

November 2020

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**Join us for worship
Sunday morning
Online at
[www.stmichaels
elca.com](http://www.stmichaelselca.com)**

From the Pastor's Desk



Thanksgiving: Antidote and Vaccine

Antidote and vaccine, these words seem so promising—a medicine to counteract or cancel a poison or illness, a substance used to provide protection against an illness or disease. Nearly a year after we were made aware of a disease circulating in Wuhan, China; over eight months since the novel corona virus is known to have arrived in our country, we long to hear the possibility of the words antidote or vaccine uttered with real hope. The reality is that a vaccine or antidote for COVID-19 is likely still months in the future and, even then, questions remain.

However, I'd like for us to step back. Back in time...and back from the current global pandemic. An article by Arash Javanbakht and Linda Saab from the *Smithsonian Magazine* in 2017 notes how fear is likely as old as life on earth. Fear is a reaction hardwired into biology to protect living things. The recoiling of a worm, the racing away of an antelope, the strong emotions and complex anxiety of people are interwoven with fear and a longing for security and protection. When we experience fear we are connected to a long history of biological, neural, and social wiring. For most of us the reality of a pandemic brings fear to the fore. When we couple that

with a tumultuous political season, natural disasters, and the normal stresses of work, school, life, it is easy for fear to become overwhelming.

The challenge is that fear—a significant biological development and protection—can, when consistent or often enough, cause relationships to fray, social compacts to break down, stress to overwhelm, and emotions to either numb or exhaust. Many people over the centuries have then used fear for control and intimidation of individuals and even societies. Wise leaders have striven to minimize fear and invoke hope, confidence, and connection.

Coming at this from a place of faith we are given a strong word. Depending on which translation of scripture you read the phrase "Fear not!" or "Be Not afraid!" or a variant is found between 61 to 103 times. Some writers read scripture and claim that "not fearing" is found 365 times—one for each day of the year. No matter the precise number or translation, what we can take from this is that God desires for us not to live with a fear the debilitates, tears down, or holds us captive. We are called from the biologically hardwired to the holy reframed.

As we move into the next several months it will be tempting to allow fear to drive. With our congregational worship adjusting again to keep people safe; with community and family gatherings becoming more limited again; with the outcomes of the elections in just a few days; with the reality of lives hurting and impacted by race, economics, illness, and loneliness. It may feel hard and we may feel vulnerable. Still the words spoken by prophets, by angels, by Jesus resound, "Do not be afraid!"

Looking from the precipice death and all that destroys, God proclaims life for people beyond all fear. This doesn't negate human work for safety, health, and well-being, but draws us beyond allowing fear to have the last word.

And living in the light of God's word over fear we respond with gratitude.

Yes, one of the strongest ways to respond is with gratitude. Glenn Fox, a professor with background in neuroscience, studied the ways gratitude affects people. It was shown that gratitude increases areas of brain activity that are tied to understanding, empathy, relief of stress, and social bonding. Gratitude builds bridges between the two lobes of our brain...and it builds bridges between people and communities.

This month, as we prepare for the day of Thanksgiving, let us take time as individuals and as a church to give shape to gratitude in ways both new and old. In the midst of events swirling around us, we offer an antidote to a longing world. We provide a vaccine that wards off the fear that tears down and divides. We give thanks!

We give thanks to God. We give thanks for all that warms our hearts and stirs our souls.

And with body, soul, strength, and mind we join in a vision of new life through the words and actions of thanksgiving.

With gratitude,
Pastor Brad

Worship News

All Saints Liturgy

November 1

4:00 pm

Fellowship Hall Patio

This year has ushered in many losses, and changed the way we are able to grieve together as a community. In addition to our online All Saints Liturgy, we will gather for a brief prayer liturgy on the Fellowship Hall patio to remember those who have died in our congregation this year. We invite all those who are mourning the death of a loved one to gather for this time of remembrance.

Thanksgiving Eve Drive Thru

November 25

6:30-7:00 pm

Parking Lot

Are you reimagining your holiday traditions? So are we! Join us for a Thanksgiving Eve at St. Michael's like none other! Don't miss this drive thru experience where you will receive a loaf of bread and a table blessing for your Thanksgiving meal, an Advent home devotional box for your household, and have the opportunity to drop off your pledge card and a food donation for Keystone Food Shelf.



ST. MICHAELS LUTHERAN CHURCH
**THANKSGIVING
EVE DRIVE THRU**

November 25, 6:30 pm - 7:00 pm
Church Parking Lot

Pick up:

A loaf of bread and table blessing for your holiday meal
A home advent devotional box

Drop off:

Nonperishable food donation for the food shelf
Stewardship Pledge Card

ST. MICHAEL'S LUTHERAN CHURCH CHILDREN, YOUTH, AND FAMILY MINISTRIES

..... 2020-2021 PROGRAM YEAR

IN-PERSON MINISTRIES

Outdoor Sunday School - ended in October

Thank you to everyone that participated in Outdoor Sunday School this past season. The group learned more about their faith while being immersed in one of the best gifts, creation.

Outdoor Sunday School will be paused as our ministries are revisited in 2021.



High School (9th-12th Grade)

Service Opportunity with Calvary Lutheran & George Floyd Memorial

Saturday, November 7 from 10:00am-2:30pm

High school students are invited to help out at Calvary Lutheran Church's food shelf that takes place on Saturdays. Our time will take place both outdoors and potentially indoors. Space may need to be limited. RSVP with Jon from the CYF Website.

Please check for any COVID-19 symptoms, bring a face mask, bagged lunch, and wear weather appropriate clothing. We will walk to the George Floyd Memorial Together. We will meet and end at Calvary Lutheran Church in South Minneapolis. Attend High School Youth Group on Sunday, November 1st if you're signed-up.

Advent Box Pick-Up

Thanksgiving Eve Service and Sunday, November 29 from 9:00-9:45am

Join in on the season of Advent with St. Michael's with art, prayer, and rituals. Sign up is not required but will be helpful to prepare the boxes. Sign up at stmichaelselca.com/cyf by Wednesday, November 18.

At 10am on Sundays in Advent, we will join together on Zoom to light our Advent Candles and hear a word of Joy together.

faith at home ministries

Faith At Home Formation Change

Gathering feedback from families, we will be shifting our faith formation opportunities for our children and youth to Sundays, these will occur every Sunday beginning on Sunday, November 1. We especially hope for our confirmation students to attend youth group with their peers.

Children & Company (Kindergarten–5th Grade)

Sundays from 10:00-10:45am

Throughout Advent, we invite our children to stay on the Candle Lighting call to learn more about our Virtual Christmas Pageant.

All of our online ministries are password protected.

Passwords are shared through the CYF Newsletter or E-Blast

Online Youth Group

Middle School (6th - 8th Grade)—Sundays from 11:00am-12:00pm

High School Youth Group (7th-12th Grade) – Sundays from 7:00pm-8:00pm

On Sundays we will gather for an hour to check-in with each other, have a point of connection in a game or activity, and end with a prayer.

Advent Candle Lighting

Sundays during Advent at 10:00am on Zoom

Join together with the St. Michael's Church Community on Zoom to light a Advent candle together beginning on Sunday, November 29. We will sing a song, light a candle, and hear a word of joy together. You are also invited to light your Advent Candle during our Online Worship.

Christmas Pageant

2020 will mark the year that St. Michael's has its first virtual Christmas Pageant. If you are interested in a speaking or singing role, please connect with Jon! This year, if you would like to be involved in the Christmas Pageant please attend Children & Company and be ready to be recorded.

Otherwise, for the time being add Sunday, December 20th at 10:00am to your calendar for the online premiere of the St. Michael's 2020 Christmas Pageant Premiere.

Communications this Program Year

To stay most up to date with the happenings of Children, Youth, and Family Ministries please subscribe to the CYF Newsletter. It is a weekly newsletter that has the most up to date information on CYF ministries.



ACCESS OUR FAITH AT HOME MINISTRIES AT:
STMICHAELSELCA.COM/cyf



Confirmation Updates

Outdoor Confirmation Classes

Thank you to those who participated in the outdoor confirmation classes this fall! We will pause classes for winter and resume class after Easter.

Confirmation students are encouraged to participate in the virtual youth group opportunities noted in the CYF section of this newsletter.



Thanks for a great fall session!



Online Confirmation Classes

Those students who opted out of our in-person outdoor classes this fall begin their online classwork on November 8th at 7:15 - 8:30pm. There will be four classes held over Zoom: November 8, 15, 22, 29, all from 7:15 pm - 8:30 pm. Pastor Ali will email the Zoom link to parents prior to the first meeting. If you have any questions or want your child to join in the class, please email Pastor Ali!

Desserters II Book Discussion Group

This fall Desserters II, the St. Michael's book discussion group, will desert the usual meeting place at church and gather together via Zoom.

Our next meeting details:

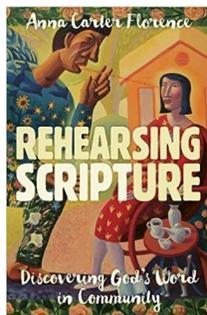
Where the Crawdads Sing by Delia Owens—November 24

Welcome to all!

Send questions to [verena.larson\[at\]comcast.net](mailto:verena.larson[at]comcast.net).

Thursday Morning Bible Study

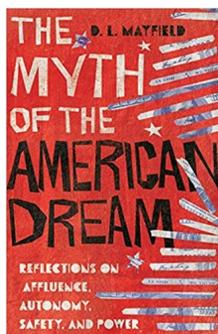
9:30-10:30 a.m.



This fall we will be using a book by Anna Carter Florence, *Rehearsing Scripture: Discovering God's Word in Community*, as we delve into the Bible. Gatherings take place online at 9:30 a.m. See Friday eblasts or contact Pr. Bard for Zoom login information.

Date	Location	Topic
November 5	Online	Asking New Questions
November 12	Online	Staying in the Scene
November 19	Online	Changing One Verb
November 26	<i>Thanksgiving Break</i>	
December 3	Online	A Truth for the World
December 10	Online	Fall Wrap-up
December 17-December 31	Christmas Break	

Faith in Daily Life **12:00-1:00 p.m.** **Wednesdays**



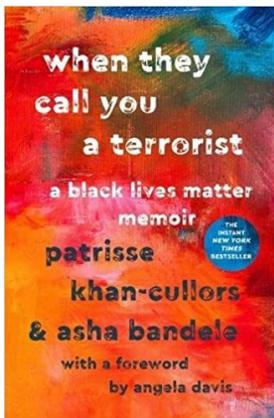
Faith in Daily Life will be reading *The Myth of the American Dream: Reflections on Affluence, Autonomy, Safety, and Power*. As we reflect on the past six months with COVID-19, racism and injustice, and the call to be a new community, we ground ourselves in what it means to pay attention, to lament and grieve, to learn, and to change or be "converted."

Date	Location	Topic
November 4	Online (Group 1)	Part III: Safety
November 11	Online (Group 2)	Part III: Safety
November 18	Online/TBD (Group 3)	Part III: Safety
December 2	Online (Group 1)	Part IV: Power
December 9	Online (Group 2)	Part IV: Power
December 16	Online (Group 3)	Part IV: Power

DEI Matters

We welcome you to participate in a new group to explore Diversity, Equity, and Inclusion Matters using books, movies, and more. The topics are geared toward adults and young adults. Reading and watching will be done individually, using thought-provoking questions as a guide. Group discussion, via Zoom, will allow us to consider how and why these matters matter. The purpose of this program is to broaden our worldview, learn more about ourselves and others, and make progress on our journey toward inclusion and equity for all. Meetings will be at 4:00pm and last an hour or longer, if the group needs more time.

The group will be facilitated by Laurie Krachmer, a member of St Michael's who has been engaged in diversity and inclusion work for the past 6 years and is a trained facilitator.



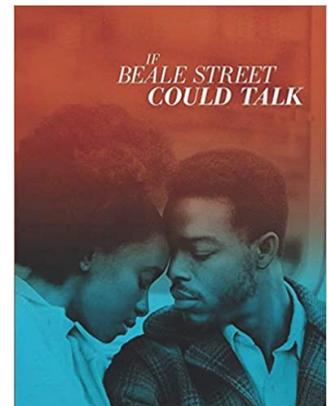
November 15
 Topic: Race (Note: explicit language)
 Book – *When They Call You a Terrorist: A Black Lives Matter Memoir*,
 Patrisse Khan-Cullors and asha bandele

December 20
 Topic: Race
 Movie – *If Beale Street Could Talk* (2018)

January 17
 Topic: Race
 Book – *The Grace of Silence*, Michele Norris

February 21
 Topic: Racism
 Ted Talks [https://www.ted.com/talks/heather c mcghee racism has a cost for everyone?referrer=playlist-talks to help you understand r](https://www.ted.com/talks/heather_c_mcghee_racism_has_a_cost_for_everyone?referrer=playlist-talks_to_help_you_understand_r) and [https://www.ted.com/talks/bara-tunde thurston how to deconstruct racism one headline at a time](https://www.ted.com/talks/bara-tunde_thurston_how_to_deconstruct_racism_one_headline_at_a_time)

March 28*
 Note:
 Palm Sunday
 Topic: LGBTQ+
 Movie – *Milk* (2009)



April 18	Topic: LGBTQ+ Book – <i>She's Not There: A Life in Two Genders</i> , Jennifer Finney Boylan
May 16	Topic: Bias <i>Caste: A Brief History</i> , University Press

Instructions for November 15 DEI Matters Pre-work and Zoom Meeting

Each month, participants will read, watch, and complete activities and reflect on the questions prior to the Zoom meeting. Use the Zoom link below (also in the weekly e-blast) to log into the meeting.

Topic	Race
Pre-work	<p>Read <i>When They Call You a Terrorist: A Black Lives Matter Memoir</i></p> <p>Reflect on these questions</p> <ul style="list-style-type: none"> • What are the similarities and differences between Patrisse's experiences and your own? • What most surprised or shocked you, and why? • What did you learn about race and policing/incarceration? • What was most important/interesting about the statistics? • What did you learn about generational trauma? About fear and humiliation felt at the cellular level? • What's your response to the petition that said those saying black lives matter are terrorists? • Why was there an intentional decision to associate black people with heroin and criminalize them? • What's the impact on children who can't expect decent human treatment by the time they hit puberty? • Do you see the overarching issue being race? If not, what other dimension(s) of diversity do you see as primary? Why? • What do you understand better or differently? • What do you understand less well? • What do you want to DO as a result of reading and/or discussion?

Men's Bible & Brew Returns!

7:30 p.m., November 17th on Zoom

The St. Michael's Men's Bible & Brew will reconvene this month. Join the conversation online via Zoom. Link will be provided in the Friday eblasts.



Social Ministries

There are a variety of ways for folks of all ages to make a positive impact in our community! Check out the Social Ministry Calendar and learn how you can get involved!

Social Ministries Calendar—November

Panera Bread Ministry	Daily
Rezek House Meal	November 2
Sandwich Making	November 8
Food Mobile Distribution	November 10
Loaves and Fishes	November 16

Roseville Keystone Food Mobile

We continue to serve as a Foodmobile site where the food shelf comes to us so our neighbors have access to healthy food.



Learn more about volunteering with the Foodmobile by contacting Pastor Ali.

Yoga Devotion

Yoga participants can still join us for Yogadevotion via Zoom remote session.

The session runs through November 18 on Wednesday evenings start time 5:45 p.m.

Pull out your yoga mat, wear some comfortable clothing and join in!

The cost is \$36 for 4 weeks Register using this link. Pay using this link, or can pay to St. Michael's church with Yogadevotion in the memo line.

<https://yogadevotion.com/class/.zoom-yogadevotion-with-sandy-weds/2020-09-30>.

Upon registering, participants will receive a ticket with a zoom invitation on it. You will use this for entry for each class

Beginners are always welcome, we would love to 'see' you this fall!

For questions contact: Mary Drache [mthomdra119\[at\]gmail.com](mailto:mthomdra119@gmail.com)

2020 Budget Overview from the Finance Committee

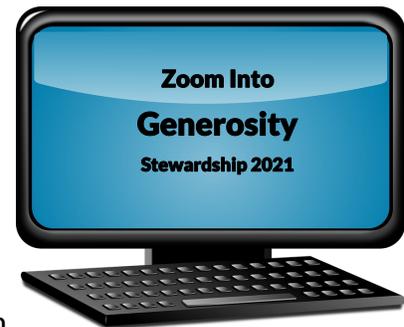


	Sept. Actual as of 9/30/20	Sept. Budget as of 9/30/20	Annual Actual as of 9/30/20	Annual Approved Budget
Income	\$ 36,036	\$ 58,941	\$ 577,643	\$ 814,918
Expenses	\$ 56,585	\$ 68,123	\$ 495,727	\$ 814,918
Net Balance	\$ -20,549	\$ -9,182	\$ 81,916	\$ 0

¹ At the Annual Meeting on January 26, 2020, the congregation approved use of reserve funds of \$48,910, if needed to meet the budget at the end of the year. This is included in the Annual Approved Budget of \$814,918.

Zoom Into Generosity!

This year's stewardship campaign invites us to zoom in on the stories of generosity in our community from this past year! Keep an eye out for the stewardship packet in your mailbox that highlights the incredible ministry happening at St. Michael's, our impact in the community, and ways you can contribute to our congregation's ongoing work. Because this year continues to contain so many unknowns, it is more important than ever to return a pledge card. You can mail your pledge card and/or online giving form back to the church, drop it by during the Thanksgiving Eve Drive Thru, or schedule a time with the pastors to bring it by the church office.



A note on Time & Talent: In previous years we have collected Time & Talent forms as a way to collect your interest in volunteer activities. Because of the ever-changing needs during the pandemic, we will not be sending a formal Time & Talent form for 2021. If you are looking for ways to get plugged into volunteering whether virtually or in person outreach opportunities, please let the church office know - there are many needs during these difficult times, and many opportunities to make a difference! Thank you!

Words of Gratitude from partners in ministry.

Together we give thanks for all we can do together!

To our friends at St. Michael's
Thank you so much for your support of the ongoing work at Bethlehem Lutheran in the Midway. We are grateful to be connected with your congregation as we continue to serve the community—we couldn't do this work without you—thank you!

Blessings,
The Team at BLC-Midway

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Dear St. Michael's Lutheran,  
Thank you so very much for your very generous donation of \$1,000 for our food shelf. Because of your generosity we were able to serve 825 households in June—that is more than 6 times our monthly average.

Your kindness has been a blessing to those who hunger.

Thank you!  
Calvary Lutheran Church  
Minneapolis

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Dear St. Michael's Lutheran Church,
We speak his name: George Floyd.
We gratefully acknowledge your generous contribution to the Justice Fund at Holy Trinity Lutheran Church. Your loving support enables us to serve our community and to be generous with our neighbors as we support the cause of justice together. Thank you for being our partner as we pray for and work toward a more equitable tomorrow.

Sincerely,
Virginia Jordan
On behalf of the pastors, staff
and congregation of Holy Trinity

On behalf of the community, we want to thank you for your generous donation to the Roseville Food Shelf.

We are proud to be a part of such a caring community. WE would not be able to sustain this vital service to Roseville without your help.

We cannot thank you enough. We are so blessed. Stay well, safe & strong.

Deb & Megan

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St. Michael's Lutheran Church,

Thanks so much for your generosity in your presence as a neighbor to Rezek House residents and employees and for your advanced holiday gift—which is in great need at this time.

In gratitude through Christ,  
Pastor Julie Wright

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Dear friends at St. Michael's Church,
On behalf of the board of directors, we are so grateful for your recent contribution to Lutheran Campus Ministry-Twin Cities in the amount of \$1,000. In these uncertain times, our ministry is living into the call to be nimble, to meet students where they're at, and to equip them as leaders for the church and world.

Your gift, at this particular time, is so meaningful to us—it makes it possible to continue to reach out to young people on the campus of the University of Minnesota (albeit virtually). YOU make it possible for us to step forward in hope. We couldn't do it without you.

God's peace to you.
Pastor Kate Reuer Welton

Dear Members of St. Michael's Lutheran Church,
Thank you for your generous gift of \$1,700. We are incredibly grateful for your support and we look forward to the future as we continue to create new ways to work together with our partner congregations.

Your gift ensures the Bold Transformational Faith program will move forward to engage over 2,000 children, youth, families, and adults as we continue to build relationship and teach the faith even though we may not be able to gather at camp.

We look forward to connecting with you in the future! 2020 is Luther Crest's 75th Anniversary year and we are excited to celebrate all the great memories and stories of 75 years of ministry!

Blessings,
Dave Holtz, Executive Director
Luther Crest Bible Camp

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Dear St. Michael's,  
You are a champion for your neighbors!  
Thank you for your generous gift of \$2,000 to Keystone Community Services to support our food shelf programs. Your generous contribution gives us the greatest flexibility to respond to rapidly changing community needs.

During these unprecedented and challenging times, you are helping people in our community have access to vital services and support. Your generosity offers stabilizing programs for the most vulnerable in our community and ensures everyone has access to healthy food.

With sincere gratitude,  
Mary McKeown, President

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St. Michael's Lutheran Church,
Thank you so much for providing gift cards for our families! We have so much need across RAS and it is so comforting to have community to care for each other.
Much gratitude,
Roseville Area School Social Workers

Dear St. Michael's,
A few months ago it was easy to casually say 'take care' to friends, neighbors, and loved ones and not think too hard about that really means.

Today 'take care' means so much more. We at Northeast Youth & Family Services are checking in on those who need us most and seeing what we can do to help. While life has changed—it has not stopped. NYFS remains open to serve our community safely—online and in person. Your gift of \$150 from our first-ever Online Leadership Luncheon is helping to make sure that happens.

Thank you and take care,
Tara Jebens-Singh
Present, CEO

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Dear St. Michael's,  
Your incredible generosity in 2019 has made you one of the 100 Most Generous congregations to the ELCA World Hunger and Lutheran Disaster Response in the entire ELCA. Your gifts have made a difference in the lives of your most vulnerable siblings in Christ throughout the year, but they have become especially important in recent months. As the coronavirus pandemic causes uncertainty and hardship around the world, the work of ELCA World Hunger and Lutheran Disaster Response can continue because of you. Thank you.

With you in Christ's service,  
The Rev. Robin K Brown  
Dir. Of Congregational Mission Funding

## November Calendar & Updates

Please check the church's website for the most current calendar information. Thank you.

Please stay tuned and don't hesitate to email or call with questions.

### Looking Ahead...

Advent begins on November 29<sup>th</sup>. Every week there will be an online worship service. Additionally, there will be a "live" online lighting of the Advent wreaths from all of our homes on Sunday morning at 10:00 a.m.

We also plan to gather outside for short Christmas services at 4:00 p.m. and 10:00 p.m. on Christmas Eve, December 24. Watch for more details.



December *Messenger* newsletter article  
submission deadline  
Friday, November 13 at 9:00 a.m.

### Go Green

If you prefer to read your upcoming issues of St. Michael's monthly *Messenger* newsletter on our church website instead of having a paper copy mailed to you, please notify the church office.

Another option is to receive the *Messenger* via e-mail.

Just let the church office know your preference.



## CHURCH STAFF

|                               |                                                  |                                                                          |
|-------------------------------|--------------------------------------------------|--------------------------------------------------------------------------|
| <b>St. Michael's Lutheran</b> | 651-631-1510                                     | <a href="http://www.stmichaelselca.com">www.stmichaelselca.com</a>       |
| <b>Brad Froslee</b>           | Pastor                                           | <a href="mailto:brad@stmichaelselca.com">brad@stmichaelselca.com</a>     |
| <b>Ali Ferin</b>              | Pastor                                           | <a href="mailto:ali@stmichaelselca.com">ali@stmichaelselca.com</a>       |
| <b>Mary Gail Hadley</b>       | Office Administrator                             | <a href="mailto:office@stmichaelselca.com">office@stmichaelselca.com</a> |
| <b>Jon Bates</b>              | Director of Children, Youth, & Family Ministries | <a href="mailto:youth@stmichaelselca.com">youth@stmichaelselca.com</a>   |
| <b>Brian Thompson</b>         | Children & Youth Ministries Associate            | <a href="mailto:brian@stmichaelselca.com">brian@stmichaelselca.com</a>   |
| <b>Thomas Bartsch</b>         | Organist                                         |                                                                          |
| <b>Jill Schendel</b>          | Pianist                                          |                                                                          |
| <b>Karen Wilkerson</b>        | Adult Choir Director                             |                                                                          |
| <b>Charles Preis</b>          | Adult Bell Choir Director                        |                                                                          |
| <b>Cory Bock</b>              | Youth Choir Director                             | <a href="mailto:cory@stmichaelselca.com">cory@stmichaelselca.com</a>     |
| <b>Wenshuai Zhang</b>         | Children's Choir Accompanist                     |                                                                          |
| <b>Kaia Zeigler</b>           | Nursery Care Provider                            |                                                                          |
| <b>Elliot Polzin</b>          | Custodian                                        |                                                                          |
| <b>Fernando Garcia</b>        | Sunday Custodian                                 |                                                                          |



**1660 County Road B West  
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