

grace notes

The newsletter of Grace Lutheran Church



ARE WE IN STEP WITH HIM?

summer vacations and weekends up at the cabin, and it's a commitment to grow spiritually through involvement in various ministry activities (**weGROW**). Rally Day marks a **NEW** Fall Worship Schedule as we deepen and renew our worship life (**weLUTHERAN**). Please note the start time of our last Sunday worship service will be begin at **10:30 AM...NOT 10:20!** Finally, Rally Day will be an opportunity to renew our commitment to serve, teach, mentor, usher, sing, cook, serve and participate in ministry at Grace. (**weSERVE**).

So, how will we "catch the excitement?" Perhaps the best way is to be around all the children as we welcome them to SONday School with a special extended Children's Sermon, after which they will meet their SONday School teacher in their classroom.

We hope to energize people with the launch of our second year of the Narrative Lectionary Sermon Series we've entitled: **GOD WITH US – Are We In Step With Him?** Once again, we'll start in the very beginning of the Bible and work ourselves all the way to the end by June!

Another important event of the day will be held at Sand Creek Elementary School as we join thousands of other Lutheran Churches celebrating the 25th birthday of the ELCA. (Evangelical Lutheran Church in America). Since our denomination's first day, we have been a serving church! So on Sunday, September 8 we will celebrate our birthday by serving the children and staff of Sand Creek Elementary School with outside projects. For more information about this special opportunity, please turn to page 4.

In addition, if you would like more information about our Children's Ministry, Catechism, and Adult Spiritual Formation opportunities, please check our website: www.graceandover.org. If you haven't registered your child(ren) yet for our various programs this Fall, you can use the online forms or register in the Lobby or outside the Fellowship Hall before and after Rally Day services. We look forward to seeing you on Rally Day as we catch the excitement together!

Are you ready to catch some excitement? Are you eager for a great year of spiritual growth? Are you all set to "rally" with the rest of the folks at Grace Lutheran Church and "get in step" with what God is going to do in this next year of ministry?

We're hoping your answers to these questions are "**YES!**" and that you are planning to "rally" with us on the weekend of September 7 and 8! This is our "**KICK OFF**" weekend which launches SONday School, Catechism, Mid Week Bible Club, and many of our Adult Spiritual Formation opportunities.

Rally Day is exciting for many reasons! It is the time of renewing friendships (**weCONNECT**) as our family of Grace comes back together after

Worship and Church School Schedule for Rally Weekend

Please take note of the service times and the different types of worship styles to best suit your worship preferences.

Saturday, September 7

5:00 p.m. **SATURDAY NIGHT PRAISE SERVICE** with kids invited to worship at the beginning of the service. Kids will be excused to their classrooms after the Children's Message.

Sunday, September 8

8:00 a.m. **WORSHIP** - Traditional Lutheran Book of Worship

9:00 a.m. **WORSHIP** - Spirited Traditional Worship with Celebration Kickoff for SONday School - children are invited to worship with parents and will then be excused to their classes

10:30 a.m. **WORSHIP** - Contemporary Praise Service with Celebration Kickoff for SONday School - children are invited to worship with parents and will be excused to their classes to meet their teacher.

4:00-6:00 p.m. **"God's Work, Our Hands"** Celebration at Sand Creek Elementary School! Hotdogs and treats will be served!

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Pastor Mark's Remarks:



The story is told about three women who died and reached Heaven at the same time. There they met St. Peter. He asked them to wait outside until he had finished some important business. Finally he returned and called the first woman into his office and apologized for making her wait so long.

"Oh, I don't mind at all," the woman said. "I'm so thrilled just to be here in Heaven." St. Peter was delighted by her attitude. "Well, then, if you can just answer one question for me, we can finish processing your papers. Now tell me, how do you spell 'God'?" The woman spelled it for him, then she went into the celestial realm.

St. Peter called in the next woman and also apologized to her for making her wait. "It will be worth it, I'm sure," she answered. "I am willing to wait one thousand years if necessary in order to see God face to face." St. Peter was very pleased. He insisted, though, on asking her one more question for the Records. "Tell me, dear lady, how do you spell 'God'?" The woman spelled it perfectly, then entered the Pearly Gates.

Finally, St. Peter called in the third woman. He also apologized to her, but she refused to accept his apology. "It was quite rude," she said angrily. "All my life on earth I had to wait in lines. Wait at the checkout counter, wait at the bus stop, wait for the kids to get home from school, wait for my coffee break. And now you expect me to wait to get into heaven? Well, I just won't stand for it!" St. Peter said, "I'm so sorry. If you'll just answer one more question for our Records, then you can go on in. Tell me, how do you spell 'Czechoslovakia'?"

I know...poor joke! But yet I can't help but wonder how we will approach this new ministry year at Grace. Are we excited and willing to wait for what God is going to do in our lives, families, church, outreach ministries, and in the world beyond our church? Or are we a bit bored and feeling, "Oh yeah, here we go again..."

As I reflect on my ability to wait for what God will do this upcoming year at Grace, I can't help but reflect: "If this year is anything like the last one, I can't imagine what he's going to do!" Just for a moment think of what he has done in us in the last twelve months! We have come to understand God's dramatic story of salvation through the Narrative Lectionary as we asked the question: "How do we fit?" We have seen over 140 families commit over \$1,100,000 dollars to help us overcome the hurdles of heavy debt and building repair. We have been transformed by two adult mission trips to Haiti and youth mission trips to Montana and Milwaukee & Wyoming. Many of us have been stretched spiritually by courses offered at Sunday Evenings@GRACE, W.O.W., Ruth Circle, men's and women's Bible studies and support groups. Ministry outside our walls continues to grow and flourish. We are simply not the same church we were a year ago.

So as we gather this Rally Weekend (Sept. 7&8) I hope we come willing to wait for what God is going to do. And as we come, let it be with expectation, anticipation and willingness to try at least one ministry, Bible study, mission trip or spiritual formation opportunity for God to use to form into the people of Grace!

In Him,
Pastor Mark



Pastor Steve's Remarks:

Reflecting on the Summer

This has been an amazing summer in Youth Ministry. It has been exciting to see God work in three specific ways this summer:

First, the mission trip to Wind River Reservation in Wyoming was amazing! The Holy Spirit moved in a great way in and through our students. I was so proud of each and every one of them. Plus, our adult leaders were awesome! Tom Baker did an outstanding job organizing and making this trip happen. He is truly gifted. I want to say a special thanks to our adult volunteers—Chrissy Petersen, Carol Hoopman, and Doug Donaldson—for being solid rocks for our students to lean on during this week. I had so much fun with the Baker 27! I know that seeds were planted in students' hearts that will bear fruit for years to come. Thank you to all of you who supported our trip financially and through prayer. Visit our youth Facebook page to see photos from the trip.

Second, it has been great to see our Summer Dojo flourish this season. A special thanks goes out to Micki Thomason and Doug Donaldson—two stellar young adults—who completely led the Summer Dojo. This is an important ministry that brings middle school and high school youth together, keeps the embers of ministry glowing over the summer, and develops young leadership. Great job, team.

Third, I am truly blessed to have a solid leadership team forming for high school ministry this year. The team—called SaLT (Servant Leadership Team)—is comprised of adults and students who are dedicated to creating a safe and caring environment where high school students can be nurtured to grow in small groups (we call them tribes). Pray that God will bless and multiply this team as we lead the way this fall.

God is also doing some amazing things in Adult Ministries. I am encouraged by the enormous amount of opportunities to connect, grow, equip, and serve that are coming up this fall. You will read about many of them in other parts of this issue of Grace Notes and upcoming Announcements.

Dinner with Jesus...

Right now I would like to invite you to prayerfully consider joining me in one of these many opportunities. I'm calling it: **Dinner with Jesus: An Experience of Dwelling in the Word using John 13-17.**

This is an exercise in which a group of people listen to a particular passage from the Bible and then discuss it in pairs and as a large group. The process seeks to "listen people into free speech" as we try to hear God speak to us through the text and through each other. I have done this exercise many times and it never fails to amaze me.

We're calling it **Dinner with Jesus** because we will be dwelling in the section of John's Gospel that describes what happened at the Last Supper as Jesus taught his disciples in the Upper Room and prepared them for his arrest and execution. I believe there are some important things that God can use to transform us if we are willing to dwell in this text together.

I will offer the same dwelling exercise **four different times each week** so that as many people can participate as possible. You can choose one time, or come to as many as you are able. The door will always be open to anyone, even if you can only participate once in the course of the 8-week experience.

Multiple meeting times are offered each week. Scripture passages will change on a **weekly basis**, but will remain the same for each session within the week.

The Adventure begins on Sunday, October 6 and runs through November 24.

Sunday | 5:00pm – 7:30pm (this will be part of Sunday Evenings @ Grace, so dinner will be provided) Meet in Fellowship Hall to begin
Sunday dates: Oct. 6, 13, 20, 27, Nov. 3, 10, 17, 24

Monday | 7:00pm-8:00pm | Room 104
Monday dates: Oct. 7, 14, 21, 28, Nov. 4, 11, 18, 25

Tuesday | 6:30am – 7:30am | Room 101
Tuesday dates: Oct. 8, 15, 22, 29, Nov. 5, 12, 19, 26

Wednesday | 2:00pm-3:00pm | Room 101
Wednesday dates: Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20, 27

I hope you will join me.

Blessings,
Pastor Steve





Church Administrator: Ralph Holbrook

As summer is coming to a close, it is a pleasure to count our blessings. Candy and I have been able to enjoy lots of time with our family, especially our grandchildren. We have been able to renew many connections with friends that are difficult to pursue during the rest of the year. We are also preparing for another year of seminary. Hopefully, you have enjoyed connecting with family and friends as well.

Grace has been incredibly blessed this year through the Free 2B Grace Stewardship Campaign. We have connected with over 55% of the families in our community, engaging them in prayer and spiritual growth. The team of 25 volunteers has been working hard to share our "Grace story." As a result, we have received over \$1,161,135 in pledges!

With this five year campaign, we have already begun working on our top priorities (repairing deterioration issues, mortgage pay-down, and tithing). The accomplishments so far include:

- ◆ Removing and replacing a large portion of the sidewalks
- ◆ Fixing potholes, sweeping, and restriping the parking lot
- ◆ Adding two handicap parking spaces
- ◆ Covering the average capital shortfall of \$1850 per month to meet our monthly mortgage
- ◆ Making three principle payments of \$5,000 each (June, July, and August)
- ◆ Replenishing our cash flow balance
- ◆ Building funds for the roof repair

Thank you Grace family for your prayers and support with the Free 2B Grace Stewardship Campaign! We are witnessing the workings of the Holy Spirit within our church body.

While we are celebrating accomplishments with our Capital Fund, this summer has been hard on our Missional (Operational) Fund. The long winter and cold spring has helped endear our families to the beautiful Minnesota summer. As a result, the operational giving is well behind expectations. If you have been traveling this summer or not been able to consistently give, please consider making a donation to the Missional (Operational) Fund.

In Him,
Ralph

Upcoming Events:



'God's Work, Our Hands' Sunday September 8th!

In celebration of its 25th anniversary, the Evangelical Lutheran Church in America (ELCA) has designated Sunday,

Sept. 8, 2013, to be a day of service, and named this day **'God's Work, Our Hands' Sunday**.

The ELCA is a church that rolls up our sleeves and gets to work. So on Sunday, Sept. 8th nearly 10,000 ELCA congregations will get active in our local communities as a church-wide expression of loving and serving our neighbors.

How will our church get involved?

On Sunday Sept. 8, volunteers from Grace are invited to work on outdoor projects at Sand Creek Elementary School, such as cleaning flower beds, trimming bushes, etc. As you may know, Grace is working alongside Sand Creek through the Faith & Community Partnership within the Anoka Hennepin School District. So this **'God's Work, Our Hands' Sunday** is yet another opportunity for our church to be a 'ministry of Grace' in our community and serve the students and families of Sand Creek School.

- ◆ Join us at Sand Creek Elementary School from 4 – 6 pm Sunday, Sept. 8
- ◆ Bring your gardening tools and lawn chair
- ◆ We'll work on projects and tasks outdoors for an hour, then share a light supper
- ◆ Volunteers of all ages are welcome

Please join us at Sand Creek Elementary School on Sunday afternoon, Sept. 8 as we celebrate **'God's Work, Our Hands' Sunday!**



Check out
all of our
Upcoming
Events at

www.Graceandover.org and click on
the *Church Calendar* link to the right!



We invite women of all ages to join us for one (or more) of the following women's opportunities at Grace - a place to connect with others, a space to be real, a time to be encouraged,

and a chance to grow in faith and friendships!

Monday Night Group – This women's group meets from 7 – 8:30 pm Monday nights at Grace, beginning Sept. 9. Experience the encouragement of women while learning more about Biblical truths for everyday living. Contact: Joan Hackleman at 763-753-4191

Ruth Circle – This Bible study group meets the first Wednesday each month at 1 pm at Grace. Come and join this gathering of ordinary women to learn more about our 'extraordinary' God. Contact: Jan Galvin 763-421-0668

W.O.W. (Women on Wednesdays) – W.O.W. meets from 9:30-11:30 am each Wednesday, beginning Sept. 18, with childcare provided. A variety of studies are offered, as the laughter, learning and 'wow' moments continue. Contact: Jeannie Hellmann at 763-421-6520, ext 122 jeannieh@graceandover.org

Future Women's Events – *Reserve these dates on your calendar and look for more information coming soon!*

Women's Retreat - Connect (and re-connect) with others, yourself and God! Enjoy a whole day away on Sat. Nov. 2 to refresh & recharge your life, as the women of Grace seek to grow in faith and friendships. The retreat will be held at Bunker Hills Activity Center. Contact Mary Jo Andrusko, at 612 860-9420 maryjo.andrusko@gmail.com

Women of Faith Conference is a live Christian gathering for women of all ages in St. Paul Oct. 18 & Oct. 19 (Friday evening and during the day on Sat.) The music will move you and Bible teachings will transform you. A group of women from Grace will be going together! Contact Stacy Surratt at 317-506-6362 stacysurratt@yahoo.com

Hearts at Home Conference for Moms will be held in Rochester, MN on Nov. 8 & 9. Through drama, music, and speakers who understand the real challenges of motherhood, you'll find your vision refreshed and your heart full. Learn more at www.hearts-at-home.org Contact Jeannie Hellmann at 763 421-6520 jeannieh@graceandover.org

Calm the Christmas Chaos - Join us for a 'calm' discussion about reducing the 'chaos' of Christmas preparations. Join us around the lunch table on (Black) Friday, Nov. 29 as we share ideas to increase the JOY in the Christmas season ahead. Contact Jeannie Hellmann at 763 421-6520 jeannieh@graceandover.org



Turn Hunger Into Hope with your own two hands!

Yes, your own two hands will truly make a difference in this world, especially in the life of a starving child. Join us at FEED MY STARVING CHILDREN for at least one of these times listed below, as we pack meals that will be shipped to starving children around the world. Your two hands will help **turn hunger into hope** in many people's lives!

- ♦ Sat. Oct. 12 9 – 11 am;
- ♦ Fri. Nov. 22 8 – 9:30 pm
- ♦ Sat. Nov. 23 9 – 11am; 11:30am - 1:30pm; 2 – 4 pm

Reserve these dates on your calendar and join other Grace volunteers at the FMSC warehouse located at 401 S. 93rd Ave NW, Coon Rapids. Please arrive 10 minutes before your shift begins and please wear close-toed shoes.

Please register on-line at www.fmssc.org for faster check-in at Feed My Starving Children. Please contact the church office at 763-421-6520 for assistance.



Serving Globally from right here, in Andover!

Grace is excited to be starting a new outreach ministry this fall through Global Health Ministries.

Global Health Ministries is an independent ministry enhancing the health care programs of Lutheran churches in other countries. This is an exciting opportunity for us to connect with a Lutheran ministry, stay local, and yet affect those across the world!!

Global Health Ministries collects & ships donated medical equipment and supplies and to Lutheran hospitals in underprivileged countries. They are a ministry because of volunteers that help sort, pack, and help bundle. We are blessed to have Scott Lein the Director of Operations of Global Health Ministries as part of our Grace family.

Please watch the blue sheets and listen for how Grace is bringing this ministry alive.



Jonathan Orwig Director of Worship

As our summer draws to a close, it is time to look forward to the start of a new year. Those of us who serve in ministry have 2 “New Year’s dates”, one is in early September, the other is in January. As the fall programming starts up again, people return from vacations

and trips, and we all gear up for another season of ministry together.

It has been a blessing to serve at Grace – September 1 will mark my one-year anniversary, and it hardly seems possible that the time has passed so quickly. The Grace family has proven warm and welcoming, and it has been a pleasure to get to know many of you and serve with the best staff in the world! Here are some upcoming opportunities for service:

- ◆ The Grace choir starts up again in September – rehearsals are Wednesday evenings from 6:45-8:15 p.m. We will be having a choir retreat in September to reconnect and get a head start on our year. We would love to have you join us.
- ◆ If you can’t commit to choir for the entire year, consider joining us for special occasions like Reformation Sunday, All Saints Day, Christmas, Easter, and so on.
- ◆ The praise team is looking for 2 more guitarists and another drummer – see Jenn Hubal or Jonathan Orwig for more details.
- ◆ We want to involve more instrumentalists in worship – if you play an instrument, we’d love to have you!

You can catch me between services, in the office Tuesday-Friday each week (763)421-6520 x113, or email me at jonthano@graceandover.org. Thanks to everyone who works together to make our worship services beautiful and inspiring – I appreciate you all!



Children’s Ministry Happenings: Kim Devries & Monica Allen



Kindergarten Pins & K- 12 Blessing of the Backpacks

On August 24th/25th we will celebrate children going off to school during each of the services! Kindergarteners will be presented with a little angel pin to remind them that God will be with them as they go to school. K-12 students should bring their backpacks with them to Worship for a special blessing. We as a congregation want to support and encourage our children as they start a new school year.



September Baptism Workshop

Baptism is an important step in the life of a family. A Baptism Workshop will be offered for parents who would like to have their child baptized here at Grace, on Saturday, September 14, at 9:00am. During the workshop, you will have an opportunity to explore what Baptism means for you and your child, as your family takes this step in your faith journey. We will share with you, insights on raising a child who knows and loves God. The next Baptism Workshop will be November 2, at 9 a.m. Please contact Monica Allen at monicaa@graceandover.org or the church office to sign up for the workshop.

Rockin’ Kids Bible Club begins Wednesday, Sept. 11 - Volunteers Needed!

This fall, we are going to **Rejoice in the Lord**, as we meet Nehemiah, Moses, and Jonah. We will explore what we learn through storytelling, music, games, crafts, Bible Discovery, and Malt Night. We will also be learning music to share in worship each month. Kids age 3 by Sept.1 through Grade 5 are invited to register; forms are available at the Welcome Center. Rockin’ Kid’s Bible Club cannot happen without great volunteers. We ask that you prayerfully consider sharing your time with these awesome kids. Each week, we need **Small Group Leaders** who will take the children through the night getting to know them and leading them each week in our Unpack It time. We have Activity Leaders including **Malt Night Chefs, Crafts, Games, or Bible Discovery**; these leaders come in once a month to guide the groups through the night’s activity. Both adults and Sr. High youth are encouraged to volunteer. Adults and Kids can register today. Registration Forms are available at the Welcome Center or contact Monica Allen at 763-421-6520 #116.

SONday School/

KICK OFF & Rally Weekend - Saturday & Sunday, September 7th & 8th

At Grace, we believe in engaging the whole child—heart, soul, mind, and strength. SONday School this year will have a fresh, creative, approach that will encourage children and families to nurture life-long relationships with Jesus Christ.

We offer SONday School on Saturday at 5 pm and Sundays at 9 and 10:30 am.

On Saturday evenings children will have this experience:

Children will begin in worship with their families every week. They will stay through the noisy offering to be part of the musical worship experience, then be dismissed to the Nap Room for class, all ages together. Children, Grade 3-5 will return to worship after the Bible story so they can participate in communion and the remainder of worship service with their families. Younger children will remain in class to further explore the Bible Themes and **will be picked up in the Nap Room.**

Sunday morning children will have this experience:

The First Sunday of the month, is Family Worship Weekend. Children begin in worship with their families and will be dismissed following the Children's Sermon. Children will then go directly to their classrooms for a small group experience with their teachers.

The second-fifth Sunday's children will have a Large Group/Small Group experience which means they will begin in their classrooms for a hands-on activity to introduce the day's theme and welcome time. They will then go to Large Group. Age 3 – Kindergarten will meet in Nap Room and Grades 1-5 will meet in the Fellowship Hall for music, stories, and more appropriate and engaging experiences for each age. Children will return to their classroom for follow up activities and will **always be picked up in their classroom.**

SONday School Volunteers needed!

SONday School cannot happen without many hands and willing hearts. Please prayerfully consider joining us in SONday School. Opportunities to make a difference include: teaching a class, being a youth or adult classroom helper, joining the Food Team, Substitute Teach, or new this year, join the Welcome Team! We are looking for a team of 4-6 individuals to greet our families with Joy and Enthusiasm each Sunday morning! Look those kids in the eye, shake their hand, and say, "Good Morning!"

Please contact Kim DeVries or Monica Allen if you are interested or if you just need more information, or you can sign up on the opportunities sheets in the Worship bulletins!



Nursery Opportunities

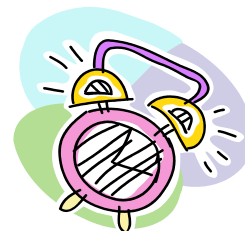
Sunday mornings are **FUN** in the nursery! Volunteers get great rewards like giggles, laughter, and hugs! Come make a difference in the lives and families of the youngest ones at Grace Lutheran. Adults and Youth are needed to serve at the Saturday 5 p.m., Sunday, 8, 9, and 10:30 a.m. services. Please sign up now to be included in the September-December schedule. Please contact Monica Allen if you are able to be a part of this great team! monicaa@graceandover.org or 763-421-6520 #116.

Children's Ministry Training

Please join us for SONday School and Rockin' Kids Bible Club training on, **Thursday, September 5 at 6:30-8 p.m.** This will be a chance for us to meet our teams and learn about curriculum. Let's see how all pieces of Children's Ministry fit together.



**New Service time for the
Contemporary Service
Beginning Sunday, September 8th
at 10:30a.m.!**





Youth Ministry Happenings: Steve Thomason & Tom Baker



Looking Toward the Fall - For Youth



This fall we are launching a new experiment. On the second Saturday of every month, high school students will plan and lead the 5:00 worship service. After the service the youth will grab some food and hang out in the Youth Room and Fellowship Hall. We're calling this **S.W.A.T.** (Students Worshipping All Together).

This is an excellent opportunity for students to step up into leadership, take the next step in their worship experience, get connected to more people at church, and invite their friends to a unique worship experience. If you are in high school or college and would like to participate in this service, please let me know.

Here's the part that really excites me for the whole church. This is not just a youth worship service, this is our regular 5:00 service which means it is open to **EVERYONE**—but is *led* by youth. I ask you to join us in prayer that God will guide the planning team and that the Spirit would move through this process in a dynamic way. Pray especially for co-leaders of this planning team: *Noah Vaillant* and *Kari Trembath*.



Catechism is All About the Story this Year!

This year we are going to learn the story of the entire Bible! More than that, we'll see how God is still working with his people to restore everything. That means you, too!

Incoming Sixth Graders, you and your parents will meet on **Wednesday, September 4th** for orientation. Then, on **Wednesday, September 11**, we are going A.P.E. (the Amazing Pizza Extravaganza!) to kick off the new year.



High School Ministry Kicks Off with a Bang! September 20-22

We're going to kick off our High School Ministry year with a killer weekend.

First, The Own Your Faith (OYF) students will gather for a two-night retreat on the south side of the city. This will be an important retreat to get connected with each other, with God, and with the Own Your Faith process. Meet at the church at 6:00pm, Friday, September 20. *Get all the details on the website.*

Second, right in the middle of the OYF retreat, we are going to bring the upperclassmen and the freshmen together at **the Mall of America** to hold our **3rd Annual Amazing Race!** This will be a wild scavenger hunt throughout the Mall. You will not want to miss it. This will be a great chance to invite your friends and start off the new season with a blast. **Upperclassmen meet at the church at 10:30am to ride to the MOA. We'll leave for home at 5:00pm.**

Finally, The OYF students will spend one more night away and then we'll end the OYF weekend with a very special blessing ceremony at the 10:30 service. Parents will bless the OYF students and the congregation will pray for you as you begin this last leg of your journey toward confirmation.

You can register for the OYF Retreat Online at: www.graceandoveryouth.org/own-your-faith/oyfretreat/

You can register for the Amazing Race Online at: www.graceandoveryouth.com/2013/08/06/the-amazing-race/



What's Up with Dojo This Year? It's all about Tribes

This year we will have four tribes (small groups) that meet every Sunday afternoon from 3-5pm in the Youth Room (portable 2).

The tribes are co-ed and are led by a team of one adult and two or three students per tribe. Each tribe will take a turn leading the Dojo each week. We'll have games, a teaching time, and lots of time to connect in the tribes. Each meeting will end with a Tribal Throw Down to compete for who gets to meet in the couch room. As always, there will be time to hang out and connect. The tribes will plan their own social and service activities outside of our normal Sunday meetings.

Our leadership team (SaLT) decided to line up our teaching at the Dojo with what the whole church is studying each week. That means you can hear the sermon at Worship and then come to the Dojo to talk about how it relates to your life. Our theme this year is: **God With Us, Are We in Step with Him?**

Mission Trip Opportunity:



Grace 2 Haiti 2014

Recently, I read an article that states that our vocation is to be in service to others. While I have heard the message to serve others over and over again, I had never heard it put in quite that way. It gave me a

new understanding of just how important our calling to serve is. Grace has always been a place of service to others, and here is your next opportunity to find a "career" you never dreamed yourself in!

We are already planning our third mission trip to Haiti in March of 2014. The Haiti trips taken so far have been an amazing blessing to those who have gone. Not only have we accomplished things that have a lasting impact on the lives of the people we serve, but we come back changed as well. It is an amazing experience that you will never forget. This third trip will be our first inter-generational trip to Haiti. We are very excited about this opportunity to travel with our children and enrich their lives in a way that is not possible at home. Kids are welcome to come with us, along with one or both parents. Adults without kids are also welcome to come. The more the merrier. If you are interested in learning more, please email Greg and Lori Ackerson at: Lori.Ackerson@allina.com or GregA@Apex-Co.us.

Graceful Seniors:



We have had a busy Summer. Twelve of our Senior men shared a day of fishing on Lake Mille Lacs. 34 walleyes were caught, but only one was of legal size for keeping. It was a great time of fellowship and all participants agreed there should be another such event next year.

Our Grace's quilters donated one of their beautiful quilts to the Camp Knutson raffle in Cross Lake, MN. The camp sponsors the raffle annually and proceeds are used to provide a fun camping experience for children with special needs.

Some of the senior ladies are scheduled to drive to the airport in Milaca for a new experience of sky-diving. We are all avidly awaiting their reports.

Rumor has it that many of the senior men took summer vacations this year and the property management team has expressed hope that the vacations do not stretch into the fall as there are many projects to be completed. If you would like to join this team, they meet at 9:00 a.m. on the Wednesday following senior breakfast/Bible Study. We'd love to have you.

On the third Tuesday of each month, Pastor Gene Heglund leads a breakfast and Bible Study for seniors at the Farmstead in Andover. The cost of the breakfast buffet is \$6.50. The meeting begins at 8:30am and is usually completed by 9:45am. Reservations need to be made for the breakfast. If you would like to join us, please contact Kris Miller at the church office at 763-421-6520. In addition, this group attends occasional plays at Lyric Arts as a group and usually meets at Billy's for brunch the Sunday of the play. "Hairspray" is on the schedule for August.



**New Service time
for the
Contemporary
Service
beginning
Sunday,**

**September 8th at
10:30 AM!**



Parish Nurse Ministry:

Greetings from the Parish Nurses!

I hope you are having a great summer! After our terrible spring, we finally have nice weather! However, remember to be safe. Here are a few of our favorite summer safety tips:

- ◆ Wear sunscreen. The American Cancer Society estimates about 120,000 new cases of melanoma are diagnosed in a year in the US.
- ◆ Wear your helmet! Whether motorized or pedal, well-fitting helmets are the key to preventing devastating head injuries.
- ◆ Wear your life jacket.
- ◆ Drink water to prevent dehydration and take a break in a cool place to prevent heat exhaustion and heat stroke!

Finally, I thought I would share a few thoughts about back to school. Many of us focus on the back to school shopping for clothes, school supplies etc. but more important is our kid's mental health and readiness for school. The following article (excerpts) is from the National Association of School Psychologists by Ted Feinberg, EdD, NCSP, & Katherine C. Cowan.

Back-to-School Transitions: Tips for Parents

Getting a new school year off to a good start can influence children's attitude, confidence, and performance both socially and academically. The transition from August to September can be difficult for both children and parents. Even children who are eager to return to class must adjust to the greater levels of activity, structure, and, for some, pressures associated with school life.

The degree of adjustment depends on the child, but parents can help their children manage the increased pace of life by planning ahead, being realistic, and maintaining a positive attitude.

Good physical and mental health. Be sure your child is in good physical and mental health. Schedule doctor and dental checkups early. Discuss any concerns you have over your child's emotional or psychological development with your pediatrician. Your doctor can help determine if your concerns are normal, age-appropriate issues or require further assessment.

Re-establish the bedtime and mealtime routines. Plan to re-establish the bedtime and mealtime routines (especially breakfast) at least 1 week before school starts.

Turn off the TV. Television is distracting for many children, and your child will arrive at school if he or she has engaged in less passive activities.

Visit school with your child. Visit the school with your child. Meeting the teacher, locating their classroom, etc., will help ease anxieties and allow your child to ask questions.

Designate and clear a place to do homework.

Older children should have the option of studying in their room or a quiet area of the house. Younger children usually need an area set aside to facilitate adult monitoring, supervision, and encouragement.

Let your children know you care. Reinforce the ability to cope. Children absorb their parent's anxiety, so model optimism and confidence for your child. Let your child know that it is natural to be a little nervous anytime you start something new but that your child will be just fine.

Do not overreact. If the first few days are a little rough, try not to over react. Young children in particular may experience separation anxiety or shyness initially but teachers are trained to help them adjust. If you drop them off, try not to linger. Reassure them that you love them, will think of them during the day, and will be back.

Remain calm and positive. Acknowledge anxiety over a bad experience the previous year. Children who had a difficult time academically, socially or were teased or bullied may be more fearful or reluctant to return to school. Talk to your teacher about these concerns.

Reinforce your child's ability to cope. Give your child a few strategies to manage a difficult situation on his or her own. But encourage your child to tell you or the teacher if the problem persists. Maintain open lines of communication with the school.

Extracurricular Activities. Go for quality, not quantity. Your child will benefit most from one or two activities that are fun, reinforce social development, and teach new skills. Too much scheduled time can be stressful, especially for young children, and may make it harder to concentrate on schoolwork.

For more information you can visit the following websites

National Association of School Psychologists - www.nasponline.org. or Parent Information Center - www.parentinformationcenter.org.

If you have any questions for the Parish Nurse please call or email Lori Ackerson or Lily Tunby at 763-421-6520 ext. 100 or email: parish_nurse@graceandover.org. Both methods of contact are confidential.

Minneapolis Area Synod Assembly... The Top 10! Submitted by Deb Stang



I attended my first synod meeting at the end of May. I was anxious, yet excited. I wasn't sure what I was supposed to do. You see I have been a Methodist for over 50 years, and recently converted to become a Lutheran and a member of Grace. So, I decided to jump in with both feet and experience Lu-

theranism in its truest form. I give you the Top 10 Reasons I Enjoyed Being a Grace Lutheran Rep at the Minneapolis Area Synod Assembly 2013. (To be referred hereafter as IEBAGLRATMASA2013!):

IEBAGLRATMASA2013

10. The environment (Shepherd of the Lake Lutheran Church in Prior Lake) was comfortable and had great views of the stage.

9. Being a voting member to receive two new churches into the synod: Mercy Seat and Minnesota Swahili Christian Congregation.

8. Visiting the exhibits and displays of a Nigerian Village.

7. Learning the difference between a memorial and a resolution.

6. Listening to great music: a fantastic three person bell choir, a Swahili chorus, Christian music set to rap, and a "garage" band.

5. Putting a face to the Bishop (Ann Svenningsen) and being introduced to members of her staff.

4. Meeting and talking with members of other Lutheran Churches. Out of the 500+ in attendance, I actually recognized 4 people I knew, not counting the Grace reps.

3. Getting to know better the other Grace Lutheran reps: Pastor Mark, Pastor Steve, Harold Matson, Scott Lien, and my husband, Ed.

2. Listening to the messages of awesome speakers: Dr. Terrance Fretheim ("The Relational God" and "The Biblical God") and Dr. Jacqueline Bussie ("Always Being Made New.")

There's a tie for the #1 reason I Enjoyed Being a Grace Lutheran Rep at the Minneapolis Area Synod Assembly 2013:

1. Watching Pastor Mark take notes on his pad of paper and Pastor Steve drawing his notes on an iPad.

Both Methodists and Lutherans enjoy cookies at break time and delicious catered meals!

Thank you:

Our Dear Grace Family,

We would like to thank all of you for ALL the acts of kindness you have shown to our daughter Nina and her family. This journey of fighting Sarcoma sometimes seemed so long and now that she is not with us here on Earth it seemed way too short. But through all of it we knew our family at Grace was right next to all of us helping in every way they could.

You have all done so much...many of you sent cards of encouragement and hope, many of you made meals, many of you supported her Benefit or attended her Benefit, many of you drove her to appointments--ALL THE WAY DOWNTOWN TO THE U OF MN CANCER CENTER!! Many of you visited her in the hospital or at her home.

Pastor Mark, your love and compassion and faith was endless. The Celebration of Her Life service was AMAZING. And I thank you for all you did for her and our family.

The prayers were the most important to all of us. It kept us all going. And we would feel the prayers not only from our family at Grace, but your extended families that were also praying.

The list goes on and on....

We miss Nina so much everyday. We know she is with her heavenly father and that brings us so much peace.

God Bless and Thank you!

The Lewis and Suttor Families



We would like to thank everyone at Grace for all that was done to make Phyllis' funeral such a wonderful celebration of her life. A special thank you to the church staff, all of the kitchen workers who helped by purchasing the food, as well as preparing for and serving the lunch, and for everyone who baked the great treats. A special thanks to Phyllis' Ruth Circle friends.

We so appreciate everything that was done on behalf of our family.

The family of Phyllis Thrane



Grace Lutheran Church

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A Ministry of Grace in the heart of Andover and beyond!

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**New Service time for
the Contemporary
Service on Sundays
beginning September
8th:**

10:30



AM!

Address Service Requested



Join us for 'Sunday Evenings@Grace'

Beginning Sunday, October 6th from 5:00-7:30pm - Dinner & Childcare Provided!

6 Class Offerings this Fall - Don't miss out!!!

WISGrow



- ◆ ***Dinner With Jesus*** - An experience of dwelling in the Word using John 13-17.
Led by Pastor Steve Thomason

- ◆ ***Animate.Bible*** - An introduction to the Bible. What it is and why we read it.
Led by Pastor Mark Hellmann

WISConnect



- ◆ ***Radical*** - More than just saying "I follow Jesus", and doing something about it;
Led by Greg & Lori Ackerson and Daron & Tari Yates

- ◆ ***Divorce Care*** - a divorce recovery support group where you can find help and healing for hurt of separation and divorce. *Led by Deb Stang*

WISEquip



- ◆ ***Grief Share*** - a support group for people who have lost a loved one through death.
Led by Lynn Noren

- ◆ ***Young Couples*** - Join us for laughter and connection as we share life together as couples and continue to grow in our faith. *Led by Bernard & Tyree McDowell*