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# August 2025 In Touch with Grace



Dear family and friends of Grace,

August has arrived, bringing with it the fruits of our labor. If you are a gardener, you may be seeing many tomatoes, zucchini, beans, corn, squash, and so much more. If you are keeping a pollinator garden, perhaps you have had visitors of many kinds stopping by to find nectar, carry pollen, and bask in the beauty that has been provided. If you are someone who manicures a perfect lawn, this summer has brought plenty of rain and sunshine.

I have discovered a new treat this summer. Many of you probably know this, but I had no idea that I could harvest and eat the berries from my serviceberry tree. They are much like blueberries and are also called June berries. In the past, I had always left them for the birds and squirrels. They were not too happy to see me picking berries that have always been theirs! I have also learned that this tree is called serviceberry because the blossoms are some of the earliest to appear in spring. Their flowers signaled that the ground was thawed enough for burial services to be held, hence the name serviceberry.

This summer, we have been learning about the Fruit of the Spirit. Not only are there possibilities for how we strive to live as God's Holy Spirit inspires and fills us, each fruit points to Jesus who exemplified these traits for us in his daily life on earth.

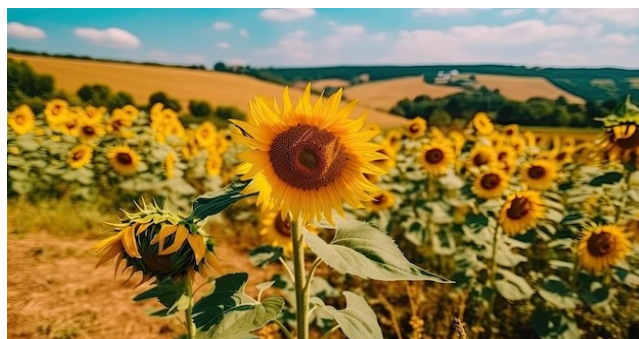
What have we discovered? Love is more than a feeling. It is a choice. Joy is found deep within us beyond transient emotions of happiness. Peace is possible right now no matter what we are facing. Patience is all about an attitude adjustment that becomes a habit. Kindness is an invitation to bring God's presence into the world, not just randomly, but with intention. We still have Goodness, Gentleness, Faithfulness, and Self-Control ahead of us this August.

One aspect of the Fruit of the Spirit is not only do they draw us closer to God in Jesus through the Holy Spirit, there are many health benefits to each of these that are given to strengthen us and improve our health. Practicing these 'fruits' lowers our blood pressure and cholesterol, results in less anxiety and depression, provides better sleep quality along with a healthier heart, results in less inflammation as well as reduced cortisol. Our bodies and minds respond with optimism, resilience, empathy, and an increase of serotonin, oxytocin, dopamine, and endorphins that help us enjoy life to the fullest. Who knew fruits could be so good for us? God did and does!

Join us in worship this August as we continue to explore the remaining fruits as we tie them to a Bible story and find ways to practice them in our own daily lives. Remember that Sunday, August 24<sup>th</sup>, will bring us together with our East Side neighbors for outdoor worship at Lake Phalen Pavilion followed by a picnic. The Outdoor Worship will begin at 10 a.m. Join us as we grow together in faith!

See you in worship!

Pastor Karen



## Announcements

- On the third Wednesday of each month from 2-3 p.m., Cerenity-Marian Park Senior Living offers a Dementia Support Group. Consider attending and finding the support and understanding you need with others who are caregivers and seeing loved ones going through this, All are welcome.
- Outdoor Worship at Lake Phalen Pavilion with our East Side Neighborhood Congregations will be on Sunday, August 24<sup>th</sup>. Worship will begin at 10 a.m. followed by a picnic. Our combined choirs will rehearse at 9 a.m. in the Pavilion. All are invited to bring a dessert of salad. Join us in the beauty of the park!
- Welcome to our new Director of Music! Sabe Dunlap will begin their music ministry with us on Tuesday, August 19, to prepare for the beginning of our program year and the directing of our adult choir and handbell choir. Please consider joining one or both of our choirs. Sabe will be with us at our outdoor worship on Sunday, August 24. Please say hello and introduce yourselves as we start a new musical chapter at Grace. Welcome, Sabe, to our Grace family!!
- Calling all Chili Chefs!! We are planning a Chili Cook-off for October 12th after worship. Please pull out your best Chili recipes and let us know if you will be cooking or tasting. We expect it will be free to cook and \$10 to taste and judge. Plan to join us!!

## Come Be a Part of the Worship Team!

Here are descriptions for each opportunity to join the Worship Team.

**Greeters** - all ages, arrive by 9:10, greet people at the lower level before the service

**Ushers** - all ages, arrive by 9:10, hand out bulletins, gather offering, help direct Communion, tidy Sanctuary after worship

**Acolyte** - all ages (with adult assistance if younger than 5<sup>th</sup> grade), arrive by 9:15, robe for festival services, light candles before the service, assist with communion during service, extinguish candles at end of service,

**Lay Reader** - all ages, arrive by 9:15, read the scripture lesson during worship

**Liturgist** - Confirmed members, arrive by 9:15, robe for most services, assist with leading the service, help serve Communion

**Communion Assistant** - Confirmed members, arrive by 9:20, robe for festival services, assist serving communion during service

**Money Counter** - Confirmed member, count offering money after the service

**Chancel Care Assistant** - all ages (with adult supervision if younger than 5<sup>th</sup> grade), after the service, assist in tidying up the altar area, putting away communion ware.

**Sunday Fellowship Treats Provider** - all ages (with adult participation), set up treats before the service, including making coffee, serve treats during Fellowship following the service, clean up after Fellowship time.

Sign up sheets can be found on the island in the Narthex, the music sign up is on the Kiosk and the fellowship sign-up is in the South Tower room. Please prayerfully consider how you can serve, and SIGN UP! We need you!

## AUGUST MISSION OF THE MONTH

The Mission of the Month at Grace for August is Feed My Starving Children. FMSC is a Christian non-profit organization that co-ordinates the packaging and distribution of food to people in developing nations. Founded in 1987 it says it has been involved in more than 70 countries.

FMSC consistently received the highest awards for integrity and trustworthiness, earning a 4 star rating from Charity Navigation for 17 years.

In 2024/2025 the number of children fed was 1,028,642 with 1,152,699 volunteers across the U.S., 2,206 artisans and producers supported by FMSC Market Place partners and a total number of meals produced was 396,454,128. A note of interest - 99.8% of meals shipped have safely reached intended locations

Please prayerfully consider making a donation to this organization which reaches out to some of the most vulnerable of God's people with one of their basic needs - FOOD. Please use your blue multi-purpose envelope, mark mission of the month and place in the offering or mail to the church office. Checks should be made payable to Grace. Thank you.



**The Congregation responded very well to our request for food items for Merrick Food Shelf during the month of June.** Thanks to all of you who participated. Special thanks to Norm Walby who delivered over 420 pounds of items on July 1st. Remember the first Sunday of every month we ask for non-perishable food item donations and/or monetary donations. Reaching out to our neighbors in need is just one more way of sharing God's love and making a difference.

The Mission Committee

Please remember that the first Sunday of each month is Food Collection Sunday when we highlight the needs of our local Food Shelf - Merrick. Non-perishable food is welcome at any time and can be placed in the Narthex. Donations are always welcome as well. Just be sure to write "Food Shelf" on your envelope or check. Thank you for your generosity.

This month the first Sunday in August is the 3rd!

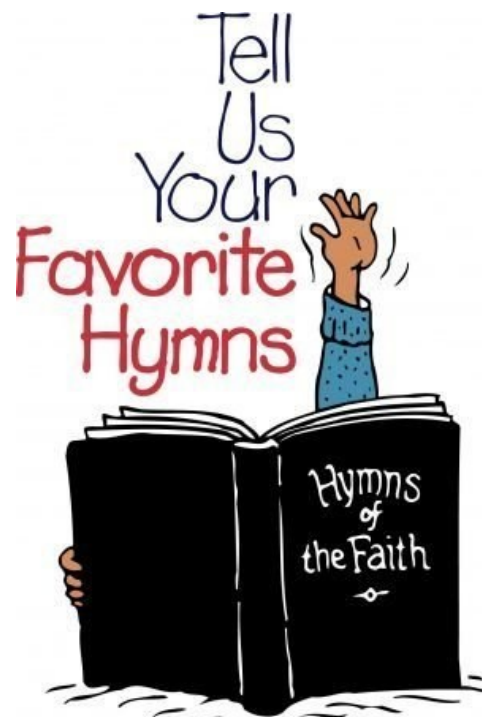


## Music Notes -

Lutherans are known for their congregational singing. Many other churches have marvelous musicians and wonderful music, but don't necessarily support active participation from the pews. In the our hymnal are found a variety of hymns that, through time, have had deep meaning to we people in the pews. They might have been sung on a regular basis on Sundays or had special meaning to a close relative or friend. When they're sung, they bring back how meaningful were those times, singing and sharing the closeness to those special people . For me, I have fond memories of sitting next to my grandmother, singing "How Great Thou Art" while watching Billy Graham crusades.

On the Sunday after Labor Day, we will be having a hymn fest of our favorite hymns. There will be a signup sheet on the table in the narthex that has become our official signup table. If someone has already written down your favorite, just add a check to it to indicate you agree. We have had hymn fests in the past, highlighting our favorite hymns. Many will be yours also. But there are always some new ones, ones that are welcome and need to be added to the favorites list. If there are more hymns than can fit into one service, more favorites will appear during the following weeks and acknowledged as such. Suggestions are always welcome.

Trivia: August birthdays of composers: Antonio Salieri (8/18/1750) Mozart's nemesis; Claude Debussy (8/22/1862) wrote *Clair de Lune*; Leonard Bernstein (8/25/1918) wrote *West Side Story*.

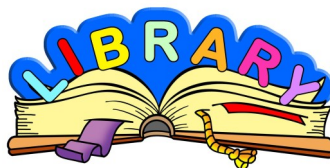


## FROM THE LIBRARY:

The library now has a puzzle-lending collection!

Check it out!!

Thanks for all the donations!



## Grace Book Club -

Here are the latest titles chosen -  
For discussion on:

August 7 Remarkably Bright Creatures Shelby Van Pelt

## Lutheran Night at Target Field!!      Thursday, August 14th

Here are two opportunities to get involved:

1. Attend the game! Check out the information on tickets below. Bishop Patricia Lull and Bishop Jen Nagel (Minneapolis Area Synod) are each throwing out the first pitch.
2. Sing the National Anthem! Do you have members who want to experience being in a large Lutheran choir on the warning track to sing the national anthem? By attending the game, show up early (by 5:40) at Gate 6.

ELCA Lutherans are also presenting an award to a Twins player before the game and singing "Take Me Out to the Ballgame," so come out, cheer with us, and have a great time this August!

### **Thursday, Aug. 14 - 6:40 p.m. | Target Field, Minneapolis**

Take yourself out to the ball game with other area Lutherans! There are a variety of seating options and pricing, ranging from upper level (\$18) to club level (\$51) and more. For group or individual tickets, contact Ryan Thomson at 612-659-3582 or [ryanthomson@twins.com](mailto:ryanthomson@twins.com).

### **National Anthem Lutheran Mass Choir**

Let's show Minnesota that Lutherans can SING! Gather with other voices to sing the national anthem at the start of the game at Lutheran Night on Aug. 14. You will need to get to the field by 5:40 p.m. and meet the group outside the stadium by Gate 6.



VS.



## Sunday School -

Summer is coming to an end, and we hope that all of your adventures have been a blast. We are looking forward to starting another year of Sunday School on Rally Day September 7th. We will still meet in the north tower room following the service each week. All families are welcome age 3yrs old through 6th grade.

A few changes have been made to create a warm space for our younger youth to have a space to play before and during church services. This is a work in progress, but our goal is to organize the children's library more and to create a sort of gallery. This gallery will include art the kids are learning in Sunday School. and also showcase some of the amazing art done by members of Grace.



**Keep sending those postcards!!**

Virtual Bible School (VBS) will be our families sending postcards to each other so we can stay connected this summer as we all go off on different adventures.

God is with us everyday whether we are at church or relaxing at our cabins. We can share God's love wherever we are by living our lives as Jesus has taught us. Love, serve, pray, trust, teach, forgive, and accept our neighbors are all ways we can live like Jesus.



Hope everyone is having a great summer.

# Calling All Chili Chefs!!!



The Community Connections Committee would like to fund a Christmas Adopt-a-Family this year and has decided to hold a Chili Cook-off to raise some funds for that purpose. SOOOO.....

If you have a Chili recipe you would like to enter in our Cook-off:

When: October 12, 2025 after Worship (10:30-12)

Where: South Tower Room at Grace

How to Enter: Let the office know at 651-774-9617 or by  
Email at [gracelutheranstpaul@gmail.com](mailto:gracelutheranstpaul@gmail.com)

Cost: No cost to enter just donate your chili  
To taste and/or judge the cost is \$10/person

There will also be toppings (sour cream, crackers, cheese, etc) and corn bread available

# Community Connections - ongoing projects!!

## Internal, Local and Global

**If you would consider serving treats** on a Sunday morning, we would appreciate your help. Please take a look at the sign-up schedule in the South Tower room and see if there is a date that works for you to help out! If you would be willing to bring treats but would prefer to not serve, please speak with Linda Sackreiter and we can arrange that as well.

Thanks for your help!!

### 2025 Collections

**Quilts, baby care kits** (Note: soap size accepted for baby care kits is 3.5 or 4 oz gentle soap; soap in each kit has to total 8 or 9 oz)

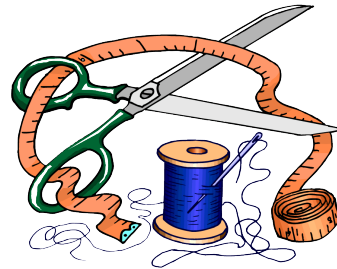
We delivered quilts to the LWR warehouse again this year after gifting a quilt to each Confirmant. We continue to put together baby kits as well.

Other on-going collections at Grace - used eye glasses and cancelled stamps. Please find the small collection baskets on the library shelf. Also, Sandy Abernathy will take any American Flags that need to be disposed of properly. These can be left in the collection area in the library. (We are not currently saving soup can labels) Thank you for all donations!



**Quilt Days**— We have delivered quilts to the warehouse in South St. Paul this spring. In addition to the 4 quilts we made for this year's confirmands we made 34 quilts to be taken to LWR. We have put together 12 baby care kits which will also be delivered soon. Lutheran World Relief distributes donated quilts all over the world including in the US.

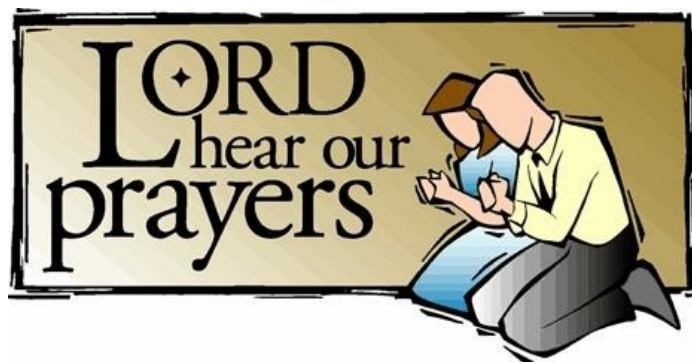
We will take a break for summer and resume meeting again in September! Think about joining us in the fall!



**Miles of Pennies** The large collection jar in the library is always accepting donations toward giving to the LSS fund for helping homeless Youth in St. Paul. We are well on our way to our goal of \$250. Let's exceed that again in 2025! Thank you to everyone who participates in this important mission. Your generous donations of coins and paper money are appreciated.







**We lift our prayers to God** in times of thanksgiving and times of need, in times of joy and times of sorrow. This month we especially pray for Paul Hesterberg, Phyllis Armstrong, Bev Henderson, Carol Anderson, Butch Nelson, the family and friends of Muriel Demko, and all those we name in our hearts.

#### **How to donate other than in the offering plate:**

There is always snail mail. The office is open to receive the mail and our bookkeeper will count what comes in each week and deposit it in the bank. Our address: 1730 Old Hudson Road, St. Paul, 55106.

To donate electronically: You can schedule a transfer of funds with your own bank if they have bill pay available and it will come automatically on the date you choose. Otherwise, you can go to our website ([www.gracelutheranstpaul.org](http://www.gracelutheranstpaul.org)) and click on the GIVE page.

This site is secure for financial transactions through Vanco which is the Simply Giving program. At the GIVE page you can go through the steps as directed and give whatever amount you wish to several different categories (general, other, etc.) This works best on the Firefox or Edge browsers. This does get to us electronically in a very timely manner. If you are comfortable using the QR, it will take you directly to the GIVE page on the website. **Please call the office if you have any questions.** Thank you.

Give QR



#### **Financial Snapshot for GLC-2023**

	<u>June Actual</u>	<u>YTD Actual</u>	<u>YTD Budget</u>
General Fund & Rents	\$ 40,099.65	\$ 133,446.80	\$123,705.02
Expenses	<u>\$ 19,139.70</u>	<u>\$ 140,268.17</u>	<u>\$176,809.96</u>
Deficit/Overage	\$ 20,959.95	-\$ 6,821.37	-\$53,104.94



1 Gabriella Studiner

3 Jonathan Williams

5 Linda Denson  
Catherine Geister  
Evan Taylor

6 Jackson Geister  
Gerry Lindquist  
Warren Loiler

10 Raiha Storbakken

11 Jeff Gorton  
Lynn Kolars

12 Adeline Oberlander

16 Randy Nikula

17 Bob Golder

24 Betty Castle  
Jenna Engh

26 Valerie Hultgren

Amelia Kislinger

27 Pauline Kinnunen

Tayveanna Parsons

29 Sylvia Dyrhaug

Jennifer Voss



# Worship Leaders for August 2025 -

<u>Date</u>	<u>Liturgist</u> or <u>Communion Asst.</u>	<u>Acolyte</u>	<u>Lay Reader</u>
3	Monique McClure-Hegge	Amanda Christie	Monique McClure-Hegge
10	Peter Zitzewitz	Olivia Childs	Barb Holtan
17	Linda Sackreiter		Linda Baer
24	Worship in the Park	----	-----
31			Sig Johnson

<u>Date</u>	<u>Ushers</u>	<u>Greeters</u>
3	Greg & Kris Mohwinkel, Linda Sackreiter	Gary & Alice Petersen
10		Karin Nikula
17	Jeff Oberlander team	
24	Worship in the Park	
31		

<u>Date</u>	<u>Money Counters</u> - (we could use some additional volunteers on our counting teams)
3	Monique McClure-Hegge team
10	Kate Pray team
17	Amanda Christie team
24	----- (Picnic)
31	Monique McClure-Hegge team

**Please see sign-up sheets for summer Sunday jobs in the Narthex, the special music sign-up is on the kiosk in the Good Shepherd Lounge and the Sunday Fellowship sign-up is in the S. Tower Rm.**



Grace Lutheran Church  
1730 Old Hudson Road  
Saint Paul, MN 55106



Phone: 651-774-9617

FAX: 651-774-0006

[www.gracelutheranstpaul.fyi](http://www.gracelutheranstpaul.fyi)

[gracelutheranstpaul@gmail.com](mailto:gracelutheranstpaul@gmail.com)

**Pastor:**

Rev. Karen Williams

**Custodial Staff:**

Linda Denson

**Office Staff:**

Linda Sackreiter

**Music Staff:**

Kathleen Hollar—Organist

Jan Steingas—Triple G's

Sanctuary Choir

Connie Smeby—Joyous Juniors

