

June 2015

St. James Herald

What's INSIDE

A publication of St. James Lutheran Church of Crystal, Minnesota

Happenings

Children & Youth

Important Info

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Bonfire News



Office Hours

The church office is open:
Mon.-Wed. 7:00 a.m.—4:00 p.m.
Thurs. 7:00 a.m.—noon

Sunday Morning Schedule

9:30 a.m. Worship *
10:45 a.m. Adult Ed
*through September 6

St. James Lutheran Church

6700 46th Place North
Crystal, MN 55428
Phone: 763-537-3653
Fax: 763-537-3828
office@stjamesincrystal.org
www.stjamesincrystal.org

Pastoral Reflection

Friends in Christ,

Our St. James delegation of voting members to the 2015 Minneapolis Area Synod Assembly shared in excellent presentations, elections, deliberations on resolutions, and fellowship time with those representing the other congregations of our synod, and among our own delegation. The theme of the Assembly was “The Word became flesh and moved into the neighborhood.”

Brian McLaren, a well known Christian theologian and author, and Dr. Ken Inskip, director for Research and Evaluation in the Office of the Presiding Bishop in the ELCA, served as keynote speakers and focused on how the changing cultural landscape has affected religious and church life in our nation and synod. With them, we explored what it means to be the church in the places we are planted. We reflected on questions such as “In what ways is this region changing? How will these changes affect our congregations? Who are we called to be with our neighbors – be they be urban, suburban, exurban, or rural neighborhoods?”

One key result of the elections is that our congregation’s president, John Lindstrom, was elected to represent our synod at the National ELCA Church-wide Assembly from August 8-13, 2016 in New Orleans. Delegates to the Church-wide Assembly are nominated by their conferences and then elected by their respective synods.

Eleven resolutions and memorials were adopted by the assembly, including a budget revision adjusting the synod budget for 2015 downward by about \$40,000 to reflect a reduction in synod congregation pledges. Gwen Smith, our youth delegate, gave the best speech of all those given in support of any resolution when she spoke in favor of a resolution encouraging a stop to West Bank settlements. You can read the texts of all resolutions which were offered and adopted by the assembly at <http://www.mpls-synod.org/s-a-resolutions>.

Based on what I saw and heard, the churches of our synod, and especially St. James Lutheran in Crystal, have a vital role and opportunity to share the blessing of life in Christ in the church and in shaping our community with the love and grace of God.

*Love in Christ,
Randy*

St. James' Staff

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rromsdahl@stjamesincrystal.org

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Deanna Loken
Choir Director

Mary Brown
Ringing Praise Bell Choir
Director & Organist

Ron Skalicky
Custodian

Amy Jermstad
Sunday Morning Custodian /
Sunday School Coordinator

St. James Website Accepts Donations

The St. James website accepts one-time and recurring donations via checking, savings or credit card (Visa, MasterCard, or Discover). Click on the "Donate Now" button located on the left side of the homepage.



Over 55's

The Over 55's are planning an outing to cruise the Mississippi River on the Minneapolis Queen. Cost is \$16. Date yet to be decided. Watch the Pews News for more information!

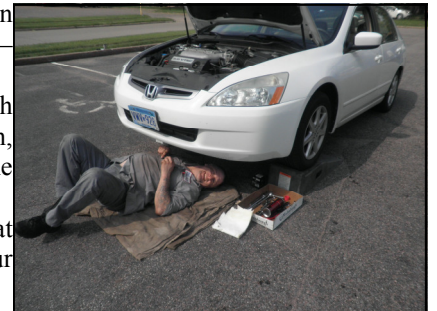
Thanks to Judy Olsen and Eunice Kistner for setting up the last two events!

Car Care Saturday

The next Car Care Saturday has been scheduled for Saturday, June 6, 8:00 a.m.—12:00 p.m.

Volunteers will be needed to help with changing oil, cleaning cars, registration, hospitality, and child care. Please sign up on the bulletin board outside the church office!

Car Care is a ministry of St. James that provides oil changes to people in need in our community.



Car Care Saturday 2014

Summertime Potluck Picnics

St. James will host potluck picnics following worship again this summer on the last Sunday of June, July and August. Please bring a dish to share; St. James will provide hotdogs and beverages.

Please note that the picnic in July will also be a celebration of Pastor Kristen's installation.



Second Sunday Singers this Summer

Join us the second Sunday of every month this summer to sing in worship. Rehearsal begins at 9:00 a.m. for a piece we will sing during the offering at the 9:30 service. All ages and abilities are welcome! Dates are June 14, July 12, and August 9. We hope to see you there

Financial Peace University

Starting on Tues., June 16 at 6:00 p.m., St. James will host Financial Peace University, a nine week course on how to handle money. Whether you're struggling to make ends meet or you're a millionaire, FPU has something for you. The cost for the class is \$93.



For more information, contact Maddi Myers by phone ([715-377-2393](tel:715-377-2393)) or email (memavry@gmail.com) or check out the class at <http://www.daveramsey.com>.

We are also looking for volunteers who could help watch the children of families going through the class.



Men's Breakfast

The next Men's Breakfast is Sat., June 20 at 8:00 a.m. at Fat Nat's (36th Ave. & Winnetka Ave).

Pastor Kristen's Installation Service

You are invited to share in the joy of Pr. Kristen's installation as Pastor of Children, Youth & Family Ministry at St. James Lutheran Church in Crystal, MN. Join us for worship and reception (potluck picnic) following the 9:30 a.m. service on Sun., July 26.

Pr. John Hulden, Minneapolis Area Synod Staff, and family friend, is preaching. All are welcome!



Recycling

Please place your paper, plastic, cardboard or can recycling in any of the blue bins throughout the building. This is kept separate from the trash.

Altar Guild Looking for Members

The St. James Altar Guild is very short of members. Current membership is at an all-time low of 8 members. Representatives of this small group are at every service for the entire year.

Just what does the Altar Guild do? Prepare the communion table for each service, change paraments, keep the altar candles filled with oil, put out the items needed for baptisms. We also prepare communion for funerals, when requested. None of these tasks are difficult, and there are checklists to help.

Historically Altar Guild members served for a month at a time, either with a partner or alone. Starting in June, we will be signing up on the sheet on the bulletin board in the narthex for two weeks, or even one week, at a time. New volunteers always serve with a partner.

If you can consider helping with this ministry, please talk to one of the members: Nancy Dahlquist, Eunice Kistner, Sonya Lodahl, Barb Rierson, Ruth Stanchfield, Sharon Stromback, Margaret Thomsen and Maria Weiland, or to Pastor Randy.

Please prayerfully consider volunteering to be a part of this ministry.

Lutheran World Relief: Nepal

After the devastating earthquakes in Nepal, St. James will be collecting money for LWR to help relief efforts in Nepal. Please make checks out to St. James and write LWR: Nepal on your check memo line.



Nursery Volunteers Needed

Caring adults and youth are needed to serve during worship in our Nursery. If you are interested in helping, please contact the church office, or Pastor Kristen Brechler.



Children's Worship Bag Volunteer

We are looking for a volunteer to be in charge of the children's worship bags. This would involve cleaning up the bags, putting in new items, and letting Pastor Kristen know when supplies are getting low.

Faith Milestones: Connecting Families with their Faith

Faith milestones help parents carry out the promises they made at their child's baptism and give them tools to incorporate faith into the daily life of their family. Important faith concepts are taught through child/parent workshops, worship experiences and classroom lessons. For more information contact Pastor Kristen.

Upcoming Milestone/Blessing Events:

- June 7 – Graduation
- July 12 – Sr. High NYG Commissioning
- August 2 – Summer Camp Milestone

Lighthouse Sunday School

Worship Leadership

Sunday school families sign up to help bring the communion elements forward during summer worship. Sign-up is outside the church office on the Children's Ministry bulletin board. It also will be online. Contact Pr. Kristen for more information at kbrechler@stjamesincrystal.org.



Registration

Registration for fall education is now open. If you haven't had a chance to volunteer in Children or Youth Ministries, consider doing so. We have teaching and non-teaching volunteer opportunities. Contact Pr. Kristen for more information at kbrechler@stjamesincrystal.org.

Wildfire Vacation Bible School "Crocodile Dock"

This year we are partnering with other churches in the community to provide an evening VBS for students (current age 3-5th grade) in our community. Other Wildfire churches will join us onsite here at St. James for a fun-filled week learning about Jesus as we explore "Crocodile Dock," June 22-25 from 5:45 to 8:00 p.m.



Fill out a yellow registration form and return to the church office. Friends are always welcome. Space may be limited, so sign up today! Cost: VBS is our gift to you! (*We will accept donations to offset costs.*)

VBS Project Helpers needed!

We are in need of people to help with small and large projects to decorate and make VBS a fun environment as we turn St. James into a "Crocodile Dock". If you are willing to do a take-home project contact Pr. Kristen for additional information.

VBS Donation Fireflies

We are looking for donations for VBS this year. There are fireflies on the courtyard doors indicating different items, quantity and when to return them to church.

Please consider helping by taking a firefly home and returning it along with the donated item(s). Thanks for supporting this ministry!

VBS Set-Up and Bonfire Celebration

Sat., June 20- Come help set up and get ready for VBS. All helpers welcome beginning at 9:00 a.m.

June 27- Bonfire / VBS Celebration at 5:30 p.m.

Thank You To Our Volunteers!

We would like to extend a very special thank you to all the volunteers who support the children and students here at St. James. It takes many volunteers to make our programs a success. These volunteers teach classes, chaperone events, mentor students, serve on leadership teams and work behind the scenes. Our programs would not be possible without the countless hours these volunteers dedicate to our kids. Thank you!

Confirmation Visioning Process

During Lent we spent time discovering how Confirmation could be more effective with the framework of our purpose of empowering young people with a life-long, life-giving faith. Our primary goal is to develop critical thinkers who are transformed in faith and relationship with others.

A number of key themes emerged. Develop and build relationships. Make connections with all people at St. James and in the community.

- Experiential and Hands-on learning where we work together and serve together.
- Knowing key theological, Biblical, Catechetical and Historical concepts.
- Students & Families practicing their faith.
- Support students & families during key transitions.
- Provide mentoring and connections with Sr. High ministries to build life-long faith.
- Encourage critical thinking about matters of faith, life and world religions.
- Provide leadership opportunities for students to grow and discover giftedness.

For the 2015-16 school year our ministry together will involve:

6-8th grade students will meet on Wednesday evenings from 6:00 to 8:00 p.m. for a Meal, Worship/Teaching Time, Small Groups interaction and Blessing.

Our schedule will include quarterly Wildfire Gatherings; Quarterly Bonfire Outings (i.e. visit a synagogue, service project or other hands-on experiences). Some of these events may fall on a day other than Wednesday.

9th grade students will meet on Wednesday evenings (September –October) from 6:00 to 9:00 p.m. for connection with Sr. High ministries. They ALSO will meet on Sunday mornings (during education hour) for a discipleship component along with a mentor. These components are preparation for the Affirmation of Baptism ceremony on Sunday, October 25th. Both components are pre-requisites for the Affirmation of Baptism Ceremony.

Pr. Randy and I believe that these updates will make our ministry more effective. We are confident that these changes are a step in the right direction for achieving our purpose and primary goals. Together we believe St. James become a more vibrant community.

Pr. Kristen Brechler

A full letter to confirmation families can be found on the Confirmation Bulletin Board outside the church office.

Confirmation Registrations Open

Registration for fall education is now open. If you haven't had a chance to volunteer in Confirmation ministries, consider doing so. We have teaching and non-teaching volunteer opportunities. Contact Pr. Kristen for more information at kbrechler@stjamesincrystal.org.

New Worship Leader Schedule for Confirmation Students

There is a new confirmation worship leadership schedule for the summer. If you will be away please contact other confirmation families to find a replacement. Contact Pastor Kristen for additional information at kbrechler@stjamesincrystal.org.

Youth Nights at St. James

This month's youth nights are Wed., June 3 and 17 at 6:00 p.m.

Questions can be directed to Ryan Walesch at 763-537-1702 or by email at ryan.stjamesyouth@gmail.com.

Graduate Recognition

During worship on June 7th, this year's St James', graduates will be celebrated and uplifted by the con-



gregation. Please pray for our graduating seniors as they transition to adulthood. Congratulations Class of 2015!

National Youth Gathering Meeting

On Wed., June 17, those going to the National Youth Gathering will meet for connection, training and "getting ready" for our upcoming trip in July. We will meet 6:00-8:30 p.m. at Pastor Randy's house. Contact Pr. Kristen or Ryan Walesch for more information.

The Gathering will be July 14-20th in Detroit, Michigan

Youth Road Trip

The St. James youth will embark on an all-day road trip on Sat., June 27. The cost is \$20 and includes lunch. Snacks and souvenirs are on your own.

Communion Alternatives

St. James has gluten-free communion wafers available for those with gluten, wheat, dairy, corn or soy allergies, as well as grape juice. Just ask for one of these alternatives when receiving communion.

“Gospel E” Weekly Email Newsletter

St. James has a weekly email newsletter, the “Gospel E,” which is sent each week to St. James members who want to receive this newsletter. It features an article from Pastor Randy and a few upcoming events each week.

To sign up for the Gospel E, please email Amanda Burns at aburns@stjamesincrystal.org.

Borrowing Items from Church

St. James’ policy is not to lend or rent out items (including tables and chairs) to anyone; unfortunately this includes members. Sorry for any inconvenience this may cause.

Facebook Friends

We want to be your friend...on Facebook! Search for St. James Lutheran Church (not a group page; it will show like a person’s account) and ‘Friend’ us.

We post on a regular basis, so it’s an easy way to keep up to date with the activities at St. James!

Thanking People in Worship

Have you noticed people really going out of their way to help out? Want to give them a shout-out before worship begins?

There will be a sign-up sheet created to allow people to thank others on Sunday mornings.

Contact Pastor Randy at rromsdahl@stjamesincrystal.org for more information.

Book Club News

June’s pick: [The Book of Fate](#) by Parinoush Saniee.

An international bestseller once banned in her native country, [The Book of Fate](#) follows Massoumeh, the eldest surviving daughter in a traditional, religious household where brothers are favored and daughters are subject to their whims and beatings. At the book’s opening, she is a teenager in pre-revolution Tehran struggling to continue her education despite her family’s desire to marry her off. This is Iran from the departure of the shah, to the installation of the ayatollah, to the Iran-Iraq war. In the end, she is faced again with a choice between happiness and respectability and comes to the realization that the expectations of her loved ones have been both her bitterest prison and the hardest to forsake. [from [StarTribune](#), 10-5-2013]

Join “Page Turners” this month in reading the book [The Book of Fate](#). The group meets Tues., June 2 at 7:00 p.m. in the Peter and Paul room. All are welcome!

For more information on the book club, contact Linda Judge (at 763-533-4081 or judgelinda@msn.com).

September’s pick: [Love Anthony](#) by Lisa Genova. (Book Club does not meet in July & August.)

New Members

We welcomed the following new members in worship on Sun., April 26:

Melvina Badio
6920 Humboldt Ave N Apt 308
Brooklyn Center, MN 55430
763-208-1791

Damawai Kamara
5701 Quebec Ave N Apt 108A
New Hope, MN 55428
952-215-2168

Sara Capers
5218 70th Ave N
Brooklyn Center, MN 55429
612-232-9167
Hunter, Scarlett

Lawrence Knowlden
1707 69th Ave N Apt 236
Brooklyn Center, MN 55430
763-273-7338

Jackson David Jr.
7001 Dupont Ave N
Brooklyn Center, MN 55430
763-222-6343

Library News

As part of the Car Care outreach, the library sponsors a book giveaway for the clients. Where do the books come from? You, of course. You can donate books at any time by leaving them in the library or under the coat rack in the Narthex. Children's books are especially popular. Care Car this year will be held on Saturday, June 6. Since there are a limited number of clients there are always many books left over that are offered to the congregation on the following Sunday. Donations at that time are always welcome since the library is not a budget item and is self-supporting.

GACAC Faith Conference

St. James' representative Dick Eklund attended the Gustavus Adolphus College Association of Congregations (GACAC) Faith Conference on Sat., Apr. 25 with a theme Lutheran Convictions and Economic Justice: Biblical Themes, Current Realities, and Ethical Choices.

Donations for Flower Garden Welcomed

Donations are needed to purchase all the beautiful flowers for the flower garden and planters located around the St. James property this spring. Any amount is greatly appreciated!



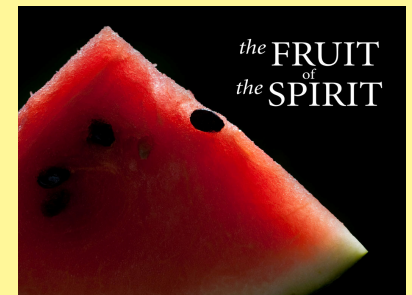
Dinner at Your Door Drivers

Drivers are needed for the Dinner at Your Door Program. Regular and substitute drivers are needed. Regular drivers can expect to volunteer about one hour each month. Substitute drivers are called as needed. This is a very small amount of time to give to a program that means so much to so many people. Having a meal delivered each day allows many people to remain independent. You will find volunteering for this program to be very rewarding.

For more information call Barbara Parsons at 763-227-2282.

NEAR's Needs

The NEAR Food Shelf is in need of paper and plastic grocery bags, as well as nutritious easy-to-make meals for families that have kids at home during the summer (i.e.- Spaghettios, Macaroni and Cheese, etc.).



Prayer Concerns

Hospitalizations

Ken Lutz
Don Benson

Baptisms

Joshua Anderson
Lainie Schumacher

Evergreen Montessori Now Enrolling for Fall 2015

The Evergreen Montessori School is now accepting applications for fall 2015.

Evergreen Montessori is a pre-school for children age 33 months—5 years. They offer a variety of scheduling options including 3-5 half, mid and full days.

St. James members receive a discount, so be sure to check it out when searching for a preschool. (Evergreen Montessori rents space in our building.)

For more information visit www.evergreenmontessori.org.



Ever learning, Ever growing...

Evergreen Montessori

June's Outreach Partner: Habitat for Humanity

June's Outreach Partner is Thrivent Builds with Habitat for Humanity.

In the U.S. alone, nearly 1/3 of the people have housing problems. All special monetary donations collected in June will help fund projects that get people into homes. Please make your check out to St. James with Habitat for Humanity on the memo line.

Gifts

Mission Future 4KIDZ in honor of Joshua Anderson's baptism from George & Orla McClure.

Usher & Financial Assistant Schedule

June 7

9:30 a.m.

Ushers: Junior Kautz, Vern Christensen, Roger A. Johnson, Ken Lutz
Financial Assistants: Capt. Ozzie Hellen, Becki Smith, Jackie Harlow

June 14

9:30 a.m.

Ushers: George McClure, Terry Teigen, Roger E. Johnson, Rick Jones, Judy Berney, Pat Ferguson, Ken & Phyllis Nelson
Financial Assistants: Capt. Stan Tikkanen, Dawn Skare, Lorraine LaFontaine

June 21

9:30 a.m.

Ushers: Mike Stanchfield, Jim Olsen, Stan Tikkanen, John Lindstrom, Wayne Rierson, Don & Deb Edmondson
Financial Assistants: Capt. Rich Pearson, Dee Burrington, Joyce Held

June 28

9:30 a.m.

Ushers: Marv Berke, Jim Hauan, Becki Smith, Clarence Peterson, Tim Buck
Financial Assistants: Capt. Gary Peterson, Frode Jespersen, Lillian Jespersen

Letters of Thanks

Dear St. James Church Members,

We can not thank the people who made the wonderful blankets enough. Our residents love them! We are so blessed to have people in the community watching out for our residents.

*Thank you!
Barb Bumer*

Marketing Coordinator Good Samaritan Society-Ambassador

Dear friends,

You are essential. Because of your selfless giving, the survival of children all around the world is ensured. Your gift of \$876.21 made on May 7 to Feed My Starving Children will provide 3,982 meals for those who need it most. This is an incredible and precious blessing.

FMSC exists to reach children around the world by providing nutritious MannaPack meals that are packed daily by volunteers and funded generously by donors like you. Thank you for boldly giving to the least of these and putting their needs first. You are making a huge difference in the lives of His children. Thank you for your prayers and continued support.

*Mark Crea
Executive Director
Feed My Starving Children*

Caring for Each Other in Christ

Sunday Morning Cards: Who receives them? Members of St. James who have been ill, hospitalized, shut-in, welcomed a new baby. We also do sympathy cards for members who have lost a parent, child or sibling. Unfortunately, in-laws are not included in this policy. If someone you know falls into these categories, please let the church office know. Sometimes the staff is unaware of such instances and therefore a heads-up is very much appreciated so we can do a card for the following Sunday.

Prayer Shawl Ministry: Prayer shawls knit by the Prayer Shawl Ministry group are given to members and non-members alike, who are in need of extra prayers and comfort, most often when recovering from an illness or surgery.

Prayer Chain: Anyone can request to be put on the prayer chain. We do ask that, if you are putting someone else on the prayer chain, that you first have the person's permission. An email and phone line request prayers for all kinds of occasions such as healing, recovery, strength, and comfort. To request to be put on the prayer chain, contact the church office at 763-537-3653 or email office@stjamesincrystal.org.

Sunday Altar Flowers

The 2015 Altar Flower Sign-Up Sheet is available. If you would like to purchase flowers in honor, memory or celebration of someone, a sign-up sheet is located on the bulletin board outside Pastor Randy's office. Cost is \$30.



Loaves & Fishes

Brunswick United Methodist has recently started a Loaves & Fishes program.

They are looking for volunteers on Wednesday and Thursday nights, 5:30-6:30 p.m.

To volunteer call Ali at 612-326-3673 or sign up online at www.loavesandfishesmn.org.

Brunswick is located at 6122 42nd Ave in Crystal.

In 2013, St. James discontinued serving at the River of Life Loaves & Fishes location due to lack of volunteers to take leadership of St. James' meal each month.

Please help support this local program by volunteering!

St. James donated \$120. of their Loaves & Fishes money for kitchen equipment for the site at Brunswick Methodist.

Respite Care

Respite Care is held at House of Hope the first and third Tuesday of each month, from 10:00 a.m. to 3:00 p.m. The caregivers support group is held there from 10:00 to 11:45 a.m. those same days.

This is a ministry of Bonfire's Health & Wellness team and is open to any family, member or non-member.

There is a nominal cost for the program, that can be negotiable if necessary. Lunch is served each time the program is run.

KidPack

KidPack packing days are done for the 2014-2015 school year. We will continue to fundraise throughout the year to help provide weekend snacks for children. Watch for information about packing sessions beginning again in August.



GriefShare Support Ministry

If you personally have experienced the death of a loved one or a friend, you are invited to attend the upcoming GriefShare ministry seminar series. GriefShare is a 12 week course that uses a series of videos to stimulate conversations to help participants work through their grief. GriefShare seminars are sponsored by Bonfire Ministry and are open to anyone who is experiencing grief. The GriefShare ministry seminars are held at St. James Lutheran Church on Sunday afternoons, from 4:00 p.m. to 6:00 p.m. The next GriefShare series begins on Sunday, May 31, 2015. There is a \$10.00 fee for the GriefShare seminars, and scholarships to cover this fee are available. For more information and/or to register for this upcoming session, please call Debbie Haney, the Bonfire Ministry Parish Nurse @ 612-408-2049.



Step To It Challenge

Thanks to all the participants in the Step To It Challenge, May 3-30!

This program was put on by Hennepin County Public Health for the purpose of getting people moving and going green. Bonfire had signed up as a group for the competition. Participants entered activities (cleaning, washing the car, going for walks, etc.) or your total step count if you wear a pedometer already, through the website as a friendly challenge.



Bonfire Exec. Director's Message

Sisters and Brothers in Christ,

I've been thinking lately how wonderful and unique Bonfire Ministry really is. There are very few congregations who have decided to work together as closely as the Bonfire congregations have, all for the sake of ministry in our community and beyond. You have put into practice what many have only talked about. The collaboration and cooperation, the conversation and the partnerships that now exist between our congregations can only lead to a stronger witness to the Gospel of Jesus Christ in our world today. It is important to remember that Bonfire Ministry is your congregation actively involved in ministry. Bonfire Ministry is not something "other" it is your congregation in mission, "[bringing faith to life in community](#)."

I hope you had fun with the "flower" sales for Mother's Day. What fun for mom to put the bouquet of flowers on the refrigerator door so that every time she looks at it she is reminded of how much you love her. For **Father's Day** this year, Bonfire Ministry will have pictures of a "tie," colored in with bright colors for the father or male in your life who you want to remember. The "ties" are \$10 each and all the proceeds go to KidPack. Dad really doesn't need another tie to hang in the closet. Here's a way he can be reminded all year long how much he is loved. The

"ties" will be available at each congregation before Father's Day.

Please remember that **GriefShare**, our Grief Support Ministry has just begun a new session. You can join the group at any time and you are very welcome to join in. The group meets each Sunday afternoon at 4:00 p.m. at St. James Lutheran Church.

One of the goals of Bonfire Ministry is to create the opportunities for fellowship between the members of the congregations. One way we are doing this is through our summer **Bonfire Bonfires**. You are invited to St. James Lutheran Church on Sunday evening, June 28, at 5:30 p.m. for a time of fellowship, stories and delicious refreshments. Come and join us. We'd like to see each congregation represented with lots of people.

Thank you for all the ways you support this ministry of outreach that is really a vital part of the mission work of each congregation. Bonfire Ministry is your congregation reaching out in your name with the good news of the Gospel.

For more information, check out the Bonfire web site at <http://www.bonfireministry.org>.

*Blessing to you and Peace,
Pr Daniel Babine
Bonfire Ministry – Executive Director*

Parish Nurse

Bonfire Parish Nurse Debbie is happy to check your blood pressure, and visit about health concerns and planning. Feel free to contact her at any location. You may also contact her at 612-408-2049.

St. James: the 4th Sunday of the month, and Tuesdays 1:00 - 3:00 p.m. Her office is in the archives room, across from the Montessori coat racks. If the few steps are a problem to get there, go around outside; there aren't any steps to tackle!

House of Hope: the 3rd Sunday of the month, and Thursdays 11:00 a.m. - 1:00 p.m.

First Lutheran: the 2nd Sunday of the month, and Tuesdays 9:00 - 11:00 a.m.

Health Tip

Did you know the number one cause of acute liver failure in the United States is over use of acetaminophen (Tylenol)? There is acetaminophen in allergy medication, cold medication, pain medication. It is added to prescribed pain medication. We should not take more than 3000 mg in a 24 hour period. Read labels. Ask your provider or pharmacist if you have questions. BE SAFE!

St. James' Publication Schedule

St. James' publication deadlines are as follows:

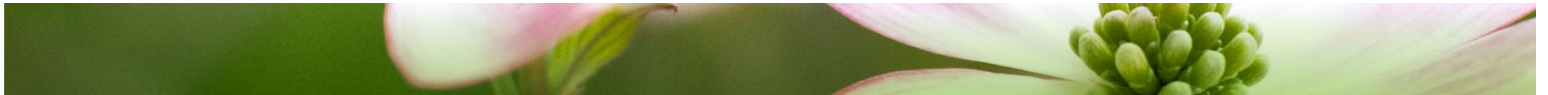
Pews News Monday at noon for the following Sunday's newsletter.

Herald the 15th of the month prior to the publication (i.e.– June 15 for the July newsletter).

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*Summer
Worship
Schedule*

Sunday at 9:30 a.m.

Adult Ed at 10:45 a.m.

