

Vol. 45, No.7

July 2011

### INFORMATION ~ DIRECTORY

Sunday Worship 10:00 a.m.  
Sunday Church School Activities 10:00 a.m.

David Lindsey, Minister  
John Slothower, Associate Minister  
Peggy Swalm, Choir Director  
Jay Bruns, Organist  
Ashley Anderson, Youth Director  
Allison Raney, Youth Choirs Director

Custodian Eben Pieterse  
Building Manager Paul Olson  
Church Secretary Jo Wold  
Church Office (612) 827-6157  
Church Fax (612) 827-6158  
Church Website www.lynnhurstucc.org  
Church E-mail church.office@lynnhurstucc.org  
Office Hours: Tues - Fri 9 a.m. - 2 p.m.  
**Summer Office Hours (July 12 - August 19)**  
**Tuesday - Thursday 9 a.m. - 2 p.m.**



Lynn timer  
Congregational  
United Church of Christ

4501 Colfax Avenue South Minneapolis, MN 55419-4736

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# The Lynn timer Voice

# July 2011

You are welcome here!

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

## *From The Minister...*

Grace and peace to you!

With the start of July comes the start of a new church year for us at Lynnhurst. Committees are welcoming new members; pledges are starting anew. As we enter this new year of our church life together, I am excited for all that God is unfolding before us!

In my ministry with you at Lynnhurst, we are together exploring a new frontier in the world of homiletics (i.e. the study of preaching). As this newsletter arrives in your homes, I will be in Hyde Park in Chicago. For the next three summers, I will be taking a few weeks away to focus on my Doctor of Ministry in Preaching. In May of 2014, I will graduate, joining the ranks of so many of my predecessors who have pursued such degrees (including Tom Breckenridge and Bob Griggs). Thank you all for your support and your prayers during this journey. For those who are interested, my coursework this year focuses on Preaching as Interpretation of Scripture, Preaching as Celebration (from the African-American tradition), and the New Homiletic (a narrative style of preaching that has dominated pulpits for 40+ years in the U.S.). Please feel free to ask me questions about this!

Many of you will also be taking journeys of your own this summer. Some of you will be travelling throughout the U.S.; others will be car camping or exploring the Boundary Waters with friends from Lynnhurst. No matter where you end up this summer – on a beach, on a boat, or just on the couch – please be sure to collect some water. We'll be sharing this water with one another on Rally Day, September 18th, in our usual water ritual. Please note: Rally Day is a week later than usual this year because the first Sunday after Labor Day is the 10th anniversary of 9/11. The service on September 11th will be focused on remembering the events of ten years ago, while praying for those whose lives have been forever changed in the past decade.

Wherever life takes you this summer, I encourage you to take a little time for God during your travels. Whether or not you find yourself in a worship setting, you can always take a few moments aside in any given day for your spiritual life. You can pray quietly to God; you can dedicate a time of silence to listen to the Holy Spirit; you can share a cup of coffee with a friend and witness the light of Christ within them; you can drink in the wonders of creation that reflect our Wonderful Creator.

In Christ's peace,  
David



### **LYNNHURST GRADUATES**

We send heartfelt congratulations to our very special High School and College graduates.



Bring your dirty car to the TRUST Youth car wash on Saturday, July 9th from 10:00 a.m. to 2:00 p.m. at Bethlehem Lutheran, 4100 Lyndale Avenue South, Minneapolis, MN.

### **CAR WASH!**



### **LYNNHURST YOUTH FLY TO WASHINGTON, D.C.**

In late July, six Lynnhurst Youth will join thirty-five youth from five TRUST churches in flying to Washington DC for a Faith and Advocacy Trip. The faith portion of this trip includes exploring other religions and denominations. We will visit a mosque and the National Cathedral. We will also worship at a Shabbat service and a large church called Church of the Savior. Church of the Savior is a congregation that is very active in social justice issues. We will visit with Senators Amy Klobuchar and Al Franken as well as Congressman Keith Ellison. Not only do we hope to find out what these Minnesotans are doing but also what our denominations are lobbying for by meeting with Representatives from UCC and ELCA churches. We will be touring the city and visiting the Smithsonian, Holocaust Museum, Arlington Cemetery and many other sites. We hope to learn from other traditions and to advocate for what we are passionate about. For people who have purchased stock there will be a Stockholder's Luncheon at St. John's Lutheran Church on Sunday, September 18.

### **HEIFER PROJECT REMINDER**



A reminder to all parents of Lynnhurst kids: Heifer Project activities have concluded and money is due. Help our kids feed families in need – thanks!

## PARISH NURSE NOTES

The early June extreme heat reminded us that we do need to be aware of the best ways to keep healthy in summer. With water comprising 75% of our body weight, dehydration is ever possible, and can quickly become serious. If you are spending time in the heat—outdoors and indoor non-air conditioned places—it is necessary to keep drinking fluids regularly, even if you are not thirsty. Plain water is the best. Sweating is the body's way of cooling. As sweat evaporates from your skin, it pulls heat from your body. When too much fluid has been lost, your body cannot sweat and cool properly. In high humidity it is harder for sweat to evaporate and get rid of the extra heat.



Common symptoms of mild to moderate dehydration are: lack of perspiration, lethargy and sleepiness, decreased urine output, headache, dry mouth and/or lips, muscle weakness and lack of tone, sometimes nausea. You may or may not be thirsty; remember that just one sip of fluid does not suffice. Urine changes can be a barometer of hydration: dark or intense color, lower output, and stronger odor signal dehydration. Children may be listless with whiny cries. More serious dehydration includes very dry mouth, heart palpitations, irritability, confusion, shriveled skin, sunken eyes, fever, no tears, lowered blood pressure and elevated pulse; serious dehydration requires immediate medical attention. Losing fluid by diarrhea or vomiting in addition to heat makes dehydration more possible and more serious.

If you are outside please remember ultra violet rays do damage our bodies. Use a sunscreen with UVA and UVB of at least a 15 rating on your skin. Use sunglasses with a UV filter to help prevent cataracts.

Please also refer to the TRUST June-August newsletter article by Pat McLaughlin for excellent heat related guidelines.

## FAITH EXPLORATION—NOTE DATE CHANGE!!



The Group will meet **on Saturday, July 9 at 8:00 a.m.** And determine the books for discussion for the next several months. Please bring your book/article suggestions. Come for the pot luck breakfast and free coffee, stay for the discussion!

## LYNNHURST BOOK CLUB



The **Lynnhurst Book Club** will meet again in September. Watch for a possible early movie date and additional information in late August.

## CHOIR APPRECIATION



Thank you to this year's choir members who have faithfully volunteered their time to make beautiful music for us! The annual Choir Appreciation Dinner sponsored by the Music and Arts Board will be on Saturday, August 20th at the home of Pat McKee and Doug Meisner.

**Lynnhurst Choir Members 2010/2011:** Altos/  
Sopranos: Debra Dallin, Lynn Dixon, Nancy Erstad, Ruth Fothergill, Sue Kloker, Liz Mahan, Debi March, Judine Pattinson, Julie Ristau, Annalee Strandskov, Jean Sutton and Mary Kay Willert. Tenors/  
Basses: Lance Brockman, Bob Dixon, John Goodrich, Dean Kloker, Duane Lookingbill, Clark Meyer, Paul Olson, Grant Peterson and Jon Sutton.

## ATTENTION FACEBOOK USERS!

Lynnhurst folks are very engaged in the world around them: music, art, politics, social justice, faith exploration, family activities and more. The **Lynnhurst Church Facebook** page is an opportunity for us to communicate, share and discuss ideas related to spirituality and our lives together. Search for Lynnhurst Congregational UCC Church; click on "Like." You can post videos, photos, and links to interesting or relevant sites or start a discussion thread. If you have suggestions for topics, please contact Reverend Lindsey. See you on Facebook!



## THANK YOU



Thank you to Reverend Lindsey and the entire congregation of Lynnhurst Church for the beautiful memorial service in honor of my mother, Betty Martin. I think the service was everything that she had wanted and I know how touched she would have been that so many of you were able to be there. The Lynnhurst family was deeply embedded in her heart and soul and I thank you all for your wonderful tribute to her. Betsy (Martin) Jordahl (June 21, 2011)

Bob and Sue Griggs want to express their thanks to all those who sent cards and memorial gifts in memory of Sue's mother who died June 7th. Your kind words and prayers are a great comfort to us. We will miss her very much, but are relieved that her struggles with Alzheimer's dementia are over now and she is at peace.

## **THE MUSIC AND ARTS BOARD PRESENTS ARTIST ANNA MILLER**

Her exhibit, "Alter Ego" will be on display in the Fellowship Hall Art Gallery from May 22nd through July 16th. Anna Miller is a Twin Cities artist who works mainly in acrylic, ink, watercolor, and oil pastel. Highly influenced by comic books, fashion photography, Frida Kahlo, and her own inner turmoil, she has developed a style of colorful self reflection with a twist. In describing her process, Anna states, "For me, painting can be a form of therapy where I can do and say whatever I want. It's an intimate catharsis where images and colors spill freely onto the canvas and it's my job as an artist to collect and arrange these ideas to form a finished, cohesive piece of art that others can relate to. My paintings are very particular to me, but my struggles are not unique. When someone else finds their own personal meaning in one of my paintings, that's when I know I've succeeded."



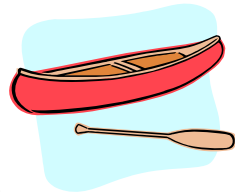
## **LYNNHURST CAR CAMPING**



This year we are going to Gooseberry Falls State Park July 21-24, Thursday-Sunday. We have a group site with its own private beach on Lake Superior. The site holds up to 50 people. Vault toilets and drinking water are available by the parking area. The park also hosts multiple alternatives to tent camping. Besides the awesome, not to be missed pot luck on Saturday evening, the North shore offers many different activities, shops, and points of interest. We would like to extend an invitation to one and all on this trip, and look forward to seeing you all. Questions? please email Derek Nord.

## **BOUNDARY WATERS CANOE AREA WILDERNESS**

Sign up for the Lynnhurst BWCA trip. We have reservations for August 6-9, going in at the Lake One entry near Ely. We made two group reservations, meaning we'll have room for up to 18 campers. We'll use the Canoe Country outfitters in Ely for canoes and rooms for the night before (Friday, August 5). If you are interested in coming, please add your name to the sign-up sheet on the bulletin board in the Fellowship Hall. We especially welcome any of you who have never been on a canoe camping trip to consider it. We



car pool to the location, share notes on packing and cooking lists, rent canoes for everyone, and paddle into the campsite together, making it an easy way for newbies to learn the ropes! Early August has been an ideal time for both weather and lack of bugs (knock on wood). If you have questions, please call Doug Meisner.

## **PILGRIM POINT CAMP NEWS**

Are you itching to get out of the hustle and bustle of city life? Want to spend a little time reflecting on God? Are you eager to get out to the lake and just be in nature? Pilgrim Point on Lake Ida may just be the place for you! There are several camps happening this year. Here's a list of them:



- Senior High Week: July 31- August 6
- Middle School Week: July 10-16
- Family Camp: July 17-22; August 7-12
- Men's Retreat: September 9-11
- Women's Retreat: September 16-18

For more information,  
go to  
[www.pilgrimpoint.org](http://www.pilgrimpoint.org).

## **PRAYER LIST**



The Diaconate would like to remember those who may be hospitalized, recovering from surgery, have a relative or friend in the military or other circumstance, by creating a prayer list as part of our weekly bulletin. Please contact the church office by Thursday morning to have your information in the following Sunday bulletin or weekly e-news.

## **FLOWERS ON THE COMMUNION TABLE**



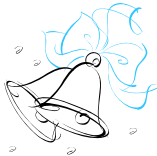
The flower sign-up sheet is posted outside the church office. Now is the time to sign up to sponsor flowers on Sundays for your special occasions and remembrances. Flowers cost \$33.00 and are yours to take home after the service. We need flower sponsors on Sundays, July 3, 10, 24 and 31; August 14, 21 and 28 and September 4, 18 and 25.

### **COFFEE HOUR**



Hosts are needed each Sunday following our worship service. Besides the good company spent in fellowship with one another, the proceeds on the 2nd and 3rd Sundays of each month are given to Loaves & Fishes and Sabathani, so consider this another opportunity to donate your time to these valuable causes! Please add your name to the sign-up sheet in the lounge or contact the office at 612-827-6157.

### **A SPECIAL SERVICE FOR CELEBRATING OUR MARRIAGES**



A church tradition in which members celebrate their marriages and renew their vows in a special service: this sounds like a lovely idea and an effort worth pursuing. If you would be interested and willing to help plan and execute such a service, possibly on or around Valentine's Day, 2012, please contact Mary Kay Willert. This much advanced notice will give us plenty of time to design a service of our very own. Thank you for considering this idea.

### **KEEP THINKING THREE**



Think Three Sunday continues to be a monthly opportunity to donate to the local food shelf. Given these economic times, the food shelf needs your help now more than ever. As a reminder, and for those of you who don't know, here is how it works: on the third Sunday of every month we ask people to bring in three food items or a cash donation to help those in need. Of course you're not limited to three food items; it just becomes an easy way of remembering. So Think Three on July 17<sup>th</sup>!

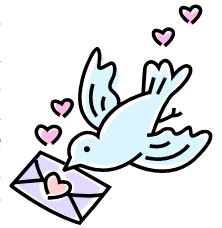
### **LYNNHURST USHERS**



When a visitor comes to our Church, the ushers are often the first people that the visitor meets. They give that very critical, welcoming first impression. There is hardly a more important role to be played. If you would be interested in participating as an usher, please add your name to the sign-up sheet in the lounge.

### **KEEPING IN TOUCH WITH PEW POSTCARDS**

Pew postcards are available in the pews. The postcard offers an opportunity for congregation members to keep in touch with one another, especially with someone who has been absent from Church due to illness or other circumstance. Feel free to write a note to a Lynnhurst member or friend and place it in the offering plate or drop it off at the Church office. The postcard will be addressed and stamped and mailed from the office. Please take advantage of this wonderful way to "keep in touch".



### **GIVE THE GIFT OF INDEPENDENCE!**



You can help Meals on Wheels by volunteering to deliver meals in your neighborhood once a week or once a month. It only takes about an hour to bring a hot meal and a warm greeting to homebound individuals who currently cannot prepare meals on their own. Please consider donating your lunch hour and give the gift of independence. Contact TRUST Meals on Wheels at 612-822-6040. In the summer, when our regular drivers take vacation time, we need additional volunteers

### **NOTES FROM THE OFFICE**



*The WEEKLY E-NEWS* update is sent out via email at 1:00 p.m. every Thursday. Information to be included is due by 2:00 p.m. on Wednesdays.

*The SUNDAY BULLETIN* is printed Thursday afternoon. Information for the bulletin insert is due in the church office by 2:00 p.m. on Wednesdays.

*INFORMATION FOR THE AUGUST NEWSLETTER* is due in the church office by noon on Tuesday, July 19th.



## HAPPY BIRTHDAY GREETINGS!

Happy Birthday greetings to the following Lynnhurst members and friends who are celebrating their birthdays in June:

**LAKE HARRIET BANDSHELL SERVICES**  
**CELEBRATING SUMMER SUNDAYS at 10:00 A.M.**

July 3	St. John's Lutheran Church
July 10	Lake Harriet Spiritual Community
July 17	Bethlehem Lutheran Church
July 24	Spirit Garage
July 31	Knox Presbyterian
August 7	Linden Hills UCC
August 14	First Universalist Church
<b>August 21</b>	<b>Lynnhurst UCC</b>
August 28	St. Joan of Arc
September 4	Mount Olivet

### July


1- Peter Makredes	19- Steve Lindemann
2- Beckett Peterson	19- Susan Rose
2- Casey Bright	20- Randy Hermansen
3- Anna Goodrich	20- Edward Sutton
4- Jeff Parsons	20- Elizabeth Sutton
7- Scout Peterson	21- Jodie Meyer
8- Jim Parsons, Jr.	22- Pat DiBartolomeo
9- Madison Shaw	23- Rick Brimacomb
9- Jean Sutton	24- James Rose
10- Debra Christensen	24- Nikki Strandskov
10- Julie Ristau	24- Jane Espenson
13- Alex Syverson	24- Debra Dallin
14- David Kloker	25- Ginger Dallin
14- Chris Hamsher	26- Rob Brimacomb
15- Stuart Beattie	29- Sarah Parsons (yes, same bday as Dirk!)
15- Mike Arndt	29- Dirk DeYoung (yes, same bday as Sarah!)
16- Emily Goodrich	30- Taren Nord
16- Amanda Dwinell	31- Cara Meyer
18- Britta Syverson	

Please call the church office at 612-827-6157 or e-mail [church.office@lynnhurstucc.org](mailto:church.office@lynnhurstucc.org) with any missed birthdays.



# July 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 10am-Worship	4 <i>Office Closed</i> 	5 9:30am-Bible Study	6	7	8	9 10am-2pm TRUST Youth Car Wash
10 10am-Worship Coffee Offering to Loaves & Fishes	11 <i>Office Closed</i>	12 9:30am-Bible Study	13	14	15 <i>Office Closed</i>	16 8am-Faith Exploration
17 10am-Worship Coffee Offering to Sabathani Think Three!	18 <i>Office Closed</i>	19 9:30am-Bible Study Noon-Newsletter Information Due	20	21  Lynnhurst Car Camping at Gooseberry Falls State Park Thurs-Sun	22 <i>Office Closed</i> 5pm-Seifert/Schilz Rehearsal	23 4pm-Seifert/Schilz Wedding
24 10am-Worship	25 <i>Office Closed</i>  5:45pm-Loaves & Fishes	26 9:30am-Bible Study	27	28	29 <i>Office Closed</i>	30
31 10am-Worship						