

**MAY 9TH!**



## Food Shelf



### Food Shelf Update

We absolutely have the best congregation! We exceeded our goal of \$1000 and raised \$1570 for the food shelf.

That's so awesome! Thank you all!

*Brenda Safe*

The Baby Quilt Ministry will be start meeting again on Thursday, May 20th!

We will meet from 7-9 pm at church. Anyone is welcome to come and help!



### Family Fare Receipts

Receipts for April: \$3,985.00.

Thanks for your supportive help!

*Nina Pagel*



*Baptized April 3, 2021  
Born September 23, 2020*



**Mason John Wilson**

*Son of: Brock & Maggie Wilson  
Sponsors: Brady & Jessica Wilson*

**\*\*All events in this newsletter are tentative and may be cancelled or postponed!\*\***

## Summer Stretch 2021--Taking Care of God's People & Creation (Grades 6 and above)



- Wednesday, June 9th
- Wednesday, June 30th
- Wednesday, July 7th
- Wednesday, July 28th



*Co-sponsored by First English, Spring Garden, St. Ansgar's, and Urland Lutheran Churches*

- Forest**—We will learn about and work in the Environmental Learning Area currently being developed behind the Canon Falls High School.
- Water**—What do you know about the water in the rivers? How do we protect it so we can continue to enjoy it? We will be on the river, either tubing or canoeing.
- Body**—Our bodies are important and each person's body is different. How can we take care of our body so we can enjoy life and serve others? Bring your bike—we'll be on the Bike Trail.
- Community**—Cannon Falls area churches have supported our local food shelf for over 40 years. Learn about this ministry and the make sandwiches to donate to the Minnesota Sandwich Project. Bring your swimsuit—we will head to the pool today!

**Registration materials with dates for each activity will be available in early May.**

**You may sign up for one or more Wednesdays.**

## Pastor's Article.....Pastor Cindy Fisher-Broin

*Indeed, the body does not consist of one member but of many....If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it. Now you are the body of Christ and individually members of it. 1 Corinthians 12:14, 26-27*

You have perhaps heard the church referred to as the "body of Christ." This reference comes from 1 Corinthians 12. Within the chapter, Paul talks about a physical body and about how the foot cannot say that because it is not a hand it does not belong to the body. Throughout the chapter Paul speaks of the body working together and makes the point that every part is needed.

Thinking of the church as a physical body – the body of Christ - helps us to understand how something that affects part of the body affects the whole body. This is very true of the church. But what happens if the whole body is affected by something? How does the body recover?

In recent months we have all experienced challenges. We have all become anxious and perhaps afraid, at least at times. And we have good reason to feel these things. It seems like the world has become unstable and unsafe. In some ways the future seems uncertain. There are violence and division, mass shootings, racial tensions, political unrest, isolation, a pandemic, and a loss of what we thought was normal. On top of these things we might be facing financial or family struggles, the loss of a loved one, or personal issues.

The problem with our reaction to these things is that the anxiety we feel can be passed on to others around us. We feel better sharing our anxiety and fears with another person because it takes some of it off our shoulders. But it ends up putting it on their shoulders. It's like an infection that starts in your finger. If left untreated it can become an infection that takes over the whole body and soon you end up in the hospital on antibiotics.

The thing to remember is that when a finger does become infected, we don't usually cut it off. We don't throw away one of our fingers to stop an infection. Instead we bring the strength of the body together and we seek outside help to fight the infection so that the finger, and the whole body, can be healed.

When anxiety infects the Body of Christ, which it does sometimes, the body needs to come together, work together, and find a way to reduce the anxiety. The Body also needs to seek outside help - the help which God is always ready to give. We are not alone to face the things which have caused fear and anxiety. We have one another and we have a gracious and loving God who calls us into community and into the Body of Christ of which we are all a part.

May we rejoice in the marvelous Body to which God invites us!

Peace, Pastor Cindy



Unfortunately, we have decided to cancel the remainder of this school year of Sunday School and CrossTraining and have moved confirmation classes back to Zoom due to a high number of students being exposed and in quarantine in the Cannon Falls School District.

To say this has not been an easy last year would be an understatement, but some good has come out of this as we have learned how to be creative and have learned that sometimes change is a good thing.

On May 23rd, we will be having our Senior Recognition Sunday. We will hand out ice cream treats to everyone after the service!

Please watch for details regarding Seder Meal plans. We have 2 years of kids to get caught up on and we are currently working on planning an outdoor Seder Meal. Because we can't have a traditional-style Seder Meal at this time, we will be notifying the families as we get the details worked out.

We still are hoping to have VBS this summer, but it will more than likely be held later on in the summer. The Pastors at both Spring Garden and Urland have began discussing what they think this may look like. We are also hoping to have some outdoor family get-togethers at the church throughout the summer as it is good to be with our church family!

Let's hope for a much more normal start this fall for Sunday School!

Stay safe!

Becky Haugen & Maggie Wilson



## **Friberg update March 2021**

Dear mission partners and loyal friends,

Because of your generous support, we were able to continue working in Tanzania during 2020 with minimal disruption. This was a huge blessing. We know, however, that many of you were very restricted in work and activities. We have seen first-hand the worldwide economic impact of the pandemic. We know many of you experienced financial shortfalls. We pray that the vaccinations will bring a rapid turnaround.

Tanzanians lost their president unexpectedly this month from illness. There was a smooth and peaceful transition of power when Vice President Samia Hassan assumed her new role as President. She is confronted by a second wave of COVID which is more serious than the first. The pandemic shut down Tanzania's biggest industry which is tourism. The recovery will be long.

We are in Minnesota for 3 months while renewing our Tanzania work permit. Lord willing, we will continue working in Tanzania two more years.

Steve greatly appreciates your prayers for his prostate cancer treatment. He is on hormone blockers and there has been no progression of his disease over the past two years. We will all encounter challenges in life which can only be faced with the help of Jesus.

Our daughter Shalai is in her second semester at the University of Minnesota. She is thankful to be in the dorm and have friends despite the restrictions. We are thankful Nyika and Zaka were employed throughout the pandemic. Zaka and Meagan bought a rural home and are settled near Somerset, WI. Nyika has big changes ahead, the best of which is marrying Becca in May!

Steve's Journey with The Cross is attached.

With our thanks,  
Steve and Bethany



## **Steve's Journey with The Cross - March 2021**

### **ETHI ENKAI! GOD IS!**

John 14:6 – Jesus said to him, “I am the way, and the truth, and the life.

No one comes to the Father except through me.”

We have the privilege of living and working with the Maasai people as your medical missionaries.

With the coming of the seasonal rains and lush fresh grass for the livestock and wild animals, we frequently hear the expression, “ETHI ENKAI!” “GOD IS!” This is such a natural and powerful affirmation of God's being. It is an echo of Exodus 3:14, God said to Moses, “I AM WHO I AM! ... I AM has sent you.”

In John 14:6, Jesus states and echoes, “I AM the way, the truth, and the life. No one comes to the father except through me.” In this statement Jesus is equating himself with God. Jesus goes on to say in verse 11, “Believe me when I say that I AM in the Father and the Father is in me.”

When I was a teenager, I was disturbed reading about Jesus' suffering, crucifixion, and death. Why did Jesus have to die? How could the God of the universe be tortured and die? Gradually I learned that Jesus' whole mission was to pay the penalty of our sins and that his death on the cross was a victory over sin, death, and the devil. The resurrection showed that death could not overcome the Son of God.

Luther explains redemption this way, “I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the Virgin Mary, is my Lord, who has redeemed me, a lost and condemned person, purchased and won me from all sins, from death, and from the power of the devil; not with gold or silver, but with His holy, precious blood and with His innocent suffering and death, that I may be His own and live under Him in His kingdom and serve Him in everlasting righteousness, innocence, and blessedness, just as He is risen from the dead, lives and reigns to all eternity.” Luther's Small Catechism, Second Article.

Prayer: *Oh, GOD WHO IS, you are the source of rain and new life. Accept our humble love, worship, thanks, and obedience. Show us your kingdom. Amen*

Steve Friberg, M.D.

Ketumbeine, Tanzania

## Spring Garden Lutheran Church - Council Meeting Minutes April 8, 2021

**In Attendance:** Theron Pagel, Brian Lindahl, Randy Benson, Stan Lundell, Scott Hanson, Monica Erickson, Christy Collins, Cindy Sjoquist, Lisa Emkovik, Pastors Nick & Cindy Fisher-Broin, Treasurer–Rob Lorentz, Yvonne Salmonson–Parish Nurse, and Jay Olson–Covid-19 Preparedness Plan Administrator

**Call to Order:** President Theron Pagel called the meeting to order at 7:04 pm in the church social hall. Opening prayer was given by Pastor Nick.

**Secretary's Report:** A motion was made by Scott to approve the minutes of the March 4<sup>th</sup>, the March 16<sup>th</sup>, and the March 23<sup>rd</sup> council meetings. The motion was seconded by Cindy and carried.

**Financial Secretary's and Treasurer's Reports:** Pam's report as of March 31<sup>st</sup> showed a total of \$49,457.77 in pledges year-to-date. Rob reported that the checkbook balance as of March 31<sup>st</sup> was \$25,668.54. Scott made a motion to approve the financial reports. The motion was seconded by Randy and carried.

**Parish Nurse Report:** Yvonne's report for the period 3/4/21 – 4/8/21 included 3 in-person visits, 30 phone calls, 19 texts, 28 hours, 60 miles, and 5 cards sent. She met with the Pastors on March 14<sup>th</sup>. She also attended the March 4<sup>th</sup> council meeting and two additional special council meetings in March. She also wrote an article for the April newsletter.

### Action Items:

**Guidelines for a May 15<sup>th</sup> Wedding:** Pastor Cindy is officiating a wedding for a member and his fiancée on May 15<sup>th</sup>.

They are wondering if the bride and groom could remove their masks for the ceremony. They want to experience a somewhat normal wedding ceremony. One of them will be fully vaccinated by the date of the wedding and the other will have had one shot by then. The rest of the wedding party would all wear masks because of their vaccination status. Pastor Cindy is fully vaccinated. Jay pointed out an exception in the state guidelines to the general rule that masks must be worn at all times. The state guidelines refer to situations where masks may be temporarily removed such as speaking, or performing in an indoor business or public indoor space, provided that social distancing is always maintained. Jay also mentioned that weddings are official ceremonies which require the taking of vows by the bride and groom. The council felt that because a wedding is considered a ceremony, weddings should not have to follow the same pandemic guidelines that we have developed for our worship services. Every wedding will have unique circumstances to take into account when considering any exceptions. Stan made a motion to allow the bride and groom, and Pastor Cindy, to remove their masks for only the wedding ceremony which is performed around the altar area, and it would be contingent on the state guidelines in place at the time of the wedding. Scott seconded the motion and it carried.

**Church Sign:** Based on feedback from the council at the March 4<sup>th</sup> council meeting, Randy presented some more design options for a new church sign. At this point, the council is interested in a two post design. Randy will get more detailed information from the sign company that will include a cost estimate. Randy will provide the information that we have so far to the congregation at the April congregational meeting.

**Set Agenda for the April 18<sup>th</sup> Congregational Meeting:** The agenda for the April 18<sup>th</sup> congregational meeting will include the election of four council members and one Mission Endowment Committee member. There will be discussion on replacing our church sign and also some discussion on Midsommar. The council decided that voting members will also be able to participate through Zoom for this congregational meeting.

**Constitution Review Committee:** A committee has been formed to review and suggest some changes to our constitution. The committee members are Pastor Nick, Stan Lundell, Tim Anderson, and Jay Olson.

**Midsommar:** Vasa doesn't want to participate in a joint Midsommar event this year. The Pastors suggest that we begin to make plans for what we can do for food, tractor parade, etc. for a scaled back Midsommar event of our own this year.

**Church Calendar Review:** Nothing new to report.

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

### Board and Committee Reports

**Worship and Music–Cindy Sjoquist:** They are beginning to schedule lay-readers and also are searching for volunteers to acolyte.

**Evangelism–Lisa Emkovik:** Lisa is starting to assess activities that have been put on hold until now.

**Christian Education–Becky Haugen:** The Chris Ed board met on March 17th. Maggie, Tim, the Pastors and Becky were present. Megan Nerison and Monica Erickson also attended. They discussed the idea of combining the Chris Ed board with the Youth board, forming one board, and both current boards operating as two separate committees and only having one council representative, all were in favor. So should that be a possibility when the constitution gets updated, all present were for that change.

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*April 8, 2021 council minutes continued...*

The garden flags have been ordered from Bonnie McNamara for our 5 graduating seniors this year. They will set up delivery to them if we are not able to have something during church service on a Sunday for them.

The next Chris Ed board meeting will be held on April 21st at 7:30.

**Youth Ministry—Monica Erickson:** The flower sales are done. Monica and Megan attended a joint Chris Ed and Youth board meeting to discuss the idea of combining the two boards.

**Congregational Life:** Nothing to report.

**Church Property—Randy Benson:** We received a used TV for the balcony that Rob Lorentz donated. Randy is fine tuning the Zooming of the worship services.

**Stewardship—Scott Hanson:** Nothing new to report.

**Missions Board—Christy Collins:** The Missions board promoted March MN Foodshare month by promoting donations to the CF Foodshelf and by putting flyers in the bulletin. A total of \$1200.00 was donated through the congregation.

We received a letter from our Tanzania missionaries Steve and Bethany Friberg with their yearly update. They are hoping to add that information to the May newsletter for the congregation.

Some members of the Guatemala health team participated in a Zoom conversation with ILAG about creating some digital educational content for the health promoters in Guatemala and their communities.

**Executive Committee:** Nothing new to report.

**Archives Committee:** The committee will be meeting to discuss cleaning, painting and organizing the archives room.

**Mission Endowment Fund Committee:** They are meeting on April 26<sup>th</sup>.

**Announcements:**

Invite newly elected council members to the next council meeting

Next council meeting: May 6<sup>th</sup>

Pam's Scheduled Helper: April – Theron; May – Stan; June – Cindy

Closing prayer next month: Stan

**Adjournment:** The closing prayer was given by Theron. A motion was made by Brian, seconded by Scott and carried to adjourn at 9:37 pm.

Stan Lundell, Secretary

**Subject to Approval**

**Spring Garden Lutheran Church Congregation Meeting Minutes – 4/18/2021**

The meeting was called to order by President Theron Pagel at 10:45 am in the church sanctuary.

There were 45 voting members present in-person and 16 voting members present electronically through Zoom. A quorum was established with a total of 61 voting members present.

The opening prayer was given by Pastor Nick.

**Secretary's Report:** The minutes from the February 7, 2021 Congregational Annual Meeting were read. A motion was made by Nina Pagel, seconded by Paula Hogan and carried to approve the minutes of the last congregational meeting.

**Mission Endowment Fund Committee Report:** The Committee has not met since January so they didn't have anything new to report. Their next meeting is scheduled for April 26<sup>th</sup>. They will be considering any new applications for funding that they receive prior to that meeting.

**Election: Nominees for Council & the Mission Endowment Fund Committee:** President Theron listed the following nominees for the council and the Mission Endowment Committee.

Vice-president—Scott Safe

Secretary—Stan Lundell

Property—Randy Benson

Stewardship—Scott Hanson

Mission Endowment—Jeanne Daniels

Theron asked if there were any additional nominations from the floor. There were no additional nominations. John Olson made a motion to cast a unanimous ballot. Carol Olson seconded the motion and it carried.

**Old Business**

1. Dennis Sjoquist asked about a financial report for the meeting. Stan mentioned that Rob could not attend this meeting. According to Rob's last Treasurer's report to the council, Stan reported that we had a checkbook balance of \$25,668.54 as of March 31<sup>st</sup> which was about \$4,000.00 higher from the previous month.

*Continued next page...*

April 18, 2021 meeting minutes continued...

2. There was no other old business.

## New Business

1. **Discussion on a New Church Sign:** Randy mentioned that the council has talked about the possibility of a new sign on and off for a couple of years. He displayed on the TV screen a sample of a sign design that the council is most interested in at this time. He mentioned that the sign company has not given us an actual pricing quote yet because the price of materials is changing so rapidly right now. Any quote that they would give us probably would only be good for a day or two. He said that the sign company suggests that we may want to wait until material prices stabilize or possibly even go down before proceeding.
2. **Discussion on Midsommar June 27<sup>th</sup>:** Pastor Nick mentioned that as we are approaching summer and vaccinations are increasing, there may be some things to consider while planning for a Midsommar event this year. Do we make plans for the traditional date, wait until a later date when conditions may be even better, or make plans for a smaller event this year? Scott Safe handed out some current statewide statistics on the progress of vaccinations. Based on the state's current rate of vaccinations, he projects that by July everyone should be fully vaccinated that want to be vaccinated. He mentioned that Vasa-Spring Garden Insurance typically helps with promoting the event and would support whatever decision is made for Midsommar. The council will be continuing to discuss Midsommar at the May council meeting.
3. Mark Sjoquist brought up our indoor worship policy. He suggested that we should begin allowing singing and sharing communion in the pews right away. He mentioned that several other area churches are already allowing singing and sharing communion in the pews. Many members commented on the proposal. Some of the comments included that we should return to normal right away because so many people are now vaccinated, we should be more patient and trust the council's recommendations, and Jay Olson, our Covid-19 Plan Administrator, mentioned the recent closing of the schools and the continued high number of positive Covid tests despite the number of people now vaccinated as reasons to proceed with caution.

Mark Sjoquist made a motion to allow singing and also communion in the pews at our worship services beginning next Sunday. Masks and social distancing would still be required. Dennis Sjoquist seconded the motion. There was some further discussion. Scott Hanson mentioned that we could lose our music directors over this, and that we need to take everything into consideration with this vote. President Theron called for a show of hands for the vote. There were 10 votes in-person plus 5 votes via Zoom in favor of the motion. There were 22 votes in-person and 8 votes via Zoom opposed to the motion. The total was 15 votes in favor of the motion and 30 votes opposed. President Theron announced that the motion failed.

4. There was no other new business.

**Adjournment of Meeting:** A motion was moved by Jay Olson, seconded by Charlie Lundell and carried to adjourn.

The meeting adjourned at 11:38 am.

Stan Lundell, Council Secretary

*Subject to Approval*



Council has been discussing updating the church sign for a while. The design pictured is what council has come up with and what was presented at the April congregational meeting. Because material pricing is currently very high, we will probably wait to install it. The sign is two-sided and will be placed so it can be read from both directions on the road. It will include brick pillars, aluminum sign, acrylic lettering, and will be illuminated internally.





Today we were notified by the Cannon Falls School District that PreK thru 12th Grade will go to distance learning. I had been thinking of writing my newsletter article in conjunction with the vaccine initiative so that news just solidified my decision.

When the vaccines began to roll out early in the year, I watched cautiously as people began to get the vaccine. I personally was not planning on getting the vaccine because of how my body has reacted to previous vaccines. Fast forward to early March with the increase of the variants, and I began to think that maybe I was playing Russian roulette with my health and the health of those around me. I thought, "How was my body going to react to the variant?" "Would I get a mild case or would I get seriously ill?" "Was I being selfish and not thinking about the people that I was coming in contact with?" "What if I was a spreader unknowingly infecting others and they got sick or hospitalized?" I chose to get the vaccine and, except for a sore arm both times, I had no ill effects.

I realize that it is a person's right to decide whether to get the vaccine or not, but I would ask that all prayerfully consider the risks of not getting the vaccine. A while back, we received a question-and-answer flyer from a medical clinic regarding the Covid vaccine. Here is some of what was written:

**Question:** Can I get Covid from the vaccine? **Answer:** No.

The vaccine does not use live viruses so you can't get Covid from the vaccine.

**Question:** Does the vaccine protect my loved ones? **Answer:** Yes.

This is one of the best ways to protect yourself and everyone around you. The more people who get vaccinated the less disease there is to spread.

**Question:** I've already had Covid. Do I still need to get vaccinated? **Answer:** Yes.

We don't know how much immunity you get from having had the virus or how long it lasts. Vaccines give a clear predictable level of protection (this is my take on this: think of all the immunizations or vaccines we've had over our lifetime. Vaccines such as polio, small pox, and diphtheria and the difference they've made in our lives). Plus, a second, new infection is possible without vaccination. You can become sick again.

**Question:** I wouldn't get very sick if I got Covid. Do I still need to get vaccinated? **Answer:** Yes.

There's no way to know how Covid will affect you, even if you are not at increased risk of severe complications. You can also spread the virus to family, friends, and others around you whether or not you have symptoms.

I sure get it that we are all tired of the restrictions, etc. that this virus has inflicted on us, but the more that we comply by mask wearing, social distancing, washing hands and yes, getting or considering the vaccine, the sooner that we can return to a sense of normalcy.

Blessings,

Yvonne Salmonson, RN, Parish Nurse

Facing All I Trust Him = FAITH



*(The vaccine Q&A was taken from Northfield Hospitals and Clinic's winter 2021 flyer. Please refer to the article for more complete information on the Covid vaccine.)*



*"Real charity doesn't care whether it is tax deductible or not." ~Unknown*

#### **Financial facts for March 2021:**

**Checkbook balance as of 3/31/21: \$25,668.54**

Are you good with numbers? Do you love spreadsheets and formulas? Or maybe you are looking for a group to join? We could use any of these talents on the Stewardship committee. Seek HIM, inquire within.

Scott Hanson, board representative

#### **To support your Church, we make giving easy:**

- mail it to PO Box 237 Cannon Falls.
- Give Online: go to [www.Spring-Garden.org](http://www.Spring-Garden.org) and click on Online Giving.
- TEXT to Give: Download the **GivePlus<sup>+</sup>** app from your mobile app store. Set up an account with Spring Garden using our 10-digit code: 507-216-9276. Set up your profile. Then it's just a click of the button.

**The Messenger ~ May 2021**  
**Spring Garden Lutheran Church**



*"Building a Rural Family in Christ"*



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**Church Council Members & Staff**

President	Theron Pagel	507-291-0003
Vice-President	Brian Lindahl	
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	
Music	Joshua and Allison Wyatt	
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	

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