



Lifetimes

Commitment Sunday

By Pastor Gary Medin

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October 8, 2017

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“Filled by God’s grace, we feed the hungry in heart, body, mind and spirit.” That is Incarnation’s mission statement. It is a mission statement of who we are, but also of who we are becoming and who we want to become. It all starts with us being filled by God’s grace. And because of that grace in our lives, God’s grace overflows so that we share God’s grace with others as we feed the hungry in heart, body, mind, and spirit.

We believe that as people filled by God’s grace, God’s undeserved love and forgiveness, we have been given the privilege and the responsibility to care for our neighbor, to care for all people in this world. As Martin Luther reminded us 500 years ago, God’s amazing grace given to us through the death of Jesus on the cross is not given to us to save us from something, but to save us for something. We have been given life and sent by God back into the world to love and serve our neighbors, to love and serve all people in this world, to live our lives as those who know that we have been given life by God’s grace so that we might share that grace with others.

The incredible ways that together we are feeding hungry hearts, bodies, minds and spirits are the result of faithful people coming together and joining their gifts with others. Every person who is a part of Incarnation matters to our ministry together. Every single gift given and shared gives us the ability to live out the mission God has given us. Take away one person, take away one gift, and something we have done or will do as Jesus’ hands and feet in this world would not or will not happen.

Commitment Sunday is Sunday, October 29. Every member and friend of Incarnation is encouraged to be in worship on that Sunday. On that day, you will be able to pick up your pledge card as you arrive, complete it during worship, and then place it in the offering as a part of worship. Only those who are not in worship on the 29th will participate in the green bag neighborhood route or mail system to submit their financial pledge for 2018. You will soon receive in the mail your sample pledge card, a brochure about the new three year capital campaign: Share the Grace, and instructions for how to fill out your pledge card in worship on the 29th. Make every effort possible to join in worship that day.

Between now and Commitment Sunday, I ask you to prayerfully consider how God is calling you to share the grace God has given you by financially supporting the ministry that we are about together. If your giving is not at a level where you feel it reflects the priority you want God to be in your life, make a plan to grow it. Start with doable, but perhaps steps that stretch you in your giving. Being generous with the gifts that God has given us gives us life as we experience the joy of giving and bringing more of God’s love into this world as it allows us the incredible privilege of working with God in making a different world. Generosity changes not just the world around us, but ultimately it changes us.

From The Staff

Joel Vander Wal

Pastor for Children, Youth, and Family



“Understanding is the reward of faith. Therefore, seek not to understand that you may believe, but believe that you may understand.” ~St. Augustine of Hippo

This fall, Protestants around the world will celebrate the 500th anniversary of Luther nailing the 95 Theses to the doors of the Castle Church in Wittenberg. In light of that, it seems appropriate to reflect on some of Luther’s teachings and understand how they continue to influence our lives today.

In 1515, two years before he wrote the 95 Theses, Luther experienced his own personal transformation. According to historians, this was a result of an in-depth study on the book of Romans. Out of this came one of Luther’s essential tenets, “justification by faith.” For Luther, “justification by faith” does not mean that God demands us to have faith. As if faith were something that we could attain on our own. Rather, “justification by faith” means that both justification and faith are a free gift offered to us by the work of God. Upon coming to this realization Luther reflects, “I felt that I had been born anew and that the gates of heaven had been opened. The whole Scripture gained a new meaning.” ~Martin Luther, Preface to the Latin Writings.

Faith is understood to be a gift given to us by God, just as justification—or salvation—is a gift given to us by God. The journey of the Christian faith begins with this gift given to us. Our faith and trust in God continues to grow throughout our lifetime. And the reward of that faith is the ability to reflect back on our lives and notice all the different places in which God’s hands were guiding us along this Christian journey. For Luther his doctrine of “justification by faith” wasn’t a dry theological concept to understand. Rather it was a profound inward transformational experience he had in accepting the gift of faith given to him by God. Through this experience Luther began to see Scripture through a different lens, understanding—or maybe experiencing—the love of God in a way he had never known before.

As the Apostle Paul urged the church in Philippi, “[to] work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.” This tenet from Luther encourages us to do a similar thing, to continue to strive and yearn for

Celebrating a Decade Together: Women's Faith and Fitness

By Pastor Janet Karvonen-Montgomery

It always begins in faith. Most Friday mornings, there is a steady stream of women entering Door 2 on their way to the Gathering Space. One by one, they settle into the chairs in the circle of devotion, led by Connie Aram. Aram begins each session by weaving inspiring stories with Scripture and prayer, saying, "Faith and Fitness not only strengthens my body for service, but my spirit, too."

"It is a great way to start the day," said Jean Isaksen. "I love our Friday morning devotion and exercise, because it enhances my faith and fitness in one breath of an hour!"

Women gather in Incarnation Hall for instruction from certified instructor, Shannon Rainey. He is a state championship track coach who knows how to adjust the exercises from teens to seniors.

"Functional strength training uses many muscle groups at a time," said Rainey. "As we lose muscle, it affects our ability to function in everyday life." The equipment used includes resistance straps, risers, weighted bars, rubber tubing, stability balls, and a person's own body weight.

While bodies are getting stronger through the variety of

movements, so are the personal and spiritual connections among the participants. Always open to newcomers, the group is always evolving and changing.

"The women in the group are caring and stay in touch with each other," said longtime group participant, Maggie Rosine. "We are there for one another. Great friendships have developed. We pray and cry with each other. It is a wonderful group of women."

With a decade under its belt, Women's Faith and Fitness continues to offer quality training and Christian friendship. May God continue to bless the relationships and strengthen the bodies in service to the good news of Jesus Christ!

Notes:

+ Newcomers are invited to Women's Faith and Fitness on Fridays. Devotions at 8:15 a.m. Class runs 8:30-9:45 a.m.

+ A new Men's Faith and Fitness has begun with Shannon Rainey on Friday mornings. Devotions at 9:30 a.m. Class runs 9:45-11:00 a.m.

+ Wellness classes welcome people to try a session at no cost prior to signing up. You do not have to be a member of Incarnation to participate in activities. If you would like to sign up, stop in the Incarnation Office. Questions? Contact Pastor Janet Karvonen-Montgomery.

Worship Arts



Our Reformation banners feature the Luther Seal, also called the Luther Rose, a widely recognized symbol of the Lutheran Reformation. The sanctuary banner for Reformation Sunday uses the traditional version of the seal; the banner in Incarnation Hall has a contemporary interpretation of the seal. As Martin Luther's writings

became increasingly popular, printers needed a way to indicate authorized publications. Luther designed a seal representing his theology, and by the early 1520s, the seal began to appear on the title pages of his published works. In 1530 Prince John Frederick of Saxony gave Luther a signet ring engraved with the seal. The following description of the seal was written by Luther:

First, there is a black cross in a heart that remains its natural color. This is to remind me that it is faith in the Crucified One that saves us. Anyone who believes from the heart will be justified (Romans 10:10). It is a black cross, which mortifies and causes pain, but it leaves the heart its natural color. It doesn't destroy nature, that is to say, it does not kill us but keeps us alive, for the just shall live by faith in the Crucified One (Romans 1:17). The heart should stand in the middle of a white rose. This is to show that faith gives joy, comfort, and peace—it puts the believer into a white, joyous rose. Faith does not give peace and joy like the world gives (John 14:27). This is why the rose must be white, not red. White is the color of the spirits and angels (Matthew 28:3; John 20:12). This rose should stand in a sky-blue field, symbolizing that a joyful spirit and faith is a beginning of heavenly, future joy, which begins now, but is grasped in hope, not yet fully revealed. Around the field of blue is a golden ring to symbolize that blessedness in heaven lasts forever and has no end. Heavenly blessedness is exquisite, beyond all joy and better than any possessions, just as gold is the most valuable and precious metal.



Volunteer Appreciation Event

A Volunteer Appreciation Event will be held on Wednesday, November 1 from 6 - 7:45 p.m.

Different from years past, individual invitations were not sent to homes. ALL who have committed significant time to Incarnation service for the last year and/or the upcoming year are invited to be a part of this event. In addition to dinner, a special musical guest, Robert Robinson, will provide the entertainment.

Please RSVP by Wednesday, October 25 in the Incarnation Office, by calling 651-484-7213, or online at [incarnationmn.org/RSVP](http://incarnationmn.org/). Those who RSVP after October 25 will be placed on a waiting list. With an advanced registration, a Kids' Zone will be available for children who need care during the event.

Thank you to the Endowment Fund for the generous gift that makes this event possible.

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the understanding of the gift of faith and salvation offered to us by God alone. And then to share the good news of that gift to others, so that they too may believe and understand this good gift.

If you are interested in learning more about Luther and the Reformation, there will be several speakers in Kairos this fall (incarnationmn.org/Kairos). Or watch for details on a special Reformation speaker and event planned for the fall of 2018 at Incarnation.

Discover Incarnation

Discover Incarnation is offered for anyone who wants to learn more about Incarnation's mission, vision, and values, and is required for those who wish to step into membership. Childcare is available for those who make an advanced registration. Registration is due by 4:30 p.m. October 25. The next Discover Incarnation is being offered on Saturday, October 28 from 8:30 a.m. - 12:00 p.m.

Incarnation Receives Memorial Gifts During the Second Quarter of 2017

In the second quarter of the year, April to June 2017, Incarnation Lutheran Church received the following memorials. We would like to publicly thank these people for remembering Incarnation. "We gratefully acknowledge these gifts and join in loving remembrance."

In Remembrance of: Sharon Guenzel.

A Gift was Received from: Ken & Rosalie Grosch, Neil & Nancy Veenis, Anna Thorstad, Gary & Mary Lunstad.

In Remembrance of: Frances J. Elfstrom.

A Gift was Received from: Janet Day, Timothy & Shirley Omalley, Douglas & Debra Rudquist, Bill Saxton, Scott & Margie Stary, June Elfstrom, Shirley Halyburton, Judy Katherine Gall-Fischer, James & Ann Elfstrom, Kathleen O'Shaughnessy, Warren & Joan Magler, Ted & Karen Seglem.

In Remembrance of: Ardelle Peterson.

A Gift was Received from: Gregory & Linda Peterson, Roger & Lu Durbahn, Dennis & Carol Paulson, Bill & Bev Seabloom, Gene & Mary Lou Lindholm, Joyce Perron, Marlys Nelson.

In Remembrance of: Olga Rustan Myrom.

A Gift was Received from: Sam Jurkovic & Joan Myrom.

In Remembrance of: Palmer Hanson.

A Gift was Received from: Gary & Mary Lunstad.

In Remembrance of: Jerry Nelson.

A Gift was Received from: Ken & Rosalie Grosch, Jerry Benda & Joan Maclin, Dan & Ellen Kratz.

Gifts to the Endowment Fund

In memory of Sharon Guenzel were received from Duane & Marlys Nelson, Cal & Sharon Wilson, Bill & Nancy Swenson.

In memory of Carl Nerison was received from Al & Janet Montgomery.

In memory of Jean Alsop were received from Al & Janet Montgomery, Lois Nystul, Bill & Nancy Swenson.

In memory of Ardelle Peterson was received from Bill & Nancy Swenson.

In memory of Carol Nelson was received from Bill & Nancy Swenson.

Incarnation Lutheran Church

Worship, Prayer & Among the Congregation

Sympathy to: Sandy Evanson and family on the death of her mother; David Hjortland and family on the death of his mother; Cal Wilson and family on the death of his sister; Duane Nelson and family on the death of his brother; Randy Davis and family on the death of his father.

Connect and Grow

Save the Date: Fall Financial Peace University

Craft a healthier financial future with Dave Ramsey's Financial Peace University (FPU) at Incarnation. Free childcare will be provided for children age 8 and younger. Sign up in the Incarnation Office. Cost: \$89. Scholarships available.

When: Sundays, October 8 - December 3, 4 - 5:30 p.m.

How to Have Hard Conversations

At home, work, or in friendships, our relationships create community; but technology, complex family dynamics, and differing viewpoints can complicate how we connect with people. Facilitated by Pastor Jeanne Hartfield, explore practical tools for engaging with others in these complicated times. Cost: \$10. Register in the Incarnation Office by Monday, October 16.

When: Tuesdays, October 17 & 24, November 7 & 14; 7 - 8:30 p.m.

Goliath Must Fall Small Group for Young Adults

Connect with other young adults (post-high school/pre-baby) in a small group setting, while exploring Louie Giglio's, *Goliath Must Fall*. Suggested Contribution: \$5. For more information or to register, contact: kbloxham@incarnationmn.org.

When: Once/week on Thursdays from 5:30 - 7:00 p.m.,
October 12 - November 16.

Connecting in Grace Small Groups

Spiritual hunger, discovery, grace, love, generosity, service, physical hunger, and living lives of worship – Connect with new people and explore how these themes are part of your faith journey in a new *Connecting in Grace* small group. New groups start in October on a variety of days and times and most meet just once a month. Check the Incarnation website (search: new small groups). Register at dfloe@incarnationmn.org.

Small Groups for Men

Start your week by connecting with God. New groups will meet on Monday mornings to dive into the new *Connecting in Grace* faith study. Stop at the Information Center or Check the Incarnation website (search: new small groups). Register at: dfloe@incarnationmn.org.

When: Monday mornings (6:30 - 7:30 a.m. for ages 40-60) and evenings (7 - 8:30 p.m. for men of all ages).

Children, Youth and Family

Maker Fall Festival

Come to the Maker Fall Festival where families will move through a variety of stations, each one focusing on a different project or ability, and each one reminding us that we are created as God's masterpiece. Enjoy hands-on experiences, crafts, and dinner. Register by October 9 in the Incarnation Office. After October 9, you will be placed on a wait list. Cost: \$15/family. Maker Fall Festival is being hosted at Incarnation.

When: October 13, 5:30 - 7:30 p.m.

"Calm the Parent Storm!"

Come and learn tips and tools from a Christian parenting perspective to address unwanted behaviors while staying connected with your child. Hear practical strategies to keep your own calm as you guide your children (and yourself) through even tough times of parenting. Cost: \$15 (childcare included - please sign up for childcare if needed). Register by Wednesday, October 18.

When: Tuesday, October 24, 6:30 - 8:00 pm

Friendship with God's Love: Small Group for Moms

Friendship is a gift God wants for us, but difficult to do. Reconnect with God's love and explore how to be a friend to others. Suggested contribution: \$10. Group leader: Stefanie Straka. Register: dfloe@incarnationmn.org.

When: Twice/month on Wednesdays, 9:30 - 11:00 a.m., October - January.

Holy Moments: Small Group for Moms

How is God present in the ordinary moments of life? Connect with other moms in five gatherings to explore how God gives ordinary moments purpose and meaning. Leader: Sonya Wilson. Suggested contribution: \$5. Register: dfloe@incarnationmn.org.

When: Once/week on Thursdays, 7 - 8:30 p.m., October - November.

Connecting in Grace: Small Group for Moms

This once-a-month small group for moms (elementary to high school) will get together around the new faith study *Connecting in Grace: Filled by God's Grace* to talk about how faith is part of our lives and our families. Leader: Katrina McCarthy. For more information or to register: dfloe@incarnationmn.org.

When: Once/month on Thursdays, 7 - 8:30 p.m.

Serve

Disaster Relief

Gifts to Lutheran Disaster Response, designated for recent natural disasters will be 100% used for these disasters until the response is complete. Give to support this response and others like it. Make checks to Incarnation with "Lutheran Disaster Response" in the memo.

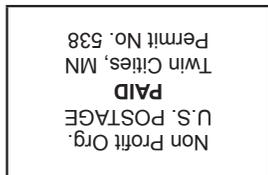
Congregational Business

Accounting Position

Incarnation is seeking someone with accounting experience to work as a part-time accountant. This is an hourly position for 25-28 hours per week with pro-rated benefits. For more information contact Kathy Kalsow at kkalsow@incarnationmn.org.

Living Lutheran Magazine

Incarnation will subsidize the subscription cost for anyone who is interested. Subscriptions for 2018 are being renewed. If you would like to receive Living Lutheran (formally named "The Lutheran"), please send a check for \$7.00 payable to Incarnation. Please write "Living Lutheran" in the memo. The deadline is November 20, 2017.



Address Service Requested

Shoreview, MN 55126
4880 Hodgson Road

Incarnation Lutheran Church



**INCARNATION LUTHERAN CHURCH
GENERAL FUND - INCOME & EXPENSE REPORT
FOR THE MONTH ENDING AUGUST, 2017**

REVENUE	YTD ACTUAL	YTD BUDGET	YTD VARIANCE
Member Envelopes/Loose	\$1,093,225	\$1,135,703	(\$42,478)
Special Env./Misc.	\$21,960	\$30,439	(\$8,479)
Total Offering	\$1,115,185	\$1,166,142	(\$50,957)
Other Income	\$5,646	\$8,148	(\$2,502)
Total Income	\$1,120,831	\$1,174,290	(\$53,459)
EXPENSES	YTD ACTUAL	YTD BUDGET	YTD VARIANCE
Missions	\$147,259	\$148,000	(\$741)
Salaries/Wages	\$911,406	\$933,333	(\$21,928)
Ministries	\$30,143	\$71,433	(\$41,291)
Administration	\$36,336	\$44,833	(\$8,497)
Building	\$110,178	\$140,400	(\$30,222)
Total Expenses	\$1,235,322	\$1,338,000	(\$102,678)
Net Income (loss)	(\$114,491)	(\$163,710)	\$49,219

CAPITAL CAMPAIGN

Beginning of the Month balance	\$153,461
Net Income for the month	42,651
Mortgage Payment	(28,540)
Other Capital Expenses	(75)
Monthly Ending Balance	\$167,497

Thank you for supporting the ministries, missions, and programs of Incarnation with your continued contributions. Your gifts are greatly appreciated.

