

The Messenger

Hello from the Pastor's desk!

As the fall schedule kicks off, I've heard a number of folks commenting how busy they feel they've become. I'll admit that I'm one of them. And, looking a new school year in the eye, there are moments where I wonder how my family will be able to get everything done. And I know I'm not alone - someone recently told me, "I thought retiring meant I'd have more time to do the things I like. But I'm busier than I've ever been!" The result is that we're all extremely busy and sometimes it can get in the way of all sorts of things, including our mental and spiritual health.

I'm not really qualified on commenting on the mental health components of the hyperactive schedules that so many have adopted. But I have seen the spiritual consequences of ultra-busy lifestyles. Often, spiritual and mental health can take a backseat and can be seen as a luxury, not a necessity. As a pastor, of course, I remind people that spiritual health and spiritual practices are an important aspect of a healthy understanding of who we are and how we feel about ourselves. Eugene Peterson is the first pastor I encountered who encouraged people to be "unbusy." He advises, in his book The Contemplative Pastor, that the easiest way to make sure you have time to tend to your spiritual health - prayer, movement, therapy, or whatever else is needed - is to (ironically, perhaps) get it on the calendar before anything else can get to it. Because so many are busy, he essentially says that nobody questions it when people say, "I have an appointment." If it's on the calendar, people will assume it's important and will respect your commitment to following through.

Now, let me be clear, I am not saying this to make anyone feel guilty for being busy, for missing church, or anything like that. It would be the height of hypocrisy for me to tell people they need to slow down. There is a lot to do. But as your pastor, I care about you and your spiritual health. I want you to have a fulfilling life, marked with joy, grace, and hope. I want you to know just how loved and valued you are. I want you to not just know that you were created in the image of God, but also to see others as image-bearers of God, too. And that sort of life takes some work. So as we get into a busy fall, I encourage you find time in your calendar to block off some time, it can be as little or as much as you need, to commit to a spiritual practice that you find fulfilling. Find a time, even if it's just a few minutes, each day to be "unbusy." I hope that you can find a time to, as Psalm 46 puts it, "be still and know." I'm always happy to have conversation around how that can look for you.

Peace,
Pastor Bryan



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Bible Study, Every Tuesday at 6 pm

Upcoming Dates: Sept. 5th, 12th, 19th & 26th

Are you ready to dive a little deeper? Join us at Bible study Tuesdays at 6:00 PM. We take this time to read through and reflect on the readings for the coming Sunday, as well as pray and encourage each other. Come ready to read, discuss and learn. Bring a Bible if you have one. Bibles are provided for those who need one.

Blood Drive– Donors and Volunteers needed!

Thursday, September 7 12:00 pm - 6:00 pm

Have you always wanted to be a superhero? Now is your chance to help save lives, and you don't even need to wear a leotard! Minnehaha Communion is hosting a blood drive on Thursday, September 7th, from noon to 6 pm. The need volunteers as well as donors. To sign up, go to redcrossblood.org/give, or contact Sue Nielsen with questions. Not all heroes wear capes. Minnehaha Communion Lutheran Church, 4101 37th Ave S. Minneapolis.



Monthly Potluck TUESDAYS! **Please note the new day

Next Potluck Tuesday, September 12th

All are welcome to share a meal at our monthly potlucks! Every 2nd Tuesday of the month, we will have a brief devotion, prayer, and then we'll enjoy each other's company and cooking. All are welcome to join in, whether you're



Marathon Sunday, October 1

St. Peder's will be opening our doors to spectators who need a cup of coffee (or need to get rid of a cup of coffee!). Volunteers are needed to greet visitors and direct them to the facilities. No experience needed. No need to apply. Just show up with a smile at about 10 am that Sunday morning!



Quilters Meetings Wednesday, Sept. 6th & 20th

After taking the month of July off, the Quilters will be returning to their usual 1st and 3rd Wednesdays. Just a reminder, even if you do not know how to sew, you are welcome to join!



Welcome new renters! Longfellow/Seward Healthy Seniors

The LS Healthy Seniors will be at St. Peder's once a month hosting a Chronic/Multiple Disease Support Group. This group will offer support and ideas to help improve health. The in person group is free to attend. Meetings will be held the first Tuesday of the month from 2-3:15 pm on September 5th. For more information contact Mary Albrecht at 612-729-5799 or maryalbrecht@LShealthyseniors.org

News from the Office

Rally Sunday

September brings quite a few activities along with going back to school! Rally Sunday is September 17th. This is the day that we kick off our fall programming, complete with a Backpack Blessing during worship; games and special treats after the service and (most importantly) our first week of Sunday School and Choir! Please plan to come for Rally Day with your backpack (or briefcase) for a back-to-school blessing!

God's Work, Our Hands

God's work, our hands Sunday will be September 10th following worship. God's work, our hands is a service day done by ELCA churches around the country. We will have a number of activities for all ages and abilities to serve our neighbors. See you there!

Pastor Bryan will be gone September 25th and 26th for the Bishop's Theological Conference but will be available by phone or email during those days.

Volunteer News and Opportunities

Adopt a Garden

"Gardening is learning, learning, learning. That's the fun of them! You're always learning." -Helen Mirren

If you are looking forward to playing in the dirt this year, St. Peder's would appreciate your help in the gardens. There are garden beds of different sizes around the church building...front gardens facing south, west side, courtyard, container gardens and east garden. Select any section of any garden that fits for you (you don't have to select the WHOLE courtyard!) You could work alone or with a group on your own schedule. Our hope is that you could provide regular weeding and upkeep during the growing season. You can purchase and plant new plants as desired but that is not required. Tools can be available by request. If you adopted a garden bed last year and want to keep working that one, let me know.



Thanks to John and Doreen Skraba who adopted the garden patch (see above) in the courtyard. A little weeding, mulch and love go a long way!

Questions or to sign up, talk to: Sue Nielsen
suenielsen76@gmail.com 612-360-3936

VOLUNTEER OPPORTUNITY

Are you looking for an impactful way to make a difference with a small volunteer commitment? St. Peder's is looking for 4-6 volunteers on each date to help deliver groceries one Monday evening every other month to the residents at Hiawatha Towers through Community Emergency Services. CES has been working with our neighbors for 50 years. Contact Sue Nielsen if you are interested in working either of these dates. The residents are so appreciative when they see us!

Activity: Distribution of Pre-bagged Groceries at Hiawatha Towers (3 buildings at one location)

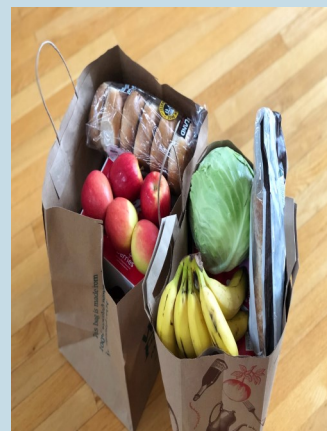
Dates: Monday, September 25, 2023,

Monday, November 20, 2023 Time: 6:00 to 8:00 pm

Location: Meet at Hiawatha Towers Apartment Complex, located at 2121 - 16th Avenue South, Minneapolis (There are 3 buildings. 2121 is the "middle" building. Look for the CES cargo van (with CES logo.)

Responsibility:

- Unload van of grocery bags & transfer into community room
- Arrange bags by building and floor
- Deliver Bags to Neighbors' Apartments (We provide carts for delivery)



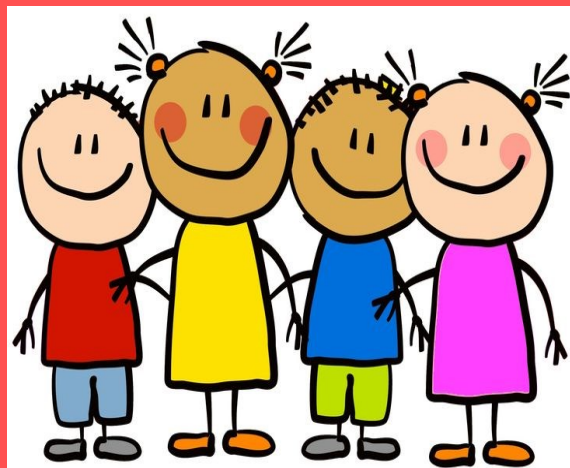
Good to Know:

- At apartment building, please park on the street (parking lot is for residents only)
- Masks may be required at apartment building (it changes weekly)
- Closed toe shoes recommended
- Should be able to lift 25 pounds

Contact Sue via email or phone to sign up at: Sue Nielsen76@gmail.com or 612-360-3936

SAVE THE DATE!

Sunday school will start up again on **Sunday September 17th**, which also happens to be Rally Sunday. The kids will have so much fun they won't even realize they are learning! Please contact the office with any questions! 612-722-8000 or email office@stpeders.org.



Gather On The Green: Saturday, September 9th 4pm-7pm

Silent Auction Items and Volunteers Needed

The Christian Life Committee is hosting an event on September 9th called Gather on the Green, which will be a great way for us to meet our neighbors, showcase the congregation's involvement in the community, and have fun. The committee is looking for items for silent auction as part of this event. If you have something you'd like to donate to the cause, please contact Andrea Wollak or Pastor Bryan, or use your smart phone to capture an image of the QR code below.



Together in Mission 2023

The offerings of your financial resources allow us not only to support the mission of our congregation, but to share our resources with others in ministry so that all may know of Christ's love. TOGETHER we work on Christ's behalf in the world - none of us can do it alone! Thank you for your offerings through the 5th month of 2023. A detailed financial summary report is available at the church office for anyone who'd like to see it.


Income

Month of July	\$ 35,720	Budget for the month	\$ 23,124
Year to Date	\$ 213,979	Budget Year to Date	\$ 161,876

Expenses

Month of July	\$ 17,640	Budget for the month	\$ 23,436
Year to Date	\$ 155,028	Budget Year to Date	\$ 166,801

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				Youth Faith Formation is after the Children's Sermon Events in BLUE are community groups that use the building.		2 pm Fiber Arts/ Fellowship Hall
9 am Worship 10 am Coffee and Fellowship	Office Closed Labor Day	10 am Exercise Class 2 pm Chronic Disease Support Group 6 pm Sisters in Crime Mtg 6 pm Bible Study	9 am Quilters	10 am Exercise Class	8	Gather on the Green 10:30 am Brownies group
10 Gods Work Our Hands Sunday 9 am Worship 10 am Coffee and Fellowship	11	12 10 am Exercise Class 12 pm Potluck 6 pm Bible Study	13	14 10 am Exercise class	15 First day of Hispanic Heritage month	16 2 pm Fiber Arts/ Fellowship Hall
17 Rally Sunday 9 am Worship 10 am Coffee and Fellowship	18 Newsletter articles are due	19 10 am Exercise Class 6 pm Bible Study	20 9 am Quilters	21 10 am Exercise class	22	23 10:30 am Brownies group
24 Resume Faith Formation 9 am Worship 9 am Youth Faith Formation 10 am Coffee and Fellowship 11 am Communion	25 7 pm Music & Worship Committee Meeting	26 10 am Exercise Class 6 pm Bible Study	27 7 pm Council Meeting	28 10 am Exercise Class	29	30

September Volunteer Schedule

Thank you for sharing your time and talent at St. Peder's!
Please try to arrange your own trades. Reminder emails are sent weekly along with contacts for substitutes. If you are pressed for time or have questions, please contact the office: office@stpeters.org or 612-722-8000

Sep 3, 2023

Greeters: Michael and Allison O'Day

Ushers: Andrea Wollak and Jeremy Anderson

Acolyte: Phoebe Anderson

Reader: Martha Olsen

Communion Set Up: Eva Tangen and Phoebe Anderson

Communion Servers: Sue Schnickel, Bob Stanich, and Jeanne Schleh

Communion Bread and Wine: Sue Schnickel

Counters: Steve Austin and Paul Aitchison

Livestream Technician: Cameron Jamison

LSS Safe House Dinner for September 4: Tim and Elizabeth Anderson

Social Hour hosted by **Shepherding Group 5**

Sept 10, 2023

Greeters: Ben Campbell and Casey Clementson

Ushers: John Skraba and Julie Ebbesen

Acolyte: Fletcher Campbell

Reader: Chuck Johnson

Counters: Cameron Jamison and Doreen Skraba

Livestream Technician: Darrick Jensen

LSS Safe House Dinner for September 11: Wendy and Gordon Legge

Social Hour hosted by **Shepherding Group 6**

Sep 17, 2023

Greeters: Dwight and Kari Bullard

Ushers: Craig Rocheleau and Peter Juhl

Acolyte: Eden Hunsberger

Reader: Tom Goodoien

Counters: Marcia Rocheleau and John Skraba

Livestream Technician: Bruce Simpson

LSS Safe House Dinner for September 18: The Gleason Family

Social Hour hosted by **Shepherding Group 7**

Sep 24, 2023

Greeters: Jim and Heidi Nelsen

Ushers: Paul Aitchison and Mark Jenson

Acolyte: Maren Odeen

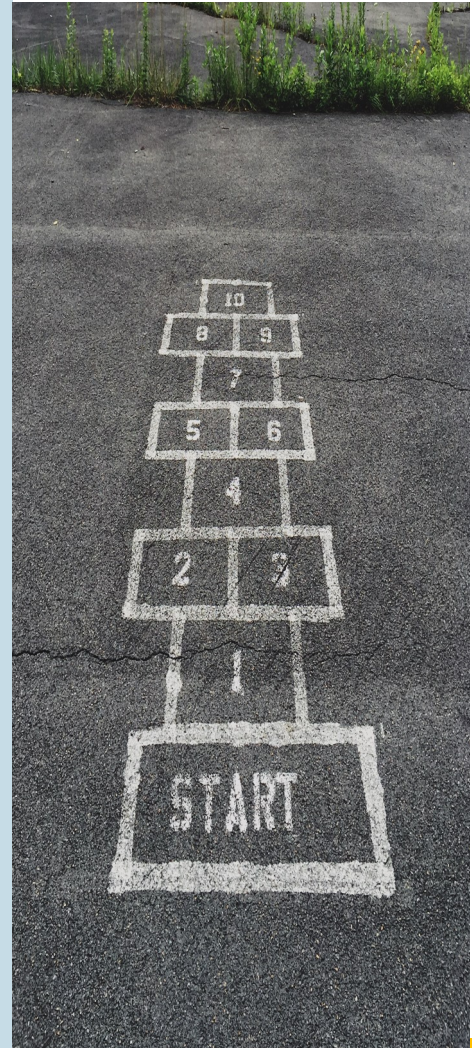
Reader: Alice Petersen

Counters: Terri Vetch and Paul Odegaard

Livestream Technician: Karen Vetsch

LSS Safe House Dinner for September 25: Mark and Jody Jenson

Social Hour hosted by **Shepherding Group 8**



September Worship Schedule

Sunday, September 3

9 am Worship

10 am Coffee and Fellowship

Sunday, September 10

God work Our Hands Sunday

9 am Worship

10 am Coffee and Fellowship

Sunday, September 17

Rally Sunday

9 am Worship

10 am Coffee and Fellowship

Sunday, September 24

Resume Faith Formation

9 am Worship

9 am Faith Formation

10 am Coffee and Fellowship

11 am Communion Bread class

**St. Peder's Evangelical
Lutheran Church**

St. Peder's affirms the
welcome of God to all persons.

St Peder's welcomes you to a community of faith nurtured by God's abundant grace, Christ's peace and the Spirit's lively presence! In response to such love, we open our hearts and hands and doors to joyfully serve our neighbor – whether it's you or someone across the world. We invite you to join us for worship or any activity at the little church on the corner of 46th Avenue and 42nd Street in south Minneapolis.



Want to support our mission to joyfully live the gospel with open hearts, open hands and open doors? Make a donation from your smartphone by scanning the QR code or head to this website: <https://bit.ly/stpedersgiving> Thank you for sharing your gifts.

Church Staff:

Pastor: Rev. Bryan Odeen

pastorbryan@stpeders.org

Organist/Music Ministry Coordinator:

Mia Kruse

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Faith Formation: Sarah Laulunen-Reig

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Caretaker: Jim Austin

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