



Everyone is invited to all the great things happening at Salem! Be sure to check your e-mail on Wednesdays and Fridays for the weekly announcements. Questions? Feel free to call the church office at (651) 457-6661 or send an e-mail to secretary@salemluth.org.

## SPIRITUAL GROWTH OPPORTUNITIES

Sunday Worship - 9:30 am (In person & via livestream)

**Adult Forum** - 10:40 am - Sundays after the worship service in the Fireside Room

**Tuesday Bible Study** - Every Tuesday at 10:00 am in the Fireside Room

**Faith Formation at St. Stephen's** - Wednesdays at 5:30 pm (Third Wednesdays at Salem for Activity Night)

**Elizabeth Circle** - Second Wednesday of each month at 10:00 am in the Fireside Room

**Men's Renewal Group** - Every other Friday at 8:00 am (Gallaghers, West. St. Paul)

**Jubilee Ringers** - Rehearsals on every Wednesday of each month at 6:00 pm in the Sanctuary

**Chancel Choir -** Rehearsals on every Wednesday of each month at 7:15 pm in the Choir Room

**Learner Bells -** Rehearsals on every Wednesday of each month 7:15 pm in the Sanctuary

**Centering Prayer -** Every other Saturday at 9:30 am in the Fireside Room

To stay current on all events/programs at Salem, please visit the church calendar at: www.salemluth.org/calendar-2

#### A Message from Pastor Aaron:

#### What is the world like when God's will is done?

These words come to us through a hymn by Adam Tice and Sally Morris "What Is the World Like" ACS 1047. I love this question because when we ask it, the pondering drives us to imagine what reality we pray for every time we say, "Thy will be done." So, what is the answer?



We have multiple places to turn to for insight to this question, and the story of God's creative love and salvific work as recorded in scripture is the perfect place to start. These inspired words carry a witness of God's work in the world through centuries of storytelling, poetry, lists, and letters, and they illustrate God's everlasting effort to liberate a good creation from the bonds of sin. Through creation, advocacy, healing, hospitality, provision, protection, inspiration, instruction and more, we hear how God is working to bring about an end to suffering and death. As Christians we confess that in Jesus Christ the Incarnation, we are given the good news that God's will has been done and that sin, death, and the devil have no ultimate power over our lives and the fate of creation. The vision of a new heaven and a new earth promises no more tears of suffering or cries of lament as we are reunited in righteousness with our God. This is the story of God's will that we ponder.

Through October, November, and December, we have the joy of looking deeper into this question. *The Generosity Project: 5G*, which started in September is a great tool for us to use when considering the will of God. With each session we lift up ways in which God's generosity is seen and heard, and how we as creatures made in the image of God can reflect that trait in this world. These edu-worship sessions culminate with a celebration worship on October 20<sup>th</sup>, when we will gather around our table of generosity and celebrate God's abundant grace through the sacrament of Holy Communion. This Sunday will also be when we as a congregation are invited to turn in our pledge cards. Cont'd from pg. 3

While giving financially to the church is not necessarily God's will, the ministries that we support together through our budget and special giving ideally is.

Salem's mission is:

#### "grounded in scripture we seek to nurture the faith and proclaim Christ's love in word and deed to each other and our neighbors near and far"

and if that is not a mission that looks to live out God's will I do not know what is. If you have not made it to one of *The Generosity Projects* so far, I encourage you to stick around on a Sunday as we continue to be inspired by God's story into a more generous and vibrant life.

With Thanksgiving and Advent, we continue to explore this question together. Thanksgiving is a chance for us all to ponder where God's will has been done. We are continuously bombarded by the conflict of this world. The stories that draw our attention tend to be reports of violence, division, suspicion, and deceit. Yet knowing that God is active in this world, and that the Spirit moves where it pleases, we are assured that good is all around. Our time together at church, creating music, uniting our voices in prayers, and sharing time in fellowship, are beautiful generative moments of love that reflect God's will and remind us that there is always room for hope and joy.

In the season of Advent, we hear again how God's will was embodied not in crusades or treasure chests, but in the birth of Jesus. An innocent child, thrust into this violent world, yet capable of so much love. The characters that surround this story, John the Baptist, Joseph, and Mary also embody God's will as they each live into their unique callings.

So, what is the world like when God's will is done?

Come and see, & go and be. Pr. Aaron





# THE GENEROSITY PROJECT CELEBRATION! SUNDAY, OCTOBER 20 - 10:40 AM - FELLOWSHIP HALL

The final Sunday of The Generosity Project will happen on Sunday, October 20 after the 9:30 am Worship Service. It will include a celebration of all the wonderful work done during the project! During the worship service, a special time will be devoted for participants to bring forward their pledges for Salem's ministries in 2025. Receiving the pledge cards as close to October 20 as possible greatly helps in setting next year's budget. We appreciate your continued support!

#### BRING YOUR 2025 PLEDGE CARD TO WORSHIP ON OCTOBER 20!

	THE GENEROSITY PROJECT Growing in God's Grace Generation to Generation	Salem Lutheran Church Mission Statement Grounded in Scripture, we seek to Nurture the Faith and Proclaim Christ's Love in Word and Deed to each other, and our neighbors, near and far.	
For the sake of Salem's ministry and mission in 2025, this household is pledging:			
General Budge	et: \$	weekly monthly yearly	
Building Fund:	\$	weekly monthly yearly	
Name(s): Address:			
City:	State: Zi	p:	
Simply Giving(Vanco) I already, or would like to, give through automated electronic on-line giving.			
Envelopes: I would like to receive and use offering envelopes.			
We appreciate your generosity and understand that unplanned life situations may affect the intent indicated. Do not hesitate to change this intent with either an increase or decrease.			

### From the Council President:

Salem Friends,

It is with God's grace that we enter into the fall season and look forward to Advent. The Lord has blessed this congregation as we continue to serve him in the community of West St. Paul and around the world.

It has been a busy summer with activities and worship services. National Night Out saw over 50 neighbors join us on the lawn for games, ice cream and fellowship. (pictures below)



Another highlight was our joint service with St. Stephen's. Originally to be an outdoor event, we moved to St. Stephen's when we learned that Marthaler Park would not be ready for our gathering.

The service at St. Stephen's was attended by over 100 folks and many viewed it online. A joint choir of 26 voices was directed by Carl Lipke with Pastor Aaron and Pastor John Snider sharing the preaching. It was an inspiring day.

We thank Carol Olson and many volunteers for providing some great summer adventures on Thursdays for local kids.

We are wrapping up our Scholarship Drive for Magome, Tanzania, and San Lucas, Guatemala. Many thanks to all of you who generously support this program of God's love that reaches halfway around the globe. I'll be reporting final results soon to the congregation. Because of the newsletter deadline, final results were not available for publication.

It is exciting to see the return of the Jubilee Ringers and the Chancel Choir to our regular worship season. Carl, Keith, and Judy work wonders with some great choir and hand bell members. We appreciate all they lovingly do, and welcome them back to a full season. 6 Cont'd on pg. 7

#### Cont'd from pg. 6

Led by our Stewardship and Properties and Operations committees we have begun discussions and research into installing solar panels on Salem's Education Wing to provide electricity for all our operations at Salem. This could be a very exciting project for us as we seek to become more environmentally conscious of God's creation. During daylight we could produce power for Salem and feed extra power into the Xcel grid. At night we would then draw the power from the grid.

There have been some Adult Forum's on this idea and there will be many more congregational discussions to see if this is a way forward for us. Whichever way we go, it will be a decision of the congregation.

There are many things coming up that I hope you will take advantage of: Campfire Sing-Along, Feed My Starving Children food packing, Beer and Hymns, Trunk or Treat, Jazz Concert, Thanksgiving and Advent socials, Art and Crafts Show, Health Fair, and others. Detailed info on many of these can be found in this newsletter and on our website. You can see that our committees are busy making things happen at Salem and in the community.

Blessings to all in the name of Christ, Jack Schlukebier, Council President







"God's Work, Our Hands" 2024

MORE GREAT PICTURES AT: www.salemluth.org/life-atsalem-2/

### From the Parish Nurse:



Acute stress can happen in response to a specific event and usually goes away once the stressor is resolved. Examples of acute stressors can be as trivial as running late, losing an important item, or being stuck in traffic. Or it could be something like the loss of a pet or a life transition, such as retirement or moving.

**Chronic stress** can happen in response to long-term stressors that might be difficult to overcome or out of your control and result in feeling pressured and overwhelmed for a long period of time. Examples of chronic stressors could be managing a chronic illness, financial or food insecurity, or living in an unsafe environment.

Every person is different and will react to stressors in unique ways. What might be a small stressor for one person could be big for another, and vice versa. It's important to listen to your body and pay attention to how stress affects you without comparing yourself to anyone else. Signs of stress could be:

- Sudden mood changes, sleep problems
- Changes in mental health, such as feelings of anxiety or depression
- Feeling overwhelmed, lack of motivation and focus
- Restlessness, angry outbursts
- Memory or concentration problems
- Overeating or loss of appetite
- Increase blood pressure, altered immune system, headaches, fatigue, stomach upset, chest pain, and muscle pain.

#### Why does stress management matter?

Stress is a part of life, and everyone experiences it constantly. However, with chronic stress, there can be risks to your health long-term, such as developing chronic fatigue, cardiovascular diseases, chronic pain, or mental health conditions. Everyone is different, but here are some ways you can be proactive about stress management:

- Moving your body with regular exercise on most days of the week.
- Get enough sleep, keep a routine
- Eat a healthy, balanced diet
- Stay away from tobacco, alcohol and illegal substances.
- Practicing mindfulness, deep breathing, yoga, tai chi or massage
- Checking in with yourself by journaling regularly
- Keep a sense of humor, laughter really is good medicine for it releases hormones that give us a sense of well-being
- Set aside time for yourself. Find a hobby, read a book, listen to music, or go for a walk. Spend time with family and friends
- Confide in others and ask for support when you need it

While we can't make stress disappear, we can help our bodies become more resilient to its effects over time. If you are concerned about how much stress you are feeling regularly, it's a good idea to talk to your doctor or a mental health professional (or Parish Nurse) to see what options are available.

In peace, Debbie Lee, Parish Nurse

#### USE THE LABYRINTH TO HELP!

The regular use of labyrinths has been known to help reduce stress. Don't forget to make use of this wonderful tool and enjoy a time of peace and reflection.





## I am a Child of God. I know it. I live it. I love it.

#### **OCTOBER BIRTHDAYS**

- 1 Becky Johnson
- 5 Laura Johannsen
- 5 Marlene Kostohryz
- 6 Louise Nesdahl
- 10 James Lee
- 10 Clayton Miller
- 12 Carl Lipke
- 12 Kathryn Wyatt
- 15 Helen Johnson
- 18 Paul Bollinger
- 19 Jamie Hernandez
- 22 Lauren French
- 22 Robert Gore
- 26 Theodore Horner
- 29 Christopher Gaines

#### DECEMBER BIRTHDAYS

- 2 Raymond Boldt
- 5 Abbe Holmgren
- 5 Deanna Steckman
- 7 Philip Barker
- 13 Pamela Karas-Johnson
- 14 Arlene Lindberg
- 16 Vicki Ledford
- 17 Judith Schlukebier
- 17 Marvin Johnson
- 18 Vern Sunday
- 18 Vickie French
- 20 Paul Johannsen
- 21 Donald Nelson
- 26 Kyle Atkinson
- 27 Constance Williams

#### NOVEMBER BIRTHDAYS

- 2 Shirley Peterson
- 3 Sandi DeHate
- 5 Scott Reed
- 5 Jack Schlukebier
- 7 Cynthia Barker
- 9 Nancy Schmidt
- 10 Julie Shade
- 11 Michelle Rodriguez
- 11 Lon Johnson
- 13 Lulu Cannon
- 18 Samuel Wareham
- 22 Alyssa Boldt
- 25 Cori Giles
- 30 Kay Tellekson



Pastor Aaron -Oct. 14-15

(Bishop's Theological Conference)

Nov. 25-30 (vacation), Dec. 28-Jan. 2 (vacation)

**Michelle** - October 21-25, Nov. 8, 11, 29 Dec. 6, 27 (vacation)

> Office Closed Nov. 28 Dec. 25-26 Jan. 1

# I am a Child of God. I know it. I live it. I love it.



#### **OCTOBER ANNIVERSARIES**

- 4 Peter Johannsen and Kathryn Twedt-Johannsen
- 15 Philip and Cynthia Barker
- 18 Mark and Jeannie Schmidt
- 22 Clayton Miller and Shirley Peterson
- 22 Diane & Peter Hueller
- 27 Pam and Scott Taulman
- 28 Raymond and Diana Thron

#### **NOVEMBER ANNIVERSARIES**

- 1 Marvin and Carol Johnson
- 24 Chris and Kathi Schouviller
- 27 Milton and Louise Nesdahl

#### **DECEMBER ANNIVERSARIES**

28 Leanne and Scott Schmiesing

# NEW PASTOR INSTALLED IN MAGOME, TANZANIA!

We have been informed that a new Pastor has been installed in our partner church in Magome,Tanzania. His name is Casper Chavala and he is a graduate of the University of Iringa. Please keep him, his family and the congregation in your prayers!





## O.W.L.S. (OLDER WISER LUTHERANS AT SALEM) OCTOBER - DECEMBER EVENTS

Everyone is welcome to join the O.W.LS. (Older Wiser Lutherans at Salem)! The group typically meets on the 2nd Tuesday of the month in the Fellowship Hall at 1:00 pm for a different activity each month (some dates will vary depending on the activity, date changes are posted on the website).

#### TUESDAY, OCTOBER 8 - 1:00 PM - FELLOWSHIP HALL THEME/EVENT TBD

Everyone is invited to the next O.W.L.S. meeting on Tuesday, October 8. The theme/activity for the meeting is still being planned, more details coming soon.



#### SUNDAY, NOVEMBER 10 - OWLS SPONSORED ARTS & CRAFTS FAIR 11:00 AM - 1:00 PM - FELLOWSHIP HALL

Salem members and friends will be selling arts & crafts. Please contact Janet Sell if you would like to participate! (*details on pg. 13*)



#### TUESDAY, DECEMBER 10 - HOLIDAY PARTY - 1:00 PM

All OWLS are invited to a holiday party at Janet Sell's home on Tuesday, December 10 at 1:00 pm. Please bring an appetizer and/or dessert to share and a white elephant gift to exchange.



#### NOVEMBER ARTS & CRAFTS FAIR IT'S NOT TOO LATE TO PARTICIPATE!

The O.W.L.S. will be sponsoring an Arts & Crafts fundraiser on Sunday, November 10 at 11:00 am. It's not too late to participate! Crafts have varied from woodworking to quilting to acrylic paintings.

We invite you to share your passion with the community and help raise funds for a worthy cause at the same time!

(The fundraiser cause will be determined at the October O.W.L.S. meeting, look for details on the announcements page of the website)



#### NEIGHBORSINC. FOOD DRIVE IN NOVEMBER

Salem will be hosting a food drive for Neighborsinc. during the month of November. A barrel for donations will be available in the Narthex along with a list of most needed items and brown paper bags. Monetary donations are also welcome! Thank you for your support!



#### CHRISTMAS POINSETTIAS

Be sure to watch your email this month for information about ordering Christmas Poinsettias. The plants are used to decorate the chancel area on Christmas Eve and are also donated to our homebound members. The cost is typically around \$10.00 per plant.

THE GENEROSITY PROJECT - OCTOBER 6, 13, 20 Details on pgs. 3-5

#### NEIGHBORSINC. DUCK RACES SATURDAY, OCTOBER 5 11:00 AM – 3:00 PM

Everyone is invited to participate in the Neighborsinc. Duck Races on Saturday, October 5 from 11:00 am – 3:00 pm. Proceeds

support the essential needs programs and services at Neighborsinc. This year's grand prize is a night on the town valued at \$500! We've had Salem members win some pretty cool prizes in the past so we encourage you to give it a try!

#### A SWINGIN' AFFAIR – #3 SATURDAY, OCTOBER 12, 2024 1:00 PM

Everyone is invited to a free jazz concert on Saturday, October 12 at 1:00 pm in the Sanctuary (60-70 minutes, no intermission). The concert will feature Jon Pemberton (piano)

with Steve Pikal (upright bass). Jon Pemberton is a Twin Cities based jazz musician, enjoying an active career as pianist, trumpeter, composer, and private lesson instructor. Heralded as "one of the most versatile musicians in the Twin Cities," Jon is a beloved member of the local music community.

#### CAMPFIRE SING-ALONG - SATURDAY, OCTOBER 12, 2024 6:00 - 7:30 PM (SALEM LAWN)

Everyone is invited to a campfire sing-along on the lawn! We'll have bonfires going, make s'mores, root beer floats and other treats. We'll sing classic hymns and learn new ones! (Please bring your own lawn chair and non-alcoholic beverage, guitars are welcome too!)



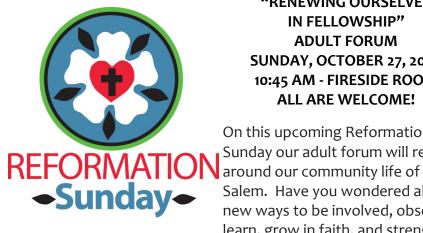




#### FEED MY STARVING CHILDREN PACKING EVENT FRIDAY, OCTOBER 25, 2024 - 5:00 PM - 6:30 PM

Salem has 15 volunteer spots reserved for Friday, October 25 from 5:00 pm - 6:30 pm at the Eagan

location. (990 Lone Oak Rd., #136, Eagan, MN., 55121) There will be a sign-up sheet available in the Narthex. You must sign-up by Friday, October 18. Please help us to fill all 15 spots! If you are not able to stand, there are sit-down jobs available too!



#### **"RENEWING OURSELVES** IN FELLOWSHIP" ADULT FORUM SUNDAY, OCTOBER 27, 2024 10:45 AM - FIRESIDE ROOM ALL ARE WELCOME!

On this upcoming Reformation Sunday our adult forum will revolve Salem. Have you wondered about new ways to be involved, observe, learn, grow in faith, and strengthen

our sense of a church community? How did Salem start and where might we be going together? Have questions around membership and what that entails? You are invited to the Fireside Room to learn more and get answers to your questions!

Hope to see you there, Rev. Aaron Holmgren & Diane Hueller (Membership)



#### FAITH FORMATION -ACTIVITY NIGHTS AT SALEM

The Faith Formation Activity Night (3rd Wednesday of the month) is held at Salem from

5:30 pm - 7:00 pm in the Fellowship Hall. We gather for a light meal, singing and a fun activity that people of all ages can participate in. Thank you for supporting this ministry and being a welcoming presence for Salem families and youth! Volunteers are needed to prep & serve meals for the Activity Nights in January, February, March & April. Please speak with Carol Olson is you are able to help. Thank you!

#### OCTOBER 16 - BAPTISM TIE BLANKETS NOVEMBER 20 - WINTER CARE BAGS DECEMBER 18 - CAROLING, COOKIES & COCOA



#### NEIGHBORHOOD CLEAN-UP SATURDAY, NOVEMBER 2, 2024 9:30 AM - 11:00 AM

Salem has officially adopted the sections

of Bernard St., Humboldt Ave. and Hall Ave. that surround the church building. Everyone is invited to come out on Saturday, November 2 from 9:30 am - 11:00 am and help spruce up that area! All are welcome!



#### SUNDAY, NOVEMBER 3, 2024 9:30 AM

Salem will be celebrating All Saints Sunday on Sunday, November 3. We will be remembering all members who passed into God's glory during the last year. We will

have candles available in the Narthex that you can light in memory of your loved one during the Worship Service. There will be request cards available in the back of the Sanctuary during October to submit names of any loved ones for whom you'd like a candle.

#### WHOLE PERSON WELLNESS EVENT TUESDAY, NOVEMBER 26, 2024 9:00 AM - 2:00 PM



In collaboration with the Faith Community Nurse Network, our Parish Nurse, Debbie

Lee, will be hosting a Whole Person Wellness event on Tuesday, November 26 from 9am-2pm in the Fellowship Hall. All are welcome!

#### What is Wellness Planning?

Wellness planning provides a person-centered approach giving individuals the opportunity to take charge of their own health in a safe environment. During a visit with a nurse and a nursing student, the participant completes an assessment to develop a whole-person wellness plan, set individualized goals, get connected to resources to support wellness goals, and have their blood pressure, oxygen level, and body composition checked. Importantly, individuals have the option to complete a cognitive or mental health screening. Through data analysis and care coordination following the events, we (Faith Community Nurse Network) are able to identify programs needed within specific communities, where more leaders should be developed, and most importantly enroll participants in the programs they need to improve their quality of life. Registration information coming soon!



#### BEER, BURGERS & CAROLS DATE TO BE ANNOUNCED

Planning is underway for a December "Beer, Burgers & Carols" event at Gallagher's. We'll send the date & time via the weekly announcements. Stay tuned!

## **CELEBRATE THE HOLIDAYS AT SALEM!**

The holidays are right around the corner and everyone is invited to celebrate at Salem!

#### TRUNK-OR-TREAT SATURDAY, OCTOBER 26, 2024 3:00 PM - 4:30 PM

This year's Trunk-or-Treat event will take place in the parking lot on Saturday, October 26 from 3:00 pm - 4:30 pm. Everyone is invited to



decorate their car and load up the trunk with goodies for kids and families in the neighborhood. Please contact the church office by phone or email by October 18 if you would like to participate. Please spread the word to your family and friends...we can't wait to see all the cute costumes!



#### JOINT THANKSGIVING EVE SERVICE WEDNESDAY, NOVEMBER 27, 2023 - 7:00 PM

we will have a JOINT Thanksgiving Eve Service on Wednesday, November 27 at 7:00 pm in the

Salem Sanctuary with St. Stephen's Lutheran Church. The service will also be livestreamed for those who cannot attend in person. Pastor Tim Thompson of St. Stephen's will be preaching. There will be a pie social in the Fellowship Hall after the service. We will need your baked or store-bought pies! Please drop them off in the kitchen on either Tuesday, November 26 or Wednesday, November 27 before the Worship Service. Thank you!



#### NEIGHBORSINC. ADOPT-A-FAMILY PROGRAM

Salem will be participating in the Neighborsinc. Adopt-A-Family program. We will have a "Giving Tree" in the

Narthex with instructions about how to prepare your gift in December. More details to come soon.

#### ADVENT, CHRISTMAS TEA CHRISTMAS PROGRAM

Plans for the Advent season, a Christmas Tea event and Christmas Program are being discussed...be sure to check your weekly emails and Sunday morning announcements for more details coming soon!



A service of light in the midst of darkness

#### LONGEST NIGHT/BLUE CHRISTMAS WORSHIP SERVICE SATURDAY, DECEMBER 21, 2024 - 7:00 PM

While Advent is a season of hope and Christmas is a season of joy, not everyone feels hopeful or like celebrating. A Longest Night/Blue Christmas service may provide a time and place of solace during the often frenetic days surrounding the celebration of Christmas. We come together seeking healing and room to share grief, sadness, loneliness, or confusion when these emotions often feel out of place during the holidays. On this darkest day of the year, we come with all our feelings seeking the return of light and hope.



#### ADVENT SUNDAY WORSHIP SERVICES DECEMBER 1, 8, 15, 22 - 9:30 AM CANDLE LIGHTING READERS NEEDED!

We would love for our young adults and families to be part of the four Advent Sunday morning worship services by volunteering to lead the candle lighting readings. Please speak with Pastor Aaron or contact the church office if you would like to participate!

#### CHRISTMAS EVE CANDLELIGHT SERVICE TUESDAY, DECEMBER 24, 2024 - 4:30 PM

This year's Christmas Eve Candlelight Service will be on Tuesday,

December 24 at 4:30 pm. Please plan to attend this wonderful music-filled service with friends and family members in an evening of celebrating the birth of our Lord Jesus Christ!



## Salem Evangelical Lutheran Church



11 West Bernard Street, West St. Paul, MN 55118-1409 (651) 457-6661 • FAX: (651) 457-6693 E-mail: secretary@salemluth.org • Website: salemluth.org

#### 🕆 NEED PRAYER 🕆

#### Ministers: All Members of Salem

Pastor	Rev. Aaron Holmgren
Choir Director	
Handbell Director	Keith Irwin
Organist	Judy Belland
Parish Nurse	Debbie Lee
Admin. Secretary	Michelle Rodriguez



O.W.L.S. SPONSORED (OLDER WISER LUTHERANS AT SALEM) ARTS & CRAFTS FAIR SUNDAY, NOVEMBER 10 11:00 AM - FELLOWSHIP HALL (Details on pg. 12)

The Salem Newsletter is a publication of Salem Evangelical Lutheran Church, a congregation of the Evangelical Lutheran Church in America. We are located on Bernard Street, three blocks west of Robert Street between Humboldt and Hall. Deadline for the Winter/Spring newsletter is noon. Monday. December 2nd. Please submit articles typed or printed clearly, by mail or email, including your name and phone number.



(Details on pg. 18)