



INCARNATION

LUTHERAN CHURCH

WELCOME TO WORSHIP



All Saints Sunday, November 2, is set aside to remember the people throughout the generations whose lives of faith and love have shaped ours. We honor their memory by lighting a candle. We celebrate who we are in community by being willing to both grieve and rejoice in their presence together.

November 2, 2025 | Worship at 9:00 am and at 10:30 am

All live-streamed worship will be on Vimeo, but you don't need a Vimeo account to view the live stream. The live stream will begin about ten minutes before the start of the service, so you can make sure you can connect.

Connect to Worship at 9:00 am [HERE](#) and at 10:30 am [HERE](#)

Prelude
Welcome
Anthem
Opening Words
Hymn—ELW #422 (vv. 1-3, 7) For All the Saints

Words of Comfort in Grief

The reality is that you will grieve forever. You will not 'get over' the loss of a loved one; you will learn to live with it. You will heal and you will rebuild yourself around the loss you have suffered. You will be whole again but you will never be the same. Nor should you be the same nor would you want to."

—Elizabeth Kübler-Ross and David Kessler

There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love.

— Washington Irving

Anthem
Release ILC Kids(9:00 am)
Reading—Hebrews 12:1-3 — Cloud of Witnesses
Sermon (Part 1)—Pastor Kai
Special Music—You Can Do This Hard Thing
Sermon (Part 2)—Pastor Kai
Reading of Names

Communion (All are welcome)
Next Steps
Hymn—ELW #792 When Memory Fades
Sending
Postlude

Thank You to Our Guest Musicians Today...

We would like to thank our guest musicians today for sharing their gifts! Aimee Lee, Darin Anderson, Elise Meichels Parker, Anna Koopmann, and Karl Koopmann..

[Watch later on Facebook](#)

[Watch later on the Web](#)

[Download a PDF of a guide for families worshipping together.](#)

Prayer Concerns

Sitraka Rakotoarivelo; Pat & Ken Olson; Mary Flanagan; Kris McCormack; Erin Holmen; Deb Rykken; Karen Stauder; Anna Thorstad; Guy Ahlstrom; Kara Genia & family; Jon Nelson; Kate Tollefson & family; Carol Beckerleg; Marian Ness; Lowell Odland; Linda Hudepohl; Nicole & Troy Heller's brother-in-law; Kay Leerssen's daughter; Tom Henk's brother; Deb Rykken's brother; Sue Bernlohr's mother; Mike Wielenberg's mother; Al and Carolyn Ek's son; Kara Johnson's friends Ken & Trish; Nancy Haugen's friends David, Michelle & family and Colette & family; Kim Wielenberg's friend, Cindy; Dede Mattison's friends, Allan and Yvonne

Sympathy to the family of Yvonne Schulz on her death; Christy Partington & family on the death of her father

To be added to the public prayer concerns list, please get in touch with [Julie Durbin](#). If you would like to add someone else to the public prayer concerns list, please obtain their consent first.

Altar Flowers

Altar Flowers given to the Glory of God by Jonathan & Michelle Wood in honor of Leigha Wood's 21st birthday.

If you would like to have altar flowers given in honor or memory of someone, don't hesitate to get in touch with the Incarnation Office at 651-484-7213 to sign up (cost: \$25). Donations help offset the cost of the beautiful flowers the Worship Arts team provides. Altar flowers express our love for God, enhance our gathering around the Word and Sacrament, and represent changing seasons both in the church year and in nature.



Giving a Gift

We are grateful for your continued support of the ministries at Incarnation. Your generosity is not only vital to our church's worship but helps us have an impact on people in the surrounding communities and beyond. We invite you to continue with us on this journey! If you have questions about setting up an

Click on the image above to link to our giving page.

electronic recurring donation or making a gift through stocks, an IRA, or a donor-advised fund, please reach out to [Amy Faymoville](#), our gifts manager.

ANNOUNCEMENTS

Your Congregation Council Invites You To Attend These Upcoming Meetings:

- **Discussion Forum:** Sunday, Nov. 2, 10:15–11:15 a.m. in the Fireside Room. Updates will include a preview for the November 16 Annual meeting.
- **Annual Meeting:** Sunday, Nov. 16 in the Sanctuary after both services. We will seek your approval for the nominees identified by the Nominating Committee to serve in the Council, Endowment Fund Committee, and Synod Representatives roles.

We Are Hosting the 2025 Bega Kwa Bega Fall Festival!

November 8 @ 8:00 am - 12:00 pm

The Bega Kwa Bega Fall Festival is an annual gathering focusing on the partnership between congregations of the Saint Paul Area Synod and congregations of the Iringa Diocese in Tanzania. If you have not experienced it before or it has been awhile, please consider joining in this year!



“Let the Children Come” is our theme for this year’s festival! BKB Scholarship Clerk Frank Mkocho and Pastor Joyce Ngandango are our honored guests. BKB affiliate organizations will present updates on their work.

Breakout sessions include these presentations:

- Update from the BKB Scholarship & Education Committee
- Traveling with Children and Youth
- Education, Gender Equity, and Climate — researcher Laura Wangsness Willemssen
- State of the Companionship report — BKB Director Kirsten Levorson and Iringa Committee Chair Caryn Josephson

Singers are invited to rehearse with members of the recent Kwaya travel group and lead music for closing worship....See details on the sign-up form below.

Join us to celebrate our beloved companionship! There’s no charge to attend, but please register so we know how many to plan for.

<https://spas-elca.org/event/2025-bega-kwa-bega-fall-festival/>

Next Blood Drive

Incarnation’s next American Red Cross Blood Drive will be **Thursday, November 6, 2025, from 10:00 am to 4:00 pm.**

We are now well into our third year of hosting these life-

saving events. Thanks to 500 generous donors, nearly 490 units of blood have been collected—helping patients and saving lives. Join us if you can, or look ahead at upcoming dates. Schedule your donation at:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=IncarnationLutheran>



Kairos

Welcome to the 2025-2026 Kairos season. The Kairos logo, the Jerusalem cross, is a universal symbol for Kairos/God's time. Kairos sessions will be held at 10:15 am in the Fireside Room unless otherwise noted.

November 2

4th Quarter Church Council Discussion Forum

Each quarter, the Incarnation Council hosts a discussion forum with congregation members to provide updates and interactive discussion/Q&A. Kairos hosts this 4th quarter discussion.

November 9

Senior Ministry Forum

Presenter: Patty Nilsen, Incarnation's new Senior Ministry Leader

A recent Pew research study revealed that for seniors, faith is a prime factor in their identity, and their faith practices are sources of meaning and hope. More seniors attend worship than any other age group. They make up huge numbers of congregational volunteers and give generously to their churches. Nilsen invites you to share your ideas, wisdom, and perspective as we create this new ministry area together.



Door Greeters Needed to Welcome Players and Keep the Game Going!

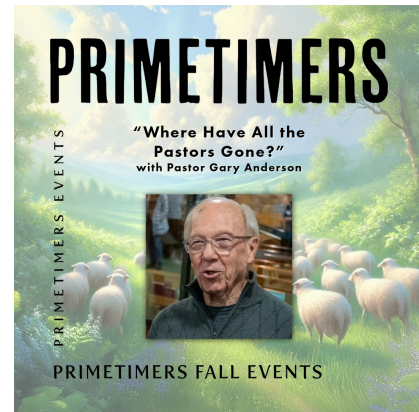
Our gym is open for pickleball again! We're looking for enthusiastic players and friendly **door greeters** to help welcome everyone. Door greeters will cover two-hour shifts each session to let players into the building. For instructions and to sign up for available dates and times, click the link:



PrimeTimers

We're excited to welcome Pastor Gary Anderson for our November gathering! Our Theme: **Where Have All the Pastors Gone?** Pastor Anderson will share his thoughts on some of the challenges facing the ELCA today—and explore hopeful ways we can move forward together.

- **Thursday, November 20**
- **Doors open: 10:00 AM**
- **Program starts: 10:30 AM**
- **Lunch: 11:30 AM | \$10 (pay at the door)**



Come for the conversation, stay for the community (and the great food!). Don't forget to reserve your lunch spot—give Julie Durbin in the church office a **call by Monday, November 17**, at 651-484-7213 to sign up.

Ralph Reeder Food Shelf Holiday Baking Drive

The Ralph Reeder Food Shelf (RRFS) has a Holiday project underway! We want to help RRFS meet their goal of providing all of their clients with a bag of goodies for holiday baking. You can help to provide this baking opportunity to our neighbors with food insecurities in a number of ways.

First, you can provide any number of complete “Holiday Baking Bags” by collecting each item in the “Holiday Baking Drive” list (see below) into a shopping or gift bag; then drop them off at Incarnation or RRFS.

Second, you can purchase any items from the “Holiday Baking Drive” list and drop them off at Incarnation or RRFS:

- Flour
- White Sugar
- Brown Sugar
- Oil
- Chocolate Chips
- Vanilla
- Baking powder
- Baking Soda
- Optional examples – sprinkles, cookie cutter, measuring cups, favorite cookie recipe

Third, you can make a financial donation that is always welcome. Donate online (<https://pushpay.com/g/incarnationmn>) or make checks out to Incarnation -- with “Ralph Reeder Food Shelf” as the Fund or in the memo. Double your impact by donating during the Holiday Match period in November and December!

Note that non-perishable donations should be dropped off at Incarnation or RRFS no later than December 7. Thank you for making the holidays merry and bright for our neighbors in need!





INCARNATION

SMALL GROUPS

November, Advent & Winter Small Groups

We are about to begin a new season of Small Group Ministry!

Look for the Small Group tables on Sunday mornings, Oct 26, Nov 2, and Nov 9

Our Money Stories

This is our worship theme in November, in the days between All Saints and Advent

Join in this group led by Tim Gray that will use the *Our Money Story* Study Journal to explore the focal scriptures through art, reflections, and writing prompts.

Sunday afternoons at 4:00 pm

11/8, 15, 22, (skip Thanksgiving weekend), and 12/6 and 12/13

Advent Theme — What Do You Fear? Insisting on Hope this Advent

Small Group Leaders*

This is a short-term Small Group experience and there will be several different days/timeframes/formats to choose from, and groups will meet 3-4 times during the Advent season (Nov 30 to Dec 23).

** Are you a trained Small Group Leader who would like to lead a short-term group on our theme this Advent? Consider this resource that will also be offered as a devotional resource to the whole Incarnation community. Also, we will provide a group leader guide for those who would like that resource.*

Offered by:

Dianne Timmer – Sunday afternoons in Arizona

Jane Trapp – Thursdays afternoons at 3 pm – Dec 4, 11, and 18 – meeting on Zoom

Matthew: The Gospel of Promised Blessings by Matthew Skinner

Planned to begin in January 2026

The Gospel of Matthew portrays Jesus and his message as full of tender compassion and urgent warning. This six-part exploration of an enigmatic Gospel takes readers into the themes, topics, and tensions at the heart of Matthew's story about the life and work of Jesus. Chapters focus on blessing and comfort, judgment and retribution, the meaning of discipleship, Jesus' vision for the Church and world, conflicts and complaints, and how the Gospel of Matthew speaks to believers today.

Components include video teaching sessions featuring Matthew Skinner and a comprehensive Leader Guide.

Offered by:

Liv Rosin – on Wednesdays in the early afternoon, starting in January

Young Adult Small Group

It's more than a book—it's a movement. Born from the stories, struggles, and dreams of young adults, the collection of letters speaks to the most pressing issues of our time, including climate change, mental health, marginalization, and the pursuit of abundance and intimacy in faith.

*Priority for participants who are 18-30—if you are beyond that age, let us know of your interest, but indicate *eager listener*

Small Group Leaders – Mike Sell and Pastor Joy

Tuesday evenings once each month, 6:30 pm

Begins November 11

Preschool Parents Advent Small Group

Deacon Shirley Lee and Pastor Joy

We will use the Advent resource to get us started in building relationships between Preschool families—all are welcome, including Incarnation Preschool families and those worshipping at Incarnation who have a preschooler.
Day/time: TBD by group participants

Parents Small Group

A Bible study for parents interested in exploring the challenges of raising our children to be more dependent on God than us as they grow up. We will dig into God's word, discuss approaches and parenting insights from God that we can in turn apply at home.

Spouses switch off who comes. It's organically worked out that dads come one week and the moms come the opposite.

Every two weeks on Tuesdays, 8:30 – 9:30 pm

Small Group Leader: Caleb Cordes

Caregivers Group

Refilling the Reservoirs: *Spiritual Care for the Exhausted Caregiver* by Brenda Bos
Life as a caregiver is hard. There are no easy answers, and hope can feel elusive. Bos, a Lutheran pastor and a fellow caregiver, shares a spiritually grounded message of solidarity steeped in the conviction that God meets us in the hard places—even when it's difficult to see beyond our pain.

Small Group Leaders – Katie Solfest & Patty Nilsen

Tuesdays in January 6, 13, 20, and 27

Practicing Meditation with the Psalms

We will meet in the chapel with candles and dim light. Participants can sit in a traditional chair or bring a mat or blanket to sit on the floor. We will listen to one Psalm together and have a short conversation on it. Then we will do a traditional guided meditation, including deep breathing, attention to the body, listening, etc. Before the meditation is complete, we will hear the Psalm again and end with a breath prayer. We will all leave quietly.

Small Group Leader: Emily Schwieters

Meeting five Monday evenings, 6:30-7:30 pm. Jan 5, Jan 19, Feb 2, Feb 16, March 2

Snack Drive for Mounds View Schools

In August, Ralph Reeder alerted Toni Schutta and the **Help a Neighbor** non-profit that 500 food-insecure school children, ages K-8th grade, would go without a daily snack at snack time this school year and asked for assistance. **Help a Neighbor** agreed to take on this project, which means that 83,000 individually packaged snacks (500 children x 166 days of school) are being sought, and/or \$26,000 to cover the cost of the "Smart Snacks for Smart Kids" program. This will take a village!

Would your Small Group at Incarnation or Service Group in the community like to be part of this snack drive? Please consider providing in-kind donations (which can be dropped off at RRFS) and/or cash donations to this cause, per the instructions in the information sheet below. Thank you so much for your consideration.

[Updated One Page Fact Sheet Smart Snacks for Smart Kids](#)

Smart Snacks for Smart Kids Information Sheet

For \$53 you can improve the life of a student in the Mounds View School District.

Imagine that you're 8-years-old and it's snack time at school. Kids on all sides of you have a snack for all 166 days of school but you don't because your family can't afford to send a snack. Students often feel left out, sad and most importantly hungry! That was the case for 500 students at Mounds View Schools last year. We're going to try and remedy that and we need your help.

Help a Neighbor (HAN), a local non-profit, is hoping to provide 500 students a daily school snack. There's 83,000 individually-packaged snacks needed for a budget of \$26,560.

Why It's Important: Hunger significantly affects a child's ability to concentrate, retain information, and engage in learning activities. Snacking helps stabilize blood sugar levels and provides the energy needed to stay focused and engaged in school.

Two Ways You Can Help Support This Important Cause:

- 1) **Donate money to "Help a Neighbor"** and HAN will purchase the snack bags for the 500 students in need.
 - A \$53 donation provides a daily snack for one student for the school year. (500 students are in need.)
 - A \$250 donation provides students in one school one snack for one month. (10 schools are in the program.)
 - A \$1,000 donation provides students in four schools one snack for four months. (10 schools are in the program.)
- 2) **In-kind donations from individuals, groups and businesses who purchase snacks.**

Individually-packaged snacks such as soft granola bars, Sun Chips, Chex Mix, Mini Pretzels (1.5-2.0 oz.) are needed. Boxes of these snack bags are welcomed!

If you have questions, please reach out to: Toni Schutta, Chair of Food Insecurity, Help a Neighbor, 612-810-8687, toni.schutta@helpanneighbor.org

To Make a Donation: You can use Venmo: @helpinganneighbor, Or Visit www.HelpingaNeighbor.org to learn more and donate.

Checks can be sent to: Julie Leidy, Founder and Executive Director, Help a Neighbor, 9 Island Rd., North Oaks, MN 55127. Help a Neighbor is a 501(c3), EIN #: 33-2227696.



Thank You for a Successful Winter Coat Drive 2025!

A heartfelt thank you goes out to our Incarnation community for generously providing much-needed winter coats, hats, boots, gloves, snow pants and scarves for families at Solid Ground. Your financial donations also made it possible to purchase winter gear in sizes that were unavailable. Thanks to your kindness and big hearts, 49 Solid Ground families will stay warm and enjoy the winter season ahead.

We also extend our deep gratitude to the Arden Hills/Shoreview Rotary Club for once again partnering with Incarnation this year—bringing in many winter wear items, monetary donations, and volunteers to help sort and organize. The White Bear Lake Rotary Club also contributed winter wear and monetary donations for Solid Ground families. A special thank-you to Hejny Rentals for providing coat racks, which made for a welcoming and organized shopping experience.

And to our 29 amazing volunteers, thank you for being the hands and feet of Christ as you sorted, organized, transported and assisted families with such care and kindness.

Your generosity continues to ripple outward. Unused coat drive donations will help The Alley Shoppe at Arlington Hills Lutheran Church in St. Paul provide warmth for others in great need this winter.

Your compassion and generosity truly make a difference ♥

Celebrating the Success of the Solid Ground Gala!

A heartfelt thank you to all who helped make the Solid Ground Gala such an incredible success! A number of guests from Incarnation attended and joined in raising more than \$325,000 to support Solid Ground's mission. These funds will help provide families with stable homes and holistic support to build a solid foundation in their journey toward a brighter future.

Throughout the evening, we heard inspiring stories from four Solid Ground families, including Aaliyah, who found stability, hope, and opportunity through Solid Ground. In Aaliyah's words

"Not only did East Metro Place become my safe haven, they challenged me with monthly



goals, financial advice, parenting classes—and I participated in every opportunity offered. Solid Ground gives you the tools to become the version of yourself you aspire to be.”

Aaliyah now has a fulfilling career with Renewal by Andersen and is excited about her future. Her story reflects the transformation that happens when a caring community walks alongside families on their journey toward stability and hope. Thank you for your continued prayers, support and generosity for families at Solid Ground.

Young Adult Minstry News

Gather Twin Cities has two events coming up for young adults:

- On November 16, our social gathering will be a Friendsgiving potluck. Thank you to Spirit Garage for hosting us! (More info in the graphic.)
- December 14, we welcome Bishops Jen and Patricia to co-host Gather with us at Norseman Distillery! (More info in the graphic below.)

For more information, please get in touch with [Pastor Joy](#).



Young Adults at Incarnation:
GATHER FOR
FRIENDSGIVING

JOIN US FOR AN EVENING OF COMMUNITY,
FELLOWSHIP, AND GREAT FOOD.
PLEASE BRING A DISH TO SHARE!

NOVEMBER 16, 6-8PM
SPIRIT GARAGE
100 W 46TH ST, MINNEAPOLIS, MN 55419



YOUNG ADULT EVENT
SUNDAY DEC. 14TH
Norseman Distillery | 6:00pm-8:00pm

Bevies with the Bishops!

Join Bishops Lull & Nagel for an
Ask Them Anything night!

Garden Suite at Norseman Distillery
6 PM | Drinks available for purchase
(alcoholic & non-alcoholic)

Young Adult Small Group: "Hungry for Hope"

Many churches and institutions make an effort to "know about" young adults, but rarely make the effort to "know" their young adults. This small group is for those ages 18-30, where we will read the book, *Hungry for Hope*. A collection of letters written to the church that discuss the specific challenges experienced by young adults in today's world. "To be known is to be loved". Join us in this first discovery phase of our young adults here at church and our community at large.

Meets Tuesday evenings, 6:30-7:30 pm starting on November 11. Contact [Mike Sell](#) or [Pastor Joy](#) for sign-up and questions.

Letters to the Church
from Young Adults



**HUNGRY FOR
HOPE**

Jeremy Paul Myers & Kristina Frugé, editors

Youth & Family Ministry The Weekly Update



On Wednesday, 10/29, 55 youth and 12 adults went to Dead End Hayride in Wyoming and had fun being "freaked out with friends" while a handful stayed behind for a movie and treat night. Next week, 11/5, 6th and 7th graders will learn just how far God's loving arms reach—even to those on the outside, who mean us harm. 8th graders will begin their 2nd

core course, The Jesus Story, and learn a helpful practice to encounter Scripture—Lectio Divina. 9th graders just affirmed their baptism! Check out their Faith Projects on display by the Library. Because confirmation is not a graduation, we hope to continue the journey of faith together in high school ministry.

A Few Updates

1. 11/5 is a pizza night, 5:00-6:00 pm (seriously, anyone is invited)
2. Serve cookies and coffee on Sunday (2 hrs) — [sign up here](#)
3. Be a Pizza Person on Wednesday (next one: 11/5)— [sign up here](#)
4. First Thursday (free small bev for 6th-12th graders), Thursday, November 6, 7:00–8:30 am, North Oaks Caribou

To view our schedules and loads of other stuff, head to our [MSM](#) or [HSM](#) webpages.



An Incarnation high schooler is offering to rake up to 3 yards on Saturday, November 8th. To sign up, please [email Patty Nilsen](#).



Listening Sessions With the Bishop Election Committee

Saturday, Nov. 1 — 10 am

Augustana Lutheran Church in West St. Paul

OR

Thursday, Nov. 6 – 7 pm

Shepherd of the Hills Lutheran Church in Shoreview

The Saint Paul Area Synod will be electing a new bishop in 2026, and the Bishop Election Committee wants to hear from YOU as we begin the journey of discerning our new leader. What qualities, values, and leadership do you

believe are essential for the next bishop to faithfully guide our synod? All congregation members around the synod are invited to be part of this call process. No registration is necessary; just show up!



bishop election committee
LISTENING SESSIONS

What qualities, values & leadership
do you think are essential for the next
bishop of the Saint Paul Area Synod?

Share your thoughts on Nov. 1 or 6.

spas-elca.org/calendar

Disaster Response

Lutheran Disaster Response shares God's hope, healing, and renewal with people whose lives have been disrupted by disasters in the United States and worldwide. When the dust settles and the headlines change, we stay to provide ongoing assistance to those in need.

International:

- [Middle East Crisis](#)
- [Eastern Europe Crisis Response](#)
- [Horn of Africa Drought](#)
- [Middle East & Europe Refugee Crisis](#)
- [South Sudan Relief](#)
- [AMMPARO: Protecting Migrants](#)

Domestic:

- [Flooding](#)
- [Hurricanes](#)
- [Severe Storms](#)
- [Tornadoes](#)
- [Wildfires](#)

Like Lutheran Disaster Response on [Facebook](#), follow @ELCALDR on [X \(formerly Twitter\)](#) and follow @ELCA_LDR on [Instagram](#).

- If you are new to Incarnation or you want to learn more about Incarnation ministries, [please complete this online form](#) we'll use to connect you to a ministry leader according to your interests.
- Please consider [giving online](#), allowing Incarnation to receive the funds quickly. You will be able to donate to the Ralph Reeder Food Shelf, Feed My Starving Children, the Operating Budget and more through the same link.
- [You can find the online worship web page here.](#)
- [To email the council directly, click here.](#)
- To request council minutes, please email [Julie Durbin](#).
- To be added to the public prayer concerns list, contact [Julie Durbin](#). If you would like to add someone else to the public prayer concerns list, please obtain their consent first.
- If you are ill, someone is hospitalized, or there is a death, call the Incarnation Office at 651-484-7213. If it is outside of Office Hours, contact the on-call Pastor at 651-484-7213 ext. 204.
- [The Staff Directory, with email addresses, can be found here.](#)
- Questions? [Contact Julie Durbin](#).

Incarnation Lutheran Church

incarnationmn.org

651.484.7213

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If your contact information has changed or if you would no longer like to receive Online Worship Emails from Incarnation, please contact [Marina Nyberg](#) to take you off the list.

Please note that when you choose to unsubscribe using the link below, you will no longer receive ANY Incarnation email communications through Constant Contact. For this reason, you're asked to email [Marina Nyberg](#) if you wish to be removed from specific Incarnation email communications.



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