

SPIRIT OF CHRIST COMMUNITY
LUTHERAN CHURCH
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St. Louis Park, MN 55416

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SPARK Youth Outreach Initiative

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Health Fair

Spirit of Christ is sponsoring a Health Fair for the St. Louis Park area on August 18th, 2010 from 12:30 to 2:30 PM to be held at Lenox Community Center at 6715 Minnetonka Blvd. in St. Louis Park. The following are just a sampling of the organizations that will have representatives at the Health Fair to provide information and answer questions: Alzheimer's Society, Sojourner Project, Hopkins Wellness Clinic, Park Nicollet Sleep Disorders, SLP Gentle Transitions, STEP, and Children's Dental Services. Save the date and plan on joining us for this event.

The SPIRIT OF CHRIST NEWSLETTER is published monthly for members and friends of Spirit of Christ Community Lutheran Church. If you would like to be on the Spirit of Christ mailing list or if you have a change of address, please notify the church office. Deadline for newsletter articles is the 15th of each month.

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Church Website: SpiritOfChristCommunity.org

Editor: Teresa Nordahl
Church Phone: 952-929-6465

Host Home Initiative Updates

* The potential "seed money" we were hoping might be given to Host Homes, unfortunately is not being allocated to anyone. Therefore, for now, we have to change our thinking. With no funding to hire a coordinator, this will be a community driven program with youth case management provided by the referral agency.

* Efforts kicked off on June 15 to invite many of our local faith communities to learn about and consider ways they may support host homes. We had 8 congregations represented among the 20 in attendance at our informational meeting. We are working to get on their fall schedules to speak to larger audiences within each faith community. We anticipate the faith communities to play a major role in Host Homes through: recruiting hosts, offering financial support, and creating a wider network of support for those willing to host youth in their homes.

* A fundraising/awareness opportunity has come our way to host the **Cedar Lake Seven, a local gospel choir, on Nov. 7 at 2pm hosted at Wooddale Lutheran Church.** This should be a great way to invite other community members to learn about host homes and half of the donations received from the concert will be given to the Host Home program. Cedar Lake Seven will donate the other half to a homeless organization they work with in Minneapolis.

Youth Listening Project Update

Heading into the summer has been a time of transition for our Listening work in the community. We have wrapped up the interview phase and will be moving into several reflection and discernment conversations with active leaders in our congregations over the summer months. Looking forward to sharing insights from our listening work very soon!

Surprise us with love at daybreak; then we'll skip and dance all the day long. Make up for the bad times with some good times; we've seen enough evil to last a lifetime. Let your servants see what you're best at – the ways you rule and bless your children. And let the loveliness of our Lord, our God, rest on us, confirming the work that we do. Oh, yes. Affirm the work that we do! ~ Psalm 90:14-17 Kristina Fruge, Youth Outreach Coordinator

Pastor's Pen



I have discovered that in life, we need to make the most of what we have. I think that there is a great temptation sometimes for one to "waste" one's self and one's life.

When I get to the end of the year, I discover that there are many things I missed out on. Plans and dreams that I thought about have been passed by. Here we are in August and summer is almost gone.

Church work has often prevented me from skating with the "boys" in California.

This year, I decided that I wasn't going to miss it. The tournament was started by Charles (Sparky) Schultz, the cartoonist, when he moved to California, built an ice arena and then called his friends to come out and play hockey. Eventually, he gathered teams from all over the world.

I feel that we need to do things while we can because there will come a time when we can't. One of our skaters needs new knees but has put it off way too long.

In California, he skated one game and was out for the rest of the tournament. Another hockey player was accompanied by his wife who needs surgery but has postponed it because she can't give up alcohol. You could see the struggles and the problems for both, yet both are insistent about their situation.

In both cases, the person could do something about the situation but chose to not do what is needed. Not only are opportunities passing them by, they are forgoing things that could change their whole life.

I find myself in a unique situation. I thought that I would work with Pastor Kevin, help shape the ministry and move on leaving him behind. Now, I find that he is moving on and I am the one left behind.

I'm sure that Kevin will make the most of his opportunity with Amber. I will have to make the most of the next challenge. Fortunately, we both are Pastors who don't do ministry to people but with people. So I know that Spirit of Christ's ministry is in good hands. We will all make the most of this ministry knowing it is in good hands, as always it is in God's hands.

Pastor Wes

Parish Nurse

Dear Family and Friends,

August

"There are different kinds of service, but we serve the same Lord. God works in different ways, but it is the same God who does the work in all of us." I Corinthians 12:5,6 NLT

When diagnosed with the same illness, historically men and women were given the same prescriptions and procedures. Does that make sense? You know you are different and now, so do researchers, pharmaceutical companies, and physicians. In the last decade, they have begun to look at genetic differences between men and women and how those differences impact treatments and procedures. They have discovered that varying levels of estrogen and testosterone as well as differences in inherent risk-taking behavior impact the tendency for certain illnesses, levels of severity, and treatment of choice.

Genetics cause differences in body weight, organ size, and body fat which impact how medications are processed, what dosage is required, and how effective they are. Because of physical differences, women tend to require smaller doses than men. The level of sex hormones in men and women can impact a medication's effectiveness as well as the size of the liver or kidney that processes the medication. In both situations dosage adjustments may be required. For example some antibiotics tend to be more effective in women while anesthesia tends to be longer lasting in men. These differences can cause challenges for physicians looking for the right therapeutic dose.

Previous research was conducted on men while the newer studies are concentrating on women's health, risk factors, and treatment options. Results show that women have more headaches than men, delayed cardiac problems, higher risk for diabetes from smoking, and greater difficulty with breaking the smoking habit. The good news is that women tend to seek health care before men will – especially for mental illness.

Studies on the treatment of health issues in women continue. If you have a health concern, ask your physician about new options and recommendations for women. Examining female tendencies and risk factors may help you find your solution.

(Source: Society for Women's Health Research www.womenshealthresearch.org/)

Renee Compo

West Metro Grief Support Group
An invitation to persons who are experiencing grief and loss. Come to experience healing and hope through prayer, listening, sharing and fellowship.

TUESDAYS, July 6– September 21, 2010

4:30 – 6:30 PM

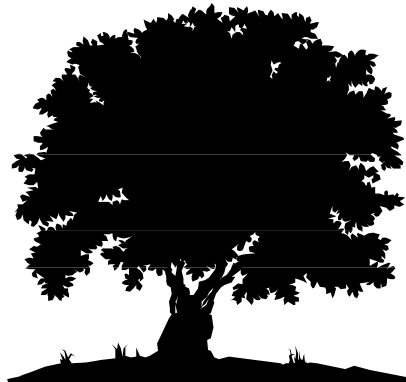
Church of the Good Shepherd
 145 Jersey Avenue South
 Golden Valley, MN 55426
 (763) 544-0416 x810

www.goodshepherdgv.org

Renee Hamilton ~ church secretary

DATE	SPEAKER	TOPIC
August 3	Elizabeth Johnson	Poems of Loss and Renewal
August 10	Lois Untinen	Personal Story
August 17	Lois Wilder	Journaling through Grief
August 24	Lynn Baskfield, MA	Creativity & Grief

For more information, please call the coalition co-coordinator, Darcie Rodman at 763-546-4404 or find us online at www.westmetrogriefsupportcoalition.org



Stewardship is a way of life



We will never really know the full impact of what we do in our everyday lives.

In my years, I have been fortunate to go far beyond the church walls that were part of my pastoral call. I have been part of people's lives who have overcome obstacles of every variety. I have had numerous opportunities to do missional programs in the United States and Canada. I have had the opportunity to help build six churches for other ministries across the United States including Alaska.

I have seen people come back from attempted suicide, chemical dependency, prison, gangs, physical disabilities and more. I have met so many people over the years and gathered so many stories. I have been hugged, squeezed, kissed by strangers, mocked, sworn at and threatened.

In all of the ministry, the most important part was that the opportunities changed my life and the lives of those people touched by ministry.

Way back in the 1980s, I first travelled to Chicago to work with Holy Family Lutheran Church in clearing out apartments at Cabrini, repainting them and getting women with children off the streets into them. Then we worked with Holy Family and their school to give underprivileged children a better chance at life. It started at the church and then moved 5 times. It ended up in an old building that was both a church and a school. Holy Family was responsible for the school part. It was run down, old and constantly needed work. We would have to make parts in order to fix many of the problems and it never was easy.

This July, I returned with our youth group and Beth Peterson as chaperone. Holy Family built a new school. The new school is fantastic and it only houses Holy Family School. The new gym is as big as the old school. Beth was talking to a young man that was going to college excelling in Art. He was part of Holy Family. Our youth group did a great job with the young children. Who knows what their impact will be?

Thanks for allowing Kevin and our adult team to travel to Ecuador and supporting that mission financially. Thanks for allowing me and our youth to travel to Chicago and helping financially. You are good stewards and who knows what you have done in Christ's name!

Pastor Wes

Congregational News

Prayers for...

Vince Chambs who is at Camilla Rose

Vi Olson who is at Edina Care Center

Vernon Johnson who had knee replacement surgery

Pastor Kevin and Amber Marten as they unite in marriage on August 28

Thanks to...

My family and I want to thank all who prepared the luncheon for Art's funeral. Also to Pastor Wes & Kevin for their messages. Thanks also to Dave Latvala for reading the Lord's prayer in Finnish. God bless you all and peace be with you. God's Peace, *Dee Wuollet*

Thank you for everyone's thoughts and prayers while I was at the hospital for my back surgery, and now when I'm at home continuing my recuperation. It's nice to know that there are such nice people at Spirit of Christ Community Lutheran Church. Thank You, *Diane Schultz*, Vi Olson Neighbor's daughter

National Night Out volunteers needed!

August 3rd, Tuesday, we need a team to walk the Sorensen neighborhood with cupcakes for our neighbors. We'll briefly visit a few block parties, drop off cupcakes and tell them that God loves them. This tells the neighborhood: we're here and we follow Jesus! Email **Teresa** for more information.

Hip Hop Concert

Come join the party, Wednesday, August 11th at 7PM at our Spark partner, Prince of Peace (across from Knollwood Mall). Join the party! More details to come!

Sunday School Events

Day Camp - August 23 - 26, 9:00 a.m. – 3:00 p.m.

This year's theme is centered around Genesis 1:31: And God saw everything that he had made and that it was very good. You need to bring a **bag lunch and sunscreen** and be ready for a great day. We will be exploring parks, playgrounds, museums and the wonders of God's World. The church will provide snack and beverages. Suggested donation of \$55.00/week per participant. Registration limit: 35. Financial assistance is available. Contact Teresa if you need registration material: Teresa@spiritofchristcommunity.org

- **Day 1: August 23** - Then God said, "Let there be lights in the sky to separate the day from the night." Trip: Stone Arch Br
- **Day 2: August 24** - God said, "I have given you every plant with seeds on the face of the earth and every tree that has fruit with seeds. This will be your food." ³⁰ Trip: Gale Woods Farm
- **Day 3: August 25** - Then God said, "Let the earth produce every type of living creature: every type of domestic animal, crawling animal, and wild animal." Trip: Air Museum
- **Day 4: August 26** - Then God said, "Let us make humans in our image, in our likeness. Let them rule the fish in the sea, the birds in the sky, the domestic animals all over the earth, and all the animals that crawl on the earth." So God created humans in his image. Trip: Dakota City Heritage Village

Rally Sunday

Come celebrate Rally Day on September 12! This is a kick off for the whole church. 9:00 is our kick off to Sunday School. Worship is at 10:00, followed by an intergenerational bar-b-cue and celebration. We will have games, activities and information on how you can get more involved and some of the upcoming events at SOC. Bring your friends and a dish to share for this kick off celebration!

SERVING IN AUGUST

Ushers

August 1 Team 4
August 8 Team 5
August 15 Team 6
August 2 Team 7
August 29 Team 8

Reader

August 1 Jeanne Worm
August 8 Jeanne Worm
August 15 Kristi White
August 22 Kristi White
August 29 Karla Larson

REJOICE!

Power Point Operator

August 1 Joanne Stone
August 8 Amber Christensen
August 15 Nikki Christensen
August 22 Mitchel Nordahl
August 29 LeRoy Murray

Money Counters

Joanne Stone
Joan Lakedon

Social Action Calendar August to October 2010

August 2010

9 Meals on Wheels
14 Shelter Breakfast 5:30-7:30 a.m.
18 Families Moving Forward Meal at Westwood, 5:00 p.m.
16 Dinner At Your Door

September 2010

7 TreeHouse Meal, 5-8 p.m.
10 Shelter Supper 6:30-8:30 p.m.
11 Feed My Starving Children 9-11 a.m.
13 Meals on Wheels
20 Dinner At Your Door

October 2010

5 TreeHouse Meal, 5-8 p.m.
9 Shelter Breakfast 5:30-7:30 a.m.
11 Meals on Wheels
13 Blood Drive 3:00-6:30 p.m.
18 Dinner At Your Door

Parish Nurse: Renee Compo, 952-546- 4889

Youth Group: Teresa Nordahl, 763-241-9317

If you would like more information about any of the opportunities in the newsletter, email your questions to info@spiritofchristcommunity.org.

Our Saviour's Shelter Breakfast – August 14th

It's time for breakfast at Our Saviour's Shelter on Saturday August 14th. We will be serving French toast, bacon, sausage, juice, milk, coffee and fruit. If you are interested in donating a menu item, talk to Carolee about quantities and logistics. Groceries cost approximately \$60.00, so monetary contributions or donations of coffee, boxes of tea and other menu items are always appreciated. Servers leave for the shelter around 5:30 a.m. and are back by 7:30. Please call Mark or Carolee Cohen at 952-935-5608 or see us at church to sign up for serving or to donate to the grocery fund.

TreeHouse Meal

TreeHouse is a non-profit organization with Christian roots that has been working with youth in several communities in the West-metro for the past 25 years. Every Tuesday and Thursday, they offer small and large group programming to 15-25 young people from St. Louis Park and are in the schools the rest of week mentoring their students. Spirit of Christ has volunteered to serve a meal to 15 "at risk" youth who participate in the program located at the Evangelical Free Church on Minnetonka Boulevard.

These youth are dealing with many different challenges, but hunger is one issue that can be addressed easily. You can help with cooking and serving a meal. Interested? The menu doesn't have to be complicated. Just think of food that teenagers would love. Next meals are September 7th and October 5th. Contact Lydia Monahan to help, Monahanl@csp.edu.

Feed My Starving Children – SAVE THE DATE – Sept. 11 – 9-11 a.m.

Please contact Wendi Harmsen at 612-827-1143 for more information or to sign up for one of our 15 openings.

Families Moving Forward

Westwood is hosting families for a week in August. Our church has volunteered to provide dinner for the families on Wednesday, August 18th and we are looking for volunteers to help cook, serve, and play with the children after dinner. We may have one other meal to serve this month, date yet to be determined. If you can help with these meals, please contact Jeanne Worm at 952-945-9134 for more information.

Pack a Backpack!

Spirit of Christ is collecting backpacks and school supplies for STEP's August back to school program. Simply bring your items to church and we will deliver them to STEP for you. STEP has identified the supplies that they need and please note that there is a list of supplies that are not needed since they have some donations left from last year and they also are very familiar with supply lists from the teachers in our district. Please consult the lists before you shop so your donations can be put to immediate use!

DO NEED (good quality supplies listed below that will last the school year):

3-ring zippered binders	Zippered pencil pouches
1" 3-ring binders	Blue (only) ballpoint pens
5-tab binder dividers	ERASABLE black pens
Folders WITHOUT fasteners	Large scissors
PURPLE (only) college rule notebooks	Backpacks (no wheels!)
8 count Crayola WASHABLE markers	12 count Crayola colored pencils
Cash or Check Donations	

DO NOT NEED

Folders with fasteners	Highlighters
Erasers	Blunt scissors (no teachers request them)

Blood Drive – SAVE THE DATE! Wednesday, October 13 from 3:30-6:30 in the Spirit of Christ parking lot.

Are You "Connected"?

Get the scoop about the latest volunteer opportunities from the Social Action Committee by adding your email address to our volunteer mailing list. Contact Lydia Monahan at monahanl@csp.edu to sign up.