

# **Long Lake Lutheran Church**

## **August 2021**

### **Wednesday, August 4th**

9:00 am-4:00 pm Summer Stretch

CEAP Volunteering and Skyzone

6:00 pm Holy Communion Worship

6:30 Worship & Music Meeting

### **Sunday, August 8th**

9:00 am Holy Communion Worship

10:15 am Youth and Education Meeting

10:15 am Congregational Life Meeting

### **Monday, August 9th-Friday August 13th**

VBS 9:00 am-12:00 pm (kids ages 3 years-5th grade)

VBS Leaders Activity 12:00 pm-4:00 pm (6th grade and up)

6:00 Emotions Anonymous

### **Tuesday, August 10th**

1:00 pm Sunshine Circle

### **Wednesday, August 11**

6:00 pm Worship

### **Sunday, August 15**

9:00 am Worship

10:15 am Stewardship Meeting

### **Wednesday, August 18**

9:00 am-7:00 pm Valleyfair Summer Stretch

6:00 Holy Communion Worship

### **Thursday, August 19**

1:00 pm WELCA

4:00 pm-8:00 pm Food Truck Fellowship

6:00 pm Property Team Meeting

7:00 pm Finance Team Meeting

### **Sunday, August 22nd**

9:00 am Holy Communion Worship

### **Wednesday, August 25th**

6:00 pm Worship

### **Sunday, August 29th**

9:00 am Worship



**Christ Centered**

---

**Purpose Balanced**

---

**Mission Driven**

---

**3921 277th Ave NW**

**Isanti, MN 55040**

**p 763-444-5315**

**Longlakeluth.org**





Pastor Sue Olson 218-324-0196  
 susanolson@longlaketluth.org

Director Youth & Family Ministries  
 Shawna Berg 612-619-6444  
 shawnaberg@longlaketluth.org.

Business Administrator  
 Jen Sonterre 763-354-9574  
 jensonterre@longlaketluth.org

Administrative Assistant 612-386-7480  
 Joanne Eittreim  
 joanneeittreim@longlaketluth.org

***17Now the Lord is the Spirit,  
 and where the Spirit of the Lord is, there is freedom.  
 2 Corinthians 3:17***

## STAFF

<b>Organist</b>	<b>Kristy Anderson</b>	<b>763-300-0167</b>	<b>cookiesue2020@gmail.com</b>
<b>Wedding Coordinator</b>	<b>Carol Perrin</b>	<b>952-220-2684</b>	<b>carol.perrin.cp@gmail.com</b>
<b>Custodian</b>	<b>In search of</b>		

## COUNCIL

<b>Chairperson</b>	<b>Kara Hepp</b>	<b>763-350-0250</b>	<b>kara@larsengardens.com</b>
<b>Congregational Life</b>	<b>Angie Spartz</b>	<b>952-240-7948</b>	<b>spartz.angie@gmail.com</b>
<b>Education</b>	<b>Amanda Saelens</b>	<b>763-227-6545</b>	<b>a.hansen4721@gmail.com</b>
<b>Finance</b>	<b>Dennis Wanless</b>	<b>612-802-2735</b>	<b>dennisatthelake@yahoo.com</b>
<b>Missions</b>	<b>Ronda Fenlon</b>	<b>763-221-0725</b>	<b>ronda.fenlon@yahoo.com</b>
<b>Property acting chair</b>	<b>John Hass</b>	<b>612-919-2428</b>	<b>john-jhpumping@hotmail.com</b>
<b>Stewardship</b>	<b>Julie Nielsen</b>	<b>612-269-0489</b>	<b>jknielsen44@gmail.com</b>
<b>Worship &amp; Music</b>	<b>Rachel Maguire</b>	<b>701-330-3434</b>	<b>rachelmariemaguire@gmail.com</b>
<b>Youth</b>	<b>Margaret Bauer</b>	<b>612-221-5922</b>	<b>jjtbmab@aol.com</b>



# PASTOR

## Sue Olson

From the desk of Pastor Sue



Philippians 4: 4-9

*<sup>4</sup>“Rejoice in the Lord always; again I will say, Rejoice. <sup>5</sup>Let your gentleness be known to everyone. The Lord is near. <sup>6</sup>Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

*<sup>8</sup>Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. <sup>9</sup>Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.”*

**“Rejoice in the Lord always; again I will say, Rejoice!”** What does it mean to rejoice? Merriam Webster says it means to feel or show great joy or delight. What is it that makes you want to rejoice?

What does the word “happiness” evoke in you? When you say it? When you hear it? What is it that makes you the happiest? Is it money in the bank, friends and family, a clean house, when you are on vacation, when those around you are happy? We all crave happiness. But, what happens when our toys rust, our friends move away, our loved one dies, our health deteriorates, our money loses value, the vacation ends? Often happiness flies out the window. Happiness depends on happenings and happenings are fleeting moments in time.

In contrast to happiness stands JOY. Joy comes from the confidence in God’s love and work in our lives, and the knowledge that God is always with us. Now, that is something to rejoice about.

**“Rejoice in the Lord always; again I will say, Rejoice!”**

The apostle Paul wrote to the Philippians to thank them for the gift they had sent him to continue



his ministry. He wrote this letter from prison, yet it is filled with Joy! Can you imagine that? Paul faced adversity, poverty, persecution, and imprisonment, yet he found joy in knowing Christ and obeying His Word. He focused his energy and attention on Jesus and that helped him cope with his situations and provided contentment and joy. Paul was facing trial where he would either be released or executed. He trusted God to work things out for him. He promised the Philippians that he would speak boldly for Jesus Christ whether by his life or by his death. That is powerful!

Paul's letter, chapter 1, verse 27 says, *"Only, live your life in a manner worthy of the gospel of Christ, so that, whether I come and see you or am absent and hear about you, I will know that you are standing firm in one spirit, striving side by side with one mind for the faith of the gospel."* I pray that we can strive side by side with one mind for the ministry we do here at Long Lake Lutheran. I pray that we are living our lives in a manner worthy of the gospel of Christ. I pray that we are sharing the good news of grace and love and demonstrating through our actions that Christ is our Lord and Savior.

On Wednesday evenings, we are reading through this endearing letter. Its four chapters include: Joy in suffering, Joy in serving, Joy in believing, and Joy in giving. If you can't make it to Wednesday worship, I invite you to spend some time on your own reading through Philippians. Perhaps you can find some joy in the issues you are coping with.

August seems to be the last month of summer, even though we know we will continue to get some beautiful days in the fall. I've noticed "back to school" supplies on sale and fall décor creeping into the stores already. I pray that you have had time to find Joy in the summer season and have had time for recreation in God's amazing creation. I do not wish to hurry away our remaining summer, but I can't stop thinking about our fall programming when the church seems to spring into action and fullness. With youth education and confirmation programming, our Wednesday evenings buzz with activities. I get so excited for that to happen. Sunday mornings have continued to grow with more and more people returning to regular worship. It was so wonderful to begin coffee and donuts again in the fellowship hall. Things are actually beginning to feel like normal after months of Covid related changes.

***"Rejoice in the Lord always; again I will say, Rejoice!"*** This is what makes me rejoice: the church building filled with people and activities; the volunteers stepping up to get things done; the love shown to our suffering; the support shown to our mission trip participants; baptizing babies; serving Holy Communion; praying for you all; hearing of answered prayers; studying God's Word and putting it all into action. I rejoice with you that we have been blessed in this congregation; I rejoice when we sing and when we pray. ***"Rejoice in the Lord always; again I will say, Rejoice!"***

We would like to sincerely let everyone know how thankful and blessed we are to have such a caring church family. Thank you for your love and support, both last year and last Sunday (7/18) during the funeral for Dale. The support that was shown from everyone, from staff, volunteers, as well as friends and family was outstanding. Thank you for honoring Dale and our family, I know Dale would have loved the appreciation and love that you extended. Dale loved each and every one of you and we thank you for honoring him with us.

With Love, The Lundeen Family

# DIRECTOR OF YOUTH & FAMILY MINISTRY SHAWNA BERG



As I write this, I am preparing to leave on our mission trip with fourteen other travelers from Long Lake Lutheran Church. By the time you read this, we will be home., after having served for a week in partnership with Praying Pelican Missions in Fairbanks, Alaska. This trip has been in the works for over two years now, when several youth expressed interest in the possibility of an International Mission Trip for 2020. After a lot of discussion and prayer, we had originally decided on a trip to Haiti, to partner with Feed My Starving Children on food distribution of their manna packs. Our youth felt strongly passionately about hunger issues, and had loved serving at FMSC here, and thought it would be nice to see the process through, and to be a part of seeing how that food was distributed. We began to form a team, and 12 of the 15 people on this trip signed up to be a part of that Haiti trip. Throughout the fall of 2019, there was a lot of political unrest in Haiti. After many conversations with staff at Praying Pelican, and doing a lot of our own research, we decided that we would move our trip to the Dominican Republic, for the safety of our team. This would still allow us to spend a good amount of our trip doing food distribution with FMSC, and give us a very similar experience. Our team was all still onboard. Then March came. COVID not only shut down our church, but also shut down the chance of our 2020 trip. We made the decision to postpone our trip to 2021. When we made the decision to postpone in March of 2019, I never imagined that there would be a possibility that a 2021 trip also might not happen. Our flight vouchers were good for one year, so a decision had to be made by the end of March 2021 for our new trip. COVID still was making things questionable in a lot of places, and especially for International travel. At this point, our team had grown to 15, and we had a lot of discussion and prayers about the fate of our 2021 trip. We finally decided to move forward with a trip, but to travel domestically, as it seemed like a safer option given the COVID situation when we had to make our final decision at the end of March. All of our team was still onboard. We were disappointed that this meant that our hopes of a partnership with FMSC would not happen, but we knew that God would have equally important work in store for us centered around issues of hunger and the homeless in Fairbanks.

On July 7<sup>th</sup>, the President of Haiti was assassinated, which has resulted in more chaos for the country of Haiti, and in turn a more dangerous situation for the entire island, including the Dominican Republic. After hearing about this in the news, I was even more certain that God had a hand in choosing our new location. There is always a sense of anticipating and excitement to see how God will work on these trips. It is amazing what can happen when we step out of our comfort zone, and open our hearts and minds to whatever God has in store for us. We are excited to bring the people of Long Lake with us as we represent you in our service over the week. When we return, we will delight in sharing with you the stories, pictures and experiences we had over the week. Thank you for supporting this team with your prayers, your financial gifts and your encouragement over the last two years as we have prepared for this trip! God has already been at work in amazing ways, I can't wait to see what happens next!

# Council Minutes 07/07/2021

**Attendees:** Pastor Sue Olson, Ronda Fenlon, Amanda Saelens, Kara Hepp, Julie Nielsen, Shawna Berg, Dennis Wanless, and Margaret Bauer

Meeting called to order by Kara at 6:48pm

Christ candle lit by Pastor Sue

Devotions: Kara – Lead Like Jesus-Leading with Boldness Luke 9:43-44

Opening Prayer led by Kara

Angie Spartz will be resigning her council position as of September 1, 2021, Please pray about a replacement and Angie. This decision is not based on any event or person on the council.

**Approval of June Minutes**-this was done via email by attendees

**Virtual Vote Approval**- a motion via email was made to move forward with the recommendation by the technology team that was presented in June

1<sup>st</sup> motion made by Kara Hepp

2<sup>nd</sup> motion made by Ronda Fenlon

Discussion- None

Motion passed

**Approval of July Agenda**

1<sup>st</sup> motion made by Julie Nielsen

2<sup>nd</sup> motion made by Ronda Fenlon

Discussion- None

Motion passed

**Staff Reports**

Pastor Sue and Shawna submitted reports to the team. Pastor Sue shared the importance of continuing to be supportive to staff and the team and asking for help from the congregation. Team suggested changing the creation of the bulletins 2 weeks prior versus 1 week. This will create opportunities for more staff input before publishing. Pastor Sue will bring to staff and get feedback. Shawna share “thanks” for the prayers, cards and support during her illness. She also shared the recent news regarding the turmoil in Haiti and how blessed that we will not be traveling there with our mission team as previously scheduled.

**Team Reports**

Thanks to the teams who were able to send reports prior to meeting.

**Finance**- Sharon’s computer has been hacked-do not open any emails. Finance reports were presented from Jen that reflects multiple years and data. Dennis stated we are waiting for a proposal regarding leaking pipes from our geo thermal system. This will be a costly expense. Team discussed if this will need to go before the congregation and the time for approval. We will wait for the proposal. Please present any big expense from your team to the finance team.

Finance team proposed that all memorial fund monies from Jan1, 2021 and forward be moved to the dedicated “memorial fund”.



## **Approval of Movement of Memorial Monies**

1<sup>st</sup> motion made by Dennis Wanless

2<sup>nd</sup> motion made by Ronda Fenlon

Discussion- Process and Committee discussed. A committee separate from council of 5 members will be established to oversee fund.

Motion passed

## **Recommendations from the Taskforce**

Clarity asked if team is still needed-Margaret will connect with team members and report back to council

## **Housekeeping (procedural items)**

**Memorial Fund Discussion-** Dennis covered this in Finance

**Visioning Discussion-** Steven Olson will be invited to meet with council before next meeting.

## **Old Business**

**Sanctuary Cleaning Discussion-** Dan is getting quotes for the cleaning of the pews.

**Volunteers for Sunday Services-**Continues to be a work in progress

## **New Business**

**Council Rep Schedule/ Devotions calendar-**this was shared via email prior to meeting. Council members were placed in remaining open slots based on rotations and equal expectations from team members. The new schedule will be shared with council team. Please review and reach out to others if you need help with responsibilities.

**Personnel Committee Update-**cases will be reviewed as a case by case basis regarding staff support, reviewed property needs and suggestions for improvement

**Kitchen Opening meeting-** After some time due to Covid, with the opening of the kitchen, who/ what are the expectations? We want to be good stewards of our property. Team discussed a future meeting with others to discuss usage, expectations and responsibilities.

Review of Master Calendar

August devotions- Angie Spartz

August Council Reps-

9 am –Angie Spartz

6 pm –no council rep needed until September

## **Spire articles due 7/25/21**

The meeting was closed with the Lord's Prayer.

Meeting adjourned at 859pm

1<sup>st</sup> motion made by Dennis Wanless

2<sup>nd</sup> motion made by Amanda Saelens

Discussion none

Motion passed

Respectfully submitted, Margaret Bauer



# EDUCATION

## Amanda Saelens



Did you miss the deadline? Was it something you meant to do but simply forgot? Well it's not too late to sign up your youngsters for Vacation Bible School! Perhaps they have a friend that would want to participate too? Don't miss this opportunity for your children to have a fun filled week at church. They say things happen for a reason. Let's hope that's true and we have so many students that we don't know what to do. VBS is set for the week of **August 9th**.

On another note, we are brainstorming ways to make the Cornerstone more inviting. I am sure there is someone in our congregation who has a passion for decorating and organizing. I invite you to attend our next meeting if that's you. They are very informal and a great way to give a little time to our church. Our next meeting is on **Sunday, August 8th** after service. I hope to see you there.

Psalm 19:6 "It rises at one end of the heavens and makes its circuit to the other; nothing is deprived of its warmth."

Hope you are enjoying the warmth of summer as much as me.

Amanda

# YOUTH

## Margaret Bauer

Wow, I can't believe its August already! Our youth are enjoying the summer and staying busy. We had several youth attend summer camp at Camp Onomia in July. Shawna was able to take some time and drive up and visit with them.

We had several youth attend the Mission Trip to Fairbanks, Alaska- Jessica Manion, Justin Hooker, Mia Sonterre, Bailey Snidarich, Catie Dufeck, Jo Dufeck, and Jake Dufeck. Praise the Lord, this trip actually happened! I know this is a life changing experience for them.

We have 2 more Summer Stretch events left for the summer-8/4 Volunteering and Sky-zone and 8/18 Valley-fair! Please connect with Shawna if you are interested in either of these events.

The youth team has been discussing and planning our fall fundraisers with the kick-off of the Garage Sale in September. Please watch the E-news and bulletins for more info. We will need your unwanted sell able items to make this successful, but we are not quite ready to start collecting yet.

We are always looking for people to join our team to share how we can connect and support our youth to God. Let myself or Shawna know if you are interested-we would love to have you!

Youth Council Rep,  
Margaret Bauer



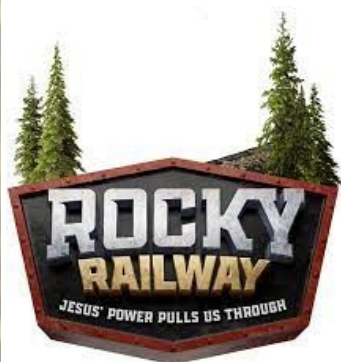


# COUNCIL PRESIDENT Kara Hepp

“August! One more month of summer! I can’t believe it’s gone so quickly! My family and I are looking forward to the Food Truck Fellowship this month and hope to see you all there!

I am also excited to share stories about the Mission Trip I was able to attend. We had such an amazing group of people who came together to humbly serve in areas around Fairbanks, Alaska. We are so very thankful to our congregation for showing so much support and were proud to connect Long Lake Lutheran to our missions during the week!

Prayers and blessings,



## VBS is August 9-13!

A week of fun activities, songs, and learning about Jesus.

Watch for a tunnel, moose, cougar and lots of trees. Fun for kids ages 3rd-5th grade, and opportunities for kids 6th-12th grade, too! Contact Shawna Berg to register.

## GET READY FOR RALLY SUNDAY

September 12th 9:00 am

“The Great Fall Get-Together”

Worship with Holy Communion

*Sunday School on a Stick!*



# PROPERTY

Our Property Team chair, Dan Peterson, has stepped down from his position. John Hass has agreed to finish out the term which will end at the annual meeting in 2022. The property team is an active group of individuals who care deeply for this church and are willing to give of their time and skills to maintain and improve our property. All are welcome to their meetings and to join in the fun of taking care of our building and land that God has entrusted to us.

Our custodian, Randy L., is no longer working for us. This means that we would appreciate any volunteer cleaning help while we search for a new custodian.

## STEWARDSHIP Julie Nielsen



“Whatever you do, work at it with all your heart as working for the Lord, not for human masters.” (Colossians 3:3)

How many of you recycle? When you throw away items do you think is this for the recycle bin, or garbage bin? In St Francis we have a third choice—**organic**. I have started organic recycling and you know what? It has cut down on my trash.

At church we have the recycle bins that paper, paper cups and holders, and plastic bottles go in. We have a pail by the coffee pots that the coffee grounds and filters go in. We have a container for the pop cans to go in, and then we have the waste baskets. Every day I see items that should go in the recycle bin, but are actually put in the garbage.

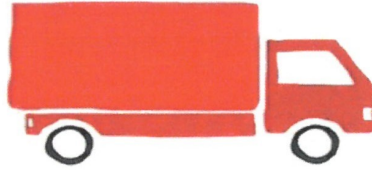
Here is some of what can go in the recycle bin: paper coffee cups and holders, tin cans, clean aluminum foil, glass bottles and jars, plastic bottles and some plastic containers, but *no plastic bags*, aluminum cans, and until we can do organic at church the rest unfortunately has to go in the garbage.

Let's all do our best to put our throwaways in the right containers and remember the 3 Rs ---Reduce, Reuse and Recycle.





# Long Lake Lutheran Church



## 2nd Annual Food Truck Fellowship

Bouncy  
house for  
the kids-fun  
for the  
whole family

**Thursday, August 19th**

**4:00-8:00 pm**

**Long Lake Lutheran Church**

**3921 277th Avenue NW**

**Isanti, MN 55040**

**[longlakeluth.org](http://longlakeluth.org)**

**We had such a good time last year, we wanted to do it again!**

**Take the night off from "What's for dinner?"**

**Come and support some small businesses while enjoying  
some food and fellowship!**

**CONFIRMED FOOD TRUCKS**

**Center City Swine Circus**

**Bradford Roadhouse**

**North Star Donuts Apple Cider Donuts**

**Chili Lime**

**Mansetti's Pizza**

**Scoop's Ice Cream and Candy**

**The Shaved Ice Shack**



# LIVE NATIVITY



Plans are underway for our 25th Live Nativity presentation. Carol Perrin, along with Rose Hass' help, will coordinate. Watch for upcoming planning sessions.

Who wants to see the Music Man at Chanhassen Theatre?

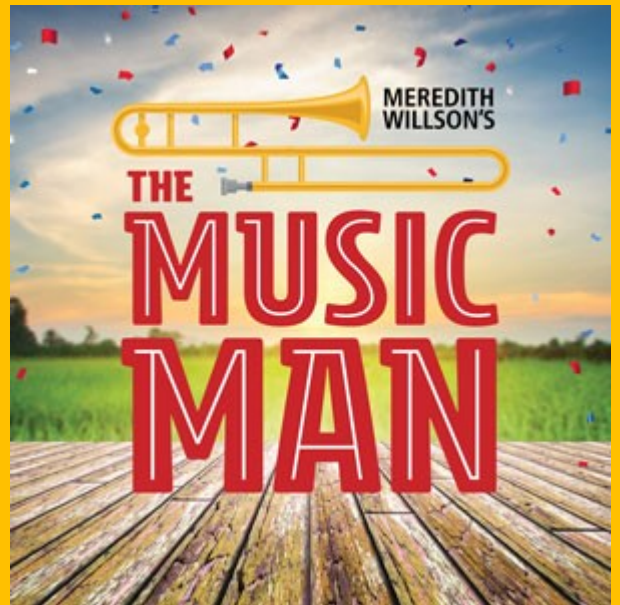
October 17<sup>th</sup> Sunday

Dinner 4:30 pm, Show 6:30-9:00pm

\$80.53/person includes dinner and show

I already saw it and it is phenomenal!

- Pastor Sue



# FINANCE

## Dennis Wanless

The Finance Committee continues to work on alignment, consolidation and oversight of our various funds. We are also working on the policies and procedures for the receipt and disbursement of Memorial Fund contributions. Each ministry team is drafting a limited list of needs that are above and beyond the budget. Memorial Fund contributions can then be directed toward these needs.

The Finance Committee also reviewed and discussed the mid-year financial statements. The next Finance Committee meeting will be Thursday, August 19 at 7 pm.

# COMING SOON!

Bible Study  
Prayer Warriors  
Card Playing

## EMOTIONS ANONYMOUS

An “Emotions Anonymous” group will be started here at Long Lake Lutheran Church. The first meeting will be on Monday, August 9<sup>th</sup> at 6:00 pm in the conference room. “Emotions Anonymous”, or EA, is a 12-Step program based on the recovery program of Alcoholics Anonymous.

It is designed for anyone experiencing emotional difficulties. This is a support group to gain knowledge of emotions, to find hope, and to support one another in their emotional problems.

EA is a registered 501c(3) nonprofit organization. There are no dues or fees to attend. Mike Hanson will co-lead this group with Pastor Sue Olson. For more information, check out their website. [www.emotionsanonymous.org](http://www.emotionsanonymous.org)

## ALTAR GUILD

Please consider joining us as part of this important ministry team. You will work with an experienced person to set up and take down preparations for Sunday service.

Karen Baker is the team leader; please contact her to get involved.

## SOFTBALL

**Softball Schedule, come out and cheer on our home team!**

**Tuesday, August 3rd Long Lake v. Cambridge Lutheran 1; 7:00 pm Long Lake Field**

**Tuesday, August 10th Long Lake v. Saint Elizabeth; 7:00 pm Long Lake Field**



# MISSIONS

## Ronda Fenlon



### August Mission Spotlight

#### Adult & Teen Challenge Minnesota

##### THREE WORDS THAT CHANGE EVERYTHING: I NEED HELP

Since 1983, Mn Adult & Teen Challenge has been restoring hope to people struggling with drug and alcohol addiction. In addition to our effective and affordable residential Licensed Treatment, faith-based Long-Term Recovery, and convenient Outpatient program, we have extensive prevention and transitional/aftercare services.

Our mission is to assist teens and adults in gaining freedom from chemical addictions and other life controlling problems by addressing their physical, emotional, and spiritual needs.

#### Stepheny's Story

I grew up in a loving home. I moved around a lot as a child, but we landed in a nice suburb. I was a funny and bright kid, and I excelled at pretty much everything. My parents loved me and wanted me to be the best I could be. I tried hard to be the best, but inside I felt like I was just holding my breath before I failed.

The first time I drank I was in 7th grade; I was hanging out with older kids. When I drank, I felt like I could finally relax; being drunk made me feel better. The problem was, I didn't have a stop button. When I was 15, I attempted to take my own life. I had gotten into trouble for drinking and, consequently, I had to sit out a season of sports. I was told that, if I didn't quit drinking, I was never

going to be anything — but that didn't stop me from drinking.

I did try to stay sober in my 20s. I met a good man, and we were married. I attended grad school and felt overwhelmed – this time I turned to food instead of alcohol to deal with my stress. I gained so much weight, that we had a hard time starting a family. I chose to have weight loss surgery – I thought that would help my marriage and also my confidence. But I was wrong; my whole life changed again. I met a charming man who made me feel beautiful; in my weakness, I left everything I had built and everything I had loved behind to be with this new person. Turns out he was addicted to heroin and meth; and with him, I fell into that life and completely into darkness.

**I lost everything. First went my career and then the money ran out... and that man left too. I did what I needed to do, to get my drugs.**

My worst moment was in a hotel room with a bunch of other addicts. I was so out of it that I shot up with a syringe of heroin from someone I didn't even know. I overdosed. It took 8 vials of Narcan to revive me. It's truly a miracle that I'm even alive today.

**On my 36 birthday, a police officer woke me up on the street and he asked, "Ma'am when was the last time you used?" He could tell just by looking at me that I was an addict.**

Throughout my addiction, I would occasionally ask my parents for help, and usually they would say "no". But after a rough stretch of being cold and homeless, I was finally able to convince them to let me stay for one night. I felt so relieved and



safe in their home; in that moment my dad was able to convince me to get a chemical treatment assessment. That led me to MnTC.

**When I came into Mn Adult and Teen Challenge, I felt like I could breathe again.**

The first 3 months I was in the program, I was doing everything I could do to dive in, burning the candle at both ends. And then the COVID pandemic happened, and everything just stopped. My world got very quiet, and I had to lean on God. I had to be still and be sober. Not be distracted. This season through the pandemic has been hard, but it's allowed me to focus on what's important. My family. God. My sisters. I've gotten a lot of great lessons out of this time.

Until I came to MnTC, I didn't realize how much abuse I had suffered just to survive on the streets. Sexual favors were expected for food, shelter, and for drugs. I didn't think of it as prostitution at the time, just survival. But that type of survival comes with so much trauma. Flashback after flashback kept me awake at night. But, gradually, with help from my counselors and chaplains, I'm now able to talk about it, deal with it, and process it. I'm learning. I'm not alone. God loves me. I don't need to feel shame.

Restoration with my parents has also been amazing. They are my biggest supporters; they don't bring up the past but focus on the future; they have visited me at every opportunity.

Today I know that when I'm following God's cause, I'm filled with peace. The programs at MnTC have made things make sense. I've learned to turn to scripture. I've been taught that I'm not alone and how to live my life as a woman of integrity. I always tried to find self-worth in worldly things, but I couldn't find it. Now I know that I've been created in God's image, and He is where my worth lies.

This program and my relationship with Jesus have saved my life.

## A Note From Jim...



Friends,

I'm so grateful for my LLC family! You make it possible for me to be here in NY serving the poor, lost, homeless and unloved, from many nations! Thank you for the extra gift of \$942<sup>00</sup>!

Blessings!  
Jim

# WEDNESDAY NIGHT WORSHIP

We all know that attendance at Wednesday night services drastically drop when our education and confirmation programming comes to an end in the spring. However, services will continue to be held at 6:00 pm throughout the summer. They will be very casual; we will sing, read scripture and pray. There will not be a sermon. We can gather outside weather permitting or we can be inside.

Anyone wishing to fire up the grill or build a campfire is encouraged. Let me know by Monday so we can get the word out.

# WELCA

Our WELCA group meets on the third Thursday of every month at 1:00 in the fellowship hall. Right now we don't have much business to discuss, but we are meeting in the summer months mostly for social reasons. We missed each other during the social distancing months. We have volunteers to do a devotion and bring a dessert for each meeting. All women who are members of our church are automatically a WELCA member. Please feel free to join us at any meeting. We would be happy to have you! Our group is responsible for care of the church kitchen and some from our group put on the funeral lunches.

Blessings, Lillian Reetz

# SUNSHINE CIRCLE

We will have Sunshine Circle on Tuesday, August 10th at 1:00pm.

# FRIENDS OF RUTH

Our next meeting is Monday, August 9th, 6:30pm at church. We will be the worship team on August 29<sup>th</sup>, so come and be a part of the plans being made for that day. Our regular monthly meeting schedule begins September 13<sup>th</sup> and all are welcome. We look forward to many good things happening this year!

Blessings to all.





## A.A. Step By Step

### **Step Eight**

***Made a list of all persons we have harmed, and become willing to make amends to them all.***

When you fully embrace the guiding principles of Alcoholics Anonymous (AA), you'll be able to cleanse the debris of your past and gain newfound knowledge about yourself. The cleansing ritual of AA Step 8 is a vital part of your journey wherein you strengthen your ability to develop positive relations with everyone who crosses your path in life.

As you embark on Step 8 of AA, you'll need to prepare for the pain associated with your fresh or old emotional wounds. This may feel like a purposeless conquest if you're convinced the damage can't be rectified. You need to reach deep down within yourself and apologize with genuine remorse.

If you're willing to put in the effort, you'll start to see the benefits of completing Step 8 of AA. The pain and guilt consuming you will start to melt away as you mend relationships and seek forgivingness for past actions.

The time it takes to complete AA Step 8 is dependent on you. Some members of AA procrastinate completing this step due to fear. You might be afraid to take responsibility for

the harm caused to other people. You might also be afraid to forgive the people of your past who have caused you pain too. You'll want to get started on this step earlier because it paves the way for you to let go of resentment, blame, and self-pity. You'll remember all humans make mistakes, and then you'll be able to forgive yourself.





<b>Date</b>	<b>Birthdays</b>	<b>Date</b>	<b>Baptism Anniversary</b>
3	Lucus Anderson		Monica Ahlman
	Nancy Sandahl		Cassandra Larson
	Don Ziemann	3	June Huge
4	Conrad Huge	9	James Vincent
	Amanda Hanson	14	Sarah Anderson
	Bailey Snidarich	17	Brynna Brown
5	Ken Schleif	19	Luke O'Keefe
	Bryan Sorenson	21	Jessica Larsen
6	Dennis Wanless		Kendall Beckensten
7	Jean Nelson		Michael Beckensten
8	Betty Nechanicky	22	Leslie Jaques
10	Jeffrey Engler	23	Dale Findell
	Greg Hawks	24	Jamison Snidarich
	Althea Hechsel	26	Brooklyn Goslinga
11	Heidi Vandenheuvel	28	Sophie Anderson
15	Collette McGovern	29	Ken Schleif
	Joey Schwartz	31	Wyatt Belsheim
16	Cristal Rouen		
	Jack Splettstoesser	<b>Date</b>	<b>Anniversary</b>
17	Levi Hill	2	Jeff & Ruth Plath
	Lucas Jenson	5	Sharee & Aaron Anderson
	Monica Petersen	6	Jason & Mo Spike
18	Sharee Anderson	8	Kent & Joanne Eittreim
19	Joshua Myers	10	David & Ali Rock
	Julia Myers	12	Deb & Alvin Arens
21	Lovey Gilbert	14	Rhonda & Dale Hechsel
	Eli Hylen	23	Donna & Larry Larsen
	John Sonterre	27	Kendall & Sherry Beckensten
22	Katherine Allison		Maynard & Gloria Folstrom
	Sarah Anderson	28	David & LeAnn Snidarich
23	Chesney Bell	29	Nancy & Ernie Sandahl
	John Hanson		Scott & Jean Nelson
	Taylor Overby		Joanna & Nick Wachsmuth
24	Jennifer Sonterre	30	Joan & Steve Anderson
25	Cierra Larsen		Cassandra & Jason Larson
	Torin Nash		
	Jeff Plath		
27	Dave Ringstad		
29	Larry Anderson		
	Marvel Dahl		
	Char Jacobson		
	Emily Koester		
	Julie Splettstoesser		
	Gavin Yurich		

*Birthdays, Baptism Anniversaries, Wedding Anniversaries*

# AUGUST CALENDAR

Aug 2021 (Central Time - Chicago)						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9am - Worship Holy 10:15am - Mission Team 10:15am - Youth and 10:15pm -	2	3 7pm - AA-Contact Office	4 9am - Summer Stretch 6pm - Worship in person	5	6	7
8 9am - Worship Holy 10:15am - Mission Team 10:15am - Youth and 10:15pm -	9 9am - VBS 12pm - VBS Leaders	10 9am - VBS 12pm - VBS Leaders 1pm - Sunshine Circle 7pm - AA-Contact Office	11 9am - VBS 12pm - VBS Leaders 6pm - Worship in person	12 9am - VBS 12pm - VBS Leaders 6:30pm - Council	13 9am - VBS 12pm - VBS Leaders	14 Kala Van Veldhuizen
15 9am - Outside Worship 10:15am - Stewardship	16	17 7pm - AA-Contact Office	18 9am - S.S. Valleyfair 4pm - Friends Of Ruth 6pm - Worship in person	19 FOOD TRUCK FELLOWSHIP 1pm - WELCA 6:30pm - Property Team 7pm - Finance Team	20	21
22 9am - Worship Holy	23	24 7pm - AA-Contact Office	25 6pm - Worship in person	26	27	28
29	30	31 7pm - AA-Contact Office	1 6pm - Worship in person	2	3	4

**Long Lake Lutheran Church  
3921 277th Ave NW  
Isanti, MN 55040**

**<sup>24</sup>Father, I desire that those also,  
whom you have given me,  
may be with me where I am, to see my glory,  
WHICH YOU HAVE GIVEN ME BECAUSE YOU LOVED ME  
before the foundation of the world.**

**<sup>25</sup>RIGHTEOUS FATHER, THE WORLD DOES NOT KNOW YOU, BUT I KNOW YOU  
and these know that you have sent me.**

**<sup>26</sup>I MADE YOUR NAME KNOWN TO THEM, AND I WILL MAKE IT KNOWN,  
so that the love with which you have loved me may be in them, and I in them."**

*John 17:24-26*