

THE PULSE



OUR SAVIOR'S
Lutheran Church

Our Savior's Lutheran Church Wednesday, September 3rd 2025



Scripture recounts God's relationship with humanity and invites each of us into the story. The more time we spend in Scripture the more we grow, especially when we make our Bible really our own by making notes, dog-earing pages that hold special meaning, and more. That's easier to do when we open and use our Bibles. So, if you have a Bible at home, I invite you to begin bringing your Bible to worship where you will be invited to open it, read along, and perhaps even write in it!



□ **Don't miss it!** □

□ Fall is the perfect time for a fresh start—and Rally Sunday is just 4 days away! Join us this Saturday, September 7th, for a joyful day of worship, connection, and fun for all ages as we kick off our fall season together. The morning begins at 9:45 AM with a youth-centered worship service, full of energy, joy, and praise. It's a beautiful way to come together as a community and lift our voices in celebration.

After worship, the celebration continues! Step outside and enjoy a variety of activities for every age:






- Dunk Tank – Who will you send splashing?
- Inflatables – Bounce, play, and laugh together
- Games & Bingo – For kids, teens, and adults alike
- Picnic Lunch – Good food and sweet fellowship

□ And More!

To add to the fun, kids can also pick up a free **Scavenger Passport**—in it they can complete the challenges inside, and earn a prize.

□ Help spread the word! Share our [Rally Sunday event on Facebook](#), invite your friends, and click “Going” or “Interested” to let us know you’ll be there.

Rally Sunday is all about gathering as a community, reconnecting after summer, and discovering new opportunities to grow in faith together. Whether you’ve been here for years or are visiting for the first time, you are welcome and wanted here. Bring your family, invite a friend or neighbor, and don’t miss this joyful start to the season!

Need/Ask		Number Signed Up	Priority	Deadline
2 Liter Pop Bottle		13/60 ▾	● High ▾	05 Sep 2025
(24) Fruit Snack Pouches		1/4 ▾	● High ▾	05 Sep 2025
Run Carnival Game		2/14 ▾	● High ▾	05 Sep 2025
Bingo Prizes - Child		2/5 ▾	● High ▾	05 Sep 2025
Bingo Prizes - Adult		1/15 ▾	● High ▾	05 Sep 2025

Last Cal for Rally Sunday Volunteers & Donations!

Rally Day is in four days and we still need your help to make it a success! We are looking for more volunteers to staff booths and games, as well as a few more donations to support the event.

Donated items can be dropped off at the church during office hours (Monday–Thursday, 9:00am–3:00pm). Please label all items with “Rally Day” and place them in the kitchen.

To ensure we have everything ready, please have donations at the church by Friday, September 5th. Thank you for helping us create a fun and memorable day for everyone!

[sign up to volunteer & see our list of donation needs here!](#)

Social Statement on Faith & Civic Life

The ELCA at its recent Assembly, adopted a new statement on Faith and Civic Life. It addresses the question of what it means to be a Christian and citizen within our national and global realities.

In preparation for our conversation, it would be helpful to read the document. It can be



Join us on Sunday, September 28th at 9:45 AM in Luther Hall. The discussion will be lead by Rev. Dr. Ron Letnes.



Noisy Can Offering

For the past eighteen years we have been in partnership with the Iglesia Luterana Agustina de Guatemala (ILAG) and specifically the ILAG congregation, San Isidro Labrador (SIL). SIL is located in Nueva Guatemala, in the northern part of Guatemala. Through the years we have supported each other through prayers, presence, and projects. Every week we pray for each other. We exchange letters a few times a year and visit when we can. Last year the tenth OSLC delegation visited SIL. Here in Circle Pines, our partnership is present in a variety of ways such as Youth Club, Quilters, Rally Day and now the Noisy Offering. Donations collected during the Noisy Offering will be used to support our partnership with ILAG and SIL.

Online Discussion: Sugarcane Documentary Sunday, September 28 | 7:00–8:15 PM (CDT)

You're invited to a meaningful online conversation exploring the legacy of Indian boarding schools through the documentary *Sugarcane*. The film follows an investigation into abuse and missing children at a Canadian residential school and the community's journey toward healing. "*Sugarcane* illuminates the beauty of a community breaking cycles of intergenerational trauma and finding the strength to persevere" (National Geographic documentary films).

□ Please watch the documentary in advance. Search "[Watch Sugarcane documentary](#)" online for free and subscription-based viewing options.

□ [Click here to RSVP](#)

– Zoom link will be sent before the event. (Discussion is for those who've viewed the film.)

For background on Indian boarding schools, visit:



Protecting Home & School: Safe Gun Storage **Monday, Sept. 15 - 7-8 p.m. | Online**

This session is for all parents and caregivers who want to protect the children and teens entrusted to us. Led by a dedicated parent and South Metro volunteer for the Be SMART campaign, this nonpartisan and non-legislative presentation provides simple, practical tools to foster safer homes, schools and meaningful conversations. The Be SMART framework encourages us to:

- secure all guns in our homes and vehicles,
- model responsible behavior,
- ask about unsecured guns in other homes,
- recognize the role guns can play in suicide, and
- tell others to Be SMART.

By embracing these steps, we uphold our commitment to the well-being of our youth, reflecting our values of integrity and care. Together, we can empower families to take simple but powerful actions that save lives and protect the future of our children. This session is offered by the synod's ENGAGE gun violence prevention work group. [Register for the Zoom link.](#)



Please Join Us!

Saturday, October 4th, 2025 From 9am to 12pm in Luther Hall to share in the Secret Prayer Sister Ministry.

Enjoy some fellowship and a continental breakfast. The current Secret Prayer Sisters will be revealing who they have been praying for over the past year. *We will also be Welcoming New Members* so come join the fun and hear more about what Secret Prayer Sisters is all about.

We hope to see you all there! Please RSVP by Sept. 29th to Marge Otte @ 763-784-9033 or Donna Juran @ 612-618-5013.



After several years of hard work and dedication the women who run the garage sale have decided to step down from leadership of this fundraiser. Thank you especially to Charisse Froemke, Maureen Foreman, Dan Foreman, Amy Grundtner, Kris Cafferty, Suzi Hilger, Ruth Grow If you are interested in taking over the garage sale, you would get to decided where the proceeds go. If no one comes forward, there will be no garage sale this May. Please contact [Nick](#) for more information.

Church Workday **Saturday, August 30 | 9:00 AM**

Join us for a morning of sprucing up our church! There are a few areas that could use some TLC before Rally Sunday, and some spots that need a helping hand. Windows also need a good cleaning—let's make sure our church looks welcoming for everyone on September 7.

Bring your gloves, energy, and a smile—there's a job for everyone!



Quilt Raffle

Our Quilting Ministry has done it again and created another beautiful quilt! ☐☐

This stunning quilt will make its debut on Rally Day, September 7th at Rally Day.

Tickets are \$5 each and will be available for purchase from September 7th through September 30th. The lucky winner will be drawn in October—don't miss your chance to bring this gorgeous quilt home!



Woven Together

GUATEMALA GALA

Sunday, September 28
Midland Hills Country Club, Roseville

Celebrating 20 years of companionship with
the Iglesia Luterana Agustina de Guatemala!



Pastor Karen Castillo and Diego Gil from Guatemala will again be our special guests as we celebrate 20 years of companionship with our global companions in the Iglesia Luterana Agustina de Guatemala (ILAG)!

4:00 p.m. – Social Hour

Unwind with a drink from the cash bar while enjoying lively music that lifts your spirit. Greet Pastor Karen and Diego. Discover unique handmade goods in the marketplace. Purchase a blend of Guatemalan coffee or an item off the Giving Tree, all fun ways to support a great cause that makes a lasting impact. Chat with Chef Amalia Moreno-Damgaard at her cookbook table, and watch a live weaving demonstration that reminds us how we are woven together with the ILAG!

5:30 p.m. – Buffet Dinner

Savor the flavors of Guatemala with a delicious dinner crafted from Chef Amalia's cookbook—each dish a celebration of heritage and heart.

6:30 p.m. – Program

Pastor Karen & Diego will share stories of hope and transformation as we celebrate 20 years of companionship & look to the future through stories, photos & video messages.

Your support for the [2025 Guatemala Gala](#) helps the ILAG continue and expand the life-changing work they do in education, health, leadership development, music & SEED ministries!

[Register here!](#)

*Created for relationship with God, all
people everywhere and creation
itself. Called to equip people to **serve** by
growing disciples of Jesus Christ.*

OSLC Affirmations



Serve

- Those who have read in worship, greeted folks on Sunday morning, ushered, offered their gifts of music, and shared hospitality after worship this summer

- The Yardeners who've tended to our gardens in between scorching heat and overly generous rainfall.
- Christine, Pat Mann, and Mark Groff - review of OSLC financial statements.
- Nick, Dayius Celotta, Kelly Marquard, and Bennett for accompanying the youth on their mission trip.

SECRETS TO GO FROM LOSING YOUR MIND TO BOOSTING YOUR BRAIN DURING MENOPAUSE

Presentation by Rev. Dr. Siri C. Erickson
 Founder and Coach - Compassionate Way
www.thecompassionway.com



OUR SAVIOR'S
 LUTHERAN CHURCH



EVENT HIGHLIGHTS

\$20/PERSON MUST PAY AT TIME
 OF ONLINE REGISTRATION

SCAN TO REGISTER

or go to:

<https://oslc.breezechms.com/form/MenopausePresentation>



DATE AND PLACE:

09.25.2025

LOCATION:

OUR SAVIOR'S LUTHERAN CHURCH
 9185 LEXINGTON AVE N. CIRCLE PINES, MN 55014

*Rev. Dr. Erickson will be joining the group virtually.
 Event will be held in Luther Hall at OSLC.*

REFRESHMENTS WILL BE PROVIDED

STARTS AT 6:30PM

Menopause Presentation with Rev. Dr. Siri C. Erickson

Join us on Wednesday, September 25 at 6:30pm in Luther Hall for an engaging presentation by Rev. Dr. Siri C. Erickson: "Secrets to Go from Losing Your Mind to Boosting Your Brain During Menopause."

Discover practical insights and tools to support your health and well-being during this important life stage.

Registration is \$20/person (registration link below).

□ [Register for the event here!](#)

See/share our event on Facebook [here](#).



Connections Bread Baking Classes 2025

In Fall 2025 the Connections Team will be offering 2 bread-baking classes led by resident baker Mark Gustafson. Mark has been an enthusiastic baker for about 28 years, but who's counting? He led an adult baking small group 2004-2005 at Our Saviors and more recently has done baking with Youth Club for about 10 years. No experience is necessary and you can sign up for one or both sessions. The good news is that you will go home with a recipe and hot, fresh bread that you created from scratch. Ingredients will be supplied, bring a favorite apron and be ready to have a good time! Ingredient expense \$5.00/person.

See below for details on each session:

Session 1, Saturday Sep. 20 9:00AM-Noon

Limited to 8 participants - this class is now full!

This session will give you the basic procedures for baking bread as we combine "ancient" and "modern" grains to make Einkorn & Kernza Baguettes. We will start by milling some of the flour we will use, mix and knead the dough and let it rise. Next an optional coffee shop trip while bread is rising and we will talk about the prominent role of BREAD in the bible, and Mark will share information on types of flour and sources. Finally, we will form our loaves and bake, followed by sampling and taking loaves home.

Session 2, Saturday Oct. 18, 9:00AM-Noon

Limited to 8 participants. There are 3 spots left in this class.

For session 2 we will take a deep dive into the Old Testament and make Ezekiel 4:9 bread, using the Biblical recipe as our starting point. We will start by milling and grinding/mashing some of the ingredients, then mix and knead and let it rise. During the rising we will attempt to make sense of the Ezekiel 4:9 and related scripture that led us to this special bread. Ezekiel 4:9 formed into rolls have been a Youth Club favorite so we will bake a multitude of rolls. Sampling our "holy" rolls will complete this session.

Go with the FLOW Fund!



Continued thank yous to those who have joined the 'Clean-Up Crew' raising funds to offset our unplanned sewer expenses! Contributions are currently totaling \$18,580 and will go a long way in offsetting the \$25,000 of unplanned expenses incurred earlier this year. With only \$6,420 to go - *let's keep it flowing!*

Check out the flyer in the Narthex for some humor and more information!

You, too, can 'go with the flow' with a donation to the FLOW Fund!!



THE CONNECTIONS TEAM
CONNECTING PEOPLE &
BUILDING RELATIONSHIPS

Share Your Talents. Build Community. Make Connections.

The **Connections Team** is excited to announce that we are coordinating an **Our Savior's Event Fair** for the 2025–2026 year! This calendar of events will highlight opportunities where members of **Our Savior's** can share their passions, skills, and interests with others in our church and the wider community.

Do you have a talent, hobby, or interest you'd love to share?

Whether you're a seasoned bread baker, enjoy chair yoga, want to teach ballroom dancing, or are curious about labyrinths—this is your chance to connect with others who share your enthusiasm.

Last year, we gathered for events like:

- Puzzle Night
- Learn to Make Kransekaka
- Whimsical Wig making
- Game Night
- ...and more!

This year, we're looking to expand the calendar with even more fun, creative, and meaningful gatherings—and **you** can help make it happen.

If you'd like to host or lead an event (or just want to explore ideas), contact **Marilyn Erickson**:

✉ mlpderickson@comcast.net

☎ 763-784-4879 (please leave a message if no answer)

We hope to unveil a **tentative calendar** of events on **Rally Sunday, September 7, 2025**. Let's make this year one of connection, community, and shared joy.



COW Kickoff

Church On Wednesday (COW) is a free weekly ministry for 6-12th graders. Join us as we grow in faith and our relationships with one another! No need to register and friends are more than welcome. Once a month or so we will have a fun activity. Our beginning of the school year kickoff is on September 10. Middle schoolers are welcome from 6:00-7:30 PM and high schoolers from 7:30-9:00 PM. The kickoff will have free food and games! If you have any questions contact Nick



Register for
FOF

Information
Letter

Faith On Fridays

Attention incoming 6th grade students and families:

I'd like to invite you to mark you calendars and participate in this year's monthly after school Faith on Fridays ministry at Our Savior's, which begins on September 19. This program is a once-a-month opportunity for fun, learning, service, and prayer just for 6th graders. This ministry is aimed at helping 6th graders transition more smoothly into middle school and serves as a pre-confirmation ministry while building important relationships.

One Friday each month (September-May) we will gather at church immediately after school until 6:00 PM. Past activities have included swimming at Shoreview Community Center, volunteering at Centennial Area Food Shelf, and Winter Olympics! Information and registration are available below or outside Nick's office.

L.I.F.T.

LIFE IN FAITH TOGETHER

Let's gather for a **whole church**
Sunday school experience.

We're not whole
unless you join us!

Luther Hall at 9:45 am

Sept. 21
Oct. 5 & 19
Nov. 2
Dec. 7
Feb. 15
March 1
April 19
May 3 & 17

All ages are encouraged!





Young FAMILIES GROUP

Join us the 1st Wed of the month at 5:45 pm
in the Conference Room!

- 10/1 Parent Bible Study
- 11/5 Parent Bible Study
- 12/3 Christmas Sing-A-Long
- 1/7 Parent Bible Study
- 2/4 Family Service Project
- 5/6 Family Service Project



Childcare is available upon request



☐ Celebration Singers Choir – Kids in K–6th Grade! ☐

Do you love to sing? Come join the Celebration Singers Choir at Our

Savior's Lutheran Church! Kids in Kindergarten through 6th grade are invited to learn new songs, make new friends, and share the gift of worship music with our congregation.

The choir sings in worship about once a month plus a couple of special events throughout the year.

□ Rehearsals begin Wednesday, September 24 from 6:05–6:45pm.

□ Registration forms are available in the church narthex or [register online](#).

For more information, contact:

□ Call/Text: Joy Rauner – 763.234.8131

□ Email: joyrauner2@gmail.com

*"Shout for joy to the Lord, all the earth,
burst into jubilant song with music."
Psalm 98:4*

[Register Here](#)



youth Ministry News

Fall 2025



Faith On Fridays

Calling all 6th graders! Take advantage of these monthly activities where you have Nick all to yourself! Snacks, service activities, Bible studies, pumpkin patches, and more!

COW

Join us on Wednesdays for Bible study, games, and special events!

Middle School meets 6-7:30 pm

High School meets 7:30-9 pm

Confirmation

7th-9th grade

Meets on Sundays from 6-8 pm
Cost is \$150/year
Scholarships are available

This year, we'll be exploring our Lutheran roots and Martin Luther's small catechism.

Registration is now open!

2025 Handbook



Registration



Permission Slip
(7th graders)



For more information, contact:

Nick Gilbert, Director of Youth Ministries
ngilbert@oursavioronline.org

Pastor Susie
smodrow@oursavioronline.org



Confirmation Registration

Handbook & Permission Slip



Register now for
Noah's Ark Preschool
&
Before/After
School Childcare

Noah's Ark Website



PRAYER

PRAYER CONCERNS

Please remember in your prayers:

Cori Sendle, Jack DeWalt, Rusty
Pat K, Jacque Capistrant, Garnet Ellertson, Loretta Phillips,
Ethan O'Brien, Darlene Hults, Dona Paulsen, Peggy Nelson,
Rick Carlson, Dave Hults, Galen, Marnie Mackey,
Sharon Dornfeld, Theresa Cullen, Tori Appelhof, Lynn Rossiter,
Sandy Ellendwood, Bill Mattison & Jim Rauner

Shana, daughter of Russ and Cindy Ellenwood
Denny and Sharon's friend, Larry
Annie, grand-daughter of Roy & Pat Feine
Family & Friends of Carol Shook

First Responders, Military & their families
San Isidro Labrador in Guatemala
Tarkanfi in Ethiopia
All those affected by conflict
Relationships

Shut-Ins unable to worship with us include:

Marnie Mackey
Marlys Gamm
Eunice Banta
Cindy Durand

Marlena McClanahan
Elaine Thielke
Garnet Ellertson
Katie Stormo
Russ Eklund

To join the prayer chain or to add your concerns, please email
prayerchain@oursaviorsonline.org or call Jeanne Zaske at 651.398.2414

LIVESTREAMING

[Click here for our live streams](#)

Attendance Totals for August 31st, 2025

9:45 AM

In-Person =120

Online* = *video unavailable due to technical difficulties*

**The ELCA's online worship reporting guidelines multiply online views by 2 to account for individuals within a household.*



Service Times (Sundays):

8:45AM - Traditional

10:45AM - Contemporary
(Labor Day - Memorial Day)

9:45AM - Summer Worship
(Memorial Day - Labor Day)



Our Pastors:

Lead - Leland Armbright

CYF - Susie Modrow



Maintenance Request

Staff Assistance
Request

Staff Directory

serve at worship



Volunteer Opportunities

If you are interested in receiving emails regarding opportunities to serve at worship please click the button below and complete the form it brings you to. The physical sign up sheets can still be found in the Narthex.

For questions specific to volunteering contact:

office@oursaviorsonline.org

Email Form Sign-Up

Our Savior's Lutheran Church
www.oursaviorsonline.org

Follow us for Faith & Community.
Connect with us, and Grow with us.



Our Savior's Lutheran Church | 9185 Lexington Ave. N. | Circle Pines, MN 55014 US

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