

The Lynnhurst Voice

October 2015

Monthly Newsletter Vol. 49, No. 9

BE THE CHURCH God is still speaking,
UNITED CHURCH
OF CHRIST
*Protect the environment. Care for the poor.
Embrace diversity. **Reject racism.** Forgive often.
Love God. **Fight for the powerless.**
Share earthly and spiritual resources. Enjoy this life.*

FROM OUR SENIOR PASTOR...

Dear Lynnhurst UCC Members and Friends,

Happy, Blessed One Month Anniversary! Can you believe it has only been one month since we began our mutual ministry together? Thank you once again for your open hearted welcome of me and my family, for your willingness to wear your nametag, and your patience as I learn your names and begin hearing your stories as to why Lynnhurst Congregational United Church of Christ is your spiritual home. Thank you too for your willingness each Sunday to co-create worship that is meaningful, relevant, experiential, joy-filled and transformative as we open our hearts and minds to Spirit's presence and nudgings. I truly believe the wisdom in worship (and in life, actually) we want less *about* God and more *of* God.

One of the aspects of our church life I have been paying particular attention to as I listen to your stories and learn about the Lynnhurst UCC culture, is how we live out our *vision statement*: "We worship, study, and recognize Christ's spirit in each person. We strive to be a spiritually thriving, diverse Christian fellowship. We lovingly act to build community, develop faith, and to put our faith into action, based on our belief that God is still speaking." How does this Vision statement intersect with our 5 Year Plan and our *Conversations for the Future*? How are we to *Be the Church* in this time and this place that honors our rich heritage and tradition while following our still speaking God in creating church for the now, that is life-giving, sustaining, and nourishing? I am so excited and thankful to be journeying with all of you as we faithfully live into these questions.

See you in church.

May God's grace and joy be yours in abundance.

Pastor Cynthia



THINK 3 October 18!



Blessing of the Animals (2 p)	October 3
World Communion Sunday	October 4
Adult Education Speaker – <i>Living Healthy with Chronic Conditions</i>	October 4
Blood Pressure Clinic	October 25
Committee Meetings:	
Church Leadership Council (7p)	October 12
M & A Committee Meeting (7p)	October 13
Christian Ed (8:30a)	October 18
Mission (11:15a)	October 18
Trustees (11:15a)	October 18
Diaconate (11:15a)	October 18
Parish Nurse Advisory Board (7p)	October 20

SEPTEMBER BIRTHDAYS

1	Rev. Kathy Gibson Christensen	18	Lynn Richardson
8	John Cummings	18	Dan Swalm
9	Lindsay Nicol	22	Daniel Christensen
10	John Eian Sr.	22	Kelsey Nicol
10	Joanne Hostert	28	Christine Wold
		31	Gwen Carlson



FROM OUR PARISH NURSE

If you have questions, please contact Nancy Erstad, RN, MA, FCN

What is chronic disease? Chronic disease is a disease that lasts for 3 months or more, and cannot be prevented by vaccines or cured by medication. The CDC (Centers for Disease Control and Prevention) states that chronic disease is the leading cause of death and disability in the US. One in four adults have 2 or more chronic diseases. Is this you or someone you know and love? Some examples of chronic diseases are heart disease, stroke, cancer, diabetes, obesity, and arthritis. It doesn't need to be obvious to others to impact your life.

Join us for the adult education on "Living Healthy with Chronic Conditions" on Sunday, October 4, 2015 after church in the Fellowship Hall. We are honored to welcome as our guest speaker, Linda Bednarz, LPC, MT-BC. Linda is a licensed Professional Counselor and Board Certified Music Therapist from Salem, Oregon working in the mental health field for over 30 years. She is currently in private practice seeing adults with a variety of mental health issues. Experiencing chronic health issues herself, Linda specializes in management of chronic pain. Since 2012 she has been a leader in the Stanford-based Living Healthy with Chronic Conditions.

NEWS AT LYNNHURST

TWIN CITIES MARATHON!



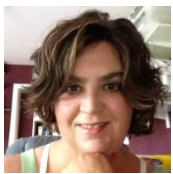
Please keep in mind that this Sunday, October 3, is the Medtronic Twin Cities Marathon; it should not affect parking outside of the church but, may affect the route you take to get to Lynnhurst, please plan accordingly. For more information, please visit the [Medtronic Twin Cities Marathon website](#).

BLESSING OF THE ANIMALS



On Saturday, October 3, at 2pm, we will hold our annual Blessing of the Animals Service. There will be prayers, the blessing, music and singing and treats for the cats and dogs. The whole ceremony should only take around 1/2 hour. Please come and bring all your beloved pets to the ceremony. The event will be held outdoors on the lawn, weather permitting. Or inside in our Fellowship Hall, if the weather is inclement. Our pets mean very much to us, healthy or ill, and they could all do with a prayer and a little looking after.

WHAT IS MY ROLE AS FAITH FORMATION DIRECTOR?



My grandmother loved listening to Jim Nabors singing gospel music and in my mind he will always be an important part of my faith formation. When this congregation made the decision to hire a Director of Faith Formation, they were not doing it just for children and youth. Instead, it was decided to find someone who “will manage the faith-based learning and spiritual growth experiences of the church.” Managing the youth group and coordinating Sunday school is only one part of finding ways to engage all church members in their faith. In the coming months you will hear about some activities aimed at youth, but you will also hear about new opportunities for adult members of this congregation. Some of them will be intergenerational utilizing familiar formats while others will challenge you to experience what faith means in the 21st century. When you hear of events in the coming weeks, try something new. I walked one step on my faith journey listening to Gomer Pyle sing “How Great Thou Art”. I am excited to start on this new path and take new steps in a life of faith with all of you, the people of Lynnhurst Congregational UCC. Thank you for the warm welcome you have given me this past month. I look forward to getting to know each of you.

FALL FESTIVAL IS RIGHT AROUND THE CORNER!



Music, dancing, chili and cornbread, a radical raffle, and silent auction...everyone's favorite fundraiser is near! The Lynnhurst 2015 Fall Festival will be held on Nov. 7, starting at 6 p.m.

For the bargain price of \$10 for adults, \$5 for kids ages 5-12, and free (!) for kids 4 and under, And for \$25, you can bring the whole family! You gain admission to the event and the satisfaction of knowing that our church will grow in serving our members and the wider community. Tickets will be sold during coffee hour and at the door. And guess what else?! Your friends get into the festival for FREE! That's right! We're opening our doors and welcoming the neighborhood in. This fun is too fantastic to keep to ourselves!

Last year's raffle was such a smashing success (not to mention incredibly popular), we're doing it again. For a mere 10 bucks, you can win an Apple iPad, an iPad mini or \$150 in cold, hard cash. We're looking for everyone to sell tickets this year! And here's an incentive: Sell 10 tickets, get 1 free! No personal purchase required. To obtain your tickets, contact Mike Peterson at 612-860-0085 / petersonhuron@gmail.com

Would our festival would be complete without the beloved Silent Auction? No way! But it does need donations to be a success. Please contact Becky or Dan Kruse (612-670-6234) / kruse@pclink.com to offer your donation. Ideas include:

- * A special dinner or theme party hosted in your home
- * Tickets to a special sporting event, concert, performance, or outing.
- * Maybe you are an artist and would like to share your work - or a studio day or class where you could teach your skills?
- * Basket of fun for kids or adults.
- * A lovely item that needs a new home--something old, something new.
- * Gift certificates for your services (perhaps babysitting or snow shoveling, house organizing, painting

or handyman services, gardening, or wherever your talents lie!).

- * A boat ride, fishing/ hunting outing, a bike tour/ walk of your favorite neighborhood.
- * Baked goods, tasty home brew, the list goes on and on....
- * _____(creative idea to be filled in by YOU!)

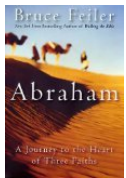
***To print your donation form, please [click here](#).

You will be blown away by some of the generous donations already secured!! Again, if you have any questions about the auction, please contact Becky or Dan Kruse (contact info above). It usually works out that the more you give, the more fun YOU receive!

And if that was not enough of an appeal, the gym will be filled both with the enticing aroma of chili and the strains of live music. Chili will be served from 6-7pm. When we've had our fill, we'll head to the dance floor to enjoy music coordinated by Lynn Dixon and dances called by Melissa Anderson. Lucky us! So bring your appetite, put your dancing shoes on, and let Michael Peterson know if you can provide pots of chili, cornbread, milk, butter, sour cream, shredded cheese, and/ or tableware items. Too bad the chili doesn't make itself!

Thank you again for your support! We look forward to enjoying an evening of fun and fellowship with you at the Lynnhurst Fall Festival!

FAITH EXPLORATION



Faith Exploration meets the first Saturdays of the month at 8:30 AM (note the time change) in the upstairs conference room to discuss a selected book over a pot luck breakfast. On **October 3rd**, we will discuss *Abraham* by Bruce Feiler. Abraham is the shared ancestor of Jews, Christians, and Muslims, and *Abraham* explores each religion's perspective on this larger than life figure. On **November 7th**, we will discuss *Bohemian Flats: A Novel* by Mary Relindes Ellis.

On **December 5th**, we will discuss *Being Mortal: Medicine and What Happens in the End* by Atul Gawande. Mark your calendars for participating in a lively conversation on matters of faith.

BOOK CLUB



The first book has been chosen, please join in discussing *Bohemian Flats* by Mary Ellis, on Thursday, October 8 at 7:00 p.m. at Mary Faulkner's home (4921 Girard Avenue South). Bring an appetizer to share.

In *The Bohemian Flats*, Mary Relindes Ellis's rich, imaginative gift carries us from the bourgeois world of fin de siècle Germany to a vibrant immigrant enclave in the heart of the Midwest and to the killing fields of World War I.

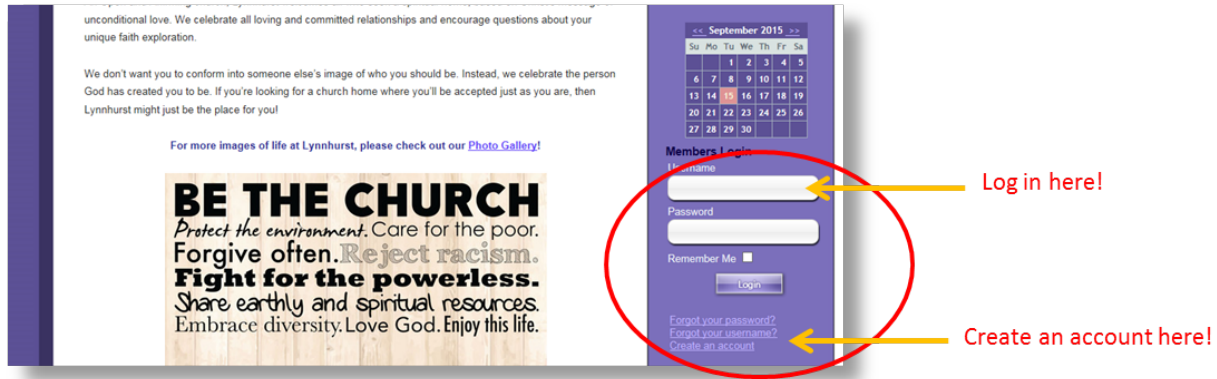
Shell shock, as it was called, lands Raimund Kaufmann in a London hospital, a victim of the war but also of his own, and his brother's, efforts to get out of Germany and build a new life in America. While his recovery eludes him, his memory returns us to Minneapolis, to the Flats, a milling community on the Mississippi River, where Raimund and his brother Albert have sought respite from the oppressive hand of their older brother, now the master of the family farm and brewery. In Minnesota the brothers confront different forms of prejudice, but they also find a chance to remake their lives according to their own principles and wishes—until the war makes their German roots inescapable.

Following these lives, *The Bohemian Flats* conjures both the sweep of irresistible history and the intimate reality of a man, and a family, caught up in it. From a nineteenth-century German farm to the thriving, wildly diverse immigrant village below Minneapolis on the Mississippi to the European front in World War I, and returning to twentieth-century America—this is a story that takes a reader to the far reaches of human experience and the depths of the human heart.

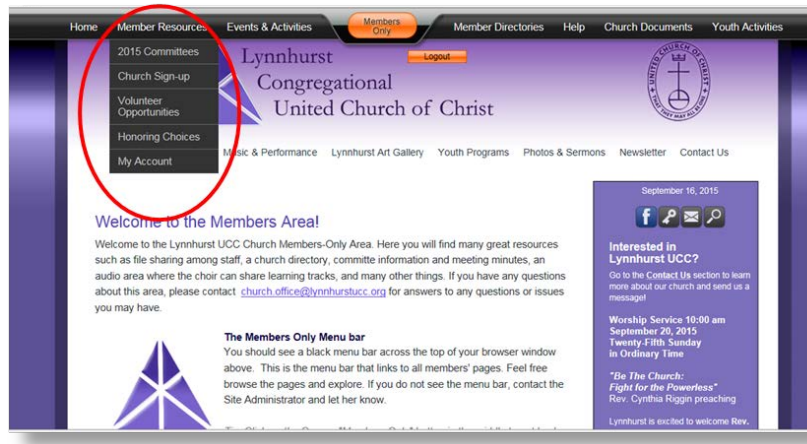
LYNNHURST MEMBERS AREA ON WEBSITE

Do not forget to register on www.lynnhurstucc.org to get access to the **Lynnhurst Members Area**.

Create an account by going to the bottom of the sidebar on the right side of the website home page. Your request will be immediately approved and you can log in.



You can go to this internal site to sign up online to host Coffee Hour, serve as an Usher, Greeter or Liturgists and order flowers (coming soon: the option of using PayPal for flowers). You can also find committee meeting notes, church documents, such as by-laws and the annual report, church directory and more!



Please spend some time exploring the Members Area to see what's there now and to get an idea of how we can use this site to share information and communicate going forward. If you have information you'd like to have available on the Members site (i.e., volunteer or social justice opportunities, upcoming events, news & information), please send to Holly Kangas at church.office@lynnhurstucc.org.

The demo presentation and Q&A by Mary Lynum on the improvements to Lynnhurst's website and the vital role we all play in supporting that primary portal to our worshipful community, originally scheduled to follow the church service on Sunday, 9/20, has been rescheduled for Sunday, 10/11 so as to not conflict with multiple September committee meetings. Please "Save the Date" for this lively and informative session focusing on how we maintain a welcoming presence on the internet and beyond.

BLACK NATIVITY AT PENUMBRA THEATRE



Penumbra Theatre in St Paul stages a production of Langston Hughes Black Nativity each December. The play combines the traditional stories and music of the Nativity with a fresh perspective and energy. All Lynnhurst members and friends are invited to join fellow church members and attend a show on December 12 at 2 pm. Tickets for adults are \$35 each and seniors are \$40 each (students with a valid ID are \$15). If you would like to attend with the church or have any questions, please contact Kim Graff at faithformation@lynnhurstucc.org.

A NEW SINGING MINISTRY IS ON ITS WAY AT LYNNHURST!



The goal: to create beautiful and excellent choral music to share with those who are unable to attend church services. Interested singers met on July 15, launched the idea, and agreed on the name, *Angeli*, meaning 'angels' or messengers'. This group will be a sub-set of the Parish Nurse Program, and is separate from any other musical groups at church. Still in its formative stage, we pray that God and the Holy Spirit will guide us as we gather and explore what this ministry may

become at Lynnhurst. We are interested in singers especially drawn to this ministry as we share harmonious choral music. Come join us on Sunday, October 25, (and all the last Sundays of the month this year) at 5 PM at church. Would you like to participate? Please see Nancy Erstad or Jay Bruns

LYNNHURST YOUTH NEWS

HALLOWEEN PARTY AND HAUNTED HOUSE



The Annual Lynnhurst Halloween Party and Haunted House will be on Saturday, October 24. The event is open to all families, friends, and neighbors. Please come and join us for games, trick or treating, and a Haunted House starting at 5:30 p.m. Middle and High school youth group members are invited to stay for a Lock-in following the party.

CHRISTMAS PAGEANT VOLUNTEER PLANNING



Advance planning for the annual Christmas Pageant (to be held on December 13) will start with a volunteer meeting on November 1 immediately following worship. If you would like to help, please contact Kim Graff at faithformation@lynnhurstucc.org to let her know you are interested and if you will be able to attend this planning meeting.

NATIONAL YOUTH EVENT



Every four years the United Church of Christ hosts a National Youth event to empower young leaders. The next event is in 2016 in July and is open to all youth between the ages of 13 and 18. It will feature five days of workshops on how to be engaging leaders, faith and team building exercises and community outreach and service projects. Over the next few months you will hear of fundraisers and events to help pay to send as many youth leaders from Lynnhurst as possible. Please join us for a congregational meeting in late October (date and time TBD) to hear more about how this event can be transformative for both the attendees and the congregations that support them.

T.R.U.S.T. NEWS



GREAT TRUST AUCTION!

New Place! New Day! Heads & Tails! Great Food And Wine!

- When? Friday, October 9th at 6:00 pm
Where? St. Joan of Arc
4537 3rd Ave So, Minneapolis
Why? To bid for great stuff, eat great food and to be entertained!
How Much? \$20 in advance or with reservation
\$15 for seniors 65+ /youth
Free for kids under 10 years old
\$25 at the door

For reservations call 612-827-6159 or email: trustinc@visi.com

SOUTH MINNEAPOLIS COALITION FOR GRIEF SUPPORT - FALL SERIES – 2015

Our Lady of Peace Church (5426 12th Avenue South, Minneapolis 55417 - Phone: 612-824-2111)

- 6:15 pm Registration and Refreshments
6:30 p.m. Speaker
7:00 – 8:00 pm Facilitated small groups

All groups are on Thursdays

- September 24 Overview of Grief
October 1 Effects of Grief
October 8 God Signs & Dad Stories
October 15 The Forgotten Mourners

October 22 Living the Grief Journey
 October 29 Beyond Now – A Journal of Ordinary Grief
 November 5 Regaining Resilience & Balance
 November 12 Why God, Why?
 November 19 Holiday Grief: Grieving While the Rest of the World is Celebrating
 November 26 NO CLASS – THANKSGIVING
 December 3 Service of Remembrance

Questions? Call Norine Larson at 952-925-2437 or TRUST at 612-827-6159.

NEWS IN THE WIDER COMMUNITY

REFUGEE NEEDS

The MN Council of Churches is asking for help in gathering items for refugees. The current needs are dressers, sofas, dining room tables, dining room chairs and coffee tables; also, cooking pots and frying pans, towels, twin and full bed sheets and blankets, soup bowls, toilet paper and deodorant. Anything that is useable, not torn; complete, not complicated will be appreciated; but no outdoor items. For a complete list see <http://www.mnchurches.org/refugeeservices/geti-involved/donation-needs> or contact Joo Kim (612) 230-3219. Items can be delivered to 122 W. Franklin Ave., # 100, Minneapolis.

A WONDERFUL EDUCATIONAL OPPORTUNITY FOR THOSE AGE 62 and ABOVE

“The Senior Citizen Education Program (SCEP) is part of a [Minnesota state statute](#) and applies to Minnesota State Colleges and Universities (MNSCU). The University of Minnesota has chosen to participate in order to provide senior citizens with higher education opportunities. If you meet the residency and age requirements of the SCEP, you may audit courses free of charge or take courses for credit at \$10 per credit. Whether you audit or earn credits for the course, you must pay any required laboratory or materials fees. To receive SCEP-reduced tuition benefits, you must be a Minnesota resident and 62 or older before the start of the term for which you are registering. You are also eligible if you are 60 years old and receiving a railroad retirement annuity. At your initial registration for classes, you will need to provide identification to verify your age, Minnesota residency, and (if applicable) railroad retirement annuity. You may register on or after the registration date for non-degree students for the term, and you can register through the first two weeks of the term without penalty. Priority is given to currently enrolled students for open class seats.”

To get more information, go to a [One Stop Student Services Center](#) or visit the SCEP web page at: <https://onestop.umn.edu/>. If you would like to know more about our experiences with SCEP, feel free to ask us. Mary Kay Willert and Paul Olson

STORE TO DOOR



Is a nonprofit grocery shopping and delivery service to seniors, age 60+, delivering groceries throughout the Twin Cities. We are committed to giving seniors personal, reliable access to their choice of food and household essentials so they can continue to live in their homes. Store To Door serves over 1800 people 60 years+ throughout the 7- County Twin Cities metro area, helping them to remain independent and in their homes.

All clients pay for groceries delivered into their home. Clients order and receive groceries every other week on a bi-weekly schedule. Working with friendly volunteer order taker, a client places their order over the phone. Two days after the order is taken, the order is shopped by a volunteer shopper at one of six Cub Food store locations in the Twin Cities. A paid staff person delivers groceries into the client’s kitchen, and assists, as requested, in putting groceries away. Clients must be age 60 or older. Clients must be able to complete a grocery list every two weeks and communicate it to an order taker over the phone. Minimum order per delivery is \$40. All clients pay for groceries delivered to them. A delivery contribution is requested of all clients and ranges between \$5 to \$15, based on a sliding scale. Check, credit/debit card or SNAP/EBT card are accepted forms of payment. To inquire or to register for Store To Door’s services please call (651) 642-1892.

GETTING INVOLVED AT LYNNHURST UCC

There are many ways to get involved at Lynnhurst and it is a great way to get to know people here, as well as help the ministry of our church. You are invited to:

- **Ushers** – Sign up on Lounge Bulletin Board or on the **Lynnhurst Members site** under Member Resources / Church Sign-Up/Ushers & Greeters.
- **Coffee Hosts** – Sign up on Lounge Bulletin Board or on the **Lynnhurst Members site** under Member Resources/Church Sign-Up/Ushers & Greeters.
- **Liturgists** – Sign up on Lounge Bulletin Board or on the **Lynnhurst Members site** under Member Resources/Church Sign-Up/Liturgist
- **Choir** – Join us! Please contact Peggy Swalm (pdswalm@aol.com or 612-824-0600)
- **Sunday School Teachers** – Talk to Amber Nord (612-501-0946 or dactnord@hotmail.com)
- **Christian Education** – Contact Amber Nord (612-501-0946 or dactnord@hotmail.com)
- **Diaconate** – Contact Debi March (612-247-1087 or debi.march008@gmail.com)

TIDBITS

LIKE US ON FACEBOOK



Check out our Facebook page, make sure to “like” and “follow” Lynnhurst Congregational UCC Church page. Feel free to post on the page; leave comments and observations, photos of church or community events, family, pet, inspiring videos or songs, opportunities for volunteerism or service, pose a question, share a joy, say thank you, ask for prayers. Also, consider inviting FB friends to like the Lynnhurst UCC page; there is usually a sidebar on the left side of your page with suggestions.

Please Spread the Word ~ Check in on Facebook Sunday mornings to share your excitement that you are part of the Lynnhurst community.

FLOWERS ON THE COMMUNION TABLE



Sign up to dedicate Sunday flowers to honor a special person or occasion or in memory of a loved one. The calendar is just outside the church office and waits for your special date. Arrangements are \$43.00 and are yours to take home after the service. (They can also provide a vase style arrangement for \$30.00.) Feel free to supply your own store bought or during the summer, we welcome a lovely arrangements of flowers from your garden. Please sign up on the calendar outside the church office, or go to the **Lynnhurst Members site** under Member Resources/Church Sign-Up/Flower Sign-up

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.

KEEPING IN TOUCH WITH PEW POSTCARDS



Postcards, in the pews, offer an opportunity for congregation members to keep in touch with one another, 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. Your postcard will be addressed, stamped and mailed from the office. Please take advantage of this wonderful way to “keep in touch,” using Mary Kay Willert’s beautiful photographs.

SERMONS



If you are interested in listening to the sermon and some of the special music from a Sunday service, go to the church website www.lynnhurstucc.org and click on [Photos & Sermons](#) The web site plays the sermons using Adobe's Flash Player, which makes it possible for you to listen to the sermon on your computer.

NOTES FROM THE OFFICE

Publications:

Lynnhurst Weekly eNews

The weekly eNews is sent at noon each Thursday. Information to be included is due by **2:00 p.m. on Wednesday.**

Sunday Bulletin

Bulletins are printed Thursday afternoon. Information for the bulletin insert is due in the church office by **2:00 p.m. on Wednesday.**

The Lynnhurst Voice (the monthly newsletter) information is due in the church office by 9:00 a.m. on Thursday, October 22, ****Please note items submitted after this date will not be included****

Office Hours:

Minister's Office Hours: Pastor Cynthia workweek is Sunday – Thursday. Her office hours are Monday by appointment, Tuesday 9 am to 3:30pm, Thursday, Noon to 4pm. Due to meetings, sermon and worship study, creation and preparation it is best to make an appointment. Pastor Cynthia email is pastorcynthia@lynnhurstucc.org and 612.827.6157. For pastoral emergencies during non-office hours, please call her cell at 425.273.4952. Her days off are Friday and Saturday.

Church Office Hours: Tuesday - Thursday from 8:30 a.m. to 2 p.m. and Friday from 8:30 a.m. to noon

LYNNHURST DIRECTORY

Sunday Worship 10:00 a.m.

Sunday Church School Activities 10:00 a.m.

Senior Minister Cynthia Riggin
pastorcynthia@lynnhurstucc.org

Associate Minister John Slothower

Faith Formation Director Kim Graff
faithformation@lynnhurstucc.org

Choir Director Peggy Swalm

Organist Jay Bruns

Building Mgr. & Cleaning Specialist Eben Pieterse

Parish Nurse Nancy Erstad

Office Manager/Editor Holly Kangas

Church Office (612) 827-6157

Church Fax (612) 827-6158

Church Website www.lynnhurstucc.org

Church E-mail church.office@lynnhurstucc.org