



ST. ANDREW
LUTHERAN CHURCH

St. Andrew **HAPPENINGS**

October 8, 2017

In Our Prayers

As a community of faith we are connected through joy, sorrow, worship, and prayer. Please pray for the people listed below. Your prayers are greatly appreciated!

We ask for God's loving embrace to hold all those who mourn, especially:

The Dunlevy, Williams, and Desauliner families on the death of their mother, grandmother, and great-grandmother, Rosemary Bloedow
Tom and Kristin Holtz and family on the death of his mother, Bea

Prayers of Mourning:

- My soul is weary with sorrow; strengthen me according to your word. **Psalm 119:28**
- Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. **Isaiah 40:31**

As we are praying for all members of the St. Andrew community, this week we pray especially for God's comfort, healing, protection, and strength to be present with:

- *Kirk Monger's mother, Enid
- *Paul and Marjean Skoog's sister-in-law, Lois
- *Megan Henschen
- Dan Gatchell's father
- Brian Shimley's long time friend, Tony Christian
- Tish Bergan
- Linda Wallenberg's sister, Christine Wallenberg
- Shari Erickson's cousin Scott's wife, Jena Cramer
- Tom & Debbie Larson's daughter-in-law, Andie
- Jeff Naas' father, Wally
- Gina Ford
- Sharon Heath's niece, Jessica
- David and Marilyn Boorsma's son, Mark Boorsma
- Chris and Bria Skordahl and their son, Jack
- Our Friends in Haiti
- All those in the military serving our country

General Prayers:

- Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. **Isaiah 41:10**
- Lord my God, I called to you for help, and you healed me. **Psalm 30:2**

* New this week; names remain listed for three weeks unless otherwise requested.
To add a name to the prayer list, click the 'Prayer Request' button on the homepage of our website or contact Pastor Peter at pastorpeter@standrewlu.org.

Connect

Manna Meal Volunteers Needed..... **Now**
What is Manna Meals? Manna Meals are meals prepared by several teams of St. Andrew volunteers. These meals are then delivered to members and friends of St. Andrew (people recovering from illness, surgery, death of a loved one, birth of a baby). If you are interested in joining this small group ministry please contact Beth Soderberg at beth_soderberg@hotmail.com or Jeanie Anderson at jeanieand@gmail.com

Wine and the Word..... **Registering Now**
Welcome to a new season of Wine and the Word! Gather together with your friends, a beverage of choice, and the Word of God. The focus is on forming caring relationships and inviting God to be a part of it. Missed it last year? Don't miss out this year! Register online.

Beginners Card Making Class..... **Oct. 11**
Enjoy a fun afternoon of card making. Seasonal cards (Halloween & Fall) will be made and all materials and tools will be provided. Come, be creative!

High School Lock-In..... **Oct. 13-14**
Join us as we spend the night at church playing exciting games, eating great food, and having tons of fun!

Prime Timers Trip to the History Theater..... **Oct. 19**
We are heading to St. Paul to enjoy the play "All the Way". This is a Tony award-winning Broadway play beginning with the day JFK was assassinated in Dallas.

Worship Opportunity

The Table Worship Service..... **Sundays 5:30 PM**
Contemporary: Casual, Experiential, Music for Today.

Fusion and Caramel Roll Sunday..... **Oct. 15**
Bringing worship and Sunday School together and ending in our famous caramel rolls - see you there!

Wiggle and Worship..... **Oct. 29**
It's back! Join us on Reformation Sunday for a Wiggle & Worship service at 10:45AM in the Fellowship Hall.

Grow

Reformation & Kid's Book Fair..... **Today - Oct. 15**
Stop by the book fair for discounted books for adults and children. Martin Luther & Reformation options available. Christmas is coming - great gift ideas!

The Luther You Thought You Knew..... **Oct. 11**
Dr. Hans Wiersma joins us again for this wonderful class. No registration is needed - just show up. All are welcome!

Mindfulness Series..... **beginning Oct. 25**
Stress has become America's #1 health problem. Would you like to learn some faith-based techniques to counter daily anxiety and stress? Join us for this great series!

9 Keys to Raising Thriving Youth..... **Oct. 25**
The Parenting Forum is excited to present Dr. Peter Samuelson as he discusses the "9 Keys to Raising Thriving Youth in Today's Complicated World". Join us for this informative night.

Give

SIP Camp Counselor Training Begins..... **Tonight**
We are now accepting Counselor and Counselor-In-Training applications for the 2018 Camping Season. Don't miss out on the excitement! Applications online.

Wednesday Night Meal Helpers Needed..... **Now**
Our Wed. night meals are such a success we need more hands to help serve! Please consider - sign up online.

PROP Food and Coat Drive ... Begins Today-Oct. 15
Our fall Food and Coat Drive is here! Our goal this year is 2,750 bags of food!! Bags may be purchased for \$10 at the Ministry Desk. New and gently used coats needed-adult SM & MED as well as children sizes 5-8.

HOME Leaf Raking Event..... **Nov. 4**
Deadline is Oct. 30 to sign-up. Register online.

Hurricane Service Opportunities.....
We are looking for individuals interested in researching, planning, and implementing our resources. Please express your interest online.

Mindfulness vs. Feeling like a Mindful-mess

Would you like to learn some faith based techniques to counter daily anxiety and stress? Stress has become America's #1 health problem! Time magazine's June 6, 1983 cover story called stress "The Epidemic of the Eighties" and referred to it as our leading health problem; there can be little doubt that the situation has progressively worsened since then. Numerous surveys confirm that adult Americans perceive they are under much more stress than a decade or two ago. A 1996 Prevention magazine survey found that almost 75% feel they have "great stress" one day a week with one out of three indicating they feel this way more than twice a week. In the same 1983 survey only 55% said they felt under great stress on a weekly basis. Job Stress is far and away the leading source of stress for adults but stress levels have also escalated in children, teenagers, college students and the elderly for other reasons, including: increased crime, violence and other threats to personal safety; peer pressures that lead to substance abuse and other unhealthy life style habits; social isolation and loneliness; the erosion of family and religious values that are all powerful contributors to stress.

According to a 2012 study published in the Journal of the American Medical Association, 60 to 80 percent of visits to primary care doctors may be related to stress! So how can we change emotional stress? Is it even possible? In many cases it is, but it takes work, and often a new way of thinking. Learn how very powerful your thoughts can be and how returning to our rich Christian tradition of meditation can make an enormous difference in your life. God's word says, "***Let the Spirit change your way of thinking***" (Ephesians 4:23). The Bible also says, we are "transformed" by the renewing of our minds (Romans 12:2). Come and discover what practical steps you can take to let God change the way you think!

Mindfulness Series

When: October 25, November 1, and November 8

Time: 6:30 - 8:00 PM **Cost:** \$10 per person

Questions? Contact Pastor Roger Schindel at rogschindel@comcast.net

St. Andrew Lutheran Staff Spotlight



Rachel Hanson

Preschool Teacher (3 year olds)

Favorite activities on your off days? *Playing outside with my family*

What's one thing you couldn't live without? *Target! (the store)*

Do you have any furry friends? *No furry friends yet - getting a mini golden doodle in the spring*

Where is your favorite place to be? *The beach on a hot, sunny day*

Tell us something that might surprise us about you? *I lived in Australia for a year*

Favorite line from a movie? *"There's no place like home." -The Wizard of Oz*