



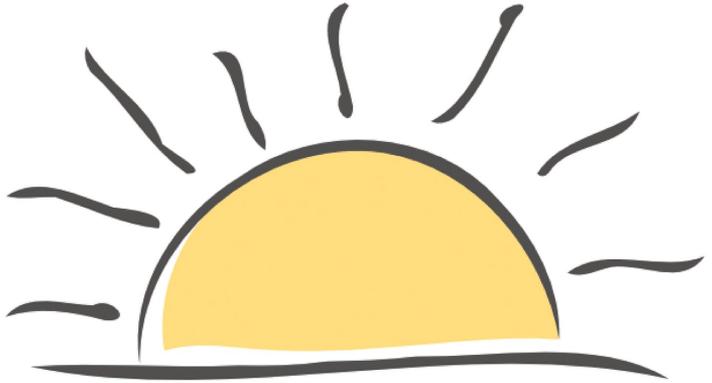
**SAINT MARK**  
LUTHERAN CHURCH

# MAKING OUR MARK

August 2019

## Special points of interest:

- Message from Pastor Keller
- Pastoral Call Committee Update
- Pastor Emily Rova-Hegener
- Calendar
- Parish Board Update
- Vacation Bible School (VBS)
- Birthdays



A B L E S S E D & V I B R A N T

# AUGUST



Our shared Congregational Meeting

## Looking Backwards and Forwards

For over twenty years, running was one of my cherished joys. Whether I was with a group of fellow striders or running by myself, I cherished the times I had on the trails and byways of my community. I preferred being outside, even in winter, but I learned to adapt to treadmills and indoor tracks when necessary. Running had health benefits, like weight management, lower blood pressure and stronger heart. Not every run was filled with joy; some were just plain hard, but overall I looked forward to lacing up my shoes and hitting the trail.

That is until I started having pain in my right knee. After seeing an orthopedic doctor I learned that I had arthritis in my knee; she recommended that I stop running to keep it from getting worse. As I drove away from her office, I remember the deep disappointment and sorrow I felt towards giving up something that I had enjoyed for so many years. I was entering a season of grief.

Grief can be a tricky emotion. Like many of us, I simply wanted to ignore the sorrow I felt in losing something I loved. And when I did look back on my running days, I felt twinges of self-pity and anger that I did not like. I would see other people running and feel this stab of pain and nostalgia. “Why can’t I keep doing what I enjoy?”

But a counselor once told me that burying grief and sorrow is not wise. It tends to pop up in unhealthy ways, blocking one’s ability to move forward in life. So I took some time to feel the grief, to acknowledge the loss of running as a significant turning point in my life. I recognized that I need some other form of outdoor exercise and embraced cycling as a way to get outdoors and raise my heart-rate. I still feel moments of sorrow when I wish I could be running and I acknowledge those feelings, but I also choose to look forward to my next ride. I remember the joys of past runs, but I do not dwell on such memories. I have found it healthier and wiser to look forward to what my next ride will be.

The psalmist states, “*O Lord my God, I cried to you for help, and you have healed me. Sing praises to the Lord, O you his faithful ones, and give thanks to his holy name. . . . Weeping may linger for the night, but joy comes with the morning.*” Psalm 30:2-5.

Like all emotions, grief is transitory. There are moments when we need to take time to look back and grieve: the death of a loved one, moving away from family and friends, the retirement of a beloved pastor. We may weep for a time, yet God offers us new life and hope as we look to the future. Each of us will grieve in our own way, but the healthiest way to grieve is to both acknowledge the pain of sorrow and then to let the pain and sorrow pass through us. Like waves on a beach during a storm, the waves of pain at first can be quite intense. But as the storm recedes, the waves of grief dissipate. They may never fully disappear but they no longer hold us hostage. We are able to move forward.

As St. Mark and St. Luke prepare to call a new pastor, some may want to look back and grieve the past. That is okay for a time. But as we learn to trust the Holy Spirit, we turn towards the future, looking for the new life, the resurrected life, towards a new dawn of hope. God brings joy in the morning.

*-Pastor John Keller (Interim)*

<i>August</i>	<i>Usher</i>	<i>Reader</i>	<i>Fellowship</i>
<b>4</b>	open	Fran Hillier	Ramona Nelson, Fran Hillier
<b>11</b>	open	Bonnie Jellinek	Myra Larson
<b>18</b>	open	Jerry Smith	Jerry Smith, Shirley Such
<b>25</b>	open	Gary Brueggemann	Linda Robinson

### August Birthdays

<u>August 2</u>	<u>August 11</u>	<u>August 26</u>	<u>August 31</u>
Katherine Hillier	Myra Larson	Laura Larson	Mary Miller
<u>August 10</u>	<u>August 19</u>	<u>August 28</u>	
Mark Berneking	Darla Durant	Theresa Dupont	

**St. Mark Evangelical  
Lutheran Church**

*A Congregation of the Evangelical  
Lutheran Church of America*

**Interim Pastor  
John Keller**

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**Sunday Worship  
10:00 am**

*Holy Communion is celebrated the  
1st & 3rd Sundays*

Fellowship / Education  
Hour  
following service

Executive Committee

President	Eric Michelson	651-726-4927
Secretary	Mary Miller	651-483-0671
Treasurer	Nancy Redlin	612-270-7127
Cong Liaison	Candy Petersen	651-249-1981

Committee Chairs

Property	Donald Clark	651-357-0370
Worship	Larry Raasch	651-238-3531

Church Staff

Bonnie Jellinek	Organist
Julia Jackson	Bookkeeper
Martin Brueggemann	Choir Director
Johnny Hammond	Custodian

## Pastoral Call Committee Update

We are pleased to announce that during the special congregational meeting held on Wednesday evening, July 31st, both St. Luke and St. Mark members voted **unanimously** to call Pr. **Emily Rova-Hegener** to be our shared minister. In addition, they approved the compensation package for her as presented. If Pr. Emily accepts this call, we anticipate her first Sunday with us will be **September 1st**. Please take time to thank the members of our Call Committee (including Nancy, Gary, Bonnie, Dianne, Karen and Carrie) for their diligent, prayerful work. Also, thank all of you for your patience, faith in the process, and prayers. This is an important next step for both congregations.

We will take many more steps together, so please continue to pray for the future of these congregations and for Pr. Emily.

## Parish Board Update

The Parish Board, (formerly known as the Shared Ministry Team), includes the following members: Pastor Keller, Saint Mark members: Nancy Redlin, Eric Michelson, Mary Miller and Jackie Brueggemann, Saint Luke members: Wendy Bjorklund, Laurie Herrmann, Becca Ruiz, and Ruth Carlson

We discussed the next Shared Worship Service which will be held on Sunday September 29<sup>th</sup> at Saint Mark with a focus on *God's Work Our Hands*.

We were provided with an update from the Call Committee.

We discussed Vacation Bible School which will be held at Saint Luke on Monday and Tuesday August 12th and 13th. Becca will lead the music, Pastor Keller will lead the lessons and Eric will lead recreation. The theme will be Care for Creation. A meal will be served and that portion will begin at 5:30 with the end time to be 7:30 PM. A separate planning group will meet. Saint Luke will handle Monday's meal and Saint Mark Tuesday's.

Becca provided a brief update on the first MakerSpace. There were ten in attendance at this event, the next event will be held on Saturday July 27th at Saint Luke, also in August and September. October will be at Saint Mark and November at Saint Luke (those dates to be determined).

We continue to discuss our role as a Parish Board going forward and we had a healthy discussion surrounding all of this and will wait to finalize much of this once we have a new pastor.

As always, direct any questions or concerns you may have to anyone of us.

## Volunteers Needed

We are looking for volunteers to sign-up to be either a Reader or an Usher for one or more Sunday services during 2019. A sign-up sheet has been placed in the Fellowship Hall.

Simply write your full name and phone number under the appropriate position for one or more Sundays and don't forget to add this/these date(s) in your personal calendar.

### Reader Responsibilities:

A copy of the readings will be sent to you via email or postal mail the week leading up to your assigned reading Sunday.

*Please see the pastor for any special reading instructions before service Sunday morning.*

### Usher Responsibilities:

Please arrive 20-30 minutes before the service starts to handout bulletins & welcome attendees. Larry Raasch will be available most Sundays to guide ushers as to light switches, taking the Sunday count, etc.

NOTE: If unable to attend on your assigned Sunday, please find a replacement or contact Larry Raasch *Thank you in advance—St. Mark Worship Committee*

## Vacation Bible School is Coming!

Vacation Bible School (VBS) will be held at Saint Luke again this year on Monday and Tuesday August 12th and 13th. Our theme this year will be "Care for Creation". We will start with a light supper at 5:30, followed by a fun two evenings of music, story, crafts and games.

Please plan to bring your kids and grandkids for another fun shared event between St. Luke and St Mark. The end time will be right around 7:30 PM.

## Card Making Class

Sue McNeill will be teaching two cardmaking classes at St. Luke Lutheran Church on Saturday, August 17. The intermediate class will be from 9am-11:30am. The Beginners Class will be from noon to 1pm. Each class is \$5 to make 3 cards or no charge if you place an order of \$25 or more. Sue has been stamping for 30 years and selling Stampin' Up! products for 6 years. She will have samples of cards and an array of products featured in the catalogs on display in class. You must RSVP by Monday, August 12 by email [suemc1493@gmail.com](mailto:suemc1493@gmail.com) or 688-8176. Beginners do not need to bring any supplies. Everything is provided. Intermediate class members will receive any special instructions by email prior to class.

SUN	MON	TUE
<p>4</p> <p>10:00a Communion Svc 11:00a Fellowship 12p The Way Church 6p Capital City Church</p>	<p>5</p> <p>Square Dancing 7:00-9:00pm Lutheran Night @the Twins 7p <i>Target Field</i></p>	<p>6</p> <p>6:00pm AA 7:11pm Men's Group</p>
<p>11</p> <p>10:00a Worship Service 11:00a Fellowship 12p The Way Church 6p Capital City Church</p>	<p>12</p> <p>Square Dancing 7:00-9:00pm <b>VBS @ St. Luke</b> 5:30-7:30p</p>	<p>13</p> <p>6:00pm AA 7:11pm Men's Group <b>VBS @ St. Luke</b> 5:30-7:30p</p>
<p>18</p> <p>10:00a Communion Svc 11:00a Fellowship 12p The Way Church 6p Capital City Church</p>	<p>19</p> <p>Square Dancing 7:00-9:00pm</p>	<p>20</p> <p>6:00pm AA 7:11pm Men's Group</p>
<p>25</p> <p>10:00a Worship Service 11:00a Fellowship 12p The Way Church 6p Capital City Church</p>	<p>26</p> <p>Square Dancing 7:00-9:00pm</p>	<p>27</p> <p>6:00pm AA 7:11pm Men's Group</p>

WED	THU	FRI	SAT
	1	2	3 St. Luke Farmer's Market 8am –1pm
7 9:00am Bible Study (at St. Luke) 7pm AA OMD	8	9	10 St. Luke Farmer's Market 8am –1pm
14 9:00am Bible Study (at St. Luke) 7pm AA OMD	15	16	17 St. Luke Farmer's Mrkt 8am –1pm <i>Card Making Class</i> 9am –1pm
21 9:00am Bible Study (at St. Luke) 7pm AA OMD	22	23	24 St. Luke Farmer's Mrkt 8am –1pm Maker's Space 10-1 (@St. L)
28 9:00am Bible Study (at St. Luke) 7pm AA OMD	29	30	31 St. Luke Farmer's Market 8am –1pm

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*In the City for Good*