

Ministry Opportunities

Spring/Summer 2016

Advent Lutheran Church
9475 Jefferson Highway
Maple Grove, MN 55369
www.adventlutheran.com

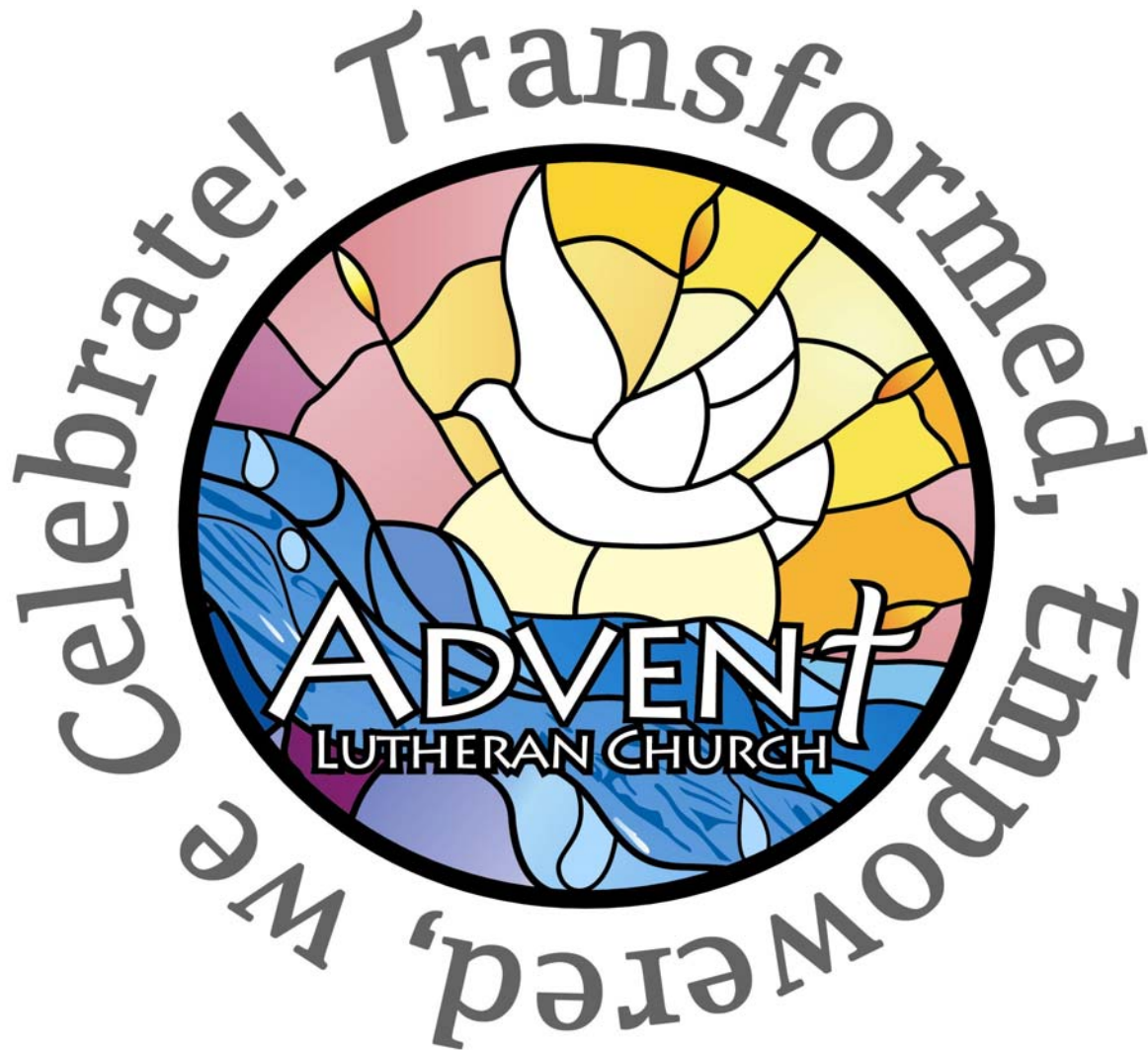


Table of Contents

Introduction	
Welcome	1
Worship Schedule	1
Who Are Lutherans	2
Membership	2
Holy Communion	2
Baptisms	2
Weddings	2
Funerals	2
Staff	3
Ministry Opportunities	3
Worship & Music	4
Caring & Outreach	5-6
Missions of the church	6
Youth Ministry	7
Confirmation	7
Children's Ministry	7-8
Milestone Ministry	8
Small Group Ministry	9
Fellowship Ministries	10
Health & Wellness	11
Prayer Shawl	10
Prayer Stations	10
Blood Pressure	10
Women's Ministries	12
Men's Ministries	12
Simply Giving	13
Building Bucks	13
Staying Connected	13

1

WELCOME TO ADVENT

Advent Lutheran is a community of God's people who are growing in the love of Jesus Christ. We gather in worship to be molded and encouraged with the word of God and the Sacraments of Baptism and Holy Communion.

We invite you to take a look at the many ministries of our church. If we can help you in any way, please give us a call!

Christ is alive and active at Advent! Come and share in this Good News!

WORSHIP TIMES

Saturday Evening 5:00 pm

Sunday Morning Worship

 1st service 8:45 am Traditional

 2nd service 11:00 am Contemporary

Adult Forums & Church School 10:00 am

Church School 11:00 am

Nursery Care is provided during Sunday morning worship services when volunteers are available.

Tuesday Church School 6:30 pm

Wednesday Confirmation 6:30 pm

Summer Worship Schedule

(From Memorial Day to Labor Day)

Sunday 9:30 am

Wednesday 6:30 pm

During Lent, Wednesday evening worship is at 6:30 pm

Grace Hall Fellowship

Come and join in Sunday morning fellowship in Grace Hall! You will find friendly folks, hot coffee and various treats-fruit, cheese and crackers!

WHO ARE LUTHERANS

As Lutherans, we believe that we are sinners who fall short of God's expectations and that it is God acting for and in us and not our own acts, that bring forgiveness. We call this "justification by grace through faith." As a result, Lutherans are people who are not haunted by guilt or bothered by worry. We trust in God who comes to us in the person and work of Jesus Christ. Lutherans stress learned ministries, skilled professional workers and committed Christian laity. Our ordained ministers and our lay Christians make up what Martin Luther called "a priesthood of all believers." All are ministers who take initiatives to help see that Jesus Christ is represented among them and in their communities.

Lutherans are hopeful people who respond to God's love by reaching out to others to tell and to demonstrate the good news of Jesus Christ. We believe that with God anything is possible and so at Advent Lutheran Church, we invite you to join us in the challenges of a trouble-filled world and to rejoice with us in God's promises in overcoming this world.

INTERESTED IN MEMBERSHIP

Members are received into the congregation several times a year. Those joining are asked to attend an orientation session to learn more about what Advent has to offer and what members can offer Advent! We believe that God has blessed everyone with special gifts and He expects those gifts to be used: we are here to help you discover how you might use your gifts! And we will help you find your "place"! You may also join Advent Lutheran Church by transferring from another Lutheran congregation, or by reaffirmation of faith. If you would like to become a member of Advent Lutheran Church or need additional information, please contact the church office at 763-425-4243 or note it on the Happenings Sheet.

HOLY COMMUNION

Holy Communion is one way we celebrate Christ's presence at Advent Lutheran Church. Communion is celebrated the first and third Sundays of each month and at every Saturday (Wednesday) service. If you believe the body and blood of our Lord is present in the bread and the wine of the Sacrament, you are invited to participate in communion with us. You may choose pre-poured white grape juice from the center of the tray. Gluten free wafers are available.

BAPTISMS

Members, as well as non-members wishing to have children baptized, are asked to attend one of our baptism orientation classes prior to scheduling the sacrament. The orientations are conducted at 6:30 pm on the first Tuesday of each month. Baptisms are generally scheduled on the 2nd, 4th, or 5th Sundays of the month, or at any Saturday (Wednesday) evening worship.

WEDDINGS

We welcome members, as well as non-members, to be united in marriage. Please schedule by contacting Karen Coddington, Operations Coordinator at 763-425-4243.

FUNERALS

To arrange a funeral service, please contact either Pastor Mark Hendrickson or Pastor Tim Tengblad at 763-425-4243.

ADVENT STAFF

Senior Interim Pastor: Mark Hendrickson
(markhendrickson@adventlutheran.com)

Associate Pastor: Tim Tengblad
(timtengblad@adventlutheran.com)

Director of Worship & Music: Cog Anderson
(coganderson@adventlutheran.com)

Director of Education Ministries: Shannon Greely
(shannongreely@adventlutheran.com)

Operations/Shared Ministry: Karen Coddington
(karencoddington@adventlutheran.com)

Office Manager: Joan Corniea
(joancorniea@adventlutheran.com)

Administrative Assistant: Allison Nahr
(allisonnahr@adventlutheran.com)

Custodians: Karen & Rod Coddington
(karencoddington@adventlutheran.com)

Pianists: Sun. Sandra Koch Sat. Mary Fairbairn
Alternate: Carol Youngdale

Wedding Coordinator:
Rhonda Roe 763-494-3939 (rhondaroe@comcast.net)

Parish Nurse: Bonnie Meindl (adventnurse@comcast.com)

Kitchen Manager: LuAnn Graber (learnlang@aol.com)

Newsletter Editor: Sheri Loeffler (tlchef@aol.com)

Christian Education Contacts

Adult Education: Pastor Tim Tengblad
Confirmation, Church School, Milestone Ministries,
Little Lambs, Play & Praise, K-2 Spirit Crew, 3, 4, 5, Alive!
and VBS Shannon Greely (shannongreely@adventlutheran.com)

Worship Contacts

Cog Anderson (coganderson@adventlutheran.com)

Communion Preparation:

Communion Servers: Anne Strootman: 763-412-6853 &
Shery Durbin 763-425-0937

Scripture Readers:
Debby Ademino 763-323-9320

Usher Scheduling: Joe Ademino
763-323-9320

Sound Board: Jerry Olson
763-424-5581

PowerPoint Presentation:
Tom & Amanda Suchanek
952-454-2374

Worship Planning & Music

Senior Choir, Chorale, Praise Team, Handbell Choir,
Special Music—Vocal/Instrumental: Cog Anderson
Brass or Woodwind Ensemble:

Bob Anderson 763-753-4412

New Spirit Choir & Joyful Hearts Choir

Myrnell Brusegaard 763-657-0711

MINISTRY OPPORTUNITIES

FELLOWSHIP MINISTRIES

Greeters: Jens & Kathy Jensen 763-424-6177

Via de Cristo: Andy & Rhonda Roe 763-494-3939

Women's Retreat: Marilyn Warehime 763-425-3802

Quilters: Sandy Cutler 763-425-4533

Advent Social Ministry: Jan Christofferson 763-493-8578

Advent Book Club: Louise Halek 763-529-5665

CARING AND OUTREACH

Alcoholics Anonymous: Tom Nolden 763-425-0707

CROSS: Kathy Paurus 763-323-7773

Loaves & Fishes: Chelsey Shoup 763-331-0667

Prayer Chain: Richard & Audrey Johnson 763-551-9000
LuAnn Graber 763-425-0734

Home Visitation: Audrey/Dick Johnson 763-551-9000

Stephen Ministry: Pastor Tim Tengblad 763-425-4243
Henrietta Walter 763-425-6140

Faith & Society: Sue Barry-Hagen 763-424-2687

Families Moving Forward: Carmen McCallum at 763-493-4928

Disaster Relief Mission Trips: Karen Coddington 763-425-4243

Bloodmobile: Helen Werner 763-425-6287

Cancer Support Group: Janet Hersch 763-443-8037

Emmaus: Sue Hein 763-425-8944

Backpack Ministry: thenestbackpackprogram@gmail.com

BIBLE STUDY & CIRCLE Contacts

Lydia Circle: 4th Tues at 7:00 Judi Poppenhagen 763-424-5401

Naomi Circle: 2nd Monday 7:00 LuAnn Graber 763-425-0734

Ruth Circle: 1st Thurs at 9:30 Sandy Cutler 763-425-4533

Women's Thursday AM: Meets weekly (does not meet in the
summer) Jan Christofferson 763-493-8578

ADDITIONAL MINISTRY OPPORTUNITIES

Building & Grounds: Rod Coddington
763-425-4243

Church Council: Kim Seeger 763-315-6788

Endowment Fund: Tonya Halpern 763-780-9607

Garden Committee: Dian Walker 763-425-2087

WORSHIP & MUSIC

Senior Choir—Rehearsals are on Wednesday evenings at 6:30 pm. Join us for the joy of singing, and the opportunity to meet some wonderful people—all spreading the Good News through music. Director—Cog Anderson 763-425-4243

Praise Team—Adult singers and instrumentalists, providing music to lead and enhance the contemporary worship service and special events. Rehearsals—Thursday at 6:30 pm.

Director—Cog Anderson 763-425-4243

Joyful Hearts Choir—Boys and girls, age 4 to grade 2 performing in church about once a month, rotating between services. Rehearsals, Sundays at 9:00. Director: Myrnell Brusegaard 763-657-0711

New Spirit—Boys and girls, grades 3-5, performing in church about once a month, rotating between services. **Rehearsals, Sundays at 9:00.**

Director Myrnell Brusegaard 763-657-0711.

Hand Bell Choir—Adult bell choir. Rehearsals are on Tuesday evenings from 6:30-7:30 pm. Director: Cog Anderson 763-425-4243

Brass Ensemble—Instrumental performers that join together several times during the church year to enhance special services, and accompany choirs during holiday performances.

Contact Bob or Cog Anderson 763-425-4243.

CHILDREN'S WORSHIP BAGS

Activity bags provided for young children during worship. Please see Karen Coddington (763-425-4243) if you would like to maintain them.

Additional Worship & Music Opportunities

Communion Preparers—Prepare the bread, wine, glasses and liturgical setting for the sacrament. Remain after the service to clean-up. Nice for those that like to work behind the scenes. Training is provided.

Communion Servers—Assist the Pastors with the actual serving of the bread and wine during the worship service. Training is provided.

Sound Board Operators—Men & women who monitor the sound system at worship services and other events. Training is provided.

Power Point Technicians—Assist during worship service by advancing slides about once a month. Slides are created by staff. Training is provided.

Worship, Music & Arts Committee—A group of dedicated laypersons that assist with planning and arranging the worship service throughout the year and decorating of the church for special occasions. They help to “set the tone” of our worship experience and keep it current with the needs of the congregation.

Worship Readers—Assist with the scripture reading during the worship service. Training is provided.

Ushers—Men, women and youth keep our services running smoothly and assist the congregation on worship days. No experience necessary, but training will be provided!

Greeters—Advent welcomes everyone who comes for worship! A simple smile and handshake is all that is needed. No training is necessary!

Curbside Ministry—Sometimes an extra hand is helpful getting out of a car on a rainy or windy day. Advent's Curbside Ministry is there to help. Just pull up to the front walk and someone will be there to help.

Atrium Ministry—A group of folks who are welcoming to everyone in the Atrium.

4

CARING / OUTREACH

At Advent, it is a priority to reach outside our church walls taking the good news of Christ to others and lending a helping hand to those in need. Please consider making outreach ministry a part of your gift to the church and God's people.

CROSS (Christians Reaching Out in Social Service)

Advent is a member of CROSS, an inter-faith outreach ministry that provides both food and clothing to those in need. Advent has embraced this ministry and donates food throughout the year to the "food shelf." You can participate in CROSS in many ways:

- cash donations to purchase food
- food donations in our CROSS shopping cart
- join us to bag groceries at CROSS
- pray for the work being done by CROSS volunteers
- sign-up to deliver food gathered here to the CROSS building

LOAVES AND FISHES

Mother Theresa said, "It is too easy simply to talk or concern ourselves with the poor who are far away. It is much harder and perhaps more challenging to turn our attention and concern toward the poor who live right next door to us."

Advent has made a commitment to provide a hot meal to those in need on the third Monday of each month. This is a well-organized program with opportunities for families to share in this outreach together. The evening is divided up into shifts of food preparation, food serving and clean up, so it does not end up being a huge time commitment. Check out the weekly announcements for the next opportunity to serve.

5

ALCOHOLICS ANONYMOUS

Advent provides the site for a chapter of AA. They meet in the classrooms on Thursdays at 7:00 PM and invite you to join them.

PRAYER CHAIN

"...do not be anxious, but in everything make your requests known to God in prayer and petition with thanksgiving. Then the peace of God, which is beyond all understanding, will guard your hearts and your thoughts in Christ Jesus." Philippians 4:6-7

Advent is blessed with many kind people available for both day and evening prayer chains. If you or someone you know is in need of prayer, please contact the church office or the prayer chain directly. They will respect your needs for confidentiality. If you desire to become part of this meaningful ministry that provides comfort to so many, please let us know.

STEPHEN MINISTRY

Advent participates in the international inter-faith Stephen Ministry program. This program equips lay persons to provide one-on-one Christian care to those people who are in crisis or facing tough times, both in our congregation and our community. Stephen ministry is a confidential ministry, the identity of those receiving care and what takes place in each caring relationship remains private. Stephen ministers receive 50 hours of training, participate in continuing education and supervision programs. If you are a good listener and would like to be of service to others in this meaningful way, please talk to one of our pastors or a Stephen Leader.

BLOODMOBILE

Advent participates in a beautifully organized blood drive two times a year. We are always looking for people to donate at our drives. The Memorial Blood Center provides all the equipment and trained staff for the drive, but we are responsible for preparing the facility, a sign-in station, and handling the administration and sign up prior to the donation date. If you can be of help, please let us know!

FAITH & SOCIETY

"He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" Micah 6:8
2,100 verses of scripture speak to God's deep and abiding concern for the poor, the marginalized, and the voiceless. This group of dedicated members work to educate, encourage, and provide opportunities for our congregation to answer God's call "to do justice and love kindness." Special emphasis is placed on the ELCA Hunger Appeal, and advocacy for the poor as it relates to the advocacy ministry of Bread For The World.

FAMILIES MOVING FORWARD (FMF)

As a hosting congregation for FMF, Advent hosts up to 16 homeless guests in our building, twice a year. While at Advent, guests receive a dinner, take part in evening activities, sleep overnight, and after breakfast return to FMF's Day Center in North Minneapolis. The Day Center serves as "Home Base" for those in the FMF program, where the guests take showers, have a place "to be," and receive help from staff in finding a home of their own, a job, etc. Advent volunteers are asked to volunteer for meals, serve as evening hosts, stay overnight with the guests, and help with set-up and tear-down.

HOME VISITATION

A lay-led ministry that provides care to homebound. Call Audrey Johnson at 763-424-2687 for more information.

CRAFT FOR A CAUSE

We support the MS Society by sponsoring a day of crafting. Participants pay \$35.00 and all proceeds are donated to MS in honor of Julie Shoup, a past employee of Advent, and others from our congregation who have this disease.

HABITAT FOR HUMANITY

Advent participates in this inter-faith, non-profit organization creating affordable housing worldwide. Sign up usually begins in the spring, with the construction happening in the summer. People of all skill levels are encouraged to sign up! See Phil Isaacson.

DISASTER RELIEF MISSION TEAMS

The Disaster Relief Team has worked in places such as New Orleans, Rushford, Winona, Jamestown, and most recently New Jersey helping to cleanup after Hurricanes and flooding. Watch for future trips that might be planned. See Pastor Tim or Karen Coddington for information on disaster relief mission trips.

CREATION CARE TEAM

This is a group of individuals who focus on God's creation and how to keep it as God intended it to be. If environmental issues are of interest to you, new members are encouraged to become part of the team. See Bill Beaupre or Pastor Tim for more information.

BACKPACK MINISTRY

Advent is partnering with Osseo Senior High to provide weekend backpacks of food. The pantry and packing of the bags takes place in the educational wing. For more information see our Facebook page: The Nest Backpack Program, or email: thenestbackpackprogram@gmail.com

YOUTH MINISTRY

Mission Statement: As beloved children of God, we are living to reflect God's grace so others may know and accept God's grace. We are committed to:

- Being Christ-centered
- Inviting and welcoming others
- Sharing our faith and gifts
- Holding each other accountable

Keeping our focus on Christ and God's abundant grace is at the center of Advent's youth ministry. We strive to offer opportunities for youth to feel welcome through ministries such as informal "Cell Groups," youth group activities, basketball and softball teams, and a wide variety of summer ministries. Youth are encouraged to grow in faith through regular worship and weekend retreats. Finally, youth are encouraged to live out their faith and share their gifts through service and mission opportunities. These range from assisting with worship and children's ministries like church school and VBS, to week-long mission trips. These ministries are dependent on adult volunteers who are willing to share their gifts and talents and invest in the lives of young people.

Contact Shannon Greely or Tiffani Richardson for more information

SENIOR HIGH CELL GROUPS

Cell Groups are for 9th-12th grade youth. Cell groups meet on Wednesdays or Thursdays from 7:00—8:30 pm. Adults are mentors, but groups are led by youth.

RETREATS Retreats are planned throughout the year for youth.

BOUNDARY WATERS Canoe Trips

Youth from Advent spend a week in one of the most amazing parts of God's creation.

7

CONFIRMATION

Confirmation is offered for youth in grades 6-9 with the Affirmation of Baptism service being held in the fall of 10th grade. Youth in grades 6-8 attend classes on Wednesday from 6:30-8:00 pm. All grades meet together for opening worship and a presentation, followed by discussion in small groups. Parents are welcome and encouraged to attend the opening worship time. 9th grade students choose from a variety of options, such as mission trips, BWCA, camp or cell groups. 9th graders also participate in a 6-week mentoring program during Lent. Attending worship and serving both the church and the community are important aspects of Confirmation. An annual retreat for all students is an important part of this ministry. Involvement and support of parents is also critical to the Confirmation experience.

Contact Shannon Greely for more information.

CHILDREN'S MINISTRY

Advent's Children's Ministry encompasses a wide range of activities from Church School classes, to choir, to Vacation Bible School. We strive to make Advent a place where children feel welcome and loved. Parents are encouraged to play an important role in all of these education ministries.

Church school is available for children age 3 through 5th grade. The focus is on teaching the Gospel message and making each child feel a part of God's family. Advent offers church school classes on Sunday morning at 10 & 11 and on **Tuesday** evening at 6:30. They follow the same curriculum..

TO REGISTER: Registration forms are available in the main office, the Youth & Family kiosk, and on the Web. There is a \$25 registration fee with a maximum fee of \$50 per family. For more information on children's programming contact, Shannon Greely.

VACATION BIBLE SCHOOL

Vacation Bible School is for children ages 3 to 5th grade. To accommodate working parents, childcare is provided after program activities, at an additional cost.

SUMMER CAMP is available for youth in grades 4-12 at Camp Wapogasset in Amery, WI. There is also a special camp weekend at Camp Wapo for 3rd graders.

CHILDREN'S MINISTRY TEAM

There are always opportunities to be involved in Children's Ministry. Whether your talents are teaching, leading crafts & activities, calling volunteers, planning, administration, or helping out in any other way, there is a place for you in Children's Ministry.

PRESCHOOL PLAY & PRAISE, K-2 SPIRIT CREW, & 3, 4, 5, ALIVE, LITTLE LAMBS

Little Lambs, Preschool Play and Praise, K-2 Spirit Crew, and 3, 4, 5, Alive are all programs geared toward a specific age group. These group activities build friendships, are fun, and are faith-building opportunities. See Shannon Greely for more information.

MILESTONE MINISTRY

Milestone Ministry seeks to celebrate milestones in the lives of children and their families, as well as to support and encourage parents in nurturing the faith of their children. As part of this ministry, Advent provides resources & training for parents and other "faith-builders". The goal of Milestone Ministry is to help parents, godparents, and grandparents live out their baptismal vows to help children grow in faith and understanding of God's Word. Most milestones include an event for both children and parents as well as an at-home resource to encourage faith-building practices at home. Current milestones include: **Birth:** *Baptism*, **1 year olds:** *one-year-anniversary of baptism*, celebrated on Baptism of our Lord Sunday in January. **2 year olds:** *welcome to Church School event* in May where parents and children are Introduced to our Church School program and encouraged to register for the fall. **3 year olds:** *Beginner's Bible event* in the fall where 3 years olds and a parent join us for breakfast and to learn about "God's Special Book." Beginner's Bibles are presented to children. **4 year olds:** *Family Devotions and Prayer event* where families learn the importance of faith conversations. Children receive a special prayer book. **Kindergarten:** *Lord, Teach Me to Pray event* in the winter where children and parents learn about the Lord's Prayer. Children receive a book on the Lord's Prayer. **3rd Grade:** *Presentation of Bibles* in October. Children and parents explore the Bible together. 3rd graders are then presented with a Bible. **5th Grade:** *First Communion event* held during Lent where children and parents come together to learn about this Sacrament, First Communion is received on Maundy Thursday. **6th Grade:** *Confirmation Retreat* in September to welcome these young people to our Confirmation program. This retreat is usually held at a camp and focuses on worship. **10th Grade:** *Affirmation of Baptism* service on Reformation Sunday at the end of October. **12th Grade:** *Senior Recognition Sunday* is celebrated on graduation day as these young adults receive a special blessing during worship. Contact Shannon Greely, Director of Education Ministries for more information on any of these events.

SMALL GROUP OPPORTUNITIES

What is a Small Group?

Small groups are a great way to connect with others and to grow your faith! Our groups meet regularly and provide Christian community, Bible study, care, and opportunities to serve. Our desire for small group ministry is that each adult would develop deeper relationships with other Christians and grow in their relationships with Christ.

Fall/Winter/Spring/Summer:

Wednesday, 10 -11 AM

Good Shepherd Room

A pastor-led study/discussion of the up coming texts for worship. All are welcome!

Fall/Winter/Spring:

Thursday, 9:30 -11:00 AM

Good Shepherd Room

A lay-led women's Bible study meets weekly. All women are invited to attend. There is lively discussion and fun fellowship time. Fall session begins September 10

Questions? Call Jan Christofferson at 763-493-8578

Friday at 9:00 am—God Chicks

Anderson Hall

Mary Zigan, member of Advent, is the teaching leader of "God Chicks." The class meets at 9:00 am in Anderson Hall. All women from Advent and the community are encouraged to attend. Next session begins in January. Questions?

Contact Mary Zigan at mzigan@msn.com

Fall/Winter/Spring

Adult small group—Sunday Morning at 10:00.

Cornerstone Room

- Jan 24 Call Process
- Jan 31 A Vision for Advent
- Feb 7 The Power of Intention
- Feb 14 The BEattitudes
- Feb 21 Listening to Luke
- Feb 28 Stephen Ministry
- Mar 6 The Church is a Funny Place
- Mar 13 The Artistry of Paul Oman
- Mar 20 Jesus Last Week According to the Gospel of Luke
- Apr 3 What is Islam?
- Apr 10 Religious Fundamentalism and Extremism
- Apr 17 & 24 Sufism
- May 1 & 8 Forgiveness

Thursday Evening Soul School 7:00-8:15 pm

Good Shepherd Room

3rd Thursdays at 7:00. Living from our True Self

The Great Adventure—Thursday at 7:15 pm

(Watch for new class)

A detailed study of the Bible. Lecture and small group.

Questions? Contact Jim Dahl at 763-420-2801.

Emmaus — 1st Thursday at 7:00 pm

Library

Are you pondering what God may be saying to you, or what is happening in the world, and praying for guidance from the Holy Spirit? Emmaus is led by Sue Hein, Spiritual Director and member of Advent. Contact Sue Hein at 763-425-8944 or Pastor Tim Tengblad

NURSERY

A nursery is available for children birth to age 3 during Sunday morning worship services. The nursery is located in the Good Shepherd Room which is across from the main office. This is a volunteer ministry and we always need parent's help! See Karen Coddington (763-425-4243) to be on the nursery ministry team.

FELLOWSHIP MINISTRIES

ACTIVITY GROUPS

Adult Social Ministry: A ministry for all adults who enjoy meeting and socializing with other members of our Advent family. We plan activities, have speakers, dinner & game nights, or we go to plays, etc. Also, we have dinner groups that rotates every three months. A good way to get to know others!

Softball: We try to form a team each year based on interest, not skill! Teams play in the community leagues. It's a great time to get dirty, get some exercise, and meet some wonderful team players.

Retreats: We have men's, women's, and couples' retreats throughout the year. These are wonderful opportunities to meet new people, learn something and share in the faith journey of others while you travel on our own.

Quilters: A dedicated bunch of adults that meet each week (or as often as you can make it) to make easy, tied quilts to send into the mission field for those that are cold and in need. No experience is required. If you cannot attend the meetings you can pick up piecework to do at home. A great service project for kids and families.

Via de Cristo "Way of Christ": An opportunity to deepen and strengthen faith and follow up with deeper involvement in the ministries of Advent. We offer support for each other, we share in discussions pertinent to today's concerns and we use the Bible to guide our mission; to encourage fellow believers to experience a weekend (a Cursillo) which will enhance their life and reinforce their relationship with God.

SUPPORT GROUPS

CANCER SUPPORT

This is a small group of folks that come together to support and encourage one another. They meet at 10:30 the 2nd and 4th Tuesdays at St Therese Center, Oak Grove Pkwy in Brooklyn Park.

ALCOHOL ANONYMOUS (AA)

Advent hosts a chapter for AA. Meetings are held every Thursday evening beginning at 7:00 in Anderson Hall. Contact Tom Nolden at 763-425-0707

PRAYER SHAWL MINISTRY

We all have times in life when an extra touch is needed. Advent Lutheran helps to provide that extra touch by way of a prayer shawl. The shawls are lovingly hand knit or crocheted and are given in times of need. Prayers are offered for the person who will be receiving the shawl as it is being stitched. The shawls provide great comfort to people in need.

BLOOD PRESSURE CHECKS

Advent's Parish nurse help monitor blood pressure. Stop by the AV Room on the 3rd Saturday/ Sunday of the month to have your blood pressure taken.

10

HEALTH & WELLNESS

Advent Lutheran Church helps meet the emotional, physical, and spiritual needs of our congregation and community through a Parish Nurse Program and Healing Ministry.

Reclaiming an old tradition of the church, to go out and preach the kingdom of God and to heal. (Luke 9:2)

Recognizing that the mission of the church community is to proclaim God's desire that we achieve abundant life.

Reaffirming and supporting the journey toward wholeness in the relationship of body, mind, and spirit. Parish Nursing is an intentional melding of nursing and ministry. The parish nurse ministers to individuals and families using health education and spiritual maturity to promote wellness of body, mind, and spirit. This ministry is lived in and through a faith community.

Who is a Parish Nurse?

A Parish Nurse is a registered nurse, currently licensed, who is committed to the healing mission of the church.

When and where is a Parish Nurse available?

A Parish Nurse is often available on Sunday mornings and also for home visits or appointments.

What is the role of the Parish Nurse?

Integrator of Faith and Health

Brings together aspects of faith and health, and how they relate and impact one another.

Health Educator

Seeks to promote an understanding of the relationship between lifestyle, attitudes, faith, and wellbeing.

Personal Health Counselor

Discusses health problems with parishioners and makes home, hospital, and nursing home visits as needed.

Trainer of Volunteers

Recruits and coordinates volunteers for the health and caring ministries of the church.

Developer of Support Groups

Develops and coordinates support groups to meet the needs of individuals in the congregation and community.

Referral Agent

Refers to community and congregational resources and services.

Health Advocate

Advocates for individuals who are without a support system, for the resources or services they need.

What are examples of Parish Nurse Ministry?

- Offering support to an individual who is grieving.
- Providing monthly blood pressure checks and other health screenings.
- Sharing information on support groups.
- Referring a family member of a homebound person to senior services.
- Offering presence and prayer.
- Delivering care baskets.

WOMEN'S MINISTRY

WOMEN'S RETREATS

A weekend gathering of women getting together to fellowship, do crafts, and build relationships with other women. See Marilyn Warehime if interested.

WOMEN'S CIRCLES

Advent's circles are: Lydia, Naomi, and Ruth. These groups meet on various nights of the week throughout the year. All ages are welcome!

Ruth—1st Thursday at 9:30. Realife in Osseo
Naomi—2nd Monday at 7:00. Meet in homes
Lydia—4th Tuesday at 7:00. Meet in homes

STAMP 'N' CRAFT

It's more fun working on projects when working together! Come for the day to knit, scrapbook, stamp cards, sew, or ?????, whatever you are working on. We set out tables so you can have plenty of space to work.

Questions? Ask Sandra Tiffany 763-712-5860

LOONS (Lord Our Outdoor Navigator)

A group of women who get together in the fall. They have hiked in the Lutsen area and in Northern Wisconsin. The weekend get-a-way leaves on Thursday and returns on Sunday. Questions? Ask Barb Tonn 763-424-3160

MEN'S MINISTRY

MEN'S RETREATS

Men from Advent set aside a couple of weekends a year to spend time together at retreats. It is a time for study and fun.

MEN'S MISSION TRIPS

Every year, men do a week of service work. Locations vary from year to year. Recently, the group participated in a week of service work at Sugar Creek camp in LaCrosse, Wi.

MEN'S PANCAKE BREAKFAST

We look forward to pancakes and sausage, expertly prepared by men of Advent!

MEN IN MISSION MINISTRY

Men (and women!) are always needed to help at Advent. From building maintenance to lawn work (you can ride on a Deere) there are always chores to be done. Do you like to work on lawn sprinklers? We can use you!

See Rod Coddington (763-425-4243)

SIMPLY GIVING

Simply Giving is a convenient way to give regular offering to Advent. Thrivent Financial for Lutherans manage the direct deposit as instructed by the donor. Call the church office or see the council person on duty following worship for more information and a sign-up form. The form is also online.

BUILDING BUCKS

Building Bucks are a quick, easy, painless way to see a return on money you are spending anyway.

Here's how the program works:

Advent buys vendor certificates at a discount, which varies from 2% to 20%. Advent sells those certificates to you at face value. These certificates are for items you will probably be purchasing anyway such as: groceries, clothing, home improvement, gas, restaurants, gifts and entertainment. Please visit our table in the Atrium or see an order form for all the card options. If 50 families bought \$50.00 in CUB certificates each week, Advent would earn \$3,250.00 in a year. And all at no extra cost to you. Where else can you get a deal like that?

Here's how to get your Building Bucks:

- Buy them from the Building Buck volunteer at the Building Buck table in the Atrium.
- Order "bucks" by filling in an order blank, leaving the order with the volunteer. You will pick up the filled order the following week.
- Or, stop by the church office anytime and the office staff will be happy to help you.

13

STAY CONNECTED

The Advent Adventurer is a monthly newsletter that is sent to members. It is a great way to stay connected with all the activities going on throughout the month. You are invited to submit news articles—be sure to watch the calendar for the monthly submission deadline. You are also invited to come and help assemble newsletters.

Advent also has a website. Find the homepage at www.adventlutheran.com. The site is updated weekly with the sermon, scripture lessons for the coming worship service, volunteer schedules, and other useful information. You can also visit us on Facebook!

Weekly announcements are sent out by way of Constant Contact. Subscribe to the service on the homepage at adventlutheran.com

***Transformed by Christ,
Empowered by the Spirit,
We Celebrate God's Kingdom,
Through Witness and Service.***

IMPORTANT NUMBERS

763-425-4243

763-425-9035 FAX

www.adventlutheran.com

Prayer Chain

Audrey Johnson (763-551-9000)

LuAnn Graber (763-425-0734)

