



## Curiosity

*<sup>2</sup>There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed.<sup>3</sup>Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up."<sup>4</sup>When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Exodus 3:2-4*

I read the story of Moses encountering God in the burning bush many times before I realized that God doesn't just begin speaking to Moses to get his attention. Instead, it is only after Moses says, "I need to take a closer look at what is happening" that he finds himself face to face with God. Curiosity is one of the great gifts of faith. Curiosity is what led me to becoming a pastor. I wanted to know more about God, more about angels, more about the spiritual world and I went looking for answers. Fortunately, I didn't find the answer, instead I encountered God in the mystery. I think Moses would probably say the same thing. When he approached the burning bush seeking to understand how this bush wasn't being consumed, he discovered that in his experience with God he had many, many more questions, and yet the questions led him into a radical transformation.



Over this past year, we have been working on not only identifying our values at Grace Lutheran, but also on our mission and vision for the future. The Vision Board spent time praying, and listening to one another, reading scripture, and together we came up with the vision of being Grace, a community of faith united by God's love to listen, to grow, and to serve in Jesus' name, so that all might experience grace. How do we do this? One of the first ways we live out this mission is in being curious. Curious about what God's word is saying to us. Curious about new people. Curious about how people are, that we have not seen in a while. Curious about ways that we can expand and grow our ability to help our neighbor. Curiosity will lead us to stop for a moment and not just assume that we already know the answer, but take time to see something from a different perspective.

We share the women's bathroom with the toddlers during the week. More often than not, diapers are being changed and potty training is happening when I go into the bathroom. Conversation is real when you are in the bathroom with children, and boy are they curious. The toddlers consistently ask- what's that? Or why? Leah, one of the teachers in the toddler room, will respond by saying, "Yep, we are in the why phase right now" while smiling as I attempt to answer the toddlers' questions. I love the why stage! The toddlers are not only concerned about why something is this way for them, but for others too. "Why do you do that?" "Why do you like that?" Why? Why? Why?

There are big things happening at Grace. We sold our land on Nightingale for just over \$975,000 and we have presented three different architecture plans for our future. Some of you are asking why? Why do we need to expand our building right now? Why do we need to change the configuration of the daycare or classrooms? Why do we need a new entrance? These are great questions! I hope that you will take the time to ask these questions. I hope that you will meet Sandy Schmoll our Daycare Director and find out about this important ministry happening in our walls. I hope that you will talk to visitors and ask them about how they found their way around the building when they first came. I hope that you will stop by on a Wednesday night and see our classrooms filled with children and youth. I hope that you will ask community members how they see Grace Lutheran Church, and how we might serve them.

In asking these questions, you might just discover that God is busy at work right beside you and you hadn't really noticed. In taking a closer look, you might realize that God's got an important mission in store for us and that just as Moses was sent to free the Israelites, God is sending us with a message to share with the world, that God's love, God's freedom, and God's forgiveness is for everyone so that they might experience grace.

*Blessings, Pastor Joanna Mitchell*

## Associate Pastor's Letter



Can you believe it? It is already October?! Fall is my favorite season. It is a season of growth, stretching and trying new things, but it is also a season of busy-ness. Fall programming is well underway. The school year has started. Schedules are packed. Fall weather is upon us, and you can order Pumpkin Spice Lattes wherever you get your coffee! Last year, while driving through my home town, one of the local garages posted a new sign stating "now is time for your pumpkin spiced oil change. Call and make your appointment today!" Both my mother and I laughed out loud as we read the sign. Are you looking for ways to change things up and spice up your fall?

As I look back on the end of summer and the beginning of fall, I am filled with gratitude for everyone at Grace. For those who are volunteering in Children's and Youth ministries, thank you! Sunday School and Catechism have begun, and our students are building relationships with each other and with you! And the message they are receiving this year is God loves them and they belong! For those who are leading outreach ministry teams, facilitating adult education groups and studies, thank you!

In his letter to the Romans, Paul writes this, "I'm speaking to you out of deep gratitude for all that God has given me, and especially as I have responsibilities in relation to you. Living then, as every one of you does, in pure grace, it's important that you not misinterpret yourselves as people who are bringing this goodness to God. No, God brings it all to you... In this way we are like the various parts of a human body. Each part gets its meaning from the body as a whole, not the other way around. The body we're talking about is Christ's body of chosen people. Each of us finds our meaning and function as a part of his body... let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't" (Romans 12:3-8, Message).

There really is something for everyone at Grace this fall! I know my schedule is full to the max! Maybe yours is too. It was one of our goals to offer many ways for you to get connected in your faith with others at Grace, and with the community. It is my hope that through these offerings you have found ways to get involved and grow deeper. We are concerned with those who fall in the gaps. If you have a need or an idea, please reach out. I would love to work with you. If you have an idea for a small group or study, let me know! And if your calendar is packed now, know we will have opportunities for you to listen, grow, and serve when your calendar clears. But if it isn't full, and you want to get involved, even if you have not registered, it is not too late! In fact, it is never too late to join one of our adult small groups, women's or men's ministries, volunteer and ministry teams, music ministry, Sunday school, or Wednesday nights for the whole family. If you are still looking to join in on the things that are happening at Grace, just show up. There is a place for you! Let us all be filled to the brim with gratitude for God's goodness!

Thanks be to God, Pastor Maria Markman

## 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 Aug. 31, 2021

Current & Capital Offerings-\$553,919.26  
Expenses—\$529,299.52  
Mortgage Balance \$430,208.32  
Dedicated Offerings—\$53,060.99  
Dedicated Fund Totals -\$82,604.07

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

Current & Capital Offerings-\$541,575.57  
Expenses—\$498,603.53  
Mortgage Balance \$518,425.35  
Dedicated Offerings-\$9,671.08  
Dedicated Fund Totals-\$69,928.03

## Vision Board

I recently read some articles on the struggles churches are having with recruiting volunteers, so I know we are not unique. Yes, as president of the Vision Board, this is a sincere concern of mine. It's not a new issue within churches, but it has become much more difficult since COVID-19. Don't get me wrong, we are extremely grateful for each and every volunteer and leader that has stepped forward to help in whatever area you are comfortable doing, and most of all what makes your heart happy!

I know there are many more out there who are looking for **Happy Hearts**...

- Who can raise their hand? I can! Can you? We need you!
- Who can say a prayer asking for God's strength, comfort, and wisdom to discern where your heart is pulling you to help out?
- Who has a family (or friend) of young, old, or in between that can volunteer together with you? It's more fun to do things together! You have someone else to lean on for support.
- I challenge you to focus on what kindles your passion and motivates you to give the best effort to the volunteer work.
- Is there something or someone personal in your life that you always looked up to and cherished that you can follow in their footsteps to honor them with your volunteer work?
- Are you afraid of making a mistake or doing something wrong? Yes, me too, and I make mistakes all the time! Come join many of us that make mistakes, we will learn together. The best thing is to have someone walk beside you, and there are many of us that will help you and support you till you become comfortable and plenty good enough for us!
- Who wants to meet new people and build relationships and gain new friends? What better way than to work side by side serving others in need.
- Do you have a creative mind and want to be closely connected to God's vision for Grace and the ministry opportunities within Grace?
- If you are currently a volunteer or leader - be a good role model for new volunteers. Reach out to friends of Grace that need a nudge to get started, and give them guidance.
- Are you not physically able to do things? Then consider giving your knowledge or giving financially. Afterall, we will be having a capital campaign for the building renovations!
- Be humble, reminding yourself daily that you're one of Christ's ambassadors who should serve Him as well as you can.



We need a reboot. In computing terms, rebooting is:

"The process by which a running computer system is restarted, either intentionally or unintentionally. Reboots can be either cold (alternatively known as hard), in which the power to the system is physically turned off and back on again causing an initial boot of the machine, or warm (or soft) in which the system restarts without the need to interrupt the power. The term restart is used to refer to a reboot when the operating system closes all programs and finalizes all pending input and output operating before initiating a soft reboot." Or think of it this way: A hard reboot "means that the system is not shut down in an orderly manner, skipping file system synchronization and other activities that would occur on an orderly shutdown." A soft reboot, or restart, is when "the operating system ensures that all pending I/O operations are gracefully ended before commencing a reboot."

There was nothing graceful about the onset of COVID-19, just as there is nothing as simple or easy as a soft restart at its end. It was a hard, cold shutdown, and we now face a hard, cold reboot.

On Rally Sunday, as great and as fun as the day was, only a few people helped to set up and take down. I have to confess and apologize that I lost my cool that day, I'm sorry to the people who witnessed that. Recently I have had to make the pain staking, heart breaking decision to cancel our Love of Grace Bazaar due to multiple reasons, but one was the lack of volunteers to be on our team and we were afraid we would not get the large amount of volunteers needed to make the event successful, like we have had for many years in the past.

We are blessed to have many opportunities at Grace to have fun, to learn, to sing, to serve, to teach, to show love, to give care, to feed the hungry, to supply needs to the children, to quilt, to knit, to mow, to garden, to cook, to lead projects, on and on. Please oh please don't let any of this stop! We need you to keep things going and we are here to help you discern what your niche might be, and walk along side of you to get you going. Many hands make little work. Reach out to me or any of the staff or other leaders for guidance.

Ephesians 2:10-"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Ann Lange President, Vision Board



## Ministries



### Sand Creek Elementary Kiddos Need

### WARM Winter Mittens, Gloves and Hats!

The cold weather will soon be on its way in Minnesota. There are many of the children at Sand Creek Elementary in need of **WARM** winter mittens, gloves, and hats. Various sizes are needed for boys and girls in grades K-5. If possible, **waterproof mittens and gloves are preferred** so the kids can play in the snow to their hearts' content. And please - NO light-weight mittens/gloves, as they just do not work to keep the kiddos warm and dry.

During the months of October and November, we will be collecting donations in the narthex in the "Sand Creek" green tote. Let's see how many we can collect! With the effects of COVID-19 economy still causing issues with the families, there are many in need.

Any questions can be directed to Ann Lange 763-438-5623. Thank you for your loving generosity to the Sand Creek children in need!

### Grace4Rakai Update



Many of you have been asking how the community over in Rakai, Uganda have been doing since the Delta variant of the COVID-19 virus began circling the globe over the past several months. The Ugandan government did call for another lockdown back in June, as there were no vaccines available in the country.

Good News! Although there was a surge of cases in the cities, Rakai, which is largely rural saw very few cases and the situation has stabilized. Markets are beginning to re-open and schools are hoping to follow in October. During this entire pandemic, African Children Today (ACT), has continued to pay their teachers, who have tutored all of the Grace sponsored children (and many others) remotely. It's been an incredible amount of extra work, but it has worked in Rakai, and permitted our Grace sponsored students to continue learning throughout this pandemic! Grace sponsored students in 7<sup>th</sup> and 11<sup>th</sup> grade sat for national exams this past April, right before the recent lockdown. ALL of them PASSED their exams with the equivalent of an A or B. It is amazing how God has Blessed them!

Mark your calendars! The weekend of November 13-14th, we will be celebrating the ACT ministries that Grace supports over in Rakai, Uganda! Ann Hill and Richard Johnson from ACT will be delivering an uplifting message during worship, which will be taped and "live" on Sunday morning. Between services on Sunday morning the 14<sup>th</sup>, we will also host another "Live from Rakai" event from the Grace Worship Center, where Ann and Richard will bring us up to date with the various ministries over in Rakai, and take your questions! There will also be an opportunity to sponsor children, purchase products made by the Hope Again Women, and support the new ACT High School which hopes to open in February 2022! It will be an exciting weekend in November – please plan to be a part of it!

Blessings, Scott Christensen

### Love of Grace Bazaar

**CANCELLED**



### Love of Grace Bazaar- Cancelled

We are sad and disappointed to announce that the Love of Grace

Bazaar has been cancelled for this year. We put a lot of thought into this, but due to multiple reasons, we concluded it would be best to cancel. We hope to host and enjoy this event again in the future!

## Ministries

### Conversations on Race and Culture

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 we might more easily understand the differences in each other's experience and at the same time see each other's innate God-likeness.

Join us this fall for these conversations:

- **Indigenous People:** guest presenter Rev. Jim Bear Jacobs - **October 5th, 6:30-8PM** Fellowship Hall
- **Intersectionality - November 16, 2021 6:30-8 PM** -Join us for a conversation on the topic of intersectionality. Intersectionality is defined as the complex and cumulative way in which the effects of multiple forms of discrimination intersect especially in the experiences of marginalized individuals or groups. We will take a glimpse into the experience of folks who get caught in multiple levels of privilege or discrimination based on their social location for example being both a person of color and someone who suffers with anxiety and depression.



### 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 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 10:30am service each week.
- **Instrumental Ensemble:** The ensemble will be rehearsing Sundays in-between services 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.



### Thank You

Dear Members and Friends of Grace Lutheran Church,

Our family wishes to express our sincere gratitude for the thoughtfulness and generosity

bestowed on us by your congregation. We are humbled and overwhelmed by your support during this difficult time.

Your prayers have been felt as Rob is successfully recovering from his injuries. Your generous offering to our family will provide relief from the medical expenses incurred from the accident.

It is difficult to express in words how appreciative we are of the members of your church. Thank you all again for keeping us in your minds and in your prayers during this difficult time.

With Gratitude, Rob & Dawn Lenio

### WORSHIP TECH OPPORTUNITIES

We are looking for people to run our **projectors, streaming service,** and **sound board** during worship. 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



### Qigong Practice Group

**Meets every other Tuesday at 1:30pm, for up to 90 minutes in Grace Classrooms 105/107**

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!

### Graceful Seniors



Graceful Seniors is a group of mostly retired folks who meet the second Tuesday of each month in the Fellowship Hall for coffee, donuts and a brief study time. In October, we will be continuing our Story Study with the lesson on Service. Bring your stories about service. We will be decide at our next meeting (October 12th) if we are ready to move onto other topics like funeral and legacy planning. For more information please contact Pastor Maria.



### *OK@Play and the Anoka County Historical Society Ghost Tours*

Eerie and spooky happenings abound on the annual Ghosts of Anoka Walking Tour. The tour is 1 to 1.5 hours long and takes you through downtown Anoka exploring allegedly haunted homes, buildings and businesses.

The Ghost Tours start at the Anoka County Historical Society located at 2135 North Third Ave, Anoka. We will meet there. We are scheduled for a 6:00 tour on Friday, October 29 with our very own Grace member and Ghost Tour Guide **Jamie Kiefert!** Yahoo!!

We are limited to a maximum of 20 people and the cost per person will be \$15.00. Please sign up through the link below and pay via the link or you can pay Kris in the Grace church office. Payments to Grace Lutheran Church with OK@Play in the memo.

If you wish to look around the Historical Society before the tour, come early and you may do that at no cost, but masks are required inside the building. The tour will start at 6:00 sharp outside the building and masks are optional since we will be outside, but your choice to wear one or not.

All are welcome! If you have any questions, please contact Ann Lange 763-438-5623.





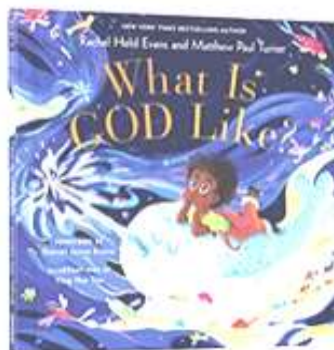
## Small Groups



### Green Ribbon October 4th!

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 Monday of each month at 6:30 in the youth room and 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.



### What is God like?

**Wednesday evenings  
until Christmas.**

Have you ever wondered what God is really like? 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!*



### Ruth Circle

Ruth Circle is a group of mostly retired women who meet the first Monday of each month following quilters (12-12:30pm lunch 12:30-1:30pm study) Bring your lunch and join Pastor Joanna and others as we engage the Gather magazine monthly Bible Study. Our next gathering is October 4th. The office has extra copies of the study for those who don't have a subscription or who would like to try it out.



## Children's Ministry



### Trunk or Treat

**When:** Wednesday, October 27th

**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. The event will also be indoors where you will find games and pizza!

If you would like to participate as a decorated vehicle or by donating, please register on Realm. Registration is now open. Only volunteers and trunks need to register. The actual event is open to the public.

We are now collecting Trunk or Treat Donations

Candy

Non-candy treasures

Apple cider

Hot Chocolate

You can drop off your donations by the children's ministry volunteer office down the educational hallway.

### School Schedule 2021-22

**Sunday, October 3** | Sunday School (8:45/10:30)  
First Communion Celebration in worship for those who attended instruction on September 15. New Member Class 12:00pm.

**Wednesday, October 6** | Wednesday Nights at Grace- 5:30-8pm

**Sunday, October 10** | Sunday School 8:45/10:30

**Tuesday, October 12** | Children's Ministry Team Meeting 6:30pm

**Wednesday, October 13** | Wednesday Nights at Grace- 5:30-8pm

**Sunday, October 17** | Mental Health Weekend  
Sunday School (8:45/10:30)

**Wednesday, October 20** | No Wednesday Programming MEA

**Sunday, October 24** | No Sunday School MEA

**Wednesday, October 27** | Trunk or Treat 5:30-7pm

**Saturday, October 30** | Oktoberfest- Food Trucks and Bingo

**Sunday, October 31** | Sunday School(8:45/10:30)

**Wednesday, November 3** | Wednesday Nights at Grace- 5:30-8pm

**Sunday, November 7** | Sunday School (8:45/10:30), All Saints Luminary Event at Dusk

**Tuesday, November 9** | Christmas program rehearsal (6-8pm)

**Wednesday, November 10** | Wednesday Nights at Grace- 5:30-8pm

**Sunday, November 14** | Sunday School(8:45/10:30)  
Christmas program rehearsal 12:00-2:30

**Wednesday, November 17** | Wednesday Nights at Grace- 5:30-8pm

**Thursday, November 18** | Children's Ministry Team meeting 6:30-8pm

**Sunday, November 21** | Sunday School (8:45/10:30), Christmas program rehearsal 12:00-2:30

**Wednesday, November 24** | Pastor Maria's Birthday, No Wednesday night programming for Thanksgiving

**Sunday, November 28** | Sunday School (8:45/10:30) Christmas program rehearsal 12:00-2:30, Advent Wreath Making Event and Potluck 5PM

  
Grace Kids!



## Youth Ministry



### Catechism

It's still not too late to register your child for Catechism or to invite a friend. Catechism meets every Wednesday from 6:30-8:00pm. Check out the Catechism website at [www.graceandover.org](http://www.graceandover.org) for registration and more information!

#### Important dates for Catechism in October:

- 10/6 - Pizza, Catechism and Mark Donald from Christikon joins us for worship!
- 10/13 - Pizza, Catechism and worship
- 10/16 - Fall Fun Day!
- 10/20 - No Catechism due to MEA weekend
- 10/27 - Trunk or Treat and Catechism Small Group Night

### Middle School Fall

#### Fun Day

Sat. October 16<sup>th</sup>

Corn Maze, pumpkin patch, smores, hot dogs cooked over a bonfire, games, and more! Grab a friend and sign up today for all the fall fun on October 16th from 10:00 am – 6:00 pm. For more information go to the Catechism page of the church website.



### Learn more about

#### Summer 2022

#### at Christikon!



Mark Donald from Camp Christikon in Montana will be at worship on Wednesday, October 6th to preach and help lead worship! This summer our 7th and 8th grade students are invited to join us for a week at camp and our high school students have the opportunity for a backpacking trip on July 8th - 16th. **Join us on October 6th to hear more!**

### High School



### Parent/Student Meeting

Wednesday, October 6<sup>th</sup>

Come hear about all things High School Ministry, including our plans for summer 2022, fundraising opportunities, youth night, cooking with Kristi and fall events on **October 6th after worship at 8:15pm.**



### 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. For more information or to sign up, email Kristi at [KristiL@graceandover.org](mailto:KristiL@graceandover.org).

### Own Your Faith and High School



### Fall Retreat

Own Your Faith and 10th – 12th grade students are invited to join us for all the fun of the low ropes course, games, relaxing time, bonfires, night games and more. Oh—and ice cream. We eat quite a bit of ice cream....

We leave on Thursday, October 21st at 9:00am (meet in the church parking lot) and drive to Luther Point Bible Camp. We will return to the church parking lot at 3:00 pm on Friday, October 22nd. For more information and to register go to the church website or email Kristi at [KristiL@graceandover.org](mailto:KristiL@graceandover.org)



### Wednesday Night Youth Group starts back up this month!

9th - 12th Grade Students meet every Wednesday after 7:30pm worship until 9:00pm for time to hang out, snacks, and more!

## Events



### Cooking with Kristi October 5th-6:30pm

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.**



### 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!

### 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.

### 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.



### Family Table

**Sunday, Oct. 19th**

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

## Events

**Dr. Henry Emmons**  
**Speaking on**  
**Restoring Resilience**  
**Sun. Oct. 17th**  
**at 3pm**

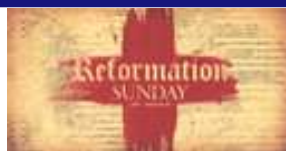


Dr. Emmons will be speaking on the topic of Restoring Resilience at 3 pm on Sunday, October 17<sup>th</sup>. What is Restoring Resilience? Most of us would agree that we live in stressful, occasionally chaotic times. Stress related disorders, including anxiety and depression, have never been so prevalent. 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.



**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.

**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.

**Wednesday**  
**Evenings at Grace**

**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

**Wednesday Evenings**

**until Christmas!!**







## Grace Lutheran Church

13655 Round Lake Blvd NW.  
Andover, MN 55304  
(763) 421-6520  
[www.graceandover.org](http://www.graceandover.org)

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Grace Lutheran Church

Worship Times

Saturdays at 5pm

Sundays at 8:45am and 10:30am

All are Welcome!