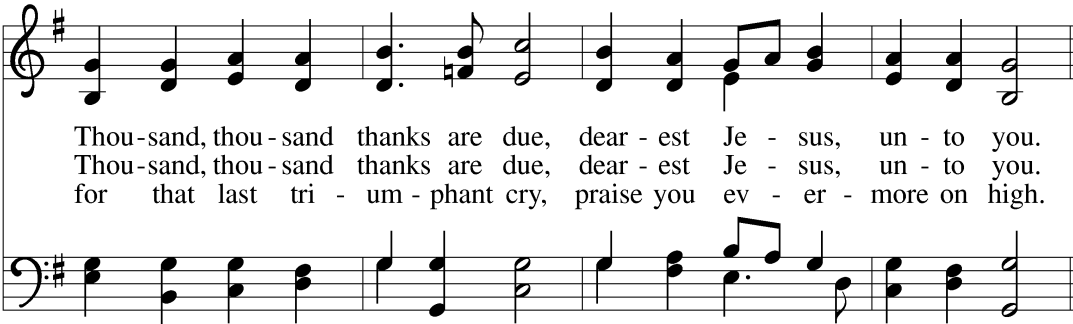
1 Christ, the life of all the liv - ing, Christ, the death of death, our foe,
2 You have suf - fered great af - flic - tion and have borne it pa - tient - ly,
3 Then, for all that bought my par - don, for the sor - rows deep and sore,



Christ, your - self for me once giv - ing to the dark - est depths of woe:
e - ven death by cru - ci - fix - ion, ful - ly to a - tone for me;
for the an - guish in the gar - den, I will thank you ev - er - more;



through your suf - f'ring, death, and mer - it life e - ter - nal I in - her - it.
for you chose to be tor - ment - ed that my doom should be pre - vent - ed.
thank you for the groan - ing, sigh - ing, for the bleed - ing and the dy - ing,



Thou - sand, thou - sand thanks are due, dear - est Je - sus, un - to you.
Thou - sand, thou - sand thanks are due, dear - est Je - sus, un - to you.
for that last tri - um - phant cry, praise you ev - er - more on high.

Text: Ernst Christoph Homburg, 1605–1681; tr. Catherine Winkworth, 1827–1878, alt.
Music: JESU, MEINES LEBENS LEBEN, *Das grosse Cantional*, Darmstadt, 1687

APOSTLE'S CREED

In trust and hope, let us confess the faith of the church:

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; he descended into hell. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

*PRAYERS OF INTERCESSION

Gathered with one voice, we offer our prayers for the church, the world, and all who are in need.

A brief silence.

God our Redeemer, bless your church universal and its leaders. Set all hearts on you from generation to generation in anticipation of Christ's return. Hear us, O God. **Your mercy is great.**

God of life, we give thanks for the fruits and grains of harvest, for rivers and streams, for all that is made of rock and iron. Renew the earth's natural resources and the lands from which they come. Hear us, O God. **Your mercy is great.**

God of justice, we give thanks for the service of our veterans and pray for those needing support for wounds of any kind. Strengthen those charged with the governance and protection of vulnerable populations. Be with federal workers in the United States who are working without pay and struggling to afford food, housing, and bills for themselves and their families. Hear us, O God. **Your mercy is great.**

God who leads us to belief and truth, we give thanks that you are always and already here. Nurture and support those who are unsteady in mind, unsafe in spirit, or unwell in body, especially Bobby, Dan, Jim, Lynn, Meredith, Naomi, Paul, Roberta, and Susan. Comfort those who suffer from trauma and exposure to traumatic events. Hear us, O God. **Your mercy is great.**

God who gathers us together, we give thanks for our pastors and deacons, teachers and musicians, administrators, and building caretakers. May they find joy in leadership as we grow in faith together. Hear us, O God. **Your mercy is great.**

Here other intercessions may be offered.

God of the saints, we give thanks for all who have died in faith, especially Martin, Bishop of Tours and Søren Kierkegaard. Uplift us as we honor their memory and await your coming in glory. Hear us, O God. **Your mercy is great.**

We offer these and all our prayers to you, O God, trusting in your grace and unyielding love; through Jesus Christ, our Lord. **Amen.**

*PEACE

Keep your hands close together or make the peace sign if you'd rather not pass the peace with touch.

The peace of Christ be with you always.

And also with you.

ANTHEM (10:30 only)

Come to Jesus

Chris Rice (words and music), arranged by Mark Hayes

Weak and wounded sinner, lost and left to die;
O raise your head for love is passing by.
Come to Jesus, come to Jesus, come to Jesus
and live!

Now your burden's lifted and carried far
away,
and precious blood has washed away the
stain.

So sing to Jesus, sing to Jesus, sing to Jesus
and live!

Like a newborn baby, don't be afraid to crawl,
remember when you walk sometimes you
fall.

So fall on Jesus, fall on Jesus, fall on Jesus and
live!

Sometimes the way is lonely, and steep and
filled with pain,

so if your sky is dark and pours like rain,
then cry to Jesus, cry to Jesus, cry to Jesus and
live!

When the love spills over, and music fills the
night,
and when you can't contain your joy inside,
then dance for Jesus, dance for Jesus, dance for
Jesus and live!

Kiss the world goodbye, then go in peace and
laugh on glory's side.

And fly to Jesus, fly to Jesus, fly to Jesus and
live!

Kiss the world goodbye, then go in peace and
laugh on glory's side.

And fly to Jesus, fly to Jesus, fly to Jesus and
live!

MEAL

OFFERING PRAYER

God of healing and hope, you bless those who are hungry, promising to fill them with good things. Fulfill that promise through us and these your gifts. Nourish us with the abundance of your feast and unite us into the blessed body of Jesus Christ our Savior, now and forever.

Amen.

* OFFERING

You may give an offering through the Givelify app by scanning this QR code.

You may also make an offering by placing a gift in the offering plate, which is in the narthex.



* GREAT THANKSGIVING

The Lord be with you.

And also with you.

Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

It is right to give our thanks and praise.

It is indeed right, our duty and our joy,

that we should at all times and in all places

give thanks and praise to you, almighty and merciful God,

through our Savior Jesus Christ;

who on this day overcame death and the grave,

and by his glorious resurrection opened to us the way of everlasting life.

And so, with all the choirs of angels,

with the church on earth and the hosts of heaven,

we praise your name and join their unending hymn:

The musical score is written on four staves in G major (one sharp) and 4/4 time. The melody is simple and hymn-like, with lyrics written below the notes. The first staff contains the lyrics 'Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,'. The second staff contains 'heav'n and earth are full of your glo - ry.'. The third staff contains 'Ho - san - na in the high - est. Bless - ed is he who comes'. The fourth staff contains 'in the name of the Lord. Ho - san - na in the high - est.' and ends with a double bar line.

Ho - ly, ho - ly, ho - ly Lord, Lord God of pow'r and might,
heav'n and earth are full of your glo - ry.
Ho - san - na in the high - est. Bless - ed is he who comes
in the name of the Lord. Ho - san - na in the high - est.

In the night in which he was betrayed, our Lord Jesus took bread, and gave thanks; broke it, and gave it to his disciples, saying: Take and eat; this is my body, given for you. Do this for the remembrance of me.

Again, after supper, he took the cup, gave thanks, and gave it for all to drink, saying: This cup is the new covenant in my blood, shed for you and for all people for the forgiveness of sin. Do this for the remembrance of me.

*** LORD'S PRAYER**

**Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,**

**as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.**

COMMUNION

All are welcome to receive the bread and the wine. Gluten free wafers are available on request. Both wine and grape juice are available in each tray; the wine is red and the grape juice is white.

Come forward in the center aisle starting at the front of the church. The pastors will motion the first people forward.

Lamb of God, you take a-way the sin of the world; have mer-cy on

us. Lamb of God, you take a-way the sin of the world; have

mer-cy on us. Lamb of God, you take a-way the

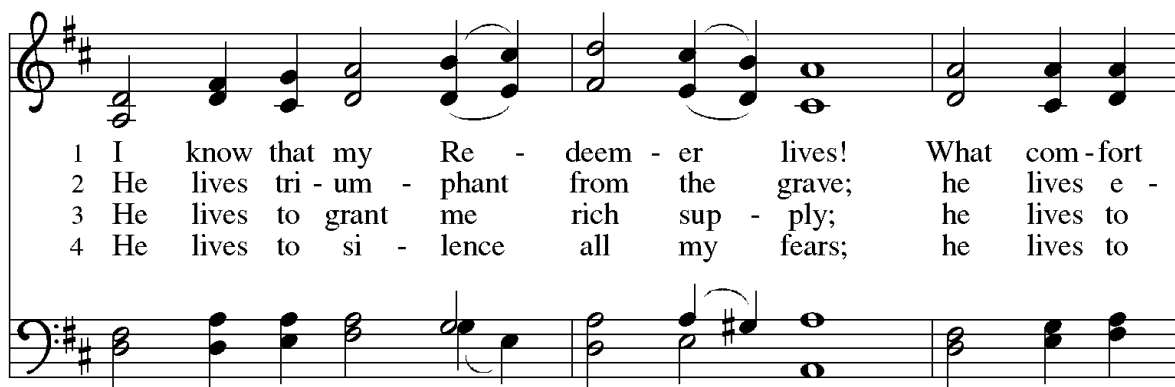
sin of the world; grant us peace, grant us peace.

* COMMUNION HYMN (10:30 only)

I Know That My Redeemer Lives

ELW 619

Verses 2, 4, and 6 sung by the choir



1 I know that my Re - deem - er lives! What com - fort
 2 He lives tri - um - phant from the grave; he lives e -
 3 He lives to grant me rich sup - ply; he lives to
 4 He lives to si - lence all my fears; he lives to



this sweet sen - tence gives! He lives, he lives, who
 ter - nal - ly to save; he lives ex - alt - ed,
 guide me with his eye; he lives to com - fort
 wipe a - way my tears; he lives to calm my



once was dead; he lives, my ev - er - liv - ing head!
 throned a - bove; he lives to rule his church in love.
 me when faint; he lives to hear my soul's com - plaint.
 trou - bled heart; he lives all bless - ings to im - part.

5 He lives to bless me with his love;
 he lives to plead for me above;
 he lives my hungry soul to feed;
 he lives to help in time of need.

7 He lives and grants me daily breath;
 he lives, and I shall conquer death;
 he lives my mansion to prepare;
 he lives to bring me safely there.

6 He lives, my kind, wise, heav'nly friend;
 he lives and loves me to the end;
 he lives, and while he lives, I'll sing;
 he lives, my prophet, priest, and king!

8 He lives, all glory to his name!
 He lives, my Savior, still the same;
 what joy this blest assurance gives:
 I know that my Redeemer lives!

*TABLE BLESSING

The body and blood of our Lord and Savior Jesus Christ strengthen you and keep you in his grace. **Amen.**

*PRAYER AFTER COMMUNION

God of field and flower, wheat and grape, you have nourished us with the bread of heaven that gives life to the world. Strengthened by the body and blood of your Son, send us out to gather your good gifts for all who hunger and thirst, and embolden us to love and serve in Christ's name. **Amen.**

SENDING

*BENEDICTION

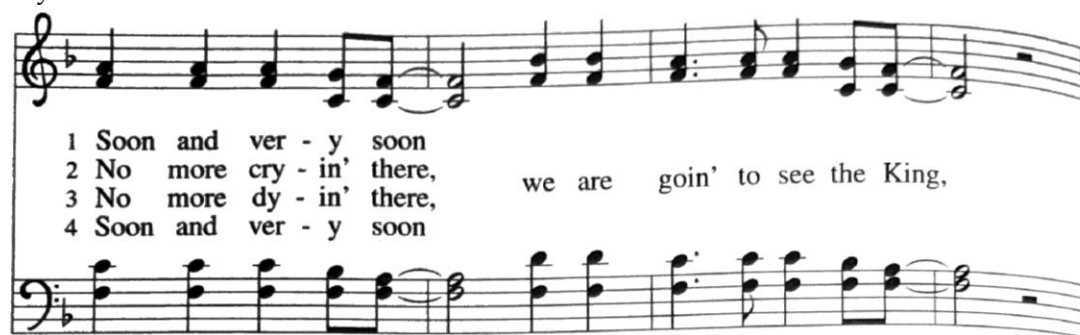
The Lord bless you and keep you. The Lord's face shine on you and be gracious to you. The Lord look upon you with favor and ☩ grant you peace. **Amen.**

ANNOUNCEMENTS

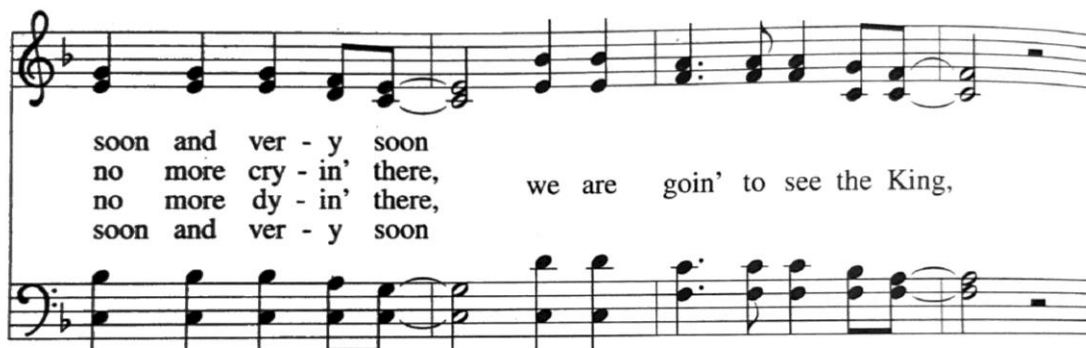
* SENDING HYMN

Soon and Very Soon

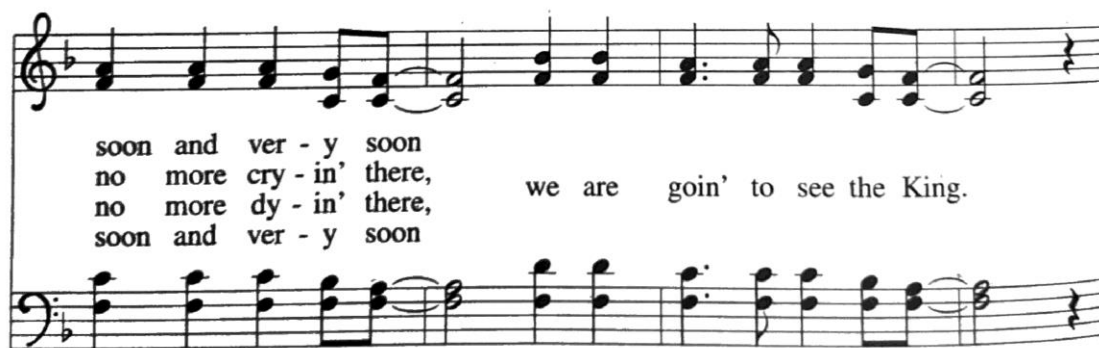
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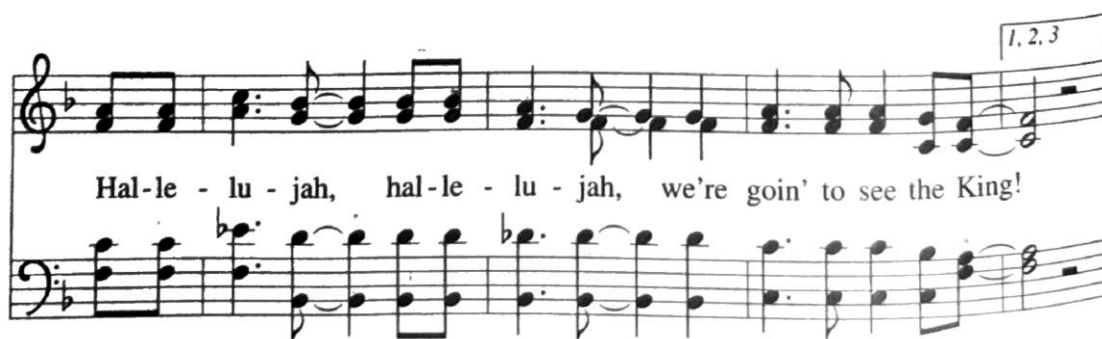
1 Soon and ver - y soon
2 No more cry - in' there, we are goin' to see the King,
3 No more dy - in' there,
4 Soon and ver - y soon



soon and ver - y soon
no more cry - in' there, we are goin' to see the King,
no more dy - in' there,
soon and ver - y soon



soon and ver - y soon
no more cry - in' there,
no more dy - in' there, we are goin' to see the King.
soon and ver - y soon



Hal-le - lu - jah, hal-le - lu - jah, we're goin' to see the King!



Hal - le - lu - jah, hal - le - lu -



jah, hal - le - lu - jah, hal - le - lu - jah.

* DISMISSAL

Go in peace. Share the harvest. **Thanks be to God.**

POSTLUDE

Toccata in F major

J. Pachelbel (1653-1706)

ANNOUNCEMENTS *and* UPCOMING HAPPENINGS
at **SAINT PAUL**



KIM BERGSTRAND VISITING ST. PAUL | November 9

We welcome Kim Bergstrand as the guest preacher at both services today. Ms. Bergstrand serves as Associate to the Bishop of the New England Synod. Among her many responsibilities, she is the point person for providing congregational support for churches in the synod's Boston Metro Conference. Adult Forum will be an opportunity for conversation with her about St. Paul's transition process (see below).

ADULT FORUM TODAY

Kim Bergstrand, Associate to the Bishop of the New England Synod, will lead a conversation about St. Paul's mission and our relationship to the greater ELCA during Adult Forum today. She can also answer questions about the transition process. We hope to see you at 9:30 in the Fellowship Hall!

UPCOMING CHOIR PRACTICE FOR ADVENT

Please join the choir for Lessons and Carols! Even if you are not able to join us during the choir season, you're invited to participate in this special event! Here is our rehearsal schedule:

Thursday, November 13th, 7:30 pm-9:00 pm

Saturday, November 22nd 5:00 pm-6:30 pm

Thursday, December 4th, 7:30 pm-9:00 pm

Thursday, December 11th, 7:30 pm-9:00 pm

Saturday, December 13th 4:00 pm-6:00 pm

LUTHER LEAGUE EVENT | November 16

Come Bowling with Luther League on November 16 at 4:30 at Sacco Bowl Haven. Please let Sarah know that you're going to come by emailing stpaularlingtonfamily@gmail.com. Our youth talked about wanting to find ways to connect socially with one another - this is a great chance for this!

ASCENTRIA GIVING TREE 2025 | Due by November 30

We committed to fulfill the wish lists of 20 of Ascentria's Unaccompanied Refugee Minors and Unaccompanied Children. Each minor lists 3 wishes. If you can participate, you can choose to fulfill 1 wish or more. Some youth have been very specific in the things they have asked for (much like Ralphie in the movie *A Christmas Story*), so donors are welcome to purchase a gift card toward the item if that is preferred. Bring your gift to church: unwrapped, gift tag/label (provided) firmly taped to package by Sunday November 30!

CHRISTMAS POINSETTIA ORDERS | Due by December 8

The Advent season is approaching! Please consider sponsoring poinsettias used to decorate the church for Christmas Eve services. They come in 6.5 inch pots and a choice of white, red, pink or marble colors, \$15/each. Any dedications will be printed in the bulletin. To order, you can call the church office, complete a form on the table in the Upper Narthex, or email your order to parishadmin@stpaularlington.org.

ARLINGTON EATS NOVEMBER NEEDS

We are thinking of soup and comfort food! In addition to monetary donations, we are spotlighting the following items for November:

- pasta sauce
- baked beans
- Soy sauce
- stock/bullion
- Crackers
- Barley
- Farro
- Instant mashed potatoes

SOCIAL MINISTRY UPDATE

Response to current urgent needs: In response to the uncertainty created by the government shutdown resulting in Federal employees working without pay, and the uncertainty of the continuation of the SNAP program, the Social Ministry committee allocated funds to several food pantries in our local neighborhoods. Arlington Eats (arlingtoneats.org), FoodLink (foodlinkma.org) and the Bunker Hill Community College DISH food pantry (bhcc.edu) will receive immediate funds this week. If individuals at St. Paul find themselves in urgent need, please reach out to the Pastoral staff for assistance.

Response to feedback from the Transition Process: To facilitate awareness of a variety of volunteer/donation opportunities, Social Ministry Committee (SMC) will spotlight one organization per month that can host volunteers and also requests donations. Some organization will accommodate small groups of volunteers - if you have a special interest, we are happy to help organize a group. See the November 2025 spotlight on Arlington Eats for who they are, how to volunteer, and St. Paul's long relationship with them!

THEOLOGY ON TAP

Theology on Tap is happening this fall with an updated schedule. We will gather on the **3rd Sunday of the month at 4PM at Mighty Squirrel** (411 Waverley Oaks Road, Waltham). Vicar Sam will lead a relaxed conversation about a different theological topic each month. I hope these gatherings will be a time to learn, listen, and laugh as we spend time together outside of church on Sunday afternoons. The brewery welcomes families and includes alcoholic and non-alcoholic beverages. All are invited!

Fall Dates:

November 23 at 4pm

December 21 at 4pm

ST. PAUL BIBLE STUDY | Thursday Evenings, 7-8pm by Zoom

All are invited to join our bible study! We will gather on Thursday evenings on Zoom from 7-8pm. Each week, we will study the upcoming Sunday's lectionary texts, which are the bible readings we hear in worship. To access the readings and Zoom link, please see St. Paul's Weekly Update email. If you are not a subscriber, you can sign up on our website or email Vicar Sam for the Bible Study Zoom link (stpaularlingtonvicar@gmail.com).

TODAY AND THE WEEK AHEAD

Sunday	Monday	Thursday	Sunday
November 9	November 10	November 13	November 16
8:15 Service 9:00 Choir 9:30 Education Hour 10:30 Service 11:30 Coffee Hour Guest preacher at both services	7:30pm St. Paul Council Meeting	7-8pm Bible Study via Zoom 7:30 – 9:00pm Lessons and Carols choir rehearsal	8:15 Service 9:00 Choir 9:00 Education Hour 10:30 Service 11:30 Coffee Hour 4:30 Luther League Event: Bowling

SOCIAL MINISTRY SPOTLIGHT FOR NOVEMBER

ARLINGTON EATS. 117 Broadway, Arlington MA. [arlington eats](http://arlingtoneats.org)

Arlington EATS provides food and personal care items to individuals in need, living in Arlington. If you need assistance, you can find more information on the above website. Saint Paul Lutheran Church is one of only a few churches who collect donations weekly delivering them on Tuesday from 1-6pm. If you place a donation in the basket by the flower order calendar as you enter the church, your donation will be delivered the following Tuesday. Arlington Eats also sends a specific request to churches that donate regularly and you can find each month's request in the bulletin or the weekly newsletter. Given the gap in SNAP funding due to the government shutdown and also with the furlough of federal workers, the need will greatly increase in November. If you have been donating regularly, please consider increasing your donation this month. If you haven't donated before, anything helps. Some helpful guidelines are (counterintuitively) small version are most helpful. Most recipients do not have cars and carry their weekly food items home so the smaller versions of dish soap, vegetable oil, etc. are most appreciated. Many recipients have children at home and so kid friendly meals are helpful too.

VOLUNTEER : Arlington Eats Hosts 120 Volunteer shifts per week. As an individual volunteer in the market, individuals over age 16 are welcome to volunteer. This group has direct contact with recipients. Other volunteer slots include ages 13-15 who can help pack bags for home delivery. To sign up to volunteer, you fill out their online volunteer form. We can also do a group volunteer slot so let any member of SMC know you would be interested in a group event. There is also a teen volunteer slot on Thursday 9-12 if you homeschool or can volunteer during a school holiday. These volunteers pack bags of groceries for delivery to home-bound recipients. For our regular Saint Paul weekly donors who bring bags with handles every week, this is how your bags are used!

HISTORY WITH ST. PAUL : For at least 28 years, Saint Paul has collected weekly donations and delivered them to Arlington's Food Pantry. Originally this food pantry was run out of the basement of the tiny Church of our Savior Episcopal church down a steep set of stairs and recipients would form a long line around the block when receiving assistance. In 2012-2014 a grass-roots community effort was started to bring attention to hunger in the town of Arlington. A group including Christine Bongiorno, now Arlington's Deputy Town Manager, Wendy Stack, a member of Saint Paul, and leadership from Calvary United Methodist Church and the historic Pleasant Street Congregational church (congregation has since disbanded) along with a cohort of concerned Arlington residents, began a series of meetings to address this generally. From this effort multiple 501(c)3 non-profits were started with key leadership from this grassroots team. One group prepared bag lunches for school vacations and the summer holiday for children in need. The majority of these students attended the Thompson Elementary School. Another group formed a formal 501(c)3 for the existing food pantry as the founders were getting older and wanted to ensure continuity of the program. Ultimately these efforts were rolled into a single organization now known as Arlington Eats. Simultaneously, efforts through the Arlington Housing Commission and the Arlington Housing Corporation (also a 501(c)3 non-profit organization founded in 1990 to address affordable housing) worked together to purchase the land at 117 Broadway, formerly a Friendly's restaurant). For this purchase, Saint Paul committed \$3,000 per year for three years. The Pleasant Street Congregational church committed their entire

endowment (\$12,000 per year for 3 years). The town indicated that without these two commitments, they would not have made the purchase. This funding covered the purchase and holding of the property while grants could be written. Fundraising was carried out, a grant was written for construction and every time you drive by 117 Broadway, you can feel proud that Saint Paul was instrumental, both in volunteer hours as well as a financial commitment for the presence of these 6 affordable housing units as well as the entire retail space occupied by Arlington EATS. From an inaccessible church basement, the former food pantry has evolved into the Arling EATS Market, a space where recipients can shop without stigma entirely supported by a busy group of volunteers. Through the combination of appointments and walk-in hours, there are no longer lines down the street to receive food assistance.

And the connections don't stop there! Magnolia Community Garden, a recreational program hosted by the Town of Arlington (sign up on the Town Rec site) features 50 plots where Arlington residents can grow veggies. This group has been given a large expanse of the park to grow fresh veggies for Arlington EATS and they made approximately 20 deliveries of tomatoes and other produce from July through September. And finally, our own Lisa Chiulli Lay leads a non-profit, (Lamplight Women's Literacy Center) that provides English Language and Health Career Pathways classes for New Americans that meet in the Arlington EATS space.

We hope you will consider volunteering at Arlington EATS or donating (see their website for donations). At this time they can provide the most food through cash donations as they can shop wholesale to supply the market.



SAINT PAUL

LUTHERAN CHURCH

ARLINGTON, MASSACHUSETTS

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