



St Michael's
LUTHERAN CHURCH

The Messenger

November 2021

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Called to Gratitude

by *Pastor Brad Froslee*

This month we enter into a season of gratitude—of thanksgiving. As a church we often tie this season of gratitude to stewardship information and pledge cards arriving in the mail (likely about the same time as this newsletter!), to the celebrations of community on Thanksgiving Eve, to family gatherings. These days become a “ramp-up for Christmas” where we look with joy and celebration to God who draws near in the most profound love and acts of kindness. Psalms, songs, expressions of thanks permeate the coming weeks.



However, if you are like me, maybe you need a hard reset. Maybe it is going to take a moment to shut off all of the other things for a serious refocusing.

This past week as we walked the dog in the midst of our COVID-19 quarantine, I received the overly dramatic pre-teen proclamation, “My life is terrible! COVID-19 has ruined my life! The world is terrible! Everything sucks!” Reeling from our own isolation, from the unimaginable tragedy experienced by a family in our church community, from news of the death of an incredible elder in my previous congregation, and the weights both small and big that seem to mount, I simply had to look at him and say, “Yep.” And, rather than a father-son debate with him claiming all things “Good Friday” and me arguing for all things “Easter,” we both went down in the muck. We named all of the crappy things—COVID-19, racism, uncle Pat’s death, being away from school and friends, being away from work and people we care about, Ramona’s death, mean-people, cancer, garbage in the streets...it’s a long list...then we seemed to hit bottom.

And once we hit bottom and named all the crappy things, we seemed naturally to climb back out. The litany changed to things we have learned or experienced. “Resilience, time-with family, extra time with grandma and grandpa, the farm, hikes with friends, exploring parks, papa’s bread, appreciating friends, finding new activities, finding new ways to sing, being back inside the church again...it’s a long list.

At the beginning of November with All Saints we name death, we name losses, and we name our grief. We also name new life and new baptisms, we name our loves, we name our hopes, we name our dreams, we name eternal life.

Near the end of November, as we approach Thanksgiving, we name the half-truths and myths told, the broken treaties, the children sent to boarding schools, the lands taken. We also name the possibilities for reconciliation, for sharing abundance, for placing trust in something greater than ourselves.

This November I don’t know where you will be in the litany...you may need to name the hard things...the illnesses, the hurts, the grief, the longings, the broken pieces of the world. You may need to celebrate the joys...the newborn, the graduate, the family time, the new love, the enduring love, the trip of which you’ve been dreaming, the friend you just got to have coffee with. Or you, like us, may need to acknowledge it all—the good and the hard, the ugly and the beautiful.

Continued on next page

It was in the naming and claiming of these spaces that I could also reclaim the God-given vocation to love, serve, and raise my voice in gratitude and rejoicing. It led me back to one of my favorite poets, Mary Oliver, who writes the following in her poem, "Messenger,"

*My work is loving the world.
Here the sunflowers, there the hummingbird—
equal seekers of sweetness.
Here the quickening yeast; there the blue plums.
Here the clam deep in the speckled sand.*

*Are my boots old? Is my coat torn?
Am I no longer young, and still half-perfect? Let me
keep my mind on what matters,
which is my work,*

*which is mostly standing still and learning to be
astonished.
The phoebe, the delphinium.
The sheep in the pasture, and the pasture.
Which is mostly rejoicing, since all the ingredients are here,*

*which is gratitude, to be given a mind and a heart
and these body-clothes,
a mouth with which to give shouts of joy
to the moth and the wren, to the sleepy dug-up clam,
telling them all, over and over, how it is
that we live forever.*

This November may we all find the ways that we can best love the world with our half-perfect selves, to be amazed, and to find the images and imaginings of gratitude. Blessings for this season.

Life of the Congregation

Celebrating New Life

We give thanks for the birth of Mii Everli Stratton, daughter of Seija & Jesse Stratton.

Welcome in Baptism

St. Michael's welcomed Cora O'Donnell, beloved child of Charlie & Elise O'Donnell on October 2, 2021

In Memorial

A memorial service was held at St. Michael's for Brian Koland on October 20, 2021.

Notes of Thanks

Thank you to our *church family* for the outpouring of love and support as we mourn the loss of Brad's brother, Brian. We would also like to thank St. Michael's for hosting a healing space for our family and the Roseville community as so many lives were touched by Brian's work in the School District. *The Kolands

Dates to Remember

Daylight Savings Time Ends

Sunday, November 7

All Saints Day

Sunday, November 7

Thanksgiving Eve

Wednesday, November 24,
7:00p.m.

Children's Christmas Pageant

Sunday, December 19 at
11:00a.m.

Christmas Eve

Friday, December 24,
4:30 p.m. & 10:30 p.m.
Sunday, December 26,
10:00 a.m. service only Sunday,
January 2, 10:00 a.m. service only

CHILDREN, YOUTH & FAMILY MINISTRIES

2021-2022

CYF Ministry Director Update

Our CYF Search Team has been working diligently since May to meet with candidates and discern who our next leader of the Children, Youth, & Family ministries team will be. The team conducted many interviews and had inspiring conversations with candidates! Their work, in conjunction with the Personnel Committee, has resulted in a final candidate - Natalie Romero. Natalie is an energizing and creative leader with deep history in the church and a vision of hope for its future. We are excited to bring her onboard and for you to get to know Natalie and her family. Natalie will begin her work at St. Michael's on January 15th. Susie Modrow, our Interim CYF Director, will continue this winter to ensure a smooth transition. I'm excited for you to get to know Natalie and to partner with her in this wonderful work of serving the people of St. Michael's! As we get closer to January we will share updates on goodbye celebrations for Susie, and welcome opportunities for Natalie. Stay tuned! - Pastor Ali

Introducing St. Michael's New CYF Ministry Director

Natalie Romero grew up in Southcentral Wisconsin, born and raised Lutheran. After graduating from Augsburg University with her Bachelors in Youth and Family Ministry, she served a congregation in Waukesha, Wisconsin for a few years before relocating to Deer Park, NY (Long Island). There she served as the Director of Children, Youth, and Family Ministries for over 10 years. She and her spouse, Gerardo (Jerry), and their two daughters, Naomi (7yrs) and Josephine (4yrs), are usually playing soccer, card/board games, visiting aquariums, and enjoying camp fires in their free time.



Natalie's passion in ministry is connecting people and their faith to the world around us, rooted in vocation and the sense of call to serve one another. Faith is an action in our everyday world through our rituals at home with our loved ones to strangers in our community.

Natalie and her family are excited to start their next chapter with St. Michael's come the new year.

Confirmation News

7th - 9th Grade Confirmation

Wednesday evenings at 6:15pm in the Fellowship Hall. Masks are required for indoor class, and youth should come prepared with warm layers for outdoor activities.

- **Learning by Leading:** Confirmation students are required to volunteer 5x at church or in the community this program year. Youth can volunteer with their family or friends! Once a volunteer activity has been completed, head to www.stmichaelseca.com/confirmation to fill out the volunteer submission form.

Contact Pastor Ali with any questions



Twisted Thanksgiving

Nov. 21st from 12:30-3:00 p.m. Grades 1-5

Join us for this fun and wacky Thanksgiving celebration!

Bring a food item to share that starts with the first letter of your name.

We're excited to see what unique foods we will have at our feast!

Please also bring a non-perishable item for the food shelf.

Sign up [here](#) to join in the fun!

Friendsgiving Potluck

November 21st from 5-7 p.m. Grades 6-8

Let's share some time together as we play some games and enjoy a meal!

Please bring a side dish, dessert, or snack to share.

Please also bring a non-perishable item for the food shelf.

Sign up [here](#) to join the fun!



Christmas Program

It's time to start preparing! The pre K-5th grade children will be sharing the story of the savior's birth with us.

Would your child like a speaking part in this year's program? If so, let [Susie](#), [Brian](#) or [Cory](#) know!

We'll begin practicing songs **Nov. 7th** during the Sunday School hour.

The Christmas Program will be held on Sunday, **Dec. 19th** at 11 am (with practice at 10 am)

Save the Dates

Sunday, November 21st – Twisted Thanksgiving for Grades 1-5

Sunday, November 21st – Friendsgiving Potluck for grades 6-8

Sunday, December 19, 11:00 a.m. service – Children's Christmas Pageant

Children Youth & Family Ministry COVID 19 Update

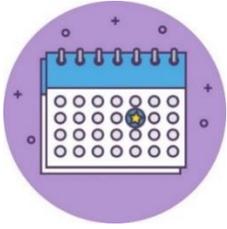
As we make plans for the upcoming program year we will be adjusting programs to adhere to current health and safety protocols. These may change as the realities of the pandemic shift. Stay up to date on current plans by signing up for the St. Michael's EBlast and the CYF Newsletter. The following guidelines will be in place as we prepare for Sunday School and CYF ministries:

- Masks are required indoors for everyone in Kindergarten and up regardless of vaccination status. Masks are recommended for PreK students.
- Tru-HEPA air filtration devices are being incorporated into several of our spaces that are regularly used.
- Leaders should keep windows open in rooms whenever possible.
- Use of outdoor space for lessons and activities as weather permits.
- All adult volunteers are strongly encouraged to be vaccinated.
- Cleaning of materials and resources immediately after use.
- Self-health screening for families and volunteers:

Do not come to church if you have....

- A fever (100.4 or higher)
- chills
- Shortness of breath
- Sore throat
- Muscle aches
- Loss of smell or taste
- You or a member of your household is waiting for COVID19 test results
- You or a member of your household has COVID19 and is in isolation period
- You may be sent home from an activity if you exhibit or develop any of these symptoms at church.

Social Ministry Activities



Social Ministry Calendar

November 1	Rezek House Meal
November 14	Sandwich Making for Union Gospel Mission
November 9	Keystone Mobile Food Distribution
Daily	Panera Bread Delivery and Repackaging

The “Social” in Social Ministry Needs You!

There are many opportunities to get involved in outreach work at St. Michael’s! More information and sign-ups are available online at <https://www.stmichaelselca.com/local>

Panera Bread Rescue Volunteers are needed to pick up and/or package and delivery rescued Panera Bread. Learn more by calling Dave Yarusso or the church office. Or head to <https://www.stmichaelselca.com/local> and click on the Volunteer button to find the sign up and details on this essential ministry in our community!

Our Guatemala Partnership



The Thanksgiving Table

This has been a long and trying year, making it even more important to focus on the good things for which we are grateful. Among the things for which we can be grateful are the contributions to the world food supply by the people of Mesoamerica (Central America and Mexico) who are the ancestors of the people of Guatemala who are served by ILAG. So many of their foods have been adopted throughout the world, so we sometimes forget they all originated there. Our Thanksgiving dinner would be much different without the foods they bred and cultivated.

Many people, especially those who have visited Guatemala know that **corn** and **beans** such as pinto, kidney, red and black beans are staples of the diet there. They provide a relatively inexpensive easy-to-store source of calories and protein for many in the world today. Those who cannot afford more expensive sources of protein, and those who prefer vegetarian options have many possibilities thanks to these options.

The traditional big protein source for Thanksgiving, the **turkey** originally was bred and eaten in Mesoamerica. These birds spread throughout the Americas, way into the Northeast where the European settlers enjoyed them. We see them in the villages when we visit ILAG.

Where would our Thanksgiving dinner be without **sweet potatoes, squash and pumpkin?** All came from Mesoamerica. They are popular world-wide, and in Africa and Asia the leaves of these plants are as popular or more popular than the fruits and tubers of these plants.

- **Tomatoes, chilies and sweet peppers** that we use for salads and side dishes all originated in and are used throughout the world and are good sources of vitamins A and C.
- **Avocados** for the salads or guacamole appetizers.
- **Vanilla and Chocolate!!!** Need we say more!
- **Papaya, Pineapple and Peanuts**—Great snacks!

We can, indeed be especially thankful for the blessing of our friendship with the Guatemalan people and the wonderful gifts of food their ancestors developed.

Refugee Resettlement Update

On October 1, the St. Michael's Refugee Resettlement Co-Sponsorship Committee received a request from the Minnesota Council of Churches to help resettle a young couple from Afghanistan. Within a week Jamiullah and Guldasta were settled in an apartment in St. Paul, and it was stocked with furniture, household supplies, and food.

On October 22, the couple welcomed their first child, baby daughter Khola! The family is home from the hospital and settling into life as parents.

There is still much for our committee to do as we travel this journey with our family, and we will update you in future *Messenger* editions about their progress and ways you can volunteer to help them.

Thank you so much to the St. Michael's community for all the support, donations, and encouragement you have given us and continue to provide. This project would not be happening without you!

Target Registry

Item requests will be updated as needs are identified. Check out the "giving" board at the entrance to the sanctuary. It's also very easy to use our **Target Registry**: <https://www.target.com/gift-registry/gift-giver?registryId=af61e130-0094-11ec-9fc2-bb953f881906&type=CHARITY> There are many items at a wide variety of price ranges.



Study & Fellowship Opportunities

Men's Bible and Brew

Tuesday, November 16, 7:30 p.m. inside at St. Michael's

In November, St. Michael's Men's Bible & Brew will plan to meet inside at St. Michael's

We will reflect on Bible passages of Thanksgiving (particularly some of the psalms). As we move through this month, we will wonder together where we experience gratitude and how we express our thanks.



Women's Circles

Women's circles are a wonderful way to connect, build relationships, and join others in conversation and study.

The *Sarah Circle* meets the first Tuesday of every month at 9:30 a.m.

The *Elisabeth Circle* meets the first Wednesday of each month at 1:00 p.m.

Both of the Circle groups will be focusing on the study, "My Neighbor is Muslim" as we seek to better accompany the Afghan refugees our congregation is resettling.

Sarah Circle: **November 2nd 9:30 a.m.** on Ginny Roadfeldt's patio. Dress warmly!

Contact the church office if you need the address.

Elisabeth Circle: **November 3rd 1:00 p.m.** Outside the Courtyard Room. Dress warmly!



Desserters II Book Club

The Desserters II book club will meet **by Zoom** in September to begin another season of discussing interesting books. All are welcome to join the discussions held on the **4th Tuesdays of the month at 7:00 p.m.**

Nov 23, 2021 *Anxious People* by Fredrik Backman: Features "the world's most hapless bank robber"

Diversity, Equity, and Inclusion Matters (DEI)

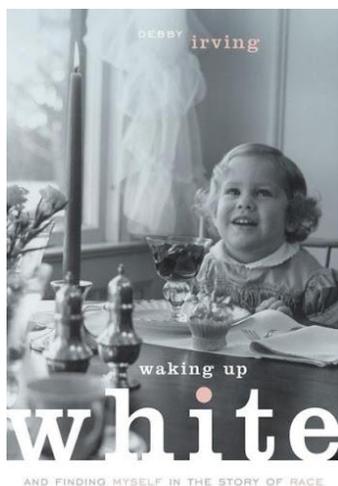
We welcome you to participate in a group to explore Diversity, Equity, and Inclusion Matters, using books and open, authentic conversations in a brave space. The focus this year is on our own race, racism, and white supremacy. These topics are geared toward adults and young adults. Reading will be done 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 self-understanding through deep self-reflection and sharing our learnings with each other.

The group is facilitated by Laurie Krachmer, a member of St Michael's who has been engaged in diversity and inclusion work for the past 7 years and is a trained facilitator.

Meetings are at 4:00pm and last 60-90 minutes, depending on the need of the group.

November 21 *Waking Up White, And Finding Myself in the Story of Race*, by Debby Irving
Chapter 21 through Tell Me What To Do!

To get the most out of this program, it is recommended that participants start the reading early in each month so you have time to pause and reflect.



Instructions for October 24 DEI Matters Pre-work and Zoom Meeting

Each month, participants will read and reflect on the questions prior to the Zoom meeting. Use the Zoom link in the Friday Flyer email to log into the meeting.

Pre-Work

- Read Chapter 21 through Tell Me What To Do! and make notes of your responses to the reflection questions in each chapter.
- Choose the 3 reflection questions you want to discuss. These could be your biggest ah-ha, a question you want to ask for input from others, something you don't understand, something with which you don't agree, etc.
- Be prepared to share, if comfortable, one action you are committed to from the Tell Me What To Do! section.

Faith in Daily Life

Wednesdays, 12:00 p.m.-1:00 p.m.(ish) in the Courtyard/Courtyard Room

Faith in Daily Life will be focusing on two books: *Stuff That Needs To Be Said* by John Pavlovitz and *Blueprint: The Evolutionary Origins of a Good Society* by Nicholas A. Christakis. Both will deepen conversation around how we are called to be a vibrant community of faith, living out authentic relationships with one another and the world around us.

This year as we continue to adjust to COVID-19 we will be gathering in the courtyard at St. Michael's. Tables and chairs will be set up, bring your own lunch or snack. Come in door #4 (by the main office) wearing a mask and head to the outdoor courtyard area (there masks can be removed). We will adjust as the weather gets cooler.

Month 3: *Stuff That Needs To Be Said*, by John Pavlovitz

Stuff That Needs to Be Said About Life, Death, Grief, and Depression

Wednesday, November 10

Wednesday, November 24



Thursday Morning Bible Study

Thursdays, 9:30-10:30 a.m. outside at St. Michael's

We are now moving into reading the lectionary texts with an eye toward how the Scriptures are often read and how we might learn, grow, and be challenged in looking at the Bible through the lens of others' experiences.

Beginning in November we plan to meet inside at St. Michael's in the courtyard room. Meeting indoors, we ask people to wear masks, and encourage all who are able to be vaccinated.

November 4: 1 Kings 17:8-16 God feeds Elijah and the widow at Zarephath

Psalm 146

Hebrews 9:24-28 The once for all sacrifice of Christ

Mark 12:38-44 A widow's generosity reveals the hypocrisy of scribes

November 11: Daniel 12:1-3 The deliverance of God's people at the end

Psalm 16

Hebrews 10:11-14, 19-25 The way to God opened through Christ's death

Mark 13:1-8 The end and the coming of the Son

November 18: Daniel 7:9-10, 13-14 The one coming with the clouds rules over all

Psalm 93

Revelation 1:4b-8 Glory to the one who made us a kingdom

John 18:33-37 The kingdom of Christ

November 25: No Class-Thanksgiving



Yoga Devotion

Yoga Devotion next session is 7 weeks, 11/8 – 12/20/21. Classes are 6:30 p.m.

Classes will be held at the church so you may attend in person and will be on zoom!

The cost is \$63. Here is registration link:

<https://yogadevotion.com/class/yogadevotion-flow-with-sandy-st-michaels-lutheran-church-roseville-mn-zoom-and-or-in-person/2021-11-08/>

Please pay via the link

When you register you will receive a ticket with a zoom invitation.

That Zoom invitation will be your entry for each class.

Beginners are always welcome! If you would like to try a free class to learn more about yoga, please contact Mary Drache for the zoom link and join us!

More Ways to Serve

Worship Leaders and Volunteers Needed

Being back in the sanctuary or outdoors for worship again opens up some additional volunteer opportunities for St. Michael's members. Check SignUp Genius for opportunities to volunteer for: **Ushers, Lectors, and Providing sanctuary flowers.**

Visit Sign-up Genius to see the opportunities awaiting you. The quickest way to get there is to visit St. Michael's website: www.stmichaelselca.com and click on the Volunteer Sign-up icon.

Music @ St. Michael's

Adult Choir

Rehearsal Schedule	Worship Schedule
Thursdays, 6:30 p.m. Fellowship Hall	November 7, both services November 21, 11:00 a.m. November 24, 7:00p.m. November 28, 8:45 a.m.

Adult Bells

Rehearsal Schedule	Worship Schedule
Wednesdays, 6:30 p.m. Balcony	November 21, both services

Youth Choirs

Rehearsal Schedule	Worship Schedule
Wednesdays in the Courtyard Room 6:30-7:15pm Celebration Singers 7:30-8:15pm Spirit Choir	November 14, both services November 24, 7:00p.m.

Youth Bells

Rehearsal Schedule	Worship Schedule
Wednesdays, 5:30 p.m. Balcony	November 7, both services



Please Note

Thanksgiving Eve

St. Michael's Thanksgiving Eve service will be held on Wednesday, November 24, 7:00p.m. However, in our desire to keep everyone safe and healthy as we move into the holiday season, we are not planning the Pie & Fellowship time after the service this year.



Stewardship Mailing

Watch your mailboxes for this year's Stewardship mailing! Pledge cards are due back by November 21, 2021.

A Church at Work

Church Council Corner

The Church Council met on Tuesday, October 12.

The church council received a brief update from the Advocacy Team.

The P&A Committee reported that a Director of Children, Youth, and Family Ministry has been selected and will begin in January.

The Property Committee is continuing conversation on the Building project and the Finance Committee is looking at options (having initial conversations with the Stewardship Committee about a special campaign; and Thrivent and ELCA Mission Investment Fund about financing options). The Property Committee is looking at two potential phases of work, pending congregational input in the coming months and vote at the Annual meeting. Phase 1 includes work on the exterior two-story walls of the sanctuary, plastering and painting of the interior of the sanctuary, and replacement of the lower level roof surrounding the tall sanctuary walls. Phase 2 may include other items of significance to the congregation, but is in the dreaming phase (changing the restrooms near the sanctuary to 4 single-use/accessible restrooms, expanding the narthex for additional gathering space, air conditioning in the sanctuary, or other items). Phase 2 will be seeking input from the congregation in the coming months--to discern ideas and energy within the congregation.

The next church council meeting will be held on Tuesday, November 9, 8:15 p.m.

2021 Budget Overview and Financial Update

	September Actual	September Budget	YTD Actual	Annual Budget
Income	\$45,378	\$65,134	\$580,134	\$812,713.44*
Expenses	\$61,973	\$69,061	\$566,937	\$812,713.44
Net Balance	-\$16,595	-\$3,927	\$13,197	\$0.00

*At the Annual Meeting on January 24, 2021, the congregation approved use of the reserve funds of \$46,409.00, if needed, to meet the budget at the end of the year. This is included in the Annual Approved budget of \$812,713.44. Through September we have not had to utilize any of these funds.

The Congregation, Council, and Finance Committee felt comfortable with this due to the consistent giving of the congregation, the stewardship of expenses by staff and committees, and being able to transfer funds into the reserve fund at the end of 2020.

SMART Update (St. Michael's Assessment & Reopening Team)

The team will be meeting this month as we look at programming for the Holiday season and Children's & Youth events in the New Year. The team continues to follow the latest developments on the COVID-19 variants, positivity rates, and the availability of boosters for adults and vaccines for children. All of these items affect how we might continue to "reopen" or pause, as we strive to keep the community safe and healthy.

We look forward to providing updates in the coming month as we prepare next steps for Sunday School, activities, worship services, and festival services and events.

Thank you for your on-going commitment to keeping people as safe and healthy as possible.

St. Michael's Staff Directory

St. Michael's Lutheran

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Kaia Zeigler

Nursery Care Provider

Elliot Polzin

Custodian

Not getting your *Friday Flyer*?

Are you having a problem with our weekly e-newsletter, the *Friday Flyer* not showing up in your primary inbox? First check your other inbox folders—it often shows up in a spot called the *Promotions* folder. Or it could be in your *Spam* folder. If a search of those yields nothing, then contact Lisa Koland at office @stmichaelselca.com, and we'll find a way to make sure the newsletter gets to you!

Notes about the *Messenger*

Got something for the December *Messenger*?

The *Messenger* submission deadline is Friday, November 19.

Making the *Messenger* 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.





St Michael's

LUTHERAN CHURCH

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