

This Week at HOPE June 22, 2022



Summer is the perfect time to carve out some space to strengthen your own soul. These warmer and longer days provide more space and time to focus on our spirituality—something that often falls to the wayside during the busy, shorter, and hectic days of the school year.

One thing I really appreciate about the summer in WI is the ability to get out and physically move my body more. As a working parent, that time nearly disappears with the sun, once winter hits! Now that summer is here, the opportunity for walking the dog, watering the flowers, working in the garden, or practicing yoga outside *after the kids are in bed* is my most sacred time! One of my favorite ways to enhance that special time is with my headphones in. I am often inspired by different podcasts and apps that add to my devotional life and I thought I'd share a few of them with you too! Each of these suggestions serve as an easy on-ramp to a brief but powerful devotional practice. In the coming weeks I'll share some additional suggestions as I discover more! So, in no particular order:

[Earthkeepers Podcast](#): promotes global connection among ecological-minded people who believe that earth care is an integral part of spiritual life. Through conversations about topics like ecology, climate change, gardening, farming, social enterprise, theology, environmental justice, outdoor recreation, conservation and community development, we aim to inspire a movement of ordinary earthkeepers who will help heal the world. (30-60min episodes)

[Lady Preacher: A Podcast for the Progressive Christian](#): A podcast for the progressive Christian, where we talk about an all-loving God, an embodied Christ, and an ever moving Spirit. Dive in as we wrestle with what it means to live out our faith in the world. (30-60min episodes).

[Meditative Story](#): combines extraordinary human stories with meditation prompts embedded into the storylines — all surrounded by breathtaking music. Think of it as an alternative way into a mindfulness practice, through vivid stories and cinematic music and production values. Meditative Story is an original series produced by WaitWhat and supported by our members. (15-45min episodes)

[A Morning at the Office](#) and [An Evening at Prayer](#): Each of these are respectively the Morning or Evening prayer liturgies from *The Book of Common Prayer*. If we want to be grounded in scripture, have time for guided prayer, and like a traditional format, this is for you! (15-20min episodes).

3 Helpful Apps:

[Pray As You Go](#)

[Calm App](#)- sleep, meditation, and relaxation tool

[Echo Prayer App](#) : a free app that helps you keep track of your prayers, reminds you to pray throughout the day, and lets you share prayer requests with others

Blessed listening!



SUMMER OUTDOOR WORSHIP

The HOPE Executive Ministry and Worship Ministry teams want to apologize for incomplete communication regarding our summer worship plan! Please note the following in regards to our summer worship services:

We plan to worship outside in the Winds of the Spirit pavilion from June 5-September 4, 2022.

- ◆ You do NOT need to bring your own chair, though you are welcome to if you prefer!
- ◆ Windscreens will be utilized as we are able and as the weather necessitates them. We do have a broken motor and we are waiting on the part. Supply chain issues continue to be a reason for our patience.
- ◆ All services will still be livestreamed except for in the event of an emergency.
- ◆ A blanket basket will be available as added hospitality, of course feel free to bring your own!
- ◆ This is worship in a relaxed pace for the summer- please feel free to dress comfortably (as always) and for the weather.
- ◆ In the event of severe weather, service will move inside (severe storms, excessive heat, frigid temps).
- ◆ Why are we doing this?
 - To celebrate God's beautiful creation and allow people the chance to be outside while the weather is nice! Oftentimes people skip worship when the weather is nice because they don't want to be "stuck inside." Our property lends itself as a tool to encounter God in nature!
 - To honor the stewardship of gifts made in order to make the WOTS pavilion possible, especially your generosity in providing funds for the windscreens!
 - To be a visibly gathered community for our neighbors as they drive by, walk our paths, or have their apartment windows open!
 - We have made the plan to move out for a set period of time due to the work it requires to move the AV equipment outdoors. We simply do not have the people-power to move in and out weekly nor do we have double sets of all the necessary equipment!
- ◆ We hope you look forward to worshipping in our beautiful space and we look forward to the ways the Spirit connects with us this summer! If you have further questions or comments, please feel free to contact Pastor Annie or any member of the HOPE Ministry Council!

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PASTOR ANNIE OUT OF OFFICE

Pastor Annie will be out of office
from the evening of June 26th through July 3rd.
Contact Olive with questions Mon-Tuesday 8:30AM-3:00PM.

Please note the church office is CLOSED on Monday, June 27.

**For Pastoral Care emergencies, please contact:
Rev. Carolyn Staats of Mt. Zion 715-396-1465**

NO COFFEE & CONVERSATION ON TUESDAY, JUNE 28TH!



Can You Donate...?

The worship ministry team is asking for the following donations to assist in creating hospitality in our Winds of the Spirit pavilion

- ✚ **New or gently used blankets for outdoor use** - to be placed in baskets for people to use if they get chilly!
- ✚ **New or gently used yoga mats** - for our guests to use during Summer Stretch for Body, Mind, & Spirit if they forget one!

A promotional graphic with a blue background on the left and a brown background on the right. The brown background features a close-up of a man's face looking upwards with a questioning expression, and several question marks floating above him. A white arrow points from the text on the left towards the man's face. The HOPE Lutheran ELCA logo is in the top right corner.

WHAT DOES THE CHURCH SAY ABOUT...?

A SUMMER SERIES ON THE ELCA SOCIAL STATEMENTS

Sundays @ 10:30

June 12: Abortion
JULY 10: RECENTLY ADDED- Abortion Follow-Up
July 17: Community Violence
July 31: Civic Engagement
August 14: Next Steps
www.hopelutheranrf.com

@HOPElutheranriverfalls

Additional Resources for discussion on Sunday, July 10:

[ELCA Social Statement on Abortion](#)

[Summary of ELCA Abortion Social Statement](#)

[June 2010 Introductory Article from *Lutheran Woman Today*](#)

[“The Torah of Reproductive Freedom: The Jewish Case for Abortion Justice”](#)

[by Rabbi Danya Ruttenberg](#)

[Analysis of legal implications of Roe v. Wade #1](#)

[Analysis of legal implications of Roe v. Wade #2](#)



HOPE YOUTH KAYAK

WED, JUNE 15 6-7:30
TUES, JUNE 21 6-7:30
WED, JULY 13 6-7:30
WED, AUGUST 10 6-7:30

All HOPE youth are invited!
K-5th must be with a parent

Meet @ 249 State Rd 65N to kayak upper Kinni

**RSVP TO HOPELUTHERANPASTOR.RF@GMAIL.COM
BY DAY BEFORE**

A poster for an outdoor movie night. The background is black with a red abstract shape on the right side. There are yellow stars and a film reel icon. Two popcorn buckets are shown, one on the left and one on the right. The HOPE Lutheran logo is in the bottom left corner.

OUTDOOR MOVIE NIGHT!

WED. AUGUST 24TH 7:00PM

For all middle & high school youth!
Friends welcome!
HOPE Lutheran Church
3337 Kingsbarn Ave, River Falls

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Among Friends has re-opened and is accepting new referrals. Among Friends is a community-based social respite program serving adults with memory loss who reside in Pierce and St. Croix Counties. In May, we enjoyed music and chair yoga, as always, as well as a Kentucky Derby party, a visit from service dogs in training, and making fresh flower bouquets. We continue to tend our spring herb garden.

For more information about Among Friends, contact us at (715) 293-2651. Also, check out our website: amongfriendsrf.com and our Facebook page. Among Friends is located at First Congregational UCC, 110 N Third St. in River Falls.

Guests are invited to join us for coffee from 9:30 – 10:00 on Tuesday, June 28.



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**NATIONAL NIGHT OUT @ HOPE
Tuesday, August 2nd**

EVERYONE is invited to help make our 3rd annual NNO event a success! Our Ministry Team has coordinated a number of ways to help and we hope everyone can play a part in welcoming our neighbors for this family-friendly night centered on building community relationships!

Contact any of our ministry team chairs to get involved.

[SIGN-UP HERE FOR MISCELLANEOUS JOBS](#)

IN-PERSON WORSHIP VOLUNTEERS NEEDED!

Did you know that you can volunteer to help with parts of worship **AT ANY TIME!!!**

Use **[THIS GOOGLE DOC LINK](#)** to sign-up to assist with our in-person worship!

Greeters, readers, communion set-up & servers, acolytes, ushers, Assisting Ministers & coffee fellowship hosts are all needed! We pray you seriously consider serving your faith family in this way!



It's time to place your order for the delicious



Washington State Peaches!



Single layer box \$23.00 or
Two or more single layer boxes for \$21.00 each box

The peaches should be arriving late August at
First Congregational Church
110 North Third Street, River Falls, WI
We will call when pick up begins.

3 WAYS TO ORDER:

1. Email: office@firstchurchrf.org
2. Sign up on website (under Connect):
www.firstchurchrf.org
3. Call: 715-425-2052 – order Mon-Thurs from 9:00 am
to 3:00 pm or leave a message

ORDER DEADLINE IS AUGUST 1

When placing an order, please provide your name, phone
number and the number of boxes you would like to order.

Thank you for your support!

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St. Bridget's Grand Garage Sale

June 23 **8 a.m.- 8 p.m.**
June 24 **8 a.m.- 8 p.m.**
June 25 **8 a.m.- 12 p.m.**

**(Saturday Special: clothing \$3/bag and all
other items ½ OFF)**

**135 E Division Street
(Corner of Main and Division)
St. Bridget's Gym**



PUBLIC NOTICE

Community Brainstorming Event

Tuesday, June 28 at 6:30 p.m.

River Falls Public Library

Lower Level

The existing River Falls Public Library was built 26 years ago. It has served us well but it is time for some updates. We have hired an architectural firm, Bentz Thompson Rietow (BTR) to help us reimagine library spaces to meet the needs of the community for the next 20 years.

Join the conversation and help us create a vision for the future!
Coffee, tea and cookies will be served.



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COMMUNION BREAD RECIPE

Sift dry ingredients (important!) **together three times**

2 c whole wheat flour

1 c white flour

1 & 1/4 tsp baking powder

1 & 1/4 tsp salt

Stir in 4 tsp oil. Set aside

Mix wet ingredients together until dissolved:

3/4 cup + 2 Tbsp very hot water (minimum of 180 degrees F)

3 Tbsp honey

3 Tbsp molasses

Add wet ingredients to dry ingredients and mix well. Dough should be slightly sticky.

Do not knead. Divide into four balls and flatten each into a 1/4 inch thick disk. With a knife, score the top of each loaf into four pie-shaped sections, so that the sections can be more easily broken off while serving. Lay the loaves on a baking sheet. Bake at 350 degrees for 10 minutes. Remove from oven and brush the tops of the loaves with oil. Bake an additional 5-8 minutes. Let cool.

Yield: four 8 oz. loaves. Wrap well, date, and store in refrigerator if bringing in that same month, otherwise place in freezer.

COMMUNION BREAD BAKERS

- ◆ We have been using 2 loaves of bread per Sunday. You can store unused loaves in the refrigerator.
- ◆ Please don't hesitate to ask for help. We are willing to walk through the process with you.

CALLING ALL BREAD BAKERS!

Since we have resumed using bread for Holy Communion, we are in need of people we can schedule to bake bread throughout the year! You can sign up [HERE](#) if you'd like to bake for a future month!



JOIN US FOR
REBOUND

Tri-Synod High School Youth Gathering

Dates: July 25-27, 2022

Location: UW River Falls

Cost: \$275* Per Participant

All **CURRENT 8-12TH GRADE YOUTH & FRIENDS** are invited to this fantastic event in lieu of the ELCA Youth Gathering (which was canceled due to Covid complications).

A \$100 deposit and medical release form are due to Pastor Annie ASAP!

Youth who DID NOT initially sign-up for the Gathering now have the opportunity to attend this event! Youth families should check email for further details!

Individual HOPE member cost will not exceed \$175 (hopefully less)

All youth previously signed up for the ELCA Youth Gathering have already made their deposit, but must verify that you plan to still attend!

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Please lift up the following people in prayer

David Stageberg (Carolyn Jackson's brother-in-law)
Bill Warner and family
Carin Perkins (Faye Perkins sister)
David Boock (Relative of the Boocks)
Jerome Rodewald (Jeff Rodewald's father)
Thomas & Dawn Wirth (Tessa Van Overbeke's parents)
Sherry Lubich (Jeff Rodewald's aunt)
Nicholas Simpson (Boock family friend)
Chuck Eaton
Linda Hidding (Nancy Sailer's cousin)
Ruth Sylte (Nancy Sailer's cousin)
Kathy Granquist (Karen Brohaugh's niece)
Barbara McIntosh (Joe McIntosh's mother)
Linda & Jesse Annoye Family (Relatives of Debra James)
Greg Rosenthal (Relative of Karen Brohaugh)
Gordon Hendrickson (Mary Thompson's brother)
Boyd Huppert (Rodewald family member)
Teajai Schmidt (Boock family friend)
Tom Roycraft (Grant Klacan's Father-in-Law)
Rev. Sarah Mayer-Flatt (Friend of Pastor Annie)
Dave Hallquist (Friend of Bill Montgomery)
Lee Hill (friend of Naomi & Jerry Brandt)
Judy Karshbaum
Gary Siebold
David Hendrickson
Jim and Ila June Pratt
Jerry Brandt
Jon Boyce
Jay and Jeri Jorgenson (friends of the Bohnerts)
Fred Schmidt and family (Relatives of the Boocks)
Rod Cina (son of Mary Solum)

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June Birthdays



Name	Birthday
Leila Jiskra	01-Jun
Cara Getschel	2-Jun
Carol Knudsen	5-Jun
Zane Heinselman	6-Jun
Russ Jiskra	6-Jun
Peter Nelson	7-Jun
Naomi Brandt	9-Jun
Kathy Scott	9-Jun
Elizabeth Rodewald	14-Jun
Eric Rodewald	14-Jun
Louie Bernard	15-Jun
Mark Ziebarth	15-Jun
Carol Poff	17-Jun
Milo Oppegard	22-Jun
Denise Burkett	26-Jun
Douglas Rudesill	26-Jun
Jack Stang	27-Jun
Daniel Malaney	29-Jun
Hannah Forward	29-Jun
Edward Paulson	29-Jun



June Baptisms

- Shane Bondhus
- Erik Eaton
- Sean James
- Kathryn Scott
- Gary Siebold
- Luke Stang
- Leila Jiskra



	Date	Celebrating Years
Larry & Lynda Meyers	06/05	40
Douglas & Susie Rudesill	06/07	42
Joe and Connie Kurten	06/11	51
Mark & Lisa Ziebarth	06/12	35
Bill & Kay Montgomery	06/17	61
Joseph McIntosh & Faye Perkins	06/18	35

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UPDATE TO HOPE'S COVID GUIDELINES

3.16.22 Update

O give thanks to the Lord, for he is good; his steadfast love endures forever! This is the Lord's doing; it is marvelous in our eyes. This is the day that the Lord has made; let us rejoice and be glad in it. -Psalm 118: 1,23-24

On Tuesday, March 15, the HOPE ministry council met and discussed our next most faithful steps in responding to Covid-19. Early in the pandemic, we committed to following the advice put forth by our local health department professionals, specifically that of the St. Croix County Health Department. So, today we are excited to announce an update to our Covid protocols, in alignment with the St. Croix County Health Department's update effective on March 7, 2022!

You can find the SCCHD most recent information at the following links:

[Current Covid-19 Guidance](#)

[Current Covid-19 County Level to determine current guidance](#)

HOPE will follow the county's active recommendations based on this chart:

Level	Stay up to date on vaccines	Get tested if you have symptoms	Wear a mask
Low (Green)	Strongly Recommended	Strongly Recommended	Optional
Medium (Yellow)	Strongly Recommended	Strongly Recommended	Encouraged. Those at high-risk should talk to healthcare provider.
High (Orange)	Strongly Recommended	Strongly Recommended	Strongly Recommended

We are currently in a LOW (Green) level in our county, so **HOPE is currently making masks optional inside our building.**

As we move forward, we definitely enter a "new normal." We trust God to offer new ministry possibilities as we continue faithfully navigating this unique season! As we make this next faithful step, we encourage you to keep the following in mind:

1. While masks are optional as of TODAY, our masking policy WILL LIKELY CHANGE BASED ON RISK LEVEL. Please be prepared to be flexible as needed.
2. Please be respectful of the individual/family choice to wear or not wear a mask. There is no need for additional commentary about someone's choice. Trust that every person is making the best choice for themselves. Please still be respectful of people's personal space. This is a big adjustment for some people, and a simple, "is it ok if I hug you?" or "Is it ok for me to sit by you?" goes a long way. It is ok to tell someone you are not yet comfortable with close contact.

A few other notes:

1. **Holy Communion:** We began processing forward for the celebration of Holy Communion. Pastor will once again distribute the elements to you, with some offered for you to pick up if you prefer. As always, the pastor can come to you as needed! For those worshiping from home, please remember the Eucharist is intended to be celebrated in Christian community, within the context of worship, and at-home communion is being practiced only until we can all safely return together. Pastor is always available for homebound communion visits.

2. **Offering:** We will resume passing the offering plate for in-person worship as soon as we have ushers to assist. Online giving opportunities remain in perpetuity and you are encouraged to sign up!

Fellowship Time: We have been able to have fellowship for many weeks now, but have not had people willing to serve it. We would LOVE to resume this practice. You can sign up to host this time on our [HOPE Worship Volunteer Sign-Up](#)

1. **Hand Hygiene:** In light of updates for Holy Communion and Offering, please continue to practice good hand hygiene, taking advantage of the hand sanitizers placed around the sanctuary.

Pastor Annie strongly encourages everyone who is eligible to do so, to receive a vaccine.