



# The Messenger

## Spring Garden Lutheran Church



November 2021



*Don't forget!*  
*Daylight Savings Time*  
*ends on*  
*Sunday, November 7th.*



**Congregational Meeting**  
**November 14, 2021**  
**Immediately following the worship service**



### Financial facts for September 2021:

Checkbook balance as of 9/30/21: \$18,236.51  
(previous \$16,859.21, which included the \$15,000 transfer from PPP loan.)

The **GivePlus<sup>t</sup>** app through **Vanco** is expiring Jan 31, 2022. It is being replaced with **Vanco Mobile**. The new app for your mobile device or tablet is: **Vanco Mobile**. To set up new giving on your tablet or cell:

- Go to your device's app store. Search for **Vanco Mobile**.
- See **Vanco Mobile Faith Engagement** app, click on **Get Vanco Mobile Faith Engagement**
- click on **Install**, then **Open**.
- Under **Find your Church**, enter **Spring Garden Lutheran Church**.
- Click on **Sign Up**.
- Enter your name, email and create a password.
- You'll be emailed a confirmation code.
- Enter code as given.
- You're now set up to give. Just click **Give**.
- You can now delete the **GivePlus<sup>t</sup>** app from your device.

"You can't take it with you but you can send it on ahead."  
—unknown

**Text-to-give** is not changing. It is still available and very simple:

- On your cell, text **gift to church** or **\$XX** to our 10-digit code: **507-216-9276**
- It will send you a secured link (<https://>) to click on to complete your donation via a credit or debit card.

If you have set up a recurring gift through Church (Pam) or the **GivePlus<sup>t</sup>** app, that will continue. No action is needed unless you wish to make any changes. Setting up a new recurring gift through the above method may not delete the original recurring gift. You may contact Pam Davis or Scott Hanson with questions.

Be safe. Look out for your neighbor. And thank you for remembering your Church family.

Scott Hanson, Board Representative

### Volunteers Needed!

As we get back to having a more normal worship service, there various "jobs" that need to be done on Sunday mornings. We need people to usher, create the PowerPoint slides, run the sound, run the video camera, run the PowerPoint slides during the service, and ring the bell.



These are all fairly easy things to do and training is provided. Please consider volunteering so that the same few people don't have to do it every week. If you are interested, contact Cindy Sjoquist or the church office.  
Thank you!

### Snow Removal

Our first snow and ice events are just around the corner!

Please sign up on the clipboard on the usher's table, see Randy Benson after church, or contact the church office to sign up for snow shoveling.





***"As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving."***  
**Colossians 2:6-7**

They say that being grateful is a healthy thing. It keeps depression at bay, it gives you energy, it gives you a good attitude to start the day, and I think they say it even makes you live longer. Wow! That sounds better than eating right and exercising.

Thankfulness *is* important. It's important to take time to be thankful for all that God gives to us. It's a good practice to count our blessings. If we do – we find we have a lot of them!

Even though being grateful is a good thing, we also need to be mindful of those who aren't so blessed. Who are the people around us, and around the world, who are lacking in the basic necessities for life? Who are the people who would have trouble counting their blessings because they think they don't have any? Who needs some of the blessings we have?

Abraham, in the Old Testament, was blessed by God to be a blessing to others. God gave him much, but there was a reason for the great blessings God gave him. Abraham wasn't to keep all the blessings to himself. God expected Abraham to share the things he received.

In the same way, God invites us to share the blessings we receive. It seems strange, in this age when people tend to think in terms of scarcity – will we have enough? – to encourage giving things away. But this is what God does. God gives to us – freely, without condition – because God is love and God loves us. God even gave us Jesus, God's son.

When we give to others what we have received, I have found that we are doubly blessed. Giving, being generous, and caring for our neighbor are blessings in themselves. They are a way of life that takes us away from being self-focused and they give us the freedom to focus on someone else. Who knows? – through giving away our blessings we might gain a new friend, a new passion in our lives, a new energy that we didn't have before, or any number of things. All of these are blessings also.

Being thankful is only part of what makes life better. Being thankful and sharing with others is what makes life worth living.

We have been given so much. In this month of Thanksgiving, remember to give thanks, but also remember that those things you have received are not to be guarded so that no one can take them away. Instead, they are things to share, that all might know God's love.

See you in worship! Pastor Cindy

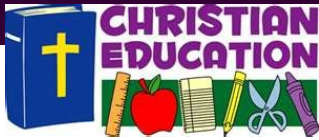


We went from summer to fall in about a week. It's been beautiful weather (up to this writing) and it has been easy to ignore fall prep. I have sprayed for bugs, refilled mouse bait stations, and will get leaves cleaned out of the landscaping and other fall prep work. I unfortunately, will also have to get the snowblower ready and shovels set out when temps fall a little more. There is a snow shovel sign up at the usher's table in entryway. I had the septic tanks pumped. Charlie Lundell has replaced furnace filters and checked them over for heating season. We do have our LP pricing locked in for the year, so we will not be stuck with really high fuel bills this winter. I installed smoke detectors in the church and have a remote monitoring system so I know if they go off. We have also been helping the archive committee with renovating the archive room. That will be a great little history museum when it's completed. Special thanks to the archive committee for organizing all the "stuff" that's accumulated over the years.

As always, if you see something that needs attention, let me know.

Randy



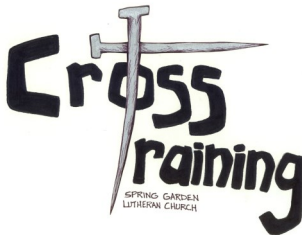


**Parents - please help your children remember to bring offering to Sunday School each Sunday. The class with the most offering at the end of the Sunday School year will get to decide who or where this money will be donated to!**



**The Christmas program is coming up! Please let Maggie know if you are interested in helping with this. We need 2 volunteers to help guide kids during practice and during the program. Practices start mid-November and are during the Sunday school time.**

**-Maggie Wilson**



**November 2021**

MEGAN NERISON  
507.263.4679 / 507.271.7491  
MNERISON13@GMAIL.COM

**WEBSITES:**

Make sure you add both Facebook pages for important information: Spring Garden LYO & Spring Garden Church Cross Training

**November/December:**

- Nov. 17th: Deposit and Registration due for the ELCA Youth Gathering & Youthworks Trip
- Nov. 14th: Providing lunch after church for (lunch Congregation meeting)
- December: Chili Feed / Bake Sale. Date TBA

**2022 SUMMER TRIP OPPORTUNITIES: Registration is DUE!!!**

***ELCA Youth Gathering in Minneapolis, current grades 9-12th.***

Minneapolis: July 24-28th. \$100/person deposit due Nov. 17th. Chaperones needed.

***Youthworks to Rapid City, SD, current grades 7-12th.***

Rapid City, SD. June 11-18 or 19th. \$50/person deposit due Nov 17th. Limit: 10-12 youth.

***\*\*please talk to Pastors or Megan if you have questions or need any financial assistance.***

**2022 Summer Trip Registration**

**ELCA Youth Gathering**

Youth Name

\_\_\_\_\_  
\_\_\_\_\_

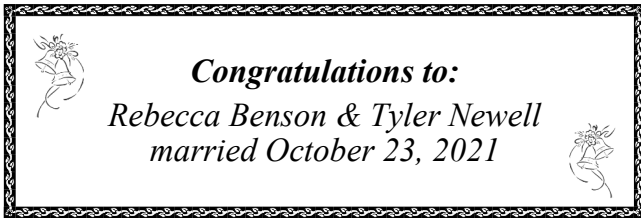
Deposit paid: \_\_\_\_\_

**Youthworks Service Trip**

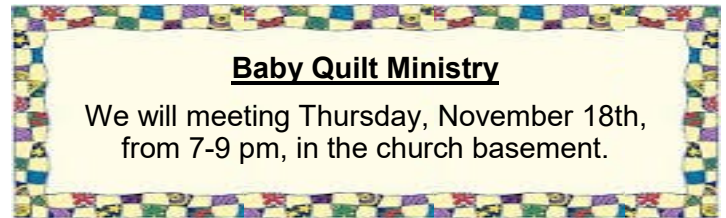
Youth Name

\_\_\_\_\_  
\_\_\_\_\_

Deposit paid: \_\_\_\_\_



**Congratulations to:**  
*Rebecca Benson & Tyler Newell*  
*married October 23, 2021*



### **Baby Quilt Ministry**

We will meeting Thursday, November 18th,  
 from 7-9 pm, in the church basement.



*Baptized October 10, 2021*  
*Born October 31, 2020*  
**Levi David Sommers**

*Son of: Chad Sommers & Erica Regenscheid*  
*Sponsors: Josh Fox, Alicia Emery*



*Baptized October 17, 2021*  
*Born July 12, 2021*  
**Cora Louise Klair**

*Daughter of: David Klair & Becky Lindahl*  
*Sponsors: Aaron Larson, Rachel Rapp*



**Thank you to everyone that  
 worked on or donated  
 quilts and blankets to the  
 refugee project!**

*Julie Lorentz*

### **Book Chatter**

The next Book Chatter meeting will be  
 on Tuesday, November 16, at 7:00 pm.

They will be discussing Giants in the  
 Earth by O.E. Rølvaag.



**Anxiety** - how many of us have had episodes of anxiety? It has truly been unsettling to me. I have episodes of anxiety when I wake up. I don't like it and I struggle with how to deal with it. I have found a homeopathic remedy that has been very effective for an anxiety episode or attack. It is called Rescue Remedy. It is not a medicine and can be purchased at a health food stores.

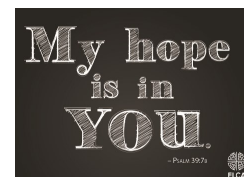
I also found a post of tips to help with an anxiety attack, but first:

The definition of anxiety is: A feeling of worry, nervousness, or unease typically about an imminent event or something with an uncertain outcome. When I think of the anxiety episodes that I have had I plug in the definition and it fits.

Recently my sister-in-law posted this and it has been most helpful—

#### Tips to help with an anxiety attack

Look around you and find:  
 5 things that you can see  
 4 things that you can touch  
 3 things you can hear  
 2 things you can smell  
 1 thing that you can taste



This is called grounding. It can help when you feel like you have lost all control of your surroundings. I hope that these tips can be helpful to you. I would post these tips in a central spot so that they are easily accessed when you have an anxiety episode.

We do have so much to be thankful for this Thanksgiving. No matter if you celebrate with others, or if it's just you, look around and give thanks.

Gods Peace,

Yvonne Salmonson, RN, Parish Nurse  
 Faith = Facing All I Trust Him







### Know of a Worthy Cause?

The Mission Endowment Fund Committee meets again on November 29th. If you are aware of needs in the community, world-wide outreach projects, capital improvements for the church and grounds, or educational support for post-secondary school or training or church related events, please consider submitting a request prior to the meeting. Applications are available on-line on the church website or from the church office.

The Committee meets again in January, March, July, and October 2022.

#### Cannon Falls Community Volunteer Fire Department

Dear Friend and Sponsor:


The Cannon Falls Fire Department would like to express our sincere thanks for your financial support of our Fire Safety Education Program.

It is our sworn duty to provide the Cannon Falls community with the level of fire protection and life safety the public expects. You have recognized that we desperately need to reach our children with accurate and vital facts that will educate and help them grow as safe, happy and responsible citizens. The materials we have carefully selected were developed exclusively by the National Fire Safety Council, Inc., a nonprofit, tax-exempt organization.

Because of your generous support we are able to provide this well-rounded Fire Safety Education Program. Without your help this could have been possible.

Thanks again, on behalf of the Cannon Falls Fire Department and all the young people who will be touched by your helping hand.

Yours in Safety, Service and Protection,

  
Mike Althoff  
Fire Chief



SEMINARY RELATIONS  
2481 COMO AVENUE | ST. PAUL, MN 55108  
1-888-3LUTHER | 651-641-3448

August 13, 2021

The Rev. Cynthia Fisher-Broin  
Spring Garden Lutheran Church  
PO Box 237  
Cannon Falls, MN 55009-0237

Dear Pastor Fisher-Broin,

Thank you for the recent gift of \$500.00 to Luther Seminary, which we received from Spring Garden Lutheran Church. We deeply appreciate your generous support, and the impact that it makes! Through your gifts and those of others last year,

- 101 students graduated, called and sent to do God's work in the world
- The new Faith+Lead platform reached almost 200,000 church leaders, helping them respond to the pandemic, advancements in the digital age, and much more
- 78% of students didn't apply for financial aid, and 55% graduated with no student debt
- All M.A. and M.Div. students received the 100% tuition Jubilee Scholarship

This community of Christian leaders is making a difference in the church and in the world, and we couldn't do it without you! If you have any questions, please contact the Office of Seminary Relations toll-free at 1-888-358-8437 or [semrel@luthersem.edu](mailto:semrel@luthersem.edu).

Sincerely,

  
Dan Sassenberg  
Director of Advancement Services

Gift Date: 8/13/2021 Gift Amount: \$500.00  
Fund Description: Sustaining Fund

### Are you experiencing frustration with the COVID-19 pandemic?

Have you noticed increased frustration, agitation or anger throughout the course of the COVID-19 pandemic? If so, you're not alone. Research has shown that many people are experiencing anger, and that. pandemic anger, or "panger," is real. Anger is a universal human emotion. In its most basic form, anger's purpose is to motivate action. That's really important. But many of the things done in response to anger, such as yelling, dwelling on the situation or shutting down, can be less than helpful. And these actions can negatively affect physical and mental health, and relationships. Over time, anger becomes exhausting. So what can you do?

Here are some ideas that may help you respond more effectively to panger rather than simply reacting:

- **Step back and observe.** Take a deep breath and pay attention to what's happening in the moment without judging or evaluating your experience. Simply slowing down and observing anger can make it seem less overwhelming and help create space between your anger and what you do next.
- **Allow panger to be present.** People often try to avoid or get rid of unpleasant internal experiences, including thoughts, emotions and memories. This is natural and even makes a lot of sense in the short term, but it doesn't always work well in the long term. With anger, the tendency to avoid can result in various automatic reactions that aren't always helpful and can even increase anger over time.
- **Listen to anger's message about what you value.** Choosing to allow anger — along with associated thoughts, emotions, physical sensations and urges — to be present without automatically trying to avoid or get rid of it creates freedom and flexibility to choose effective and meaningful actions. It doesn't mean you're accepting the situation that may have led to anger or that you're giving up on what you care about. It means you're choosing to put energy toward effective action rather than focusing solely on trying to control the uncontrollable.
- **Choose effective action.** Once you've slowed down to listen to the message anger is sending you, choose your next effective action. You may not be able to control what others say and do, or even what you think and feel, but you can control how you respond.

Everyone has unique and individually chosen values, and the actions that align with these values may look different across people and situations. It's all about exploring the message that anger may have for you and choosing actions based on what you care about most.

If you feel like anger or other strong emotions are significantly and negatively affecting you, consider seeking out mental health services from a professional who uses evidence-based treatments.

*\*Excerpts from Mayo Clinic Featured Topic, Oct. 18, 2021*

**In Attendance:** Brian Lindahl, Scott Safe, Randy Benson, Stan Lundell, Becky Haugen, Scott Hanson, Cindy Sjoquist, Monica Erickson, Pastors Nick & Cindy Fisher-Broin, Treasurer–Rob Lorentz, and Parish Nurse–Yvonne Salmonson

**Call to Order:** President Brian was going to be a little late for the meeting so Vice-President Scott Safe called the meeting to order in his stead at 7:06 pm in the church social hall. Opening prayer was given by Pastor Cindy.

**Secretary's Report:** A motion was made by Randy to approve the minutes of the September 2<sup>nd</sup> council meeting. The motion was seconded by Cindy and carried.

**Financial Secretary's and Treasurer's Reports:** Pam's report as of September 30<sup>th</sup> showed a total of \$139,052.46 in pledges year-to-date. Rob's report showed that the checkbook balance as of September 30<sup>th</sup> was \$18,236.51. Scott Hanson made a motion to approve the financial reports. The motion was seconded by Scott Safe and carried.

**Parish Nurse Report:** Yvonne's report for the period 9/2/21 – 10/7/21 included 8 visits, 4 phone calls, 22 texts, 26 hours, 125 miles, sent 1 Thinking of You card, and attended the funeral for Logan Kuhn. She also attended the September council meeting, attended a Sunday School teachers' meeting, and wrote an article for the October newsletter.

### Action Items:

**1) Update on the search for an Organist/Pianist and a Music Director:** First the Worship and Music Board and then the Executive Committee met with an applicant that was interested in the Organist/Pianist and the Music Director positions on Tuesday evening October 5<sup>th</sup>. She was well qualified and really liked our music program, our well-kept up building and equipment, and our hospitality, but she regretfully declined today because she would have been driving down from Minneapolis and needs something with a greater financial offer.

An ad for the positions will be renewed on the Organist Guild website and possibly some other websites that offer free ads.

**2) Discussion on the Covid-19 Delta Variant:** After some discussion, the council decided that no changes are necessary to the council's current recommendation that everyone wear a mask for all indoor activities.

**3) Fee Structure for Non-Funeral Home Funerals:** There have been more and more funerals that don't use a funeral home. It adds to the workload for everyone involved. There was consensus that there should be separate fees for funerals that don't involve a funeral home. Randy made a motion to have fees of \$1,000.00 for members and \$1,500.00 for non-members for non-funeral home funerals. Cindy seconded the motion and it carried. The council will look at and possibly revise our other fees for funerals next month.

**4) Newsletter Volunteers:** Rachel was looking for some input from the council as to whether volunteers could begin to help with the newsletter again. Scott Safe made a motion to allow volunteers to help Rachel with getting the newsletter ready for mailing again. Becky seconded the motion and it carried.

**5) Discussion on Preparing the 2022 Budget:** Rob informed the council that we need to designate through Portico the health plan option we are going to offer the Pastors for next year. Randy made a motion that we continue to offer the Pastors the Gold Plus health plan. Scott Hanson seconded the motion and it carried.

Rob noted that we will need to raise the budget for some expenses and consider again for next year a 2.5% increase in the salaries of the staff. The Executive Committee along with Scott Hanson will be meeting with the Pastors to discuss a compensation package for them and they will also need to work on the 2022 budget. A proposed budget will be presented to the council next month.

**6) Constitution:** Stan updated the council on the progress of the task force that is working on possible revisions to our constitution. He explained the notification process for amendments to our constitution that is required by the synod and stated in our constitution. There will need to be two congregational meetings to approve proposed revisions. Both congregational meetings may need to be in January in order to meet the necessary timelines for notification to the council and the congregation. More information will be presented at the November 14<sup>th</sup> congregational meeting.

**7) Church Calendar Review:** October 14<sup>th</sup> @ 7:00 pm – Youth and Chris. Ed. Boards meeting

**Pastors' Report:** Pastors Nick & Cindy gave their report.

### Board and Committee Reports

**Worship and Music–Cindy Sjoquist:** There will be a Harvest Sunday worship service on October 24<sup>th</sup>. They are looking for more volunteers to run the sound system and to operate the camera.

## October 7, 2021 Council Meeting Minutes Continued...



There is an earlier cutoff date this year on ordering poinsettias. November 14<sup>th</sup> has been set as the order deadline. Cherub Choir is starting. Starting on Sunday October 17<sup>th</sup>, the congregation will be able to receive communion in a more normal way. For anyone that wishes, they would be able to receive prepackaged communion in the pews.

**Evangelism**—*Lisa Emkovik*: Lisa has some ideas regarding a new directory if we want to get an updated directory to members soon. We could scale the directory back, no photos just names, addresses, phone, and email. We could plan on a photo directory at a later date but putting that together will take much more time. We can also have a year-in-review template that compiles all the events, info, and photos that occurred each year. It would be similar to what one would see in a directory, but it would cover each year. It could be kept in the Archives Room.

**Christian Education**—*Becky Haugen*: The Sunday School and Confirmation classes are off to a good start.

**Youth Ministry**—*Monica Erickson*: They are doing a sub sandwiches fundraiser this weekend. They are planning a flower sales fundraiser in the spring. Monica asked the council if they could start planning for a Sunday School Christmas program and if they could serve food as a fundraiser in conjunction with the November congregational meeting? The consensus of the council was that it shouldn't be a problem as long as precautions are taken to minimize the risk of spreading Covid and flu viruses.

**Congregational Life**: They will need to schedule a date for Christmas decorating.

**Church Property**—*Randy Benson*: Randy has installed smoke detectors in the basement and the sanctuary.

Randy, along with some youth, cleaned the interior of the steeple. Our insurance company sent out an engineer to inspect the church roof and he could not find any hail damage. It may be because there are heavier shingles on the roof of the church. We have received a check from our insurance company for hail damage to the shelter roof. Charlie Lundell installed new furnace filters and did a preseason maintenance checkup on the furnaces. Randy talked to the sign company again. They will give us a bid next week. There are two file cabinets from the Archives Room that are no longer needed. Randy will see if someone wants them. Randy will order new mics for the lectern, choir, and piano that the council previously approved. The 150<sup>th</sup> anniversary for the church building is coming up in 2026.

**Stewardship**—*Scott Hanson*: Scott found out that Vanco is not going to change the Give Plus giving option to Vanco Mobile until sometime in January. At that time, any recurring giving transactions will transfer to Vanco Mobile, but any new gifts or changes to a member's recurring giving will have to be made through Vanco Mobile. More information will follow regarding the changes.

**Missions Board**—*Christy Collins*: They collected approximately 35 quilts that are being sent to Fort McCoy for the refugees from Afghanistan. Many thanks to our Spring Garden quilters for donating your gifts.

There will not be a Feed My Starving Children mobile packing event again this year in Cannon Falls due to Covid safety concerns. Instead, they are setting a goal to raise our usual donation to FMSC with a "No Pack Packing Event", similar to the "No Bake Bake Sale" that we have done for other fundraisers. They are asking members to donate cash in place of volunteer time. An hour's worth of packing at a mobile event typically makes approximately \$25 worth of food packs. There is a signup at church where members can sign up to donate however much they are able. In addition, kids will be collecting loose change at home again and dropping it off in their Sunday School classrooms this year.

**Executive Committee**: They met with an applicant that applied for the Organist/Pianist and the Music Director positions.

**Archives Committee**: The committee continues to organize files and record books. Don has done an amazing job with that.

**Mission Endowment Fund Committee**: Nothing new to report.

### Announcements:

Next council meeting: November 4<sup>th</sup>

Pam's Helper: October – Randy; November – Lisa; December – Stan

Closing prayer next month: Lisa

**Adjournment**: The closing prayer was given by Randy. A motion was made by Scott Hanson, seconded by Monica and carried to adjourn at 9:05 pm.

Stan Lundell, Secretary

*Subject to Approval*



# The Messenger - Spring Garden Lutheran Church



*"Building a Rural Family in Christ"*



## Church Council Members & Staff Members

President	Brian Lindahl	
Vice-President	Scott Safe	
Secretary	Stan Lundell	651-764-1623
Treasurer	Rob Lorentz	507-263-2384
Financial Secretary	Pam Davis	507-263-5657
Worship & Music	Cindy Sjoquist	651-380-3547
Evangelism	Lisa Emkovik	651-491-2012
Christian Education	Becky Haugen	507-421-2964
Youth Ministry	Monica Erickson	507-263-7299
Congregational Life		
Church Property	Randy Benson	507-649-2503
Stewardship	Scott Hanson	612-221-6933
Missions Board	Christy Collins	
Parish Nurse	Yvonne Salmonson	507-951-7921
Custodian	Sue Safe	651-258-4619
Administrative Asst.	Rachel Benson	507-263-5532
Pastors Nick & Cindy Fisher-Broin		507-824-3216
P. Nick's Cell: 507-298-0416	P. Cindy's Cell: 507-298-0415	

Spring Garden Lutheran Church  
P.O. Box 237  
Cannon Falls, MN 55009  
Phone: 507-263-5532  
E-mail: [springgardenchurch@frontiernet.net](mailto:springgardenchurch@frontiernet.net)

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