

# The Uniter

United Lutheran Church News | August 2010

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## United Lutheran Church

628 W Fifth Street  
Red Wing MN 55066  
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[unitedlutheranchurch.com](http://unitedlutheranchurch.com)

## Christian Cruisers

August 22

Once again, the Christian Cruisers are going to cruise Lake Pepin, leaving from United Lutheran at 11:15 am and stopping for lunch before returning at about 2pm. This group continues to change as different people ask to be a part of it – we're now open to anyone with a motorcycle OR a classic car that they'd like to take for a Sunday drive around the lake. Questions? Contact Pastor Steve for more information.

## Outdoor Worship in Central Park

August 22

Service at 9:30am led by ULC Worship & Praise Team  
Coffee Fellowship at 9:00am hosted by United Methodist  
Guest Preacher is Chaplain John Morris, the Joint Force Headquarters Chaplain for the entire Minnesota National Guard. He has served in combat on three different occasions, most recently as the chaplain of Minnesota's 34<sup>th</sup> Infantry Division in Basra, Iraq. He was a pioneer of "Beyond the Yellow Ribbon", a statewide effort to help soldiers and families reintegrate after the long separation of deployment; this program is now the model for the National Guard across the United States. As a civilian, Chaplain Morris served as a Methodist pastor before making the switch to full-time military duty. Chaplain Morris lives with his wife Kathy in the town of Afton, MN.

## Living Stewards

*"Stewardship is much more than tithing or giving money to the church, it's a way of life that reflects our relationship with God."*  
-Tony Fair, seminary student

*"The earth is the Lord's and all that is in it, the world, and those who live in it."*  
Psalm 24:1

## Pastor's Page

# Vision Mission & Values

## A Vision for Mission

by Pastor Steve Timm

In our last several church council meetings, United Lutheran's leadership has revisited one of the guiding documents of our church, entitled "A Vision for Mission". This one-page document represents the effort of many dedicated leaders who gave their time and effort to identify strengths as a congregation and try to discern where God is leading us. The current Vision for Mission covers the years 2007-2012, and I'd like to highlight the second half of the document here:

"Over the next five years, we want to focus new energy in these areas:

- *United will promote spiritual growth and discipleship through development of small group ministries.*
- *United will be a global church through our partnership with Cruz del Sur Lutheran Church in Argentina; and other opportunities.*
- *United will explore and be open to using new technologies to reach an increasingly diverse community.*
- *United will lead the exploration of a new worshipping community with a special emphasis on young adults and the unchurched.*

If you've been around the church over the last few years, you hopefully have seen the ways these four goals have guided some of our major projects. For example, we created a new staff position of Small Group Coordinator to address our first goal of spiritual growth and discipleship, and we installed a retractable screen in our worship space to address our third goal of exploring new technologies.

Now we have begun moving toward the fourth and most challenging goal, leading the exploration of a new worshipping community with emphasis on young adults and the unchurched. That's a big project, all the more so because of the demographics of our larger community. Nevertheless, we are convinced that God has put this goal in our hearts and that the goal to reach out to young adults and the unchurched is a critical part of the mission God has given us.

To this point, the exploration is still in the discussion stage. On the church council, we've started asking questions such as "Who are the young adults in our community? Who are the unchurched in our community? What do we have to offer them? What do they like and/or dislike about church? How can we connect with them?" These are questions we have to address before we launch into action, so we can target our efforts effectively.

I'm writing about these things both to inform you and ask for your input. It's important that every member of the congregation knows our vision and our mission, and knows what direction we are moving together. It's also important that your leaders hear from you, that you have a voice and a role because God has called every one of us together in his mission, not just a few. So, if you have ideas about any of the parts of our Vision for Mission, especially in our goal to reach young adults and the unchurched, the ears of your council and your pastors are open and ready for your suggestions.

God bless us as we take the next steps in mission together.

## Parish Nurse Ministry

# Water, Water, Water

*by Verna Fricke, Parish Nurse  
August 2010*

How much water did you drink today? Yesterday? In these "dog days" of summer, when the heat index can rise to above 100 degrees, you should increase the amount of water you are drinking. Normally you should drink eight 8-ounce glasses of water (or other non-caffeinated, non-alcoholic beverage) daily. Your body is made up of 96% water and to keep all systems functioning optimally, it is important to maintain that percentage. For example, drinking water prevents symptoms such as fatigue, dry skin, headaches and constipation. Severe dehydration can affect blood pressure, circulation, digestion, kidney function and even your joints.

In hot weather, you can lose fluids at a rate of a quart or more per hour so drinking water is important to replace what is lost through perspiration, urination, breathing and other body processes. If you must be in the heat, drinking water will prevent cramping, nausea and heat exhaustion. If you exercise, drink a glass of water about every 20 minutes before the activity and at least a half a glass every 15-20 minutes during the activity. Since many fruits are 80-95% water, they are another source of fluid replacement.

There are many designer waters on the market but are they worth the money? Some are fruit-flavored and packed with sugar which you don't need in your diet. In my public health job I often advise mothers to always use plain water as opposed to even beverages flavored with artificial sweeteners, as children need to learn that water tastes good in and of itself! Some waters claim to have vitamins and supplements but most are negligible and some can even be harmful to young children. For nutrients and electrolytes you would be better off eating the fruits and vegetables. Bottled water has its place if the local water tastes bad or if you are uncertain of its quality, but it's best to save your money and stick to the natural water and a healthy diet.



*“As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God.”*

*Psalm 42:1*

Add ice or serve in a fun sports bottle to make it more appealing to children.

Dehydration is often signaled first by hunger or fatigue rather than thirst, so don't wait to take your fill. In the same way, don't forget to thirst after God. The verse above shows that our physical need is equal to our spiritual need. God satisfies our physical thirst with water and our spiritual thirst with His Word.

May you all continue to have a restful and safe summer season.

(Source: [www.mayoclinic.com](http://www.mayoclinic.com))

## Small Group News



### What's for Dinner?

By Michelle Timm  
ULC Small Group Coordinator

In April 2010, PBS aired a movie called *Food, Inc.* as part of their Point of View series. This 2-hour feature film raises some eyebrows by asking relatively simple questions like “where does our food come from?” The further we move away from family farms, the more complicated that answer becomes. This movie will touch on topics like obesity, poverty, the ethics of farming and slaughtering animals. It does so with personal stories, many from farmers, and one from the mother of a 2-year-old who died of E. coli poisoning who lobbies for legislation to protect future consumers, plus has consultants like Michael Pollan, author of *The Omnivore's Dilemma*, a James Beard book winner in 2007.

If you've already watched *Food, Inc.*, you know it can be overwhelming and a bit depressing when looking at the size of the food industry and the power and money involved in producing our everyday meals and snacks. But there is an element of great hope to this film as well, one which emphasizes the value of our meal choices, where every consumer makes a difference. I don't agree with every point this movie makes, and while it vilifies some aspects of food industry, I definitely think that watching this will make for some great small group table discussion.

This project is still in planning phases and I'm hoping to make “What's For Dinner?” a 3 or 4 part series in the fall, to include viewing *Food, Inc.* together, study some excerpts from *The Omnivore's Dilemma*, and connect our gatherings with literal meals, including options like a fast food meal one week and a meal with organic components or local ingredients the next.

Watch for upcoming announcements in the fall regarding timing, or watch the movie or read Pollan's book yourself if you are looking for some surprising summer reading. Meantime, maybe we'll run into each other this August at the farmer's market picking up some of the best the locals have to offer: fresh sweet corn!

### Holy Yoga

Saturday mornings in September a small group of United members will begin making a trip to First Lutheran in Lake City to practice Holy Yoga by instructor Christina Mroz. Come enjoy a great stretch along with prayer, deep breathing, and quiet reflection time.

Afterward, we can unwind further at Rabbit's bakery (next to Nosh restaurant on the marina), or just head home. Watch for schedule to be posted next month's newsletter. I attended one class in May before the session finished and really appreciated the format and the instruction and with the mid-session reflection about Mary and Martha. If enough folks enjoy and see the benefits of this kind of class, let's get one of our members trained to lead this ministry here in Red Wing.

# Summer Schedule

Worship times are 8:00 and 9:30 am.

## Share In Prayer

For July ...

### Hospitalized

Carlson, Joan—FV Seminary

Christianson, Judy—FVRW

Grimm, Chuck—St. Mary's

Ketcham, Jeff—FVRW

Lysaker, Ted—FVRW

Marik, Raymond—FV Seminary

### Sympathies

Jenneiahn Family (death of Rhonda)

## Events

### Men In Mission

Meetings are every **Tuesday, 7:00 - 8:00 am**

Men of United Lutheran Church are invited to breakfast, in Fellowship Hall, for Bible study, and fellowship. All men are welcome. For more information, contact Pastor Steve or Pastor Randy.

### Yard & Bake Sale

August 4

United Lutheran Church will hold a Yard and Bake sale from 9:30—11:30 am on August 4th. We will have ULC T-Shirts for sale. All other items donated by Vacation Bible School (VBS) kids. Proceeds will be donated to "Feed My Starving Children" Mission. Free Will donations will also be accepted. The 6th-8th grade VBS kids will also be volunteering to help with that mission on August 5th.

### Loaves & Fishes Supper

August 8 & 22

The Loaves & Fishes suppers are held at United Methodist Church on the 2nd and 4th Sundays of each month, at 5:30 pm. There is no charge and this evening of food and fellowship is open to all.

### Dawnbreakers Kiwanis Safety Camp

August 11

This Safety Camp is for boys and girls entering grades 4 -5. Class will be held at Southeast Minnesota Technical College, Red Wing, from 8:00 am to 3:30 pm. Please register at the Community Education office or online at [www.rwcomedrec.org](http://www.rwcomedrec.org). Registration fee is \$15. For more information call 651-385-4565.

### Tamburitzans Perform in Red Wing

August 12

We have one more round with the **Tamburitzans**, - the marvelous dancers and instrumentalists from Duquesne University in Pittsburgh. They will again present an entirely new performance on Thursday, August 12 at 7:00 p.m. at the Red Wing High School auditorium. The Tamburitzans capture the indomitable spirit of Eastern Europe and neighboring cultures: a dozen or more languages are used together with 300 costumes. Through music and movement, Balkan dances and instruments, the Tamburitzan ensemble portrays the human experience with passion and believability. A Fund-raiser, you may purchase tickets: \$15 for adults, \$10 for H.S., \$5 for elem. and age 5 & under, - free, - - from the students who attended the Peace Conference: **Build Bridges, Not Walls** in Bosnia Herzegovina or from Corner Drug, Uffda and Smokey Row.

### Blood Mobile

August 12 & 13

The Red Cross Bloodmobile will be at United Lutheran Church on Thursday, August 12th, from 1:00—7:00 pm and Friday, August 13th, from 11:00 am —5:00 pm.

## Chapel Communion

August 18

Chapel Communion is offered the 3rd Wednesday of each month, at 2:00 pm, in the chapel off of Fellowship Hall. All are welcome for Holy Communion and fellowship.

## Feed My Starving Children

Aug 21

This will be the 8th time United Lutheran members, families and friends have traveled to Eagan to pack meals for hungry children in the poorest of countries. We'll meet at church at 8AM, pack thousands of meals from 9-11:00 and be back to church by noon. There is an option to gather for lunch afterwards for those who wish to continue the fellowship of the group. Sign up on the bulletin board by the office doors. Ages 5-95 welcome. We need 30 people for one morning of your summer. Call Dee Bender at 385-7521.

## An Evening Concert by Ali Amr

August 22

United Lutheran Church, 6:30 pm: A three-time first-prize winner for Best Arabic Music Performer in the Marcel Khalifé Competition (2004, 2005, 2007), Ali Amr has performed countless times at various cultural sites in and around Palestine. In 2008, he had the honor of performing for the president of Palestine and in 2005 for the princess of Jordan. He is currently a student at Berklee School of Music in Boston and a guest of Dan & Cindy Mjolsness in Chicago area. We are delighted to welcome Ali to United Lutheran Church to share his music and his culture; please come join us at 6:30 pm for an evening of traditional and contemporary Arabic music performed on the 72-string Arab harp known as the Qanun.

## Women's Wilderness Adventure

August 26-29

Discover the peacefulness of WILDERNESS Canoe Base. Sign up for a late summer Adventure for women. Plenty of time for activities like canoeing, campfires, singing, worship, reading, solitude, or relaxing in the sauna. For more information call: Shar Hauer: 612-823-

6051 or Liz Blood: 612-722-4172 or email [hauers4804@msn.com](mailto:hauers4804@msn.com) or [liz.bill.blood@gmail.com](mailto:liz.bill.blood@gmail.com) or join us on Facebook: *Women Wilderness Adventurers*

## Men In Mission Potluck

August 31

The annual Men In Mission potluck will be held at the home of Jim and Janice Everman, 28579 Circle S Road, Red Wing, at 5:00 pm. Bring a dish to pass.

## ULC's Habitat for Humanity Day

September 18

United Lutheran Church will have their day at the Thrivent Habitat House on September 18th, from 8:00 am to 4:00 pm. The address is 1616 Bush Street, Red Wing. This home is being built for LaVergne Dickerson and her children. Sign up will take place later.

## ULC Social Concerns

### Our Savior's Housing Project

In the past ULC has collected items for Our Saviour's Housing (OSH) in Minneapolis. Because the OSH is working on expanding their Permanent Supportive Housing program to try to move 31 adults out of long term homelessness, we are looking for new or gently used donations. Please leave these on the wire rack in the narthex. These items will be delivered to the housing program in mid-August.

Perhaps you could get together with other ULC members to make up a CLEANING KIT to include: laundry basket or large tub/pail (to assemble other items); dish soap; sponges and rags; laundry detergent; all-purpose cleaning spray; disinfecting wipes; glass cleaner; paper towels; toilet paper; toilet brush; plunger; trash bags; shower curtain and curtain rings.



## Youth News & Events

### Sunday School Update

by Jennie Bungum  
Sunday School Coordinator

Sunday School is approaching fast and with a new school year also comes some new changes. As some of you may know the Red Wing school district is grouping the grades differently this year, and to follow with that here at United, we have decided that we would do the same. Sunday School will now run ages 3 thru 4th grade and the middle school program on Sunday mornings will be grades 5-8.

The choirs are grouping theirs differently and Lisa will be doing her groups accordingly. Another change that has started with Vacation Bible School and will continue into Sunday School, is background checks. Anyone who is volunteering their time as a Sunday School teacher will be required to have a background check done on them. We, here at United Lutheran, feel very strongly in the safety of our children.

And finally Sunday School is going green!!! The program that we use for the Sunday School curriculum is now online. With that comes a fantastic opportunity for



us to communicate to you parents and teachers in a more effective matter.

To register for Sunday School, go to [unitedlutheranchurch.com](http://unitedlutheranchurch.com), and click Sunday School.



Then, click either or

Screenshot of a website registration page for Sunday School. The page contains the following text:
   
Sunday School
   
9:55 - 10:45 am
   
No Sunday School during Summer
   
Family Matters is the theme for this year, in which we discover stories about families from the Old and New Testaments.
   
[Get Registered Today!](#)
  
Sunday School is based on a "rotation" format, which

On the left side of this site you will find a place to register your family. Once you have sent your form I will need to confirm that you are accepted to the secured website. Please allow 24-48 hours for me to get to it. Once you are accepted you will be able to find all of the information that you will need to teach a rotation, get information that pertains to you and your family, register your children up for activities, and many other things.

There is also a link to this information on the United Lutheran Church's website. My goal is to have all of the families registered by the start of the school year. And again, I am looking for volunteers for shepherds and workshop leaders. If you feel that this is something you would be interested in please give me a call or send an email.

### Vacation Bible School

August 2-6

United Lutheran Church's Vacation Bible School is open to members and non-members, ages 4 years through 8th grade. Vacation Bible School is August 2-6, 2010 and activities take place from 9am to 11am each day. Anyone interested should complete a registration form and return it to the church office. One registration form per child

enrolling. Registration forms available online or at the church office. Registration deadline is July 9, 2010.

Vacation Bible School planning is well on its way and it is going to be a great time. There is still time to sign your child/children up for VBS. Many people have stepped up and have generously donated their time for that week but I am still in need of many hands. If you or someone you know would be interested in helping out please contact me as soon as possible. There is something for everyone! You can reach me by email at [jbungum@unitedlutheranchurch.com](mailto:jbungum@unitedlutheranchurch.com) or by phone at 388-3583 ext 18.

## Valley Fair

### August 4

This event is for middle school and high school youth will be Wednesday, August 4th. Meet at United at 11:30am. The cost will be \$30.00. Permission forms are required and available at [www.unitedlutheranchurch.com](http://www.unitedlutheranchurch.com). We will be sharing a bus with area youth groups. Wear sunscreen. Sign up by Monday, August 2nd

## Peer Ministry Leadership Retreat

### August 28

August 28<sup>th</sup>, 2010 from 1pm-10pm there will be a Christian leadership retreat held at the Villa Maria Retreat Center (Frontenac) for 8-12 graders. Several area churches will be participating. There will be a speaker, Subway food, group activities, and a bon fire with smores. We will learn skills in being a Christian who shares Christ with others through our relationships. Come take the next step in your faith and build stronger friendships with peers who share your faith. To register, contact Lisa Hawe at 388-3583, or get a registration form online at [www.unitedlutheranchurch.com/youth](http://www.unitedlutheranchurch.com/youth). Return completed forms to the ULC office by August 21, 2010.

**D.I.G. (Delight In God)** for middle school youth will be taking on a new look this fall! Watch for a new name to be announced in September. The program will be for youth in grades 5-8. We will meet Wednesdays from 4:45pm-6:15pm like we have in the past. One of the biggest

changes will be a registration process. The year will be divided into sessions. Kids will register at the beginning of each session which will be about 2 months long. This will replace the drop in style we've had in the past. Watch for more details in September!

## Choir News for Fall 2010

With the changing grade configuration of schools in Red Wing this fall, our choirs group age ranges will be changing as well. Please note the following changes to youth choirs:

### Children's Choir,

Directed by Martha Hendrickson

Kindergarten - Grade 4.

Rehearsals are Wednesdays at 4 p.m.

### Sonshine Choir

Directed by Michelle Timm

Grades 5-7.

Rehearsals are Wednesdays at 4 p.m.

### Youth Choir

Directed by Susan Ketcham

Grades 8-12.

Rehearsals are occasional on Sunday mornings.

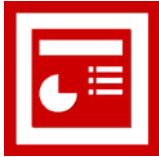
All children and youth are invited to sing! Let's make music to God!

## F. Y. I.

**I Can Cope** classes are held the fourth Thursday of every month from 1:00-2:00 p.m. at Fairview Red Wing Medical Center. Various providers and caregivers present each month on issues of importance to cancer patients and their loved ones. "I Can Cope" is a program of the American Cancer Society and is presented by Fairview Red Wing free of charge. Call Chaplain Karen Hanson of Fairview at 651-267-5386 for further information or to register for a class.

## Announcements for Sunday Bulletins

The deadline for weekly bulletin announcements is Monday, by noon. Stop in, call, mail, fax, or email your information to Karen Hill at United Lutheran Church, 651-388-3583, Ext. 20; email [khill@unitedlutheranchurch.com](mailto:khill@unitedlutheranchurch.com).



## PowerPoint Volunteer Needed

The Worship & Praise Team is in need of a volunteer who could put together and run a power point presentation of songs and liturgy for the W&P service which is offered twice a month. If interested, contact Pastor Randy

## Summer Reading for Fall Adult Enrichment

The Second Greatest Story Ever Told  
Fyodor Dostoevsky's *The Brother's Karamazov* and the Clash between Modern Secular Reason and Christian Faith  
Facilitator: Jamie Lorentzen. Reading handouts are available in the church office.

Interested in a simple (but not easy) summer read? Settle yourself on the porch or under a tree with 19<sup>th</sup> century Russian novelist Fyodor Dostoevsky's 775 page *The Brother's Karamazov*. If you can't read the Book by September, aim to read the first half of the book (through book 7). The fall Adult Enrichment discussion will focus heavily upon Books 5,6,and 7.

## Uniter is Online

The Uniter is available in PDF format and goes online each month. From the ULC website, you can find it under the Events link. If you would like to receive an email when the newest issue is available, just drop us an email with your request to: [khill@unitedlutheranchurch.com](mailto:khill@unitedlutheranchurch.com), subject line: **Go Green**.

If you would like to be removed from the Uniter mail list altogether, please call us or send an email and we will remove you from this list.

## Uniter Deadline

### August 20

The deadline is the 20th of each month, for the next month's issue. If you aren't sure, you can also find all this information on our website. Mail, fax, email, or call your information in to Karen Hill at 651.388.3583, Ext. 20; email: [khill@unitedlutheranchurch.com](mailto:khill@unitedlutheranchurch.com).

## Stewardship Update for June

Anticipated income	45,241
Actual income	39,096

Anticipated expenses	60,385
Actual expenses	59,252

Year to date thru May	
Anticipated income	308,780
Actual income	314,238

Anticipated expenses	348,301
Actual expenses	332,006

### Building Fund Receipts

Received this month	4,766.86
Year to date	33,786.32
Mortgage balance of 06/30/10	103230.61

## Goodhue County Fair August 10-14



United Lutheran Church | AUGUST 2010 | 651-388-3583

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Communion 8:00 am Worship 9:30 am Worship	<b>2</b> 12:00 pm Bulletin & announcement information due 9:00—11:30 am Vacation Bible School	<b>3</b> 7:00 am Men in Mission 9:15 am Staff Meeting 9:00—11:30 am Vacation Bible School	<b>4</b> 7:00 am Executive Committee 9:00—11:30 am Vacation Bible School 9:30 am Yard/Bake Sale 11:30 am Youth Valley Fair Trip	<b>5</b> 9:00—11:30 am Vacation Bible School (6-8th Grades, 7:30 am—12:30 pm)	<b>6</b> 9:00—11:30 am Vacation Bible School 11:30 am VBS Program	<b>7</b> 9:00 am Al-Anon 9:00 am Miss Red Wing
<b>8</b> 8:00 am Worship 9:30 am Worship & Praise 5:30 pm Loaves & Fishes	<b>9</b> 12:00 pm Bulletin & announcement information due 8:00 pm AA Meeting	<b>10</b> 7:00 am Men in Mission 9:15 am Staff Meeting 5:30 pm Education Committee 6:30 pm Council	<b>11</b>	<b>12</b> 1:00 pm Blood Mobile 6:30 pm Crop Walk 7:00 pm Prayer Shawl 7:00 pm Tamburitzans @ RWHS	<b>13</b> 11:00 am Blood Mobile	<b>14</b> 9:00 am Al-Anon Wedding
<b>15</b> Communion 8:00 am Worship 9:30 am Worship	<b>16</b> 12:00 pm Bulletin & announcement information due	<b>17</b> 7:00 am Men In Mission 9:15 am Staff Meeting	<b>18</b> 2:00 pm Chapel Communion 5:00 pm Lutheran Nite @ the TWINS	<b>19</b> 6:30 pm Crop Walk Meeting 7:00 pm Prayer Shawl 7:00 pm Evangelism Ministry Team	<b>20</b> UNITER DEADLINE	<b>21</b> 9:00 am Al-Anon 9:00 am Feed My Starving Children
<b>22</b> Library Closed 8:00 am Worship 9:30 am Worship In The Park 11:15 am Christian Cruisers 5:30 pm Loaves & Fishes 6:30 pm Ali Amr performance	<b>23</b> 12:00 pm Bulletin & announcement information due 4:00 pm Sons of Norway Board Meeting 8:00 pm AA Meeting	<b>24</b> 7:00 am Men in Mission 9:00 am ULC Quilters 9:15 am Staff Meeting	<b>25</b>	<b>26</b> 6:00 pm Evening Star Quilters Guild	<b>27</b>	<b>28</b> 9:00 am Al-Anon 1:00 pm Peer Ministry Leadership Retreat
<b>29</b> 8:00 am Worship 9:30 am Worship	<b>30</b> 12:00 pm Bulletin & announcement information due 8:00 pm AA Meeting	<b>31</b> 7:00 am Men in Mission 9:15 am Staff Meeting	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b> 9:00 am Al-Anon



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