



INCARNATION LUTHERAN CHURCH

JUNE 18, 2017. Welcome to Incarnation! You are invited to be a part of any ministry opportunity. All events will be held at Incarnation unless otherwise noted. For more complete information about these listings visit incarnationmn.org and use the search function on the homepage. The website contains information on additional ministry offerings.

Worship & Prayer

Prayer Concerns

Marit Swenson; Jim and Mary Crawford's son; Lisa Boehm's sister; Bill Fitzsimmons' brother; Mark Benson's cousin; Larry and Viviane Valberg's grandson; Carlene Bouley's friend, Sarah; Judy Nelson's friend, John and family; Paula Lindblom's friend, Sue.

Worship Arts

The banners in the Sanctuary and Incarnation Hall during the liturgical season of Ordinary Time, meaning ordered or numbered time, represents the Holy Spirit coming to us at baptism and at Pentecost. The color for Ordinary Time is green, considered a symbol of growth and rebirth. The blue water represents baptism. We are reminded to live in daily acknowledgement and awareness of the indwelling Spirit and meditate upon Christ's life.

Connect & Grow

Whisper Mat Yoga - Join the new session!

Bring a yoga mat, a water bottle, and join the fun, devotion and relaxation with certified yoga instructor and Incarnation member, Tina Zerrath. You'll build your balance, strength and flexibility regardless of your experience level. Cost: \$7/class. Sign up in the Incarnation Office by July 6 at 4:30 p.m.

When: Mondays, July 10 - August 28 (except July 17 and August 14) 12:45 - 2:00 p.m.

Whisper Chair Yoga - Join the new session!

Working with the support of a chair, learn how to become quiet in body and mind to hear God's whisper and get stronger for your everyday life. An easy entry to yoga, this class is offered by Incarnation member, and certified yoga instructor, Tina Zerrath. Sign up in the Incarnation Office by July 6 at 4:30 p.m. Cost: \$6/class.

When: Mondays, July 10 - August 28 (except July 17 and August 14) 11:15 a.m. - 12:15 p.m.

Brewed Theology

Brewed Theology is an opportunity for young adults (post-high school/pre-baby) to gather to talk about faith, life and the world. This gathering is open to anyone who is looking for a place to connect with other young adults and is interested in digging deeper into their faith. The only cost is for the food and drinks you purchase. Meet at Panino's Restaurant- 857 Village Center Dr., North Oaks, MN 55127.

When: July 9, 6:15 p.m.

Romans: A Bible Study

Paul's letter to the Romans is central to our Lutheran understanding of God's grace. This four-week Bible study will give an overview of themes in this important letter and dig deeper into some key passages. Led by Pastor Jeanne Hartfield. Sign up in the Incarnation Office by Monday, July 10.

When: Wednesdays, July 12 - August 2, 7 - 8:15 p.m.

Summer Small Group on Sunday Mornings

Meet and connect with others, while taking a new step in your faith. This small group will watch a variety of faith-based DVD segments, and talk about how the messages connect to daily life. If you're new to small groups, this is a great starting place. Register: dfloe@incarnationmn.org. When: Once/month on Sundays, 9:45 - 10:45 a.m., June - August.

Cycling Fellowship Group for Adults

Connect with other cyclists and explore bike trails in the Twin Cities. This group cycles 20-25 miles (approximately 15 mph), meeting at each trailhead. The group also takes part in devotions, led by the group leader. It is designed for cyclists who are ages 18 and above. Register: dfloe@incarnationmn.org.

When: Five Saturdays, 8 - 11:30 a.m., June - August.

Children, Youth & Family

High School Leaders Needed!

High school students provide valuable leadership at Incarnation during the summer. At this time, Youth Leaders are needed for Vacation Bible School and Art Camp. If you are interested in helping with any of these ministries, please contact Kristin Bloxham at kbloxham@incarnationmn.org.

When: VBS - June 19 - 23, Art Camp - July 11 - 13.

Dad and Daughter Wilderness Canoe Base

Spend a long weekend canoeing, hiking and experience God's creation, led by a team at the Wilderness Canoe Base (owned and operated by Camp Wapo). Dads, grandpas, uncles, and/or godfathers are welcome! Scholarships are available. Children must be 3rd - 5th grade (last completed). For more information, go to the Incarnation website or contact Rebecca Christiansen at rchristiansen@incarnationmn.org or 651-484-7213 ext. 218. Register by June 30 by 4:30 p.m.

When: August 3 - 6.

Family Adventure Camp at Wilderness Canoe Base

This long weekend is designed for families to travel together to experience the Boundary Waters Canoe Area. Enjoy canoeing, hiking, berry picking and the beautiful scenery. Scholarships are available. For more information, go to the Incarnation website or contact Rebecca Christiansen at rchristiansen@incarnationmn.org or 651-484-7213 ext. 218. Register by June 30 by 4:30 p.m.

When: August 9 - 12.

Art Camp

Children are invited to explore their creative sides. Each day children will create masterpieces that will be displayed the final day for the Incarnation Children's Art Show. Cost: \$35. Scholarships are available. Contact Rebecca Christiansen at rchristiansen@incarnationmn.org or 651-484-7213 ext. 218. Register by July 5 by 4:30 p.m.

When: July 11 - 13, 9 - 11:30 am

Ministry Opportunities, cont.

TIM Team at Camp Wapo

Registration is still open for 9th - 12th graders who are interested in being a TIM Teamer at Camp Wapo this summer! Incarnation's week at camp is July 16-21. Please visit campwapo.org to register. For more information, stop in the Incarnation Office.

When: July 16 - 21.

Family Camp at Camp Wapo

All families are invited to participate in Family Camp at Camp Wapo, located just outside of Amery, WI. This weekend will be filled with fun and fellowship. Families interested in attending can reserve a spot with a \$150 deposit per family. (Non-transferable, non-refundable) Register in the Incarnation Office by July 10.

When: August 18 - 20.

New! SPORTS and LIFE Experience: *United in Christ* Children grades 2nd - 5th (completed), check out the first "sports sampler" to try different sports and see which are best for you! (No experience necessary.) Play basketball with Pastor Janet, do running games with Pastor Joel, hit tennis balls at the Chippewa courts, play volleyball, and more. Contact Pastor Janet Karvonen-Montgomery with questions. Cost \$50/child or \$120 family max. Scholarships available.

When: August 7 - 10, 9:00 a.m. - 12:00 p.m.

Volunteer

Through Prison Bars Ministry

Visit the Through Prison Bars Ministry table this morning. Prison Ministry is a walk of support to those who are seeking God and would like to share their faith. Almost 9,000 men and women are in prison in Minnesota. What can we do to give their prison life meaning? Jesus asks for someone to befriend the least of these. You are invited to hear first hand what is being done and how you could be involved. Presented by Rev. Carl Buettemeier and Deacon Jerry Dufek.

When: After morning worship services.

You're Needed - Join a Worship Team!

Worship Teams are made up of greeters, information center hosts, ushers, communion servers, and worship assistants, all who work together creating great first impressions and meaningful worship experiences. This is an easy, but important way to serve when you are available. Volunteer opportunities available during all worship services. Contact Becky Benson at bbenson@incarnationmn.org to learn more.

When: 8:45 a.m., 10:05 a.m., 10:45 a.m., and 6:00 p.m. worship services.

Summer Cookie Servers

Incarnation is in need of summer cookie servers. There are three different shifts each Sunday morning. Please stop in the Incarnation Office if you are interested or register online on the Incarnation website under <http://incarnationmn.org/serve/current-volunteer-opportunities>.

When: Now - September 3.

It's Coming Back - Tons of Love!

Tons of Love returns to Incarnation July 2 - 30, 2017. Let's beat Incarnation's 2016 record of over 8,015 lbs of food and \$7,663 collected for the Ralph Reeder Food Shelf. Lists of suggested items for each week will appear on the website and will be highlighted in other communications. Drop your items in the Ralph Reeder box any time the building is open. Also, plan to shop at the Arden Hills Cub Foods on Sunday, July 23 to help fill a trailer of donations. To volunteer for the Cub day, go to incarnationmn.org/serve/current-volunteer-opportunities.

When: July 2 - 30.

LifeHaven Childcare and Sunday Meals

LifeHaven, housing and support for 16 and 17 year old moms and their children experiencing homelessness, is seeking volunteers to provide childcare during Thursday evening "Girls' Night Out/In" and Saturday morning house meetings, as well as volunteers to prepare Sunday evening meals. If you are new to these volunteer opportunities, you may learn more by contacting Khaliya Dorry at Khaliya.Dorry@lssmn.org or 651-776-9805.

Summer Tutors Needed at Solid Ground

Tutoring is a wonderful opportunity to form a relationship with a very special child and work on academic and social skills. Sessions are scheduled for Tuesdays and Wednesdays from 4:15 - 5:15 p.m., June 13 - July 26. Help make summer tutoring fun! Contact Hannah Parish at volunteer@solidgroundmn.org or 651-846-9024 if you are interested in volunteering.

When: Tuesdays and Wednesdays, 4:15 - 5:15 p.m.,
Now - July 26.

The Gathering: Dementia Support Volunteers Needed

The Gathering is a program at Centennial United Methodist Church in Roseville where 8-12 participants in the early stages of dementia, meet for multiple activities, a meal, and are guided by leaders and volunteers. Incarnation provides volunteers each month and the need is currently great; training provided. If interested in volunteering, contact Betsy Hoffman at 651-414-5291 bhoffman@lyngblomsten.org.

When: First or third Tuesday of the month.

Congregational Business

Update from Pastor Janet Karvonen-Montgomery's Ordination

People of Incarnation, your participation in Pastor Janet's ordination service on June 9, in her own words, was remarkable. Thank you for the monetary offering gifts for the food shelf in her hometown of New York Mills and the girls' school in Guatemala. Your gifts of non-perishable food items for the Ralph Reeder Food Shelf totaled 840 pounds! Thanks be to God for your warm and generous spirit in welcoming Janet officially as Pastor for Wellness and Generosity. She is grateful for your generosity.

Summer Incarnation Office and Building Hours

From now through Friday, September 1, the Incarnation Office and building will be closed on Fridays at 12:30 p.m. Monday through Thursday, the Incarnation Office will be open from 8:00 a.m. - 4:30 p.m. and Sundays 8:15 a.m. - 12:15 p.m.