



St. Luke Lutheran Church
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Open doors, open hearts, open minds.

Parish Times September 2018



The Pastor's Perspective...

Centering Prayer

Five years ago, I was hiking the Pacific Crest Trail (PCT) in Washington State. I was in the middle of an eight-day hike that I had been planning for months. That day the trail followed a high ridge whose side dropped a thousand feet into a deep green river valley. Beyond the valley were several snowcapped peaks. The sky was clear, the alpine flowers brilliant and the view stretched for miles. Still my mind could not stay centered.

As I walked I noticed that my mind kept jumping back to Minnesota, to worries about work or family. Who could I find to help with the church stewardship drive next fall? What sermon series would be helpful to the congregation? How were my children doing, each starting new work adventures? These were not "bad" thoughts, but they certainly distracted me from being centered on the present path.

I remember stepping back (inside my head) and noticing how these different trains of thought were jumping around. Who exactly was this observer inside my head noticing the jumps? I prayed, asking God to care for these different concerns, but my prayers seemed only to add to the confusing cacophony of thoughts and ideas rolling around in my head.

As the trail began to descend from the ridge, I was surprised to be passed by a fellow solo backpacker. He was moving at a fast clip with a light pack. He had the harden look of a PCT thru-hiker, covering the 2600-mile trail in one season. My mind thought, "Moving that fast he must be missing out on truly seeing the spectacular view." But another thought followed, "But are you any different, with your mind jumping around? Are you present to this moment?"

I knew that I wanted to change my busy mind but unsure how to go about it. So I asked Jesus for help.

Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. (Matthew 7:7-8)

The next year I was introduced to the simple, but quite challenging practice of centering prayer, a form of Christian meditation. I have practicing this daily prayer discipline for over four years and discovered God's blessings within it. It has opened my heart and mind to God's abiding peace in new ways and has created spiritual fruit in my life and relationships.

I will teach a six-week class on Centering Prayer, beginning Monday, September 24. Information below

Centering Prayer: A Training Course for Opening to the Presence of God

Monday Evening 7:00 pm. (September 24 – October 29)

First three weeks at St. Mark; second three weeks at St. Luke

Centering Prayer is a receptive method of silent prayer that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's presence within us, closer than breathing, closer than thinking, closer than consciousness itself. This method of prayer is both a relationship with God and a discipline to foster that relationship.

Centering Prayer is not meant to replace other kinds of prayer. Rather, it adds depth of meaning to all prayer and facilitates the movement from more active modes of prayer - verbal, mental or affective prayer - into a receptive prayer of resting in God. Centering Prayer emphasizes prayer as a personal relationship with God and as a movement beyond conversation with Christ to communion with Christ.

The class will provide the instruction and support to begin a 20-minute silent prayer discipline on a daily basis. The class will include DVD teaching and times of silence. Interim Pastor John Keller will be leading the class. All are welcome to participate.



Usher Notes

Many thanks to our ushers for September: Jill Burchill, Doug Nelson, David NedreLOW, Mary Jo Brandt, Carol Vigdal, Pam Ballis, Katy Eggert.

Our next Saint Mark/St. Luke joint worship will be **Sunday September 30th**; this service will be held at Saint Mark. More details about this and a shared service project to honor God's Work Our Hands will be shared soon so that you will know how to lend a hand. Together we will be assembling Blizzard Bags for local shut-ins to use during inclement weather. This will be a great opportunity for us to both worship and work together.



September WORSHIP ASSISTANTS

Readers:

2 Julie Ellingson
9 Wendy Bjorklund
16 Laurie Herrmann
23 Kay Reich
30 Jen Fredrickson

Communion:

2 Joan Wilson
16 Judy Salaba



Despite the rain, St. Luke's Farmers' Market had over 200 people shop the Market Saturday, August 4th! The Saturday before, which was a gorgeous day, we had over 250! I think that was a Market record. This is not a profit-making venture for St. Luke, but is supported by our Fall Bazaar and various grants (which allow us to break even). When we see people from the neighborhood come to the market regularly, week after week despite the rain, we know we're fulfilling the Market's mission, which is to provide a service to the community and create community. Thanks to all of you at St. Luke who support this Market through your time (we could NEVER do this without the help of our weekly volunteers, especially since you now also sell P.J. Murphy bread) and yes, money. It takes money to run the Market, and grants do not cover all the expenses. I also want to give a HUGE shout out to our volunteers who have been at over half the markets this year to run the card reader and be the "faces of the Market" every week: Laurie and Rob Herrmann and Amy Hope (and Madelyn!). It takes our entire congregation to operate this Market. Every week, we are thanked by our neighbors for providing this service to the community. I want to thank YOU. Wendy Bjorklund

Our heartfelt thanks to the Farmers' Market volunteers for September and October:

Sept. 1: Sasha Alexandra and Becca Ruiz
Sept. 8: Laurie Smith and Larry Litzkow
Sept. 15: Doug and Jo Klein
Sept. 22: Joyce Bluel and Pam Ballis
Sept. 29: Beth and Olivia Peterson
Oct. 6: Jen and Al Fredrickson



St. Luke Rally Sunday will be held on **Sunday September 9th**. We will begin with worship and Teacher Installation. Then the students will empty and count the coin jar. Meanwhile we will take part in a Town Meeting to discuss our Shared Ministry with Saint Mark. Finally, we will finish it off with a potluck lunch; a joyous time of fellowship and fabulous food! Please put this important date on your calendar and come with your good thoughts and ideas to share with one another.



September Acolytes

2 Evan Nelson
16 Ava Herrmann



Heartfelt thanks to our September **Bun Run** volunteers: Ken McGrew, Doug and Jo Klein, Larry Litzkow, Julie Ellingson, Mike Hegdahl.



Musings from the Music Director

Autumn is a favorite season in our home with leaf crunching walks and I'm enjoying all the earthy harvest songs that come with worship in fall. I'm also looking forward to the beginning of choir season after Rally Sunday, the week of September 9th-15th! (Vocal choir, Wednesdays at 7pm. Bell choir TBD.) All levels are welcome to join vocal choir, bell choir - or both! If you're interested but unsure if it's a thing for you, feel free to come to a few rehearsals to find out. Look for the schedule in the bulletin in the coming weeks. And as always, email me with any questions - bunkamade@gmail.com
- Becca Ruiz

Please be sure to put this **MOST important date on your calendars:** on Saturday, November 3rd, 9:00-11:00 AM St. Luke and Saint Mark members will meet for a joint congregational meeting. This meeting will be moderated by Pastor Joe Lees from the Saint Paul Area Synod and will give ALL of us a chance to talk about our thoughts regarding our Shared Ministry together. PLEASE make every effort to attend this meeting.



120 very hungry men, women, and children enjoyed a wonderful dinner on July 23rd at St. Matthew's Catholic church. Workers from St. Luke were David Tews, Larry Litzkow, Volker, Alek, and Victor Landenberger, Verdel Humburg, Joyce Bluel, Roger and Dianne Diestler.

OUT OF THE DARKNESS

Out of the Darkness Walk for Suicide Prevention and Awareness

On Sunday, September 16 a group from St. Luke will join hundreds of other people in walking for suicide prevention and awareness. Thanks to your generosity, we raised \$555. through the Easter Breakfast for this cause. If you wish to donate further or did not get a chance to make a donation this last Easter, you may give a check to St. Luke with "Out of the Darkness" written on the memo line. Thanks so much for your help!



Ladies' Night Out in September will take place on Tuesday, September 18th at Bennett's, 1305 W 7th St. at 5:30 p.m. If you are interested in carpooling, please meet at church at 5:00 p.m. Please notify Joyce Bluel (651-690-4614) by Sunday, September 16 if you are planning on attending so we have an idea of how many for the reservation.



September Birthdays

- 3 Victor Landenberger
- 6 Audrey Rongstad
- 9 Ken McGrew
- 10 Aiden Johnson
- 11 Jane McGrew
- 12 Mike Walter
- 15 Sandy Grzywinski
- 17 Connor Burchill Riley
Corinn Burchill Riley
- 22 Carol Vigdal
- 25 Nahoko Person,
- 26 Verdel Humburg
- 29 Jordan Brandt
Eric Ellingson



September Anniversaries

- 19 Amy Drier and Gary Nelson, 2015

SAVE THE DATE: Saturday, October 13, 9am-Noon, St. Luke will have a "Fall Clean Up Day." We need volunteers willing to put a little elbow grease into sprucing up our church building and grounds. We'll wipe down the pews (and under them), pull weeds, do a little pruning, dust off shelves, wash some windows, etc. Our lawn service and friends from Fuerte Pregon do an excellent job of doing the week-to-week grounds and custodial work, but sometimes, just like at home, we need to do the stuff that always seems to "wait for later." Given it's been years since we've done a fall clean up, "later" has arrived! My suggestion for you as volunteers? Walk around the church (inside and out), decide what's bugging you and come prepared to deal with that (bring tools). We'll have some buckets, rags and cleanings supplies as well. I'd also LOVE a coordinator for this event. Could that be you? Please talk to Wendy Bjorklund.





Fall Bazaar Update

Joyce Bluel & Judy Salaba, Committee Co-Chairs

Just a reminder, the Fall Bazaar is just around the corner; mark your calendars for Saturday, October 27th.

Bring all of those gently used or unneeded items you cleaned out this summer to the Rummage Sale. We will **NOT** be accepting clothing, furniture, exercise equipment, appliances or electronics. You may bring your items to church; starting on September 1st and place in Sunday school room nearest the offices.

Anyone willing to bake pies or other baked goods for the Bazaar please contact Joan Wilson (651) 253-6111 or Deb Vigdal (651) 681-0865. It's a *delicious* way to support our bazaar!

Craft/Vendor tables: We are now full and will not be accepting any more vendors. We are excited to rent out all our tables and meet our full capacity....the large variety will be wonderful: something for everyone! St Luke will also have a table available for those wishing to make and donate crafts. If you are planning on making crafts for the Bazaar, **we would like to know in advance**, please contact Judy Salaba (651) 698-8572 or Joyce Bluel at (651) 690-4614.

The raffle tickets will be ready for distribution soon. We will not be soliciting local business for raffle items, same as last year. We will have the top three prizes, along with items donated by congregational members. If you would like to donate an item to the Raffle, please contact either of the co-chairs. ***The Raffle Committee could use help with selling raffle tickets and working the raffle table the day of the event.*** If you can help in any way, please contact Joyce Bluel (651) 690-4614 or Judy Salaba (651) 698-8572.

Be a part of the action, there is something for everyone to get involved with, just contact one of the following chairs:

Rummage Sale Chair: Jo Klein

Bake Sale Co-chairs: Joan Wilson and Deb Vigdal

Kitchen Chair: Beth Peterson

Publicity Chair: Pam Ballis

Raffle Chair: Joyce Bluel and Judy Salaba

Crafts Co-chairs: Judy Salaba and Joyce Bluel

Survey About Shared Ministry Process

Please put completed surveys into the offering plate. Thank you!

1. What 3 things do you think are working well as we share ministry and a pastor with St. Mark/St. Luke?

a.

b.

c.

2. What 3 things do you think are not working well with the shared ministry and pastor?

a.

b.

c.

3. What are the questions/concerns about the Shared Ministry process you would like to see addressed during our Town Meeting on September 9?

"So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God."
Ephesians 2:19

Hi All,

I chose this bit of scripture because I want to remind all of us as we travel down this road of sharing an interim pastor, that we are not strangers, but rather friends with one another (including members of St. Mark). Most importantly, we all are members of "the household of God," trying to do the right things to ensure the health of our individual congregations. Plus, I love Paul's letters to the Ephesians and they often have been our Epistles during the last few months.

I know we all are anxious about what our next steps will be as we prepare to call a new pastor. It may feel like our process has been stalled a bit. Please let me remind you what that process is.

First, we are committed to share Pr. John as our interim pastor with St. Mark through the end of the year. You will have an opportunity to talk about what you like and dislike about this model of shared ministry formally at two times. We will have a Town Hall Meeting with just St. Luke members on Rally Sunday, September 9th to discuss how this model is working "so far." And, on Saturday, November 3rd at 9am, we will meet as two congregations for a second Town Hall Meeting to discuss what we should do going forward. This meeting will be at St. Luke and will be facilitated by Pr. Joe Lees from our Synod. You also will have the opportunity to respond to a survey prior to the September 9th Town Hall Meeting. Informally, please talk to me, our Council members and members of the Shared Ministry Committee to share your questions and concerns.

For the past 6 weeks, we've been trying to figure out the logistics of sharing a minister. We're working out what we can share and plan together (Wednesday Bible Study, VBS, confirmation) and also what we need to do alone (National Night Out, Sunday School, Farmers' Market). Pr. John has been supportive of both churches. It is clear both churches want to retain their individual identities as we support each other's work. Pr. John also has been diligent about visiting both congregations' shut-ins. We're working hard to ensure no one is left out.

Where are we in the process of calling a new pastor? We first need to decide whether shared ministry might work for us at all, and if it can with St. Mark, specifically. Once we decide that (after listening to one another during our joint Town Hall meeting with St. Mark on November 3rd, and then making a decision by voting during our St. Luke November bi-annual meeting on Sunday, November 4th), we can put together a call committee. In the meantime, we can formulate a new mission statement that better reflects who we are as a church. We can begin to formulate a strategic plan, but we cannot completely finalize that until we know what we are doing after our November meeting. We can fine-tune the language of the rest of the Ministry Site Program document.

We are not stalled. We're taking time to figure out how to best manage our resources, which are limited, in order to make a good decision about how to go forward. Paul's letter to the Ephesians reminds all of us that we are partners with St. Mark for the next few months as we move forward. Whatever happens, we need to feel less like strangers and more like fellow members of the household of God. Both congregations are struggling a bit. This transition is not easy for any of us.

Again, I encourage you to talk with me, or any of our Council or Shared Ministry Committee members, about your concerns. I continue to believe St. Luke will move forward in a vibrant, new way. We need to decide what that means, and God will help us. We just need to slow down and listen (this coming from an extremely impatient person!). Together, we'll be OK ... I truly believe we will.

My best,

Wendy Bjorklund 651-357-5742 (my cell)

Shared Ministry Committee:

St. Luke:

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Ruth Carlson: rac4310@msn.com

Laurie Herrmann: lauriebuss@yahoo.com

Rebecca Ruiz: bunkamade@gmail.com (alternate)

St. Mark:

Eric Michelson: e.h.michelson@gmail.com

Nancy Redlin: nredlin@joimail.com

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Candy: candygolf01@aol.com (alternate)



From The President

The Lord bless thee, and keep thee. ~Numbers 6:24