



Christ  
Lutheran  
Church

# THE LIGHT

The monthly newsletter of Christ Lutheran Church, Lake Elmo, Minnesota  
July 2010

## + Summer + Gratitude +

I was sitting outside enjoying the sunset the other night when I started reflecting on the gift of summer. I remember one year I traveled to Mongolia the end of May. I had done a great deal of research on the country including the climate. There really is only one warm month in the country and that is July. Traveling the end of May I brought my long underwear with to endure the cold. I was pleasantly surprised to find amazing blue sky and warm temps during my stay. I gifted someone with my long underwear for the cold promised to return again soon. I was grateful I had visited during a warm period.



Sometimes in the midst of a cold Minnesota winter I wonder why we live here. Sitting on my deck the other night with a cool breeze and a beautiful sunset I remembered and thanked God for the seasons.

I invite you to be filled with gratitude this summer too. Not just for sunsets and nice weather but for your family, friends, vacations, time away, grilled food, parades, and more. I am filled with gratitude to have the opportunity to travel to Iringa, Tanzania, Africa with seven other people from here. Thank you for this time away of relaxation and refreshment. While I am gone there will be several visiting pastors to offer leadership on Sunday mornings and available when a crisis may occur.

Thank you for your hospitality to our visitors and guests this summer. It continues to be one of Christ Lutheran's gifts. I am filled with gratitude! Blessings! *Pastor Julie*

Pastor Julie will be in Africa for 6 weeks: - July 11 (after the service) —August 22

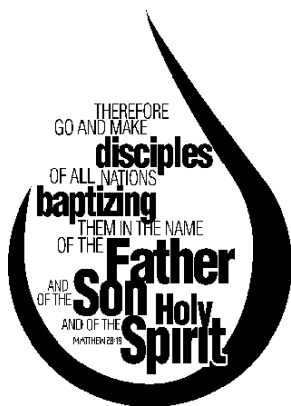
While Pastor Julie is away: If you have a pastoral emergency, please contact Vicki at the church office at 777-2881 or after office hours at her home at 351-5085. She will contact the pastor on call.

## **Our Christ Lutheran Family:**

***In our thoughts & prayers:*** Sara Terrell, Don Kjorness, Sue Casci, LaRue Witzel, Edna Beers, Bob Bagley, Dee Arndt and Aaron Insley.

***Our condolences*** to the family and friends of Lloyd Schrade who passed away in June. The service to celebrate his life was held here on June 15, 2010. May God comfort those who mourn.

***Congratulations*** to Dustin and Amy (Bergen) Kron who announced the birth of their son, Charles William Kron. He was born on June 10. Charles is the grandson of Robb and Linda Bergen and the great grandson of Richard and DeeDee Arndt.



Each month we remember the baptism anniversaries of members of CLC. If you don't see your name listed in the month of your baptism, it is because we don't have your baptismal date in the office. Let us know so we can update our records.

For July's anniversaries we recognize: *Mae Nippoldt, Doris Grenier, Audrey Olsen, Carole Chandler, Barb Bjorkman, Roger Knutson, Pat Skaiem, Rod & Judy Toft, Carmen Nelson, Susan Weiand, Larry Welter, Tom Wilson, Dave Kisch, Sarah Wright, Caleb Ubl, Michael Whalen, Michelle DeMars, Peter Loetscher, Joshua Wieland, Amanda Wier, Kassi Kallevang, Kammi Jo Casci, Liz McNaughton, Audrey & Meara Kelly, Tyler Markgraf and Mason Braun.*

### **Change in Summer Office Hours:**

**Monday—Thursday 9:00-3:30 and Fridays 9:00-12:00 noon.**

## **Christ Lutheran Church**

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Email: christlutheranchurch@comcast.net Website: www.christlutheranlakeelmo.org

**Pastor Julie Rogness**

**clcpastor@comcast.net**

**952/882-1326 (h)**

**Director of Worship & Music, Catherine Langord Wall**

**clc\_music@comcast.net**

**Youth Director, Michael Carmack**

**clcyouth@gmail.com**

**Administrative Assistant, Vicki Meister**

**christlutheranchurch@comcast.net**

**Parish Nurse, Cathy Smith**

**clcnurse@comcast.net**

**Organists, Roxanne Rosell and Jean Birkholz**



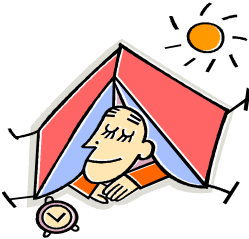
### **Women of Christ Lutheran:**

Please join us Tuesday, July 6 at 6:00 p.m. in the Fireside Room for a potluck supper. Bring a dish to share and a serving utensil. A study on prayer will follow, led by Cleone Pritchard. All three bible study sessions gather together for this special evening. You do not need to be a bible study attendee to join us. All women are welcome. It will help us with planning if you would sign up on the bulletin board located next to the office door. Call Lola Whalen at 777-0850 with questions.

**Friday Fellowship:** On Friday, July 9, all youth grades 7-12, are invited to church at 6:30 p.m. for food, fun and fellowship. Talk to Michael if you have questions.

### **Family Camp:**

Come and join the fun on July 16-18 as the Christ Lutheran Church families spend two nights camping together. We will be at St. Croix State Park, 30065 St. Croix Park Road in Hinckley, MN. If you would like to join us for the weekend, call the park directly to make reservations (320-384-6591) for the nights of July 16th and 17th. If you wish to come for the day or evening to visit, we will have a potluck and worship time on Saturday night. We'll pack up on Sunday morning and head out by noon. This will be our eighth year of camping together with many more to come. Consider coming next year if this year does not work. We will make reservations together as soon as we get back so let Carrie Carlson or Bev Nelson know if you are interested for the summer of 2011.

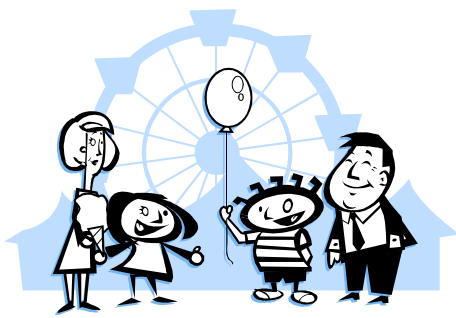


**Senior Lunch:** All seniors are invited for food and fellowship on Wednesday, July 21 at noon in the lower level.

**Bayport Senior Center** welcome back the *Banjo Bandits and Jack Frost and Dem Bones*, July 22, 5:00-7:15 p.m. Picnic menu of brats, beans, fruit salad, and dessert will be served from 5-6:00 p.m. for \$8.00. Come for the meal, stay for the music or just join us for the music. Stories, dancing, songs, and jokes. It is a fun summer night for everyone. We are celebrating 10 years of fun and education. To make a reservations, call Sue at 275-8907.

**Women's Book Club:** We will meet at 6:30 p.m. on Monday, July 26 to discuss the "Outer Banks" by Ann Rivers Siddons. Meg Corrigan will be the host at her home in Lake Elmo.

**"Baubles, Bangles and Bobbers Used Jewelry Sale"**, sponsored by the Stillwater Senior Center, on Thursday, August 19<sup>th</sup> from 9:00am-4:00pm. Please consider doing some de-cluttering and donate your used jewelry, jewelry boxes and/or gently used purses to a great cause. Also, we are looking for small sporting goods, such as fishing lures, tackle, golf items, etc. for our special room for "the guys"! Proceeds from the fundraiser help to provide quality programs, classes and educational opportunities for participants. Donations will be accepted until July 30<sup>th</sup> and can be dropped off at the Stillwater Senior Center, 2300 W. Orleans Street or in the designated donation box near the church office. Thank you for your support! For more information call Karla at 439-7434.



### **The 2010 Washington County Fair**

It's a grand old fair and it's coming soon! The 2010 Washington County Fair is happening on August 4-8, at the Washington County Fair Grounds in Lake Elmo. Christ Lutheran Church will have our usual booth in Building A which is across from the malted milk stand, and volunteers for all the activities are needed.

Please watch for posters at the church with lots of spaces for YOU to sign up for having fun (and helping a little, too).

This moment as we speak and right up until fair time, we are collecting gently used Bibles and any children's books you might have for giving away. These can be brought at any time to the church and left in the hall outside the office.

We will again personally hand out the Bibles and books, plus refreshing ice water and cookies to Fair Goers. Our hard-working quilters will provide some quilts for a raffle, and there will be small prizes for kids.

Thank you for your help in the past and we look forward again to spreading Christ's Good News along with our smiles at the Washington County Fair!

*Gloria VanDommeltraadt and Bonnie Kennett*

### **Spirited Feet Summer Dance**

**Camp :** Come to this camp and learn about the different fruits of the spirit that God teaches us to live by through four fun days full of dancing, crafts, snacks and bible stories! Ages 3—grade 3 (fall of 2010) are invited on August 2-5 from 9:30-11:30 a.m. at Christ Lutheran Church. The registration deadline is July 26. You can pick up a registration form from the church office or go to their website for more information.  
[www.spiritedfeet.com](http://www.spiritedfeet.com)

**Food Shelf Volunteers Needed:** We need 5-6 people to work September 27, 29 and October 1 from 9:30-12:15. If you can help, please sign up near the drop off site by the Fireside Room. Our jobs will include helping clients shop for food and stocking shelves. Any questions, please call Vicki in the church office.



### **A Gift That Keeps on Giving!**

The CLC Mission Endowment Fund is a perpetual fund that provides donors the opportunity to support our congregation's mission outreach goals both now and into the future. Some of our distributions since our inception in 2005 include but are not limited to: The Valley Outreach Food Shelf, CLC Youth Mission Trip, Lutheran World Relief, Union Gospel Mission Summer Camp. Please consider a monetary gift to the CLC Mission Endowment Fund. No amount is too small or too large! Contact a member of the committee with your questions:  
Sharon Dornfeld      Bill Wacker  
Roger Knutson      Mary Barber  
Michele Hein      Tim Wieland.

## Calendar of Events:

June 28-July 1 – Vacation Bible School

July 9 – Friday Fellowship

July 21 – Aug 1 – New York City Mission Trip



## Christ Lutheran Church Youth Page

### From The Youth Director. . .



WOW..Summer is finally here! Summer is here! Just because summer is here doesn't mean church is closed over the next few months...quite the contrary! Summer Stretch kicks off in June and in just a few more weeks the senior high youth depart for our summer mission trip to New York City! So there is still a lot going on around here, so come check it out!

If you have been down in the fellowship hall in the last few weeks you may have something hanging from the ceiling, no its not a bird, but part of our new A/V system! We now have a dedicated projector, Blue-Ray player and sound system downstairs. With this new system in place we can host meetings, watch movies, project presentations, listen to music, even sit down there and listen to church! This all came to fruition because of the hard work of our Board of Property folks who worked tirelessly. Many, many thanks go out to Zeke Zetterlund, Ron Johnson, Ken Hauck, Dave DuFresne, Gary Wemeier, and especially Mike Carroll. Thank you to you all for your hard work and effort! Because of this new system in place, it makes it so much easier to host speakers during Adult forum and other times. Come by and check it out sometime.

On June 6 we had our annual Senior Recognition Sunday during the service. Christ Lutheran has 12 seniors that graduated from Stillwater, Hill Murray, and New Heights schools. They have all been very active here, so if you see them before they head off to college or work next year, make sure you stop them and wish them a *congratulations!*

As we enjoy a beautiful summer in Minnesota, it seems that daily routines are not as predictable as in other times of the year. The activities schedule of our unit reflects this same pattern. Please read the following information carefully so that you can schedule, volunteer, and participate as we continue to be women “acting BOLDLY on our faith in Jesus Christ.”

**1. SUMMER BIBLE STUDY** continues this month as a single session that will meet at 6:00 p.m. on Tuesday, July 6. Lola Whalen will host the gathering here at Christ Lutheran in the Fireside/Coffee Rooms. We will begin with a tasty pot-luck supper and then delve into parts 2 & 3 of our summer study, “On Prayer”. Select a summer recipe favorite (doesn’t have to be a salad) and come enjoy this evening of fellowship and growing in faith.

**2. MISSION FOCUS:** Thank you EVERYONE for the generous support of Landstuhl Hospital. These items will be shipped in early July. Watch the weekly bulletin for a summary of all that you gave to support our wounded veterans.

During July and August, we ask you to continue your generosity through the purchase of school supplies to help needy children in our Valley. Please see the narthex bulletin board for a list of suggested items. There are great sales during these summer weeks and your donations will help start the school year off well.

**3. 2010-2011 BIBLE STUDY:** In September we will begin an intriguing, intentional conversation about items that divide us from each other. Entitled “The People of God - Unity in the Midst of Diversity”, this study will examine subjects which cause disagreements and seek to find ways to learn from each other and come to harmony in spite of our differences. Our lessons are printed in Lutheran Woman Today so be sure that your subscription has been renewed.

**4. ANNUAL BIBLE STUDY OVERVIEW DAY:** This will be held Sept. 25 at Immanuel Lutheran Church in St. Paul. Registration forms are available on our bulletin board. Rev. Jensen Seyenkulo, co-author of the study, will be the presenter. This day is a great introduction to our new year’s study.

**5. ADDITIONAL CONVENTION REPORT NEWS:** There were 111 women attending our annual meeting which conducts the business that directs our work for the following year. As representatives of the units of the St. Paul Area Synod, they attended workshops, worship, and Bible Study. They also brought monetary offerings of \$4,149 which will support Women of the ELCA church-wide work, Lutheran World Relief, and Southeast Asian Ministries. The material offering (health kits), when assembly was completed, totaled 585 kits. There were numerous excess items which were distributed to four inner-city church projects working with homeless and poverty-stricken. In addition, there were 35 used cell phones received which will be used in work of the Women’s Funding Network. How much we accomplish as we work together!

**6. 2010-2011 PROGRAM PLANNING:** There are still openings for hostesses, sunshine visitors, special events chairs, and even officers for our unit. Please see the sign-up sheets on our bulletin board and decide where your gifts match with these service needs.

**7. CALENDAR ALERTS:** Reserve Tuesday, **August 3**, for our annual Summer Salad Supper Evening. Hostesses Joanne Meyer and Darlene Sitko invite you to this evening of relaxing together. Watch the weekly announcements for more details. Saturday, **January 22** seems far away, but make a note that this is the date for the annual Women’s Renewal Retreat. Registration information will arrive later in October. This has become an anticipated special day for women of our synod. Don’t miss it.



# *Congratulations!*

**This past month, we honored our High School Graduates** during the service on June 6:

\**Jacob Beres*, graduate of Stillwater Area High School, will attend UCLA to major in physics

\**Tony Carlson*, graduate of Stillwater Area High School, will attend Mankato State Univ. to major in automotive engineering.

\**Joe Carlson*, graduate of Stillwater Area High School, will attend the U of M to major in chemical engineering

\**Chase Davis*, graduate of Stillwater Area High School, will attend Mankato State University.

\**Chelsea Fankhauser* will graduate from New Heights.

\**Meghan Huff*, graduate of Stillwater Area High School, will go to Century College for elementary education.

\**Jessica Lande*, graduate of Stillwater Area High School, will attend Winona State University with an undecided major and minor in music.

\**Eric Thompson*, graduate of Stillwater Area High School, will attend the U of M this fall.

\**Caleb Ubl*, graduate of Hill Murray High School, will attend the University of North Dakota with an undecided major.

\**Dan Wemeier*, graduate of Stillwater Area High School, will attend Century College for horticulture.

We also acknowledged our other graduates from the CLC family:

\**Jenna Rogness*, graduate of Burnsville High School, will attend Concordia-Moorhead to major in psychology.

\**Katie Wemeier*, graduated from the U of M with a major in interior design.

\**Bryan Wagner* graduated from the Mankato State with a degree in law enforcement.

\**Leah Erickson*, graduated from the UW—Eau Claire, cum laude with a major in clinical psychology.

\**Janelle Gergen*, graduated from the UW—Eau Claire, summa cum laude, with university honors for majors in English and Spanish.

*Best of luck with your future plans!*



## **From Our Parish Nurse, Cathy Smith.....**

During the summer months, many of us enjoy getting outside to exercise and play sports. While getting exercise is a great idea, it is important to keep safety and injury prevention in mind. As any emergency room nurse can tell you, there is an increase in sports related injuries during the summer months, many of which could have been avoided by following these simple rules.

1. Make sure you are healthy enough to engage in the activity you want to do. It is a good idea to have a physical examination every year. Some people believe that since they exercise regularly and don't feel sick that they don't need to see their doctor. This is a big mistake because you can have a heart problem or another underlying conditions that you are not aware of. Always consult with your physician before beginning an exercise program.
2. Wear appropriate, well-fitted protective equipment. Helmets are a must for bikers and in-line skaters. Never play your sport without your protective equipment. Also, make sure you have the proper footwear and that it fits you well.
3. Always warm up and stretch your muscles before playing. Warm muscles are less susceptible to injury. Gentle stretching and time to cool down after your sport are also important.
4. Listen to your body's signals. If you are overly tired or having pain, stop exercising and allow yourself time to rest. Chest pain that radiates to your shoulder or jaw and shortness of breath indicate an emergency. Stop exercising immediately and call 911.
5. Do a variety of activities and alternate days. Some athletes make the mistake of training or playing the same sport every day. Try alternating between your favorite sport and one or two other activities. Try biking one day, walking the next and swimming the following day. Doing this can make you stronger and will prevent over-use injuries. Days off or "recovery" days are also important because they reduce injury rates by giving muscles and connective tissues an opportunity to repair between training sessions.
6. Always wear sun protection and remember to reapply sunscreen frequently, especially if you are sweating or swimming. The American Academy of Dermatology recommends SPF 30 or higher.

For more information on exercise and sports safety, go to [www.nlm.nih.gov/medlineplus/sportssafety.html](http://www.nlm.nih.gov/medlineplus/sportssafety.html). If you have questions related to this article or any other health issue you would like to talk with our parish nurse about, she is available on Tuesdays and Wednesdays during the summer. Call 777-2881 ext. 108 or stop by the Wellness Center where Cathy will be happy to talk with you.

***Blood pressure screening will be offered after worship service on July 11.***

## **July Worship Opportunities**

Holy Communion is shared at each Sunday Worship service.

### **Sunday, July 4** – Sixth Sunday after Pentecost

**9:00 a.m.** Worship – Traditional Service

Pastor Julie Rogness, Presiding Minister; Musical Offering by Arline Beutel

Isaiah 66:10-14; Psalm 66:1-9; Galatians 6:1-16; Luke 10:1-11, 16-20

### **Sunday, July 11** – Seventh Sunday after Pentecost

**9:00 a.m.** Worship – Blended *Now the Feast and Celebration* Service

Pastor Julie Rogness, Presiding Minister; Musical Offering by Chris & Johanna Hanssen

Deuteronomy 30:9-14; Psalm 25:1-10; Colossians 1:1-14; Luke 10:25-37

### **Sunday, July 18** – Eighth Sunday after Pentecost

**9:00 a.m.** Worship – Traditional Service

Pastor John Rogers, Presiding Minister; Musical Offering by Sara Terrell

Genesis 18:1-10a; Psalm 15; Colossians 1:15-28; Luke 10:38-42

### **Sunday, July 25** – Ninth Sunday after Pentecost

**9:00 a.m.** Worship – Contemporary Service, led by Servant Song – *Healing Service*

Pastor Don Fultz, Presiding Minister; Eunice Fultz, Preacher

Musical offering by Linda and Robb Bergen and Pat and Steve Urtel

Genesis 18:20-32; Psalm 138; Colossians 2:6-19; Luke 11:1-13

***Join us for worship and bring your friends and neighbors!***

**“Service to others is the rent you pay for your room here on earth.”**

*Mohammad Ali*



Dear Friends of Valley Outreach,

I have this dream, it's been nagging at me for over 20 years. I have followed many paths in pursuit of it. Sometimes the path has seemed crystal clear; there have been long spans of time when the dream was fuzzy for me; and other times I have decided that it's just not worth the effort. One thing I have noticed though about the way God operates, is that when there is a dream worth dedicating your life to, it never leaves your passion for long; it just keeps showing up over and over again.

I am reading a book called The Irresistible Revolution by an ordinary radical named Shane Claiborne. In it he talks about his disillusionment with the church. While he was in college, he was working on the social justice issue of homelessness. The group he was involved with was trying to advocate for a homeless group of people facing eviction from an old abandoned church. He writes "One day we received a box of donations from one of the wealthy congregations near our college. Written in a marker on the cardboard were the words 'for the homeless'. Excited, I opened it up only to find the entire box filled with microwave popcorn. My first instinct was to laugh. We barely had electricity, much less a microwave, and popcorn wasn't on the top of our needs list. My second instinct was to cry because of how far the church had become removed from the poor. Later that same week, another group brought donations --- the mafia. With the media jumping on the story, the mafia came by and gave bikes to each of the kids, a turkey to each family, and thousands of dollars to the organization. I thought to myself, I guess God can use the mafia, but I would like him to use the church."

This story resonates with me because as I look back over my life I see this intricate web that has been created by this recurring dream within me. My dream is to see **God use the church to love the unlovable, clothe the naked, feed the hungry; to be the most powerful influence in this chaotic world.** You my friends are fulfilling this dream. During this year's annual March FoodShare Month Campaign, our local churches gave over \$25,000 and donated several thousands of pounds of food to Valley Outreach so that we can meet our clients in the crisis of the moment with the solution of the future. What a beautiful thing to see God work through our local churches. Thank you!

*Kris*

Kris Huntley

Church Partner Coordinator & Emergency Fund Co-Director      651.430.2739, ext. 4

Email: [kris.huntley@valleyoutreachmn.org](mailto:kris.huntley@valleyoutreachmn.org)

***Christ Lutheran's portion of this year's March FoodShare drive was \$2400 and 425 pounds of food items. Thank you!***

**CHRIST LUTHERAN CHURCH  
COUNCIL MEETING HIGHLIGHTS  
JUNE 8, 2010**

**Pastor's Report:** Normal Pastoral Duties

**Old/Unfinished Ministry:**

**Facility Task Force Update/Congregational Meeting** –There were 109 voting members that attended the special congregational meeting. They voted 84 to 15 to continue working with Busch Architects to further develop building plans and initiate a capital campaign.

**Projection/Sound System for Lower Level** – System is installed and working.

**Roof Update** – The roof has been inspected.

**Sidewalk** – The lawn along the new sidewalk has been graded and sodded.

**New Ministry:**

**Lulanzi Travelers Update** – The CLC group will leave July 11, 2010. The group will return on August 3 except for Pastor Julie who will return on August 22. The group includes Pastor Julie & Jenna Rogness, Reid & Nora Gilbertson, Paul & Sam Bingea and Hannah Hanssen, Terry Laidig. While there, they will have the opportunity to host other groups, attend a wedding and visit a tea plantation.

**Pastoral Coverage** – While Pastor is gone, the Pastors filling in are; Pastor Gary Langness, Pastor John Rogers, Pastor Sandy Rothschiller and Eunice Fultz.

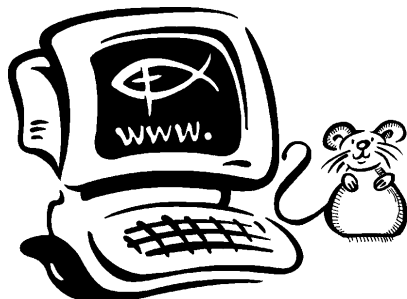
**Moving Forward** – Steve Kallevang has agreed to Chair the Capital Campaign.

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

## Summer Worship Schedule

**9:00 a.m. Sunday worship with Holy Communion**

Our Summer Sunday Worship Services are at 9:00 a.m., from Sunday, May 30 (Memorial Weekend) through Sunday, September 12 (Rally Sunday).

On Sunday, September 19, we will return to our regular 8:00 and 10:30 a.m. worship services.

*Join us for worship and bring your friends and neighbors!*