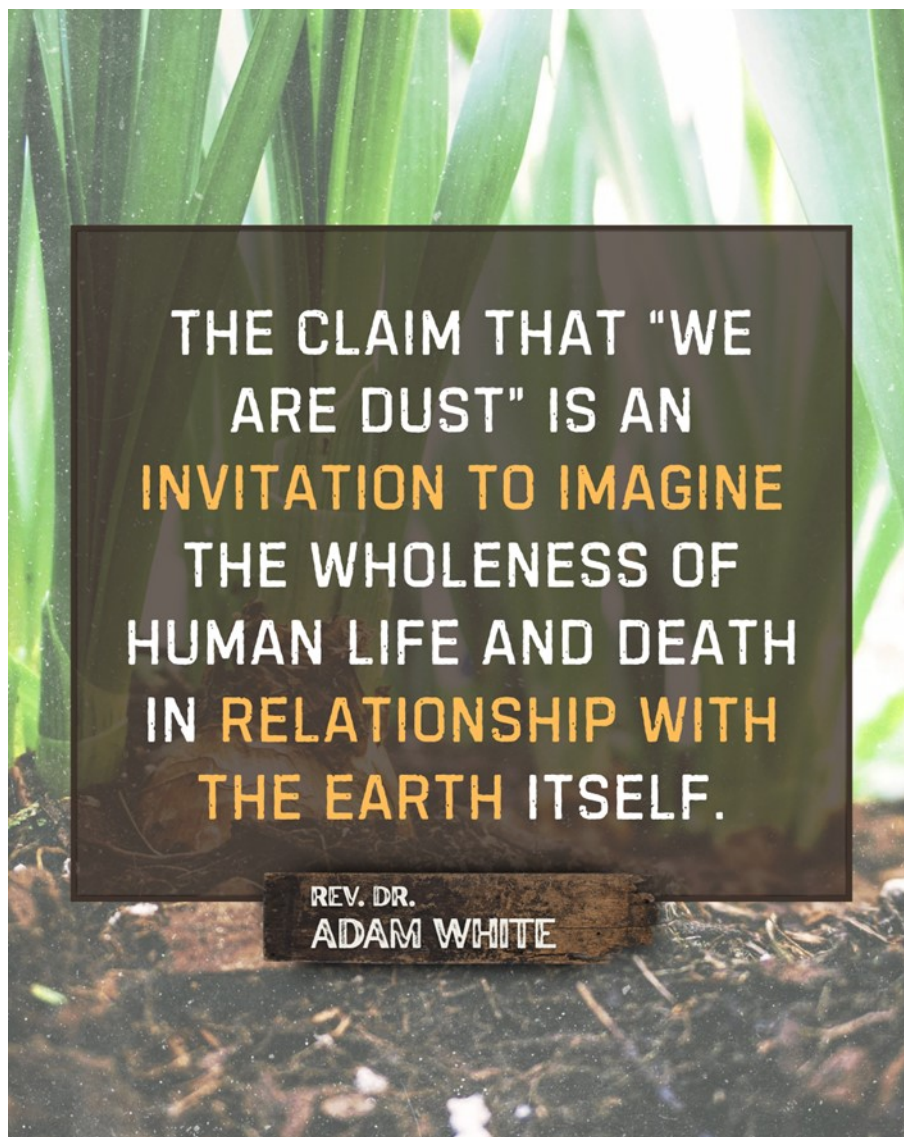


**This Week at HOPE September 10, 2025**

**A Weekly Word: “An Invitation into Practice”  
Grounded in Creation: Earth**



As you reflect on this week’s theme, you are invited to try out the following prayerful practices, brought to us by Ellie Roscher, the author of *Remarkable Rose*, *The Embodied Path*, *12 Tiny Things*, *Play Like a Girl* and *How Coffee Saved My Life*. Her writing also appears in the *Baltimore Review*, *Mothering Spirit*, *Half and One*, *HerStry*, *Eunoia Review*, *US Catholic*, *In-scape Magazine*, *Bookology Magazine* and elsewhere. Ellie teaches yoga and writing in Minneapolis and holds an MFA in Writing from Sarah Lawrence College and an MA in Theology from Luther Seminary.

## AN INVITATION AS YOU PRACTICE...

Sometimes we can put spiritual practices so high up on a pedestal that we forget to cultivate our own spiritual practice. We can think that it is for other people, holier people, people with more time or more theological training. We get stuck thinking it needs to look a certain way or should feel a certain way.

Yet any tiny thing we do with attention can turn into a spiritual practice. Any habit we engage with intentionally can become ritual. Attention can be a form of prayer that helps bring intentionality and deeper presence to our lives.

In the following pages, you will find a series of spiritual practices based on our senses designed to support us engaging with our bodies and our environments in a way that grows gratitude and vitality in the shimmering ordinary. The practices may seem so obvious, mundane, or offensively small that you may want to skip them or think they don't count. If that resistance comes up, notice it, and try anyway. They might not all work for you but maybe a few will invite you into a more intimate relationship with God's creation and welcome you back to your own holy and delightful creatureliness.

Practicing with you,  
Ellie



## WEEK 1: EARTH



**Touch** - Find a plot of earth free of debris, remove your socks and shoes and walk slowly and intentionally for a few minutes, feeling the earth beneath your feet. Stand still, close your eyes, and gently send your awareness to the soles of your feet and how the earth feels. Notice the earth holding you up. Imagine roots growing from your feet, connecting you, grounding you, rooting you. Blink your eyes back open and bring that feeling into the next part of your day.



**Taste** - At some point today, eat something that grew in the ground. Close your eyes and chew it slowly, noticing how it feels, tastes, and sounds in your mouth. Call to mind or imagine where it grew, who harvested it, and how it came to you. Notice how it makes you feel after you swallow it, and if there is a sense of nourishment and gratitude there you can bring with you in your day.



**Smell** - Find some loose dirt and hold it in your hand, noticing its weight, color, and texture. Notice how it feels in your hand. Close your eyes and, holding the dirt close to your face, take several deep breaths, inhaling through your nose. Smell is the sense most closely tied to memory. Notice if any stories come up for you around dirt. Were you allowed to get dirty as a child? Is the smell of dirt connected to anything else for you?



**Hear** - Every piece of land has a story to tell. It is a common idea to own land, but can we really own it? Part of healing our relationship to the land is acknowledging the history of what has happened on the earth underneath our feet. Humans take up such a tiny blip in the earth's existence. It is so big, and we are so small. Today, allow the earth underneath your feet to tell its story, and listen with an open heart and mind.



**See** - Choose a sit spot, which is a familiar spot to sit where you can return again and again. Even though that plot of earth may be familiar, look again. Look closer, with the curiosity of a child. Watch the same spot for several minutes, noticing the subtle details and the micro-environment that exists right in front of you. What colors, textures, and signs of vibrancy do you see?

**God's work. Our hands.**



**September 14 is “God’s Work, Our Hands Sunday”.**

It is an opportunity for all of us to use our hands to provide service in a variety of ways to show love to our neighbors and our community. Options include the following:

- ⇒ Make teddy bears that will be provided to various organizations in our community and the surrounding area to be given to children in crisis situations. Several of HOPE’s members have already been furnished with the bear pattern and are working on cutting out and sewing the bears, which will be “stuffed” on Sunday and the opening sewn closed. If you have a sewing machine and wish to sew more bears on Sunday, please bring it.
- ⇒ Visit two of HOPE’s members who are residents at Christian Community Home in Hudson for a visit or play some games. Carpool together.
- ⇒ Help the Property Ministry to install cameras outside the church.
- ⇒ Clean up along the frontage road from Huppert to Hwy 65/N Main St. Bring black trash bags and work gloves.
- ⇒ Make/write care notes to our homebound members.

**Congregational life will serve brunch back at the church at 11:00 a.m. where you will have a chance to share your service adventures with others.**

# Noisy Offering Alert!

## Sunday, Sept. 21



**Take your commitment to renewable energy**

**one > step > further**

The average River Falls home uses 8,529 kilowatt-hours of energy per year. This is equivalent to burning 2.5 tons of coal.

**Will you take it one step further? Will you go all the way?**

<b>Without renewable energy blocks commitment:</b> Burn 2.5 tons of coal annually	<b>Take the next step</b> (Purchase first or add an additional block) Reduce the burning of 1 ton of coal annually	<b>Go all the way!</b> (Purchase enough blocks to go 100% Carbon Dioxide free!)
--	--	--

**Purchasing 1 block prevents 1 ton of coal from being burned.**

Simply purchasing a \$2\* block of renewable energy is the easiest and cheapest way for you to pollute less and do your part in combatting climate change.

River Falls is the most renewable-friendly city in Wisconsin!

For more information about this Block Program, please contact Jenna Willis: [jwillis@wppienergy.org](mailto:jwillis@wppienergy.org) or visit [rfmu.org/GreenBlock](http://rfmu.org/GreenBlock).

**POWERFUL CHOICES**

**City of RIVER FALLS**

It's time to start rounding up those pennies, nickels, dimes, and quarters! Sunday, September 21, as we continue to celebrate the Season of Creation, we will have a special GREEN AND NOISY offering to fund HOPE's commitment to choosing cleaner, sustainable electricity sources by purchasing Renewable Energy Blocks (REB) from the River Falls Municipal Utility. HOPE has been "100 % Renewable" since 2022. Last year your generous gifts enabled us to purchase 31 REB per month for 2025. That's enough energy from renewable sources to supply 100% of HOPE's electricity needs, as well as that of about 8 other typical households in our neighborhood!

If you are a RFMU customer, you can also participate in the REB program as an individual household. Find more information at

<https://www.rfcity.org/FormCenter/Utilities-11/Renewable-Energy-Program-Sign-Up-Form-44>

# This Week at HOPE September 10, 2025

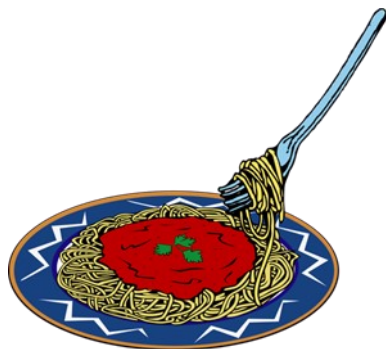
## PLEASE FILL OUT THIS SURVEY Extended to 9/17 ALL HOPE MEMBERS/FRIENDS ARE INVITED TO RESPOND

As we all agree, ministry with our youngest disciples is key to passing on our faith. As we prepare for another ministry program year we ask for your prayerful responses to this "HOPE Child, Youth & Family" Survey.

Your responses will help us fine-tune our ministry to best fit the needs and hopes of our families, neighbors, and larger community. Your responses will be confidential with Pastor Annie. Categorical information (no individuals named) will be shared with the Education Ministry Team to aid our planning.

We encourage ALL HOPE members to fill this out even if you don't have children currently, as we are trying to gauge the hopes and gifts our whole congregation brings to our ministry with young people.

We ask that you please complete the survey BY SEPTEMBER 7, 2025!!!!



## MEAL HOSTS NEEDED FOR WEDNESDAYS OF HOPE

We are once again seeking hosts for our mid-week family meals for Wednesdays of HOPE.

This proved to be SUCH a blessing last year and we look forward to it again!

We serve 15-20 people/week and ask for simple, kid-friendly meals.

PB&J ingredients should also be available (typically kept on hand)

This is a GREAT way to interact with our young people and help make for a smoother night for parents! It is so appreciated!

[PLEASE SIGN-UP HERE](#)

# This Week at HOPE September 10, 2025



Some of us might be heading up to cabins, but the HOPE worshipping community does not! If you are still in town please consider signing up to help make our worship service hospitable for all:

## **September 14th Needs**

Acolyte

## **September 21st Needs**

Ushers/Greeters

Acolyte

Coffee Fellowship

**IF YOU CAN SERVE PLEASE [SIGN UP HERE!](#)**

Want to help but not sure what the job entails?  
Learn more in our [Worship Volunteer Guide](#)

**This Week at HOPE September 10, 2025**



**THE FUN RESUMES ON WEDNESDAY, SEPTEMBER 17TH!  
All K-5th & 6-10th grade families are invited for our opening  
CAMPFIRE NIGHT  
PUDGY PIES & S'MORES  
Orientation & Teacher Sign-Up**



**[SIGN UP HERE](#) to bring an ingredient for Pudgy Pies**

**This Week at HOPE September 10, 2025**



**JOIN US FOR 2025-2026 WEDNESDAYS OF HOPE**

This mid-week faith formation ministry is for all children and youth entering K-10th grade (sometimes beyond!)

All HOPE members, friends, and neighbors are invited to join the fun!

**Wednesday Evenings 5:45-7:15PM**

**5:45-6:15PM**

Family Meal

**6:15-7:15**

K-5th: Faith Adventures Ministry

6-10th+- Confirmation Ministry

**3 Sessions for the Year**

**Fall Session 1:**

Sept. 17-November 19

**Winter Session 2:**

January 7-Feb. 11

**Spring Session 3:**

April 8-May 13

**[LEARN MORE & REGISTER HERE](#)**

# This Week at HOPE September 10, 2025

## LAST CHANCE HOPE T-SHIRTS FOR SALE!!!

You've seen them at NNO & RF Days, now you can get yours too!

Cost: \$22.00

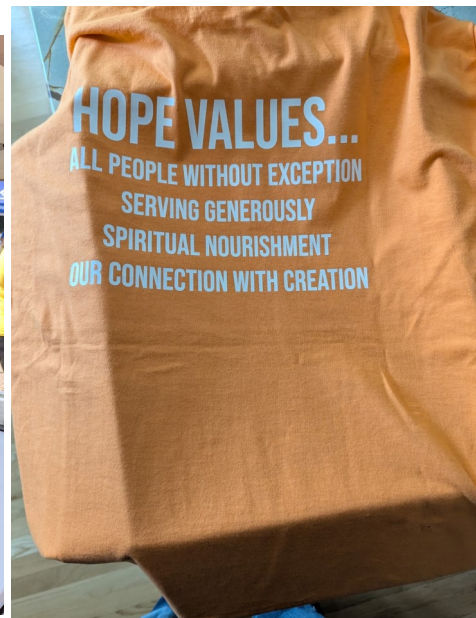
See the images for the front and back of the t-shirt design, and color swatch for color options!

EXTENDED ORDERS ACCEPTED THROUGH SEPTEMBER 14!

**ORDER ONLINE HERE**

Questions or issues? Contact Keith Getchel at: [keithgetschel@gmail.com](mailto:keithgetschel@gmail.com)

Checks payable to Hope Lutheran, memo line: "T-shirts"



### Colors

White	Black	Antique Cherry Red	Antique Irish Green	Antique Jade Dome	Antique Orange	Antique Sapphire	Aquatic	Ash	Azalea	Berry	Blackberry	Blue Dusk	Brown Savana
Cardinal	Carolina Blue	Charcoal	Cobalt	Coral Silk	Cornsilk	Daisy	Dark Chocolate	Dark Heather	Dusty Rose	Electric Green	Forest Green	Garnet	Gold
Graphite Heather	Gravel	Heather Military Green	Heather Navy	Heather Radiant Orchid	Heather Red	Heather Sapphire	Heliconia	Ice Grey	Indigo Blue	Irish Green	Kiwi	Light Blue	Light Pink
Lilac	Lime	Maroon	Midnight	Military Green	Mint Green	Natural	Navy	Neon Blue	Neon Green	Off White	Old Gold	Orange	Purple
Red	Royal	Russet	Safety Green	Safety Orange	Safety Pink	Sand	Sapphire	Sky	Sport Grey	Sunset	Tangerine	Tennessee Orange	Texas Orange
Tropical Blue	Turf Green	Tweed	Violet	Yellow Haze									

### Finished Measurements

	S	M	L	XL	2XL	3XL	4XL	5XL
Body Length	28	29	30	31	32	33	34	35
Body Length Tolerance	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1

Gildan\_5000\_Spec\_Sheet.pdf -

Chest Tolerance	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1
Chest Width (Laid Flat)	18	20	22	24	26	28	30	32

**This Week at HOPE September 10, 2025**



**Baby Clothing Giveaway Sizes NB through 4T  
Spirit of Grace Methodist Church  
127 S. 2nd Street**

***Saturday September 9:00am to Noon or until supplies are gone***

If you would like to donate baby clothes to this give away, please bring clean usable clothes or shoes to the church office 8:00-5:00

There is also a free Community Breakfast at the church that day from 8:00 to 10:00 am.

Come for both events!  
No registration needed.



## Meal Train Update

We have expanded the dates for the Paulson's meals through the end of **September**. Gwen is no longer able to eat solid foods, so the meals you prepare will be for Ed. Those of you that wish to participate in furnishing a meal can click on the link below.

The Paulsons appreciate all the thoughtful nourishing meals you have provided for them.



Gwen Paulson is recovering at home after spending the past month at Mayo. We can help by providing occasional meals (2 days a week). Please use the Meal Train link below to sign up to provide a meal.

Gwen and Ed requested the following:

- ⇒ Simple meals
- ⇒ Small portions
- ⇒ No rich desserts

Simply press ctrl and click on the link below.

This is the Meal Train for The Paulsons:

<https://mealtrain.com/53z3dw>

# FALL DAY AT CAMP



Saturday  
October 18  
9:00am - 5:00pm  
Fall Camp will be  
for 1<sup>st</sup> - 5<sup>th</sup> graders!

## OUR THEME FOR THE WEEKEND:

*God Promises to Provide: Learning through Creation*

Our theme for the weekend is going to be focusing on preparing for winter, campers will learn about what we do with our garden at camp and our new addition of chickens. We will study the story of Elijah and the Widow from 1 Kings 17 and connect it back to the hands on activities we have planned with the garden, chickens and more!

# This Week at HOPE September 10, 2025



## Please lift up the following people in prayer

Chad Sequin (Friend of Bill & Kay Montgomery)  
Gwen Paulson (Friend of Bill & Kay Montgomery)  
Amanda Olson (Olive Olson's daughter)  
Jim Deming (friend of Marc & Martie Guthrie)  
Mary Alice Jones (Mother of Martie Guthrie)  
Tim Brill (Ryan Brill's father)  
Cathy Hjersjo (Friend of Darcy Boock)  
Sylvia Secrist ( Friend of Paula & Phil Klacan)  
Carol Prince (Friend of Betty Lou Opegard)  
Mark & Sarah Bondus and Family  
Brent Larson (Friend of Bill & Kay Montgomery)  
Darel and LaVonne Getschel (Keith Getchel's parents)  
Bob Schuder (Father of Sarah Bondhus)  
Harriette Bondhus (Mother of Mark Bondhus)  
Caleb Armerding & Family (Family friends of Linda Jacobson)  
Mavis Wegleitner (Family of Dale *Wegleitner*)  
Marcus Stack (Friend of Steve & Karen Kaste)  
Jacob Dan and family (Friends of Jeff Rodewald)  
Patricia Miller (Sister of Carl Warren)  
Rhiannon Bondhus (Niece of Bondhus family)  
The Family of Lori Snyder (Friend of Nancy & David Peters)  
Ed and Gwen Paulson  
Eden Annoye (Relative of Debra James)  
Fatma Aljarrah (Friend of Faye Perkins)  
Michael Jacobson (Brother of Linda Jacobson)  
Barb Carmichael (Friend of Nancy Sailer)  
Dennis & Sandy Schultz (Friends of Bill & Kay Montgomery)  
Linda Shurden (Friend of Nancy Sailer)  
Hannah Forward  
Daryl Kleeman (Brother of Darcy Boock)  
David Boock (Relative of the Boocks)  
Lee Hill (friend of Naomi)  
Gary Siebold  
David Hendrickson



**September Birthdays**

Sarah Bondhus	3-Sep
Keri Jiskra	8-Sep
Garrett Larson	8-Sep
Dale Wegleitner	8-Sep
Jane Terkelsen	10-Sep
Jeff Rodewald	12-Sep
Dan Rodewald	27-Sep
Morgan Porten	29-Sep
McKenna Brill	30-Sep
Vicki Siebold	30-Sep



**September Baptisms**

- Lanelle Baernwald
- Brynn Leitch
- Keith Ruehlow
- Nancy Sailer
- Vicki Siebold
- Dale Wegleitner



**Celebrating Years**

**September Anniversaries**

Ed & Pam Quinn	21-Sep	40
Keith & Cara Getschel	16-Sep	36
James & Debra James	27-Sep	23

# This Week at HOPE September 10, 2025



## **Kwik Trip Gas & Car Wash Cards Available!**

HOPE's Mission Ministry reminds you that Kwik Trip Gas cards and Car Wash cards are available to you as part of our fundraising for Our Neighbor's Place!

Gas Cards: \$25/\$50 amounts

Car Wash Cards: \$36 for 5 Ultimate Washes

\*Portion goes directly to ONP!

Cards available every Sunday and Mon-Wed, 8:30-3:00 in the church office.

Checks payable to "Our Neighbor's Place," cash also accepted.

Office Admin, Olive Olson, Pastor Annie, or any member of our Mission Team can assist you in getting a card.

### **Please make sure to fill out the paperwork when you take a card:**

1. Choose a card
2. Find the number on the back lower right
3. Match that number to the number listed on the sheet inside the lock box
4. Write your name next to the number and indicate how you are paying (cash/check).

**Thank you for your continued support of Our Neighbors' Place!**

**This Week at HOPE September 10, 2025**



All are invited & needed  
to participate in the leading of worship!  
Please prayerfully consider sharing y  
our time and talents!

**SIGN UP HERE**

Want to help but not sure what the job entails?  
Learn more in our [Worship Volunteer Guide](#)



**Did you know HOPE is on Facebook in TWO places??**

**Public HOPE Facebook Page**

For public information, events, and Gospel sharing

**Private HOPE Facebook Group**

For private events, picture sharing, sharing joys & prayer concerns,  
and living out our faith together

**Make sure to like, follow, and join both to stay up to date!**