

# grace notes

September 2021

## Building Grace

*"For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— not the result of works, so that no one may boast." Ephesians 2:8*

Grace is a gift from God. A gift freely given to all of us, without work, without merit, without anything. It is out of this world.

I will admit at times that running a church and being a pastor is a lot of work! And truthfully people want to measure our success. How many people attend your church? How much money do we have? How many new people are we reaching? These questions are important! I ask them myself because they are essential to how we do things: how we pay the bills and support the ministries here in this place. And yet, they are not grace-filled questions. They are worldly questions. Questions of merit, questions of work, questions of doing. We in the church can often be quick to boast (although somewhat humbly). This is what we are doing. Our parking lot was full on Easter.... Or we have grown during the pandemic.

As I look to this fall, I know that the staff has put a lot of energy into planning ministry. I also know our volunteers are ready to go and kick off important things like our WOW Bible Study, and small groups on many different nights of the week. These are all ways that we experience grace, and also build grace - not by our own works of course, but by sharing God's love and grace with others.

I am so excited about the new sign that is now on our property. A sign of grace where we get to share not only the activities happening here at our building, but also words of encouragement, and words of hope for a world that is desperately seeking them.

Our sign is one of the steps in "building grace" (Thanks to Pastor Maria Markman for this title), but there are many more in our future. As you know, our property on Nightingale was sold this year and we will be signing on the dotted line on September 8<sup>th</sup>. We will be using most of this money to renovate our building to do the necessary things we need, like fixing our bathrooms and securing our daycare, but there are some other things too. As our team has met with the Busch Architects over this past year, their company has listened to our hopes and dreams. Recognizing that we long for a space that facilitates connection and care by expanding our narthex. We also long to be able to have a large food pantry to serve our neighbors, to update our sanctuary and have more light, while also doing the necessary upkeep of fixing our parking lot and more. The reality is that all of this will cost money that will go beyond what we made on the sale of the land. And yet, investing in our ministry is one of the ways that we will build grace, not only our church, but also share God's love, God's forgiveness, and God's story of acceptance.

Jesus, throughout the book of John (the Gospel we will be reading this year) often uses signs to point out to people ways in which God's grace is experienced. Maybe it's in the flowing of wine at a wedding, or in the feeding of thousands after a long lecture, but he also says, the signs are pointing to something more. They are a symbol of God at work in and through those signs. This is the same for us. While our building renovations might seem like construction, the truth is they are a way for God to use us, and to show God's amazing presences and love on the corner of Round Lake Blvd. and Bunker. What I know to be true, is that people are longing for just a little bit of love, a little bit of comfort, a little bit of acceptance and a whole lot of grace. *Let's let God lead us in building Grace together!*

Blessings,  
Pastor Joanna Mitchell



## Associate Pastor's Letter

### Our Thirsty World

by Pastor Maria Markman



This week, I opened "Boundless: Stories of Christ's Abounding Love and Grace," a magazine published by the ELCA for supporters of ELCA ministries around the world. The opening letter from Kathy Summers (an ELCA development executive) begins with a verse from Hosea:

*"Let us acknowledge the Lord; let us press on to acknowledge him. As surely as the sun rises, he will appear; he will come to us like the winter rains, like the spring rains that water the earth."* Hosea 6:3

Instantly, I began to reflect on how thirsty our world is. The earth is literally parched. We see evidence of this as fires rage and waters in lakes and rivers and streams recede and even dissipate. Walking this past week by the Rum River, a woman passing lamented about the stunted corn growth. She literally proclaimed to me as I walked by, "let us pray for the corn!" Yes, let us pray for the corn. How might we also adjust the ways we live to leave our world healthier and quenched?

We humans also thirst. Kathy writes in her article, "The last couple of years have been defined by turmoil, uncertainty, and grief. Even now as more and more of our world opens up, many are still struggling."

I have heard this cry of thirst from many of you and I join in this cry. At the same time, I know these words of Hosea to be true -He will appear! Do you hear Hosea's call to acknowledge the Lord? Surely, God has shown up for you in difficult times. Surely, God has watered you to grow you into the person you are today. As you reflect on this passage, what are you thirsting for?

Whether you are thirsting for connection, wisdom, certainty, excitement, growth, health, peace, love, grace, or something else entirely, let us acknowledge the Lord, who is the giver of all things! Hold fast to the promise that God appears and provides for us living waters. Together let us pray for fall and for all of the new beginnings fall brings:

*Thirst-quenching God, we pray as seasons change that you might remind us of your provision for life. For all of those who are feeling the anxiety of newness on the horizon, may they experience your preparedness, comfort, and peace. As the new school year begins we pray for teachers and administrators, parents, and students may all be patient and eager to learn. May our acknowledgement of you transform how we live, move, breathe, and serve in this world. Help us show up for the thirsty in our midst and drench them with your love. Amen.*

### Finances

To better align with accounting practices, dedicated revenues and expenses have been separated from operating revenue and expenses to give a more accurate picture of our financial standing.



#### Jan. 1 to July 31, 2021

Current & Capital Offerings-\$477,868.89  
Expenses—\$514,320.91  
Mortgage Balance \$437,686.65  
Dedicated Offerings—\$50,165.30  
Dedicated Fund Totals -\$87,493.29

#### Jan. 1 to July 31, 2020

Current & Capital Offerings-\$472,538.55  
Expenses—\$435,712.13  
Mortgage Balance \$525,628.76  
Dedicated Offerings-\$41,134.56  
Dedicated Fund Totals-\$69,349.63



## Thank You/Ministries

### Thank You

Dear Grace Family,

Thank you so much for your care, concern, prayers, phone calls and cards you sent as I recovered from my emergency Appendectomy in late July. It meant so much to me knowing that I was in your thoughts and prayers. I'm feeling so much better now and almost back to normal.

Blessings,  
Kris Miller



### Hotdish for Homelessness

Tickets are now available at  
[www.familypromiseanoka.org/events](http://www.familypromiseanoka.org/events)

\$50 General Admission | \$250 Reserved Table of 6 | Kids 5 and under FREE with a paid adult

We are excited to bring back our annual Hotdish for Homelessness event in-person! This year the fundraiser will feature music and entertainment from Dane Stauffer, an Anoka County native who's impressive career spans cabaret, theater, film, television, and radio. You may recognize Dane from his starring role as Roger Caldwell in the IVEY award winning musical "Glensheen". He is known in San Diego as the lead "Hugh" in San Diego's longest running show ever, "Triple Espresso", with which he has toured the USA and Ireland. Dane will be accompanied by another Minnesota native, Dan Chouinard. For three decades, Dan Chouinard has been pianist and accordionist of choice for a who's who of Twin Cities performers, an enabler of community singalongs and a writer of hit shows for public radio, concert hall and theatrical stage. He's appeared all across the upper Midwest and turned up often on Garrison Keillor's *A Prairie Home Companion*.



### "The Zoomies"

Since March or April of 2020, a group of Grace members has gathered on Zoom every Sunday for a time of fellowship and connection. Over the last year and a half, these "Zooms" have become something we all look forward to, and it's safe to say lifelong friendships have been developed.

On August 22<sup>nd</sup>, (most) of this group gathered for a potluck picnic and a time of face to face connection. (Those that weren't able to attend were there in spirit.) We were blessed with beautiful weather, (too much) delicious food, and great conversation with lots of laughs.

The group has been meeting at 11:30am during the summer. Over the next couple of weeks, we'll be talking about what time works best for most. **ALL ARE WELCOME to join this time of fellowship.** Information is on the church website, or you can always reach out to one of "the regulars," or contact the church office. We promise you good conversation – and a pun or two from Jan. Also – the hosts of the potluck picnic enjoyed it so much, they're thinking about hosting a bonfire/S'mores gathering sometime this fall.



### Children's Books Wanted

Olivia Surratt is collecting books for her Girl Scout Gold Award Project. She is partnering with ACBC Food Shelf to distribute books for free to children whose families use the food shelf services. She is accepting books:

- Gently used in re-giftable condition
  - Any age from Birth to 18 years old
  - Both picture and chapter books in any genre
- If you have any books to donate please call Stacy Surratt at 317-506-6362. Thank you for your help!

## Ministries



### 2021-2022 SUPPORT FOR SCHOOL SUPPLIES AT SAND CREEK ELEMENTARY!

We hope and pray that this school year can be back to normal for the students at our Faith & Community Partnership school, Sand Creek Elementary. No matter what the future holds for the school year, school supplies are in need!

If you would like to help, please consider purchasing any of the items in the list below and return them to church in the tote labeled "Sand Creek School Supplies" that will be located in the narthex. The items indicated with the astricts \*\* are MOST in need, however all items are in need! The donations will be accepted throughout August and the **deadline is September 5th.**

You can also give a monetary donation of cash or check. If writing a check, please make it payable to Grace Lutheran Church and write "Sand Creek" in the memo line. The monetary donations will be used by the Sand Creek Grace Team toward the food expenses for the Sharing Grace Backpack Food Bags prepared and given each Friday to children who would otherwise go hungry over the weekend.

- \*\* 8 count Crayola Markers
- \*\* 12 count Crayola Colored Pencils
- \*\* Safety/Kids Scissors
- \*\* 1 inch binders
- \*\* Hardcover Pencil Boxes
- Pocket Folders – Red or Green color
- \*\* Spiral Notebooks – Wide ruled
- \*\* Highlighters
- \*\* #2 Pencils (Ticonderoga)
- Ziplock bags – gallon size
- Multi-pack pocket tissues (Kleenex)
- \$25 gift cards to Walmart/Target/Gas cards
- Snacks – Individual packaged – Nature Valley Crunchy Granola Bars, Gold Fish Crackers, Fruit Snacks, Skinny Pop.



### W.O.W. (Women on Wednesdays)

All women are invited to W.O.W. (Women on Wednesday) as we enjoy Christian fellowship, em-

brace growing friendships, and engage in studying God's word together! Come to connect more with God and with other women each week, in this fun-loving and encouraging environment!

**WOW meets Wednesday mornings from 9:30 to 11:15am, starting September 15th.** All are welcome! Please consider joining us and inviting friends, even those who are not members at Grace. WOW follows the Anoka-Hennepin SD 11 student schedule (ex. no school, no WOW). Child-care is provided for a small fee.

**Register online at [www.graceandover.org](http://www.graceandover.org), through REALM or call Grace Lutheran Church office @ 763-421-6520.**



### Graceful Seniors

**Tues, Sept. 14th 8:30-10am**

Come for fellowship stay for Building Project information! Join me in welcoming Grace Building Taskforce member,

Charlie Wold, to this month's Graceful Seniors meeting. He will walk you through some of the details of our upcoming building project. For more information please contact Pastor Maria Markman



### Ruth Circle

Ruth Circle is a group of mostly retired women who **meet the first Monday of each month** following quilters (12pm) Bring your lunch and join Pastor Maria and others as we engage the Gather magazine monthly Bible Study. We will begin September 13th (September 6th is Labor Day). Pastor Maria Markman will have extra copies of the study for those who don't have a subscription or who would like to try it out.



## Ministries

### Conversations on Race and Culture



In the past month, as a congregation in worship, we have been studying the book of Revelation. A common refrain in the book of Revelation describes, "...a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne before the Lamb..." Our monthly Conversations on Race and Culture (presented by Grace's Adult Ed Team) aim to help us understand the experiences of those who are in fact different than us, so that when we gather together (an action that in and of itself is an act of worship) we might more easily understand the differences in each other's experience and at the same time see each other's innate Godlikeness.

Join us this fall for these conversations:

- Hispanic Heritage -September 23rd, 6:30-8PM Grace Fellowship Hall
- Indigenous People: guest presenter Rev. Jim Bear Jacobs - October 5th, 6:30-8PM Fellowship Hall
- Intersectionality: Intersectionality is an analytical framework for understanding how aspects of a person's social and political identities combine to create different modes of discrimination and privilege. The term was conceptualized and coined by Kimberlé Williams Crenshaw in 1989. - November 16th, 7:00-8:00pm Fellowship Hall

### Grace Quilters



Create, sew, tie, and fellowship together. If this sounds like something you've been longing to learn or do, join the Grace Quilters. We can teach you the how and you can sew at home or at the church as we do have 3 sewing machines waiting to tempt you and your creativity. The group makes quilts for many charities and families in need. Grace Quilters meet on **Monday mornings from 9 AM to Noon**. Join the fun and fellowship! If you want individual instruction, call Low Jackson at 763-762-6151 and she will arrange it with you. All skill levels are encouraged to join us and bring a friend or two, too, the more the merrier!

### MUSIC AT GRACE



Come and praise God through music at Grace! There are a lot of opportunities to share your gifts with the congregation, and we would love to hear what you have to share!

- **Grace Choir:** Currently rehearses once a week for 90 minutes (starting September 1<sup>st</sup>) and will sing two or three Sundays a month. You never know how much you will like it until you come and join us in song! (Even if it's just once or twice)
- **Praise Team:** Rehearses on Saturday afternoons (before the 5pm service), and sings for the 5pm and 10(:30)am service each week. There is a possibility of a Tuesday or Wednesday evening rehearsal for singers as well if Saturday doesn't fit your schedule. Be on the look out for more information on these weekly rehearsals.
- **Instrumental Ensemble:** We are going to "re"-start the instrumental ensemble here at Grace that started in 2020. The ensemble will be rehearsing in-between services starting Sunday September 19<sup>th</sup> with a performance on October 31<sup>st</sup>. Anyone 6<sup>th</sup> grade and older with at least 1 year of experience on an instrument is welcome to join! Any questions, you can contact Joe Jackson or David Phelps.
- **Special Music:** We always welcome solos or small ensembles to share music with us as well. God has blessed all of us with talents, and we would love to hear yours! Even if you don't have a song in mind, We can find one you enjoy, that will highlight your gifts and talents.

If you are interested in any of these, or have questions about the music program at Grace, please contact David Phelps.

### WORSHIP TECH OPPORTUNITIES



Are you interested in assisting from behind the scenes? We are looking for people to run our **projectors, streaming service, and sound board** during worship. If your first thought is "I'm not a tech person, it's not for me," you will be surprised how easy it is to learn, and it's a great way to contribute to the worship experience from behind the scenes! You will be trained in by a staff member, and there are detailed instructions if you forget anything! Contact David Phelps if interested, or if you have any questions.

## Small Groups

### Woman's Half

#### Day Retreat

Please join the Women's Retreat Ministry team for an amazing and fun-filled event this Fall. The Team is having a half-day LIVE retreat at Grace Lutheran Church on Saturday Oct 2, 2021 from 9am to noon. This event will be filled with fun, fellowship, and a little creativity. We invite **ALL Grace women** and their friends to come. At this fun event, you will meet and get to know more women at our church, laugh a lot, have some snacks and do a little craft painting project. **Registration is required on Realm** so we can make sure we have everything planned for you! The cost of the craft painting project is \$25. **Realm Registration is open NOW!** We hope to see you at our event on Saturday Oct 2nd! If you have any questions regarding this event – feel free to reach out to Stacy Surratt – 317-506-6362 or email her at [stacysurratt@yahoo.com](mailto:stacysurratt@yahoo.com).



### Qigong Practice

#### Group

**Begins September 8th**  
**Meets every other Wednesday**  
**at 10 am, for up to 90 minutes**  
**Grace Classrooms 105/107**



Are you ready to improve your well being by learning practical ways to keep you and your loved ones healthier – longer? Well... the Qigong Practice Group at Grace Lutheran Church may be just the opportunity you are looking for. A small group has been practicing Qigong (chee-gong) over the summer and has found it to be a fun and insightful way to cultivate and maintain personal health and well-being.

Each session includes focused, gentle movements (yet very powerful), sitting meditations and practical information on how to maintain your health and that of your friends or family. Clothing is casual. There is no cost, and you do not have to be a church member to attend.

The Qigong Practice Group at Grace is led by Randy Sparer, trained as an energy healer in Spring Forest Qigong. He has practiced qigong for nearly 20 years and has worked in the pharmaceutical and medical devices fields. If interested, please call or text Randy at 612-812-2392. Our group would like for you to join us!



### 8 Weeks of Evening

#### Centering Prayer

*Be Still and Know that I am God.*  
*Psalm 46:10*

Many of us have hectic and hurried lives. Sometimes the cares of life can feel extremely heavy. One way of releasing the burdens and better recognizing our priorities is to be intentional about spending time with our Creator in silent prayer. Centering Prayer is a prayer practice where one chooses to quiet the mind and simply be in the presence of God. If you have been curious to learn more about Centering Prayer or might benefit from support in your practice, please consider joining us this fall. We are meeting in person in the worship center at **7:30-8:30pm on Thursday evenings from September 23rd to November 11th**. Please contact Anne Weikle at [weikle3@msn.com](mailto:weikle3@msn.com) with questions or to indicate you will be joining us. You may also call the church office. This will be a time for beginners as well as people who have been practicing for a long time. Feel free to attend as many sessions your are able.

**Register on REALM today!**

### What is God like?

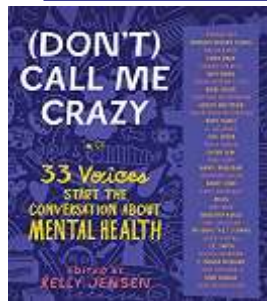
**Wednesday evenings**  
**beginning September 22<sup>nd</sup>**  
**to Christmas.**



Have you ever wondered what God is really like? There are so many stories in the Bible about God being a king, or a warrior, or our savior. We know that God is a trinity, Father, Son and Holy Spirit, but what does that look like and how might we experience that. This year on Wed. evenings, we are offering opportunities for people of all ages to explore this question: "What is God like" using the new children's book by Rachel Held Evans. *From 6:30-7:30pm children, catechism students and adults will meet to have age-appropriate learning. We will end our time together with worship from 7:30-8pm.*

**Register on REALM today!**

## Small Groups



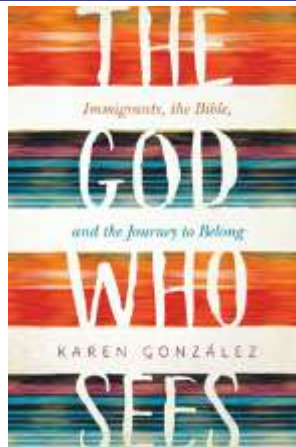
**"(Don't) Call Me Crazy"**  
**Mondays**  
**6:30 to 8pm**

"Diversity is having a seat at the table, inclusion is having a voice, and belonging is having that voice be heard." Please join us-Bekah Hirt and Nancy Jenkins-as we discuss the book, (Don't) Call Me Crazy – 33 Voices Start the Conversation About Mental Health, edited by Kelly Jensen. This book offers personal and hopeful insights into living with various mental health challenges. The book has 5 chapters so we will read selected stories within a chapter each week with a maximum reading of 24 pages. We will meet in person from 6:30 to 7:45 pm on **5 Mondays starting September 20th (9/20, 9/27, 10/4, 10/11 & 10/18)**. This book may be ordered online from Barnes & Noble or you may borrow one of the 3 copies available in the church office. Please join us! **Registration is now open on REALM!**



**The Chosen**  
**One Watch party and**  
**Video Study group -**  
**Sundays 6-8PM**

Join Daron Yates, Mike Schaaf and others in watching and following along with the official companion study to Season 1 of *The Chosen*, the groundbreaking television series about the life of Jesus. *What Does It Mean to be Chosen?* parallels each episode, connecting you to the Bible in a brand-new way. As a group, each week (8-weeks), you will watch an episode, study, and share a dessert together. **Beginning Sunday, Sept. 19th.** Discounted books are available for participants at Grace, however if you do not need a discounted study book we ask that you purchase your own online. Contact Pastor Maria Markman with any questions. This group is open to anyone interested, feel free to invite a friend or two! **Registration is now open on REALM!**



**"The God Who Sees:  
Immigrants, the  
Bible, and the  
Journey to belong"**  
**Thursdays**  
**6:30-7:30PM**

A book and Bible Study co-lead by Pastor Maria Markman and Bekah Hirt. **Beginning on Thursday, September 30th.** With the help of God, we pray our eyes will be opened to the needs of immigrants in our own community as together we study the Bible following the path of the book, *The God Who Sees* by Karen González. In *The God Who Sees*, immigration advocate Karen González recounts her family's migration from Guatemala to Los Angeles and the suburbs of south Florida. Here, too, is the sweeping epic of immigrants and refugees in Scripture -intrepid hears of the faith cross borders and seek refuge... Find the power of Jesus, a refugee Savior who calls us to become citizens in a country not of this world. **Registration is now open on REALM!**



### Green Ribbon

If your child is struggling with their mental health, Green Ribbon is a support group for parents to gather, share, listen and support one another. We meet on the first Tuesday of each month at 6:30pm in the youth room and will start on October 4th. Meetings are open to all, so if you know of a parent outside of Grace that would benefit from the support that Green Ribbon can provide, please encourage them to join us or reach out to Kristi Larson at [KristiL@graceandover.org](mailto:KristiL@graceandover.org).



## Children's Ministry



### Sunday School

Begins

September 19th

Register today on Realm!

(Children ages 3.5- grade 5)

This year our curriculum is from Spirit and Truth Publishing, which not only uses the same readings we read in church, also focuses on teaching our kids the amazing story of God's love found in scripture. Contact Pastor Maria Markman with any questions. **Registration now open on REALM!**



### Wednesday Night

Volunteers

Needed!

Sign up today on Realm!

### First Communion Class

Wednesday,

September 15, 2021

6:30- 8:00PM



Children of all ages are welcome to the Lord's Table. Historically at Grace, children in third grade have been invited to receive first communion instruction. However, if you believe your child is ready, we welcome them to participate in first communion instruction. In the same way if your child is older than third grade, but they haven't yet received communion instruction, they are invited to attend as well. Parents and children are required to attend this class together. Following our first communion class, children will receive their first communion in worship on October 3rd at either worship service. October 3rd is a very special day where the church celebrates World Communion Day. Contact Pastor Maria Markman with any questions at [mariam@graceandover.org](mailto:mariam@graceandover.org). **Registration now open on REALM!**

### School Schedule 2021-22

Wed., Sept. 8th	Leader Training 6:30pm
Sunday, September 12th	Rally Sunday- Kindergarten Angel Pins in Worship; Nursery is available during worship; Join us after church for a mission fair, bounce house and fun!
Sun., Sept. 19th	Sunday School Begins (8:45/10:30am)
Wed., Sept. 15th	First Communion Class 6:30-8pm
Wednesday, Sept. 22nd	Wednesday Nights at Grace- 5:30pm-8:00pm
Sunday, September 26th	God's Work Our Hands Service Day following worship at 9am. All ages are invited to participate in service projects. Bekah Hirt and helpers will lead child friendly projects if parents want to serve on non-child friendly projects.
Wed, Sept. 29th	Wednesday Nights at Grace-5:30-8pm
Sunday, October 3rd	Sunday School (8:45/10:30) First Communion Celebration in worship for those who attended instruction on September 15th. New Member Class 11:45am
Wed., Oct. 6th	Wednesday Nights at Grace-5:30-8pm
Sun., Oct. 10th	Sunday School (8:45/10:30am)
Tues., Oct. 12th	Children's Ministry Team Mtg 6:30pm
Wed., Oct. 13th	Wednesday Nights at Grace-5:30-8pm
Sunday, October 17th	Mental Health Weekend Sunday School (8:45/10:30am)
Wed., Oct. 20th	No Wednesday Programming MEA
Sun., Oct. 24th	No Sunday School MEA
Wed., Oct. 27th	Trunk or Treat 5:30-7pm
Sun., Oct. 31st	Sunday School (8:45/10:30)



## Youth Ministry



### Own Your Faith

Own Your Faith is a unique year of discernment for our 9th grade students as they prepare for their Confirmation this spring. For more information about Own Your Faith and to register, please go to the Own Your Faith website found under "youth ministries" at [www.graceandover.org](http://www.graceandover.org).

#### Important Upcoming Own Your Faith Dates:

- Sunday, September 12th - Own Your Faith Blessing during the 8:45 and 10:30 worship service
- Tuesday September 28th - Own Your Faith Virtual Meeting at 6:30
- Thursday, October 21st - Friday 22nd - Own Your Faith Retreat

### Catechism

Catechism is back and better than ever for all 6th - 8th grader students every Wednesday evening from 6:30-8:00pm. Join us for worship, activities, learning, small groups and more.

This fall we are partnering with adult ministries and children's ministries to explore "What God is Like." Catechism large group begins at 6:30pm every Wednesday. After our small group time we will move multi-generation worship (all are welcome!) from 7:30-8:00pm and families are encouraged to join us.

**Catechism Kick Off** this year is at Grand Slam in Coon Rapids from 6:30-8:00pm on Wednesday, September 15th. For more information on Catechism, the kickoff event, or to register, check out the Catechism website found under "youth ministries" at [www.graceandover.org](http://www.graceandover.org). Please register by September 12th.

#### Important Catechism dates in September:

- 9/8-6th grade and new student/parent meeting @ 6:30pm; Catechism Leader Training @ 7:30-8:30 pm.
- 9/15-Catechism Kick-off at Grand Slam for all 6th-8th grade students @ 6:30-8:00pm (NO FAMILY PIZZA OR WORSHIP)
- 9/22 Family Pizza @ 6:00-6:30 pm Catechism and worship @ 6:30 - 8:00 pm
- 9/29 Family Pizza @ 6:00-6:30 pm Catechism and worship @ 6:30 - 8:00 pm



### Family Pizza

After a long year away, Family Pizza returns on September 22nd! Say goodbye to cooking and dishes on Wednesdays and join us for pizza, salad and time to connect with others at grace every Wednesday from 6:00-6:30pm. Pizza and salad are sold for a small cost – but the connection is priceless!

### High School Ministries



We have MANY ways to connect this year for our high school students both inside and outside of youth ministries. In addition to youth night, the fall retreat and cooking with Kristi, you are also invited to participate in the Grace choir, praise band on either Sunday mornings or Wednesday evenings, ushering, reading in worship, teaching Sunday School, working in the nursery, participating in conversations on Race and Culture and many other ways to participate in the church. *Text Updates* to receive text message updates on all things High School Ministry, email Kristi Larson with your mobile phone number! To find out more on how you can serve in these areas please contact Kristi at [Kris-tiL@graceandover.org](mailto:Kris-tiL@graceandover.org).

- **Wednesday Nights for High School Students** Do you wonder what God is really like? Do you sometimes struggle to explain the God you believe in even to yourself? Are you scratching your head about how God can be the Father, Jesus AND the Holy Spirit? Fear not – this fall is for you! Join us every Wednesday evening until Christmas to discuss who God is and what God is really like starting at 6:30pm. After an intergenerational worship at 7:30pm we will meet for time to hang out, have some snacks and visit with one another until 9:00pm. We start on September 22nd!
- **Nursery High School Students (9th - 12th grade)** – do you love the littlest of God's children? Are you interested in raising money for church trips or activities? Then you are in luck! You can sign up to work in the nursery on Sunday mornings and Sunday evenings. As a thank you, we will donate \$10 for every hour you work to your church account to pay for summer trips or activities.

### Summer 2022 Save the Dates!



It's only September, but Summer 2022 planning is already underway! **High School Students**—next summer we are heading to the ELCA Youth Gathering in July! For details and to register go to the Grace website. **Middle School Students**—we will be planning a trip next year for our current 7th and 8th grade students. More information will be available soon. **And back by popular demand – SUMMER STRETCH RETURNS IN 2022!!!!** So as you are making your plans for Summer 2022 – be sure to keep your Thursdays open!



### Cooking with Kristi

Fun fact about Kristi – she loves to cook and loves TEACHING kids how to cook simple but delicious meals that they can make themselves now or as they emerge into adulthood. The first Tuesday of each month at 6:30pm (Starting in October) we are gathering to cook dinner and eat! Why? Because cooking, food and community are important. The Bible even tells us so. In years past this has been a favorite event for students. RSVP each month to Kristi if you can join us on October 5th, November 2nd, or December 7th.

## Events

### 20th Anniversary of Sept. 11th

**September 11<sup>th</sup>, 2021** is the 20<sup>th</sup> Anniversary of the attacks on the United States. **We invite you to join us for a special worship service on Saturday evening at 5pm.** Our liturgy, prayers, and music will be a time of reflection and remembrance.



### Rally Sunday is Sept. 12, 2021

Join our fall kick off where we celebrate coming back together as a community of faith. A ministry fair will showcase the outreach teams and events that are happening, eat at the food trucks, play games, bouncy house and kids activities, register for small group classes, Sunday School, Catechism and more. We hope that you will join us for this important connection event. Worship will be at 8:45am and 10:30am. We will have food trucks from **Rustic Chef, Floyd's Donuts, YOUiverse Foodie Waffles, and more!** Visit [www.graceandover.org](http://www.graceandover.org) for more fun!



### Celebrate Hispanic Heritage Month with us at worship on Sept. 18/19

The idea for Hispanic Heritage Month, celebrated throughout the latter half of September and the first half of October, began as a way to promote the history, culture, and contributions of Hispanic-Americans — specifically, those whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. Communities mark the achievements of Hispanic and Latino Americans with festivals and educational activities. September 15th is set as the starting date for the month as it is important for many reasons. It is the independence anniversary for several Latin American countries. From here onwards, the independence days of Mexico and Chile fall on September 16th and September 18th, respectively. Dia de la Raza or Columbus Day also falls within this month, on October 12th. Hispanic Americans have been integral to the prosperity of the U.S. Their contributions to the nation are immeasurable.



### Family Table

**Sunday, Sept. 19th**

To sign up to help visit [www.graceandover.org/outreachministries](http://www.graceandover.org/outreachministries).



### Week of Sept. 26th-Oct. 2nd

For more information on how to help with Family Promise please visit [www.graceandover.org/outreachministries](http://www.graceandover.org/outreachministries).



### God's Work. Our Hands.

On **September 26<sup>th</sup>** join us for a special Sunday where part of our worship is to serve the community around us. Show God's love by extending your hands in care. **We will have ONE worship service this Sunday at 9am.** Then everyone of ALL ages are invited to sign up for a community service project. Community service projects include: Various areas at Sand Creek Elementary, Seeds of Grace fencing, Sealing the new picnic tables, yard projects for our neighbors, music at the Farmstead, Boy Scout car wash, Quilt tying, Rolling bandages and much more! Visit [www.graceandover.org](http://www.graceandover.org) for more information and to sign up.



### Adult Education Speaker Event

**Grace Fellowship Hall**

**Tues., Oct. 5th, 6:30 p.m.**

Speaker: Rev. Jim Bear Jacobs, Director of Community Engagement and Racial Justice for Minnesota Council of Churches, Founder of Healing Minnesota Stories and Parish Associate at Church of All Nations Presbyterian Church.

Healing Minnesota Stories exists in part to create dialogue, understanding and healing between Native and non-Native peoples in the Twin Cities area. The aim of this event is to create greater awareness and understanding of the Dakota people, the original people of this area, who too often are invisible in their homeland. **Registration for this event is now open and encouraged (but not required for attendance) on Grace Realm.** Please join us for an informative and healing conversation!



## Events

### Flu Shot Clinic

Sunday, Oct. 10th

9:30am - 12:30pm

HyVee Pharmacy will holding a Flu Shot Clinic on Sunday, Oct. 10th at 9:30am-12:30pm, so you can get your flu shot after worship! The flu shot is free with insurance card.



Dr. Henry Emmons

Speaking on

Restoring Resilience

Sun. Oct. 17th at 3pm



Dr. Emmons will be speaking on the topic of Restoring Resilience at 3 pm on Sunday, October 17<sup>th</sup>. What is Restoring Resilience? Most of us would agree that we live in stressful, occasionally chaotic times. Stress related disorders, including anxiety and depression, have never been so prevalent. Maintaining a healthy brain and vital mind have never been more important. What can we do to restore resilience and serenity, and to protect ourselves from the many faces of stress? Blending new neuroscience and ancient wisdom traditions, we will explore what it takes to cultivated inner calm and joy, and to protect our brains throughout our lives. At the end of his presentation you will be able to:

- Describe the resilience model and key factors that help sustain a lifetime of resilience.
- Understand how new neuroscience can promote a vital mind.
- Develop at least 3 new personal practices to sustain your own healthy brain and mood.

### Dakota Sacred

#### Sites Tour

Saturday, Oct. 16, 2021

10:00am to 2:00pm

Meet at Church of St. Peter,

1405 Sibley Memorial Highway, St. Paul 55120

Led by Rev. Jim Bear Jacobs



From the Healing Minnesota Stories website, of which this tour is a part: "The tours offer an opportunity to learn about Minnesota history from a Native perspective through story-telling and experiencing the sites in silence/meditation/reflection."

Participants drive on their own (no carpooling planned) to where the tour begins in the Church of St. Peter parking lot and then we can carpool from there as desired to 3 other sites: Fort Snelling State Park, the Dakota Internment Camp (after the U.S. - Dakota War) site and Pilot Knob Hill, a traditional burial ground. One of the sites involves some standing so you are welcome to bring a lawn chair.

There is no charge for the tour, but a donation of \$45 to \$75 is suggested. We (at Grace) are asking for \$25 per person which we will collect as everyone arrives; the remainder will be covered by other funds. Of course, donations over the \$25 are welcome, and none at all is required by the MNCC. Give what you are able as with all free-will donations.

**This event requires advance registration which is now open on Grace Realm.** For more information, search Healing Minnesota Stories/Minnesota Council of Churches (mnchurches.org). For questions concerning the tour you can contact Leoma Sparer, [Leoma55@msn.com](mailto:Leoma55@msn.com) or 612-310-2967. More details for the day of the tour will be forwarded to those who register.

### Trunk or Treat

**When:** Wednesday, October 27, 2021

**Who:** You and anyone you want to invite, all are welcome!

**Where:** Trunks will line our parking lot beginning at 4:30pm. Treaters and their families are welcome to arrive for the fun beginning at 5:30pm.

If you would like to participate as a decorated vehicle or by donating please, register on Realm (Registration will open October 1, 2021).



**On October 30<sup>th</sup>** come and celebrate the Reformation and Oktoberfest with Grace. Enjoy music and dancing, games, and activities. We will even have a BINGO tent to add to the fun and Food Trucks! Join us on Sat., Oct. 30th following 5pm worship from 6-8pm.





## Reformation Sunday!

**Sunday, October 31st**

Don't forget to wear **RED**! Why? Reformation Day, anniversary of the day Martin Luther is said to have posted his Ninety-five Theses on the door of the Castle Church in Wittenberg, Germany (October 31, 1517), later identified by Protestants as the beginning of the Reformation.

## Grief Relief

### Workshop

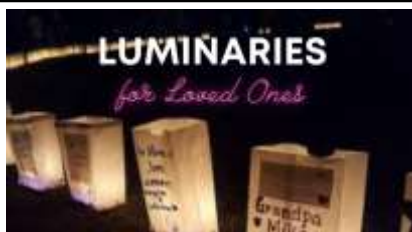
**Sat. Nov. 6th**

**10am-2pm**



Kelli is thrilled to spend time with you to share her Grief Relief Process. After losing her mom and her son within 18 months, she developed this process to facilitate her own healing. Bring your pain, confusion and leave with a plan to process and love life again! Register at: [www.thegriefguru.com/upcoming-events/grief-relief-workshop](http://www.thegriefguru.com/upcoming-events/grief-relief-workshop)

## All Saint's Luminary Event



**Sunday, November 7<sup>th</sup> from 6-8pm**

Drive through the parking lot at Grace Lutheran while remembering loved ones who have gone before us. You will have a chance to decorate a luminary in weeks prior. Music, meditation, and candles will guide your drive through the luminaries.



## Love of Grace Bazaar

Please join us as a vendor, volunteer, or as a shopper for the Love of Grace Bazaar. This event is always the second Saturday of November; this year it is on Nov 13, 2021 from 9:00 a.m. to 3:00 p.m. The Bazaar is open to vendors within our congregation and outside in our community, all are invited to register. We accept registrations from all vendors on a first come basis and currently there is a wait list. We also need help with donations of food and supplies for the bazaar breakfast and lunch served throughout the event. We will also need man power to move furniture, set up tables, etc. in the evenings of Nov. 11th and 12th and for take down/set up for church on Nov 13th. For questions regarding the Bazaar email Ann Lange ([ann.lange@comcast.net](mailto:ann.lange@comcast.net)).



## Grace 4 Rakai Weekend

**November 13th & 14th**

During this Fall weekend at Grace, we will provide you with updates on our sponsor children and the ACT Junior School; have an opportunity to purchase items made by the Hope Again Women from Rakai and learn more about what amazing and exciting things are happening there. We will provide updates on the Medical Clinic, Amazing Grace Bakery, the Milling Operation and updates on the progress of the new High School being built.

## Advent Begins on Nov. 28th



The first Sunday of Advent gives us the opportunity to center our thoughts on **hope**.

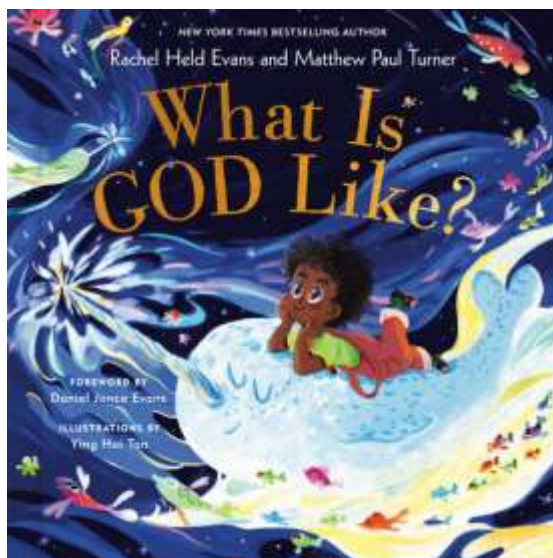
## Wednesday Evenings at Grace

Wednesday evenings at Grace has **connection opportunities for all ages to learn and explore who God is in our world** by looking at the beautiful words of Rachel Held Evans' children's book, "What Is God Like?" Each week we will unpack a different image of God used in her book and in the Bible.

- Children** will explore this image through games and play.
- Catechism** students (6th—8th grade) will explore through a mix of activities, large group learning, and small group discussion.
- Adults and High School** students will dig even deeper in large and small group learning.

After our age-appropriate learning we will come together for a short **intergenerational worship** of music, prayer and scripture. All are welcome to worship.

Catechism concludes at the end of worship at 8:00 pm.



### Wednesday Evening Schedule:

**6:00-6:30pm- Family Pizza**

**6:30-7:30pm- Children, Catechism, High School, Adult Large Groups, and Adult Small Groups**

**7:30-8:00pm- Intergenerational Worship**

**8:00-9:00pm- High School Fellowship**





## Grace Lutheran Church

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[www.graceandover.org](http://www.graceandover.org)

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Grace Lutheran Church  
Fall Worship Schedule  
Beginning Sept. 12th  
Saturdays 5pm  
Sundays 8:45am & 10:30am