

LIFETIMES

November 2025

From the Pastor



Kai Nilsen
Senior Pastor

Although it's October, here's the good and not-so-good news from September's financials. Good news: We received \$65,000 toward our *Building for Our Future* appeal. Not as good news: We received \$50,000 less than anticipated income for our Operating Fund (ongoing ministry, outreach, staff and facility).

I've included the progress on our *Building for Our Future* appeal below. As you can see, we can comfortably fund our 2025 initiatives with the money we have already received (\$2.45 million) and are half-way into funding our 2026 initiatives. I told you. Good news.

With that, I am going to invite you to turn that same generosity toward the Operating Fund through the end of the year. We routinely make up \$75,000-100,000 in the last few months of the year. This year we will need to make up \$175,000. So, let's focus our attention on supporting the ministries that represent who we are to the world—inspiring worship, challenging and comforting small groups, loving ministry with our kids and students, and outreach that helps co-create a better, more loving world. In it, together.

Peace, Kai

Building for Our Future Update October 1, 2025



Installed solar panels at Incarnation

Projects 2024	Cost		Projects 2025	Cost		Projects 2026	Cost
Office Windows	70,000	✓	Roof	1,300,000	✓	HVAC #1 HVAC #2	200,000 72,000
Ministry Partners	42,000	✓	HVAC #1	400,000	✓	Senior Ministry Leader	40,000
Solar Panels	75,000	✓	Solar Install	291,000	✓	Young Adult Leader	20,000
			Sanctuary update	100,000		2026 Ministry Partners	42,000
			Senior Ministry (.5 year)	20,000	✓	Organ Repair	30,000
			Young Adult (.5 year)	20,000	✓	handbells	16,000
			Ministry Partners	42,000	✓	Parking area #1	65,000
						Parking area #2	35,000
Total	187,000			2,073,000			620,000
BFOF Total				2,260,000			2,880,000

Total Contributions to BFOF: \$2,389,709 through 08/31/2025
Total Commitments to BFOF: \$2,912,194



Tracy Strantz
Council President

As we enter November and the season of Thanksgiving, we want to express our gratitude for all the progress made on our Three-Year Plan this year. We've experienced a remarkable year of growing our ministries and funding significant improvements for our facility. Two major facility projects are in their

final stages— the post-construction roof inspections are underway, and fencing is being installed around the solar array. Thank you to the congregation and numerous collaborators who contributed to our many successes this year.

Special thanks to Dan Kvinge, licensed drone pilot, for capturing an aerial video of the facility work-in-progress in August. We shared it during our August Discussion Forum and invite those who missed it to view it at this link: <https://vimeo.com/1129995090?share=copy&fl=sv&fe=ci>.

We are also thankful for the ongoing engagement and feedback we receive from congregation members. In a year with significant changes, both within and outside our walls, your questions, suggestions, and inputs are appreciated. Our community is strengthened by the range of experiences and viewpoints each person brings. We are grateful to the congregation members who have volunteered their time and areas of expertise to support our roofing, HVAC, and solar installations this year.

We also appreciate that perspectives may vary widely on many topics, including political beliefs. We are grateful for that diversity and strive to foster an environment that embraces inclusivity. While we may experience differences of opinion on topics in various settings, we are committed to ensuring all feel welcome in our community.

We look forward to our next Discussion Forum, where we will provide additional progress updates and a preview of our November Annual Meeting.

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 16th 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 welcome any comments, feedback, or questions you may have for Council. You may connect with us through email at council@incarnationmn.org or come visit us in person at the Welcome Kiosk on Sunday mornings. The Kiosk will be staffed by a Council Member in between the Sunday worship services. Depending on which service the Council Member attends, it's possible you may see us before the early service or after the later service, but the primary availability will occur between the two services.



"Home for the Holidays" Concert Time Change



Sunday, December 14, 2025 | 7:00 PM

As you're making plans to experience music of the season this December, the Incarnation Music Series is presenting a must-see concert.

Nationally acclaimed and charismatic jazz vocalist Jennifer Grimm, joined by her talented family and friends, will share her amazing vocal stylings in a program of holiday music.

Bring your friends and arrive early to enjoy a festive Christmas cookie! www.JenniferGrimm.com

Please note the time of this concert has changed to 7:00 PM.

Children, Youth, and Family Ministry



Join us for a night of Advent Fun for all generations! Enjoy a meal and music by members of our Incarnation worship team, then visit the different craft stations.

Each station will include a craft, a devotion and scripture. This event is for all generations!

Sign-up at

<https://form.jotform.com/243015831505145>



Patty Nilsen
Senior Ministry Leader



In honor of **National Family Caregivers Month** this November, our church ministry partner, Lyngblomsten, is offering this support at its Lino Lakes Senior Living Campus (6070 Blanchard Blvd.)

Saturday, November 8, 10–11:30 AM — Meet the Author

Meet Minnesota author and family caregiver, Linda Knebel Pruden. Linda's recently released book, *From Fear to Peace*, shares her journey and explores the struggles, triumphs, and profound impact of love and faith in the face of adversity. Through her story, Linda offers messages of hope and peace to caregivers and those who support them.

You may register in advance at 651-632-5320. Walk-ins are welcome, but the first 25 participants will receive a complimentary copy of Linda's book!

Meet with a Caregiver Social Worker

Receive the support you need by meeting with a Caregiver Social Worker. Lisa Brown, MSW, LISW, brings 19+ years of experience working with older adults and specializes in serving adults with dementia and their family caregivers. To schedule an appointment, contact Lisa at (651)-632-5320 or caregiving@lyngblomsten.org.

Join a Memory Loss Support Group (for caregivers):

- 2nd Tuesday of the month from 10:30-11:30 AM: Virtual Group on Zoom
- 4th Tuesday of the month from 10:30-11:30 AM: In-person group at Lino Lakes

Respite Services

Overnight Respite Care at Lino Lakes senior living campus. For more information: Deb (651)-515-1727 or dbland@lyngblomsten.org.

Incarnation Caregivers Group

Tuesdays in January from 1:00-2:30 PM, beginning on January 6, 2026.

Leaders: Patty Nilsen and Katie Solfest

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 fellow caregiver, shares a spiritually grounded message of solidarity steeped in the conviction that God meets us in the hard places – even when it is difficult to see beyond our pain.

Sign up: at the small group table in the gathering area or email:

pnilsen@incarnationmn.org

November 9 — Kairos: Senior Ministry Forum: Come share your thoughts and ideas for Senior Ministry with Patty Nilsen, Senior Ministry Leader.

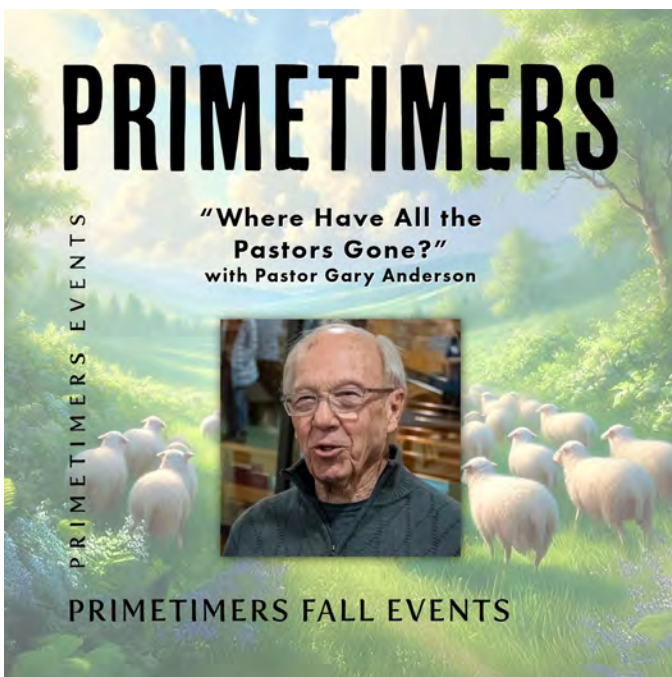
November 20 — PrimeTimers: 10:30 AM, Pastor Gary Anderson... followed by lunch.

PUBLIC PRAYER CONCERNS: Sitraka Rakotoarivelo; Pat & Ken Olson; Mary Flanagan; Kris McCormack; Erin Holmen; Deb Rykken; Ken Olson; Joan Volkmann; Karen Stauder; Anna Thorstad; Guy Ahlstrom; Kara Genia & family; Jon Nelson; Kate Tollefson & family; Carol Beckerleg; Marian Ness; Lowell Odland; Linda Hudepohl; Kathy Kvinge's mother; Jennifer Hansmeier's Mother; 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; Dan & Caroline Beckman's friend, Harry; 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 Mary Lou Lindholm on her death; Christy Partington & family on the death of her father; the family of Yvonne Schulz on her death

PrimeTimers Presents: Join Us for Our November Program!



We're excited to welcome former 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.

Altar Flower Volunteers Needed

With Jane Gehrking retiring at the end of December, we're looking for additional volunteers to help purchase and arrange flowers for Sunday services. The church provides plenty of vases, and volunteers are reimbursed for the cost of the flowers.

This is a beautiful way to serve and add beauty to our worship each week!

If you're willing to share in the rotation of this volunteer position or are interested in more information, please contact [Julie Durbin](#) at 651-484-7213.



Bible Study Esther Circle



Next meeting: Thursday, November 6
9:00 AM in the Fireside Room

Please join us for fellowship and great discussions! If you have any questions, please email [Vernita Kennen](#) or call the office at 651-484-7213.

We are hosting the 2025 Bega Kwa Bega Fall Festival!



2025 FALL FESTIVAL



November 8 - 8 a.m.-12 noon • Incarnation Lutheran Church, Shoreview

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/>



Welcome to the Creation Care Corner, information from the Creation Care Action Group. Our hope is to keep you informed about Creation Care projects at Incarnation as well as provide ideas and resources for your own journey in creating a more sustainable world. If you have questions or suggestions, please contact Nancy Stutzman at nancystutzman@comcast.net or Mike Vant at mjvant@gmail.com

Today's Topic: Some Actions to Combat the Climate Crisis

As we heard from two Kairos speakers recently, there are many issues concerning the climate crisis, and there are also many solutions. There is no one single silver bullet that will fix everything. The good news, though, is that everyone's actions play an important part. As we consider our role in the current climate crisis, keep in mind that the United States is number 3 in the top 20 per capita greenhouse gas emitters in the world. We bear a great responsibility in being a part of the solution, as we are a great part of the problem. Reduce, reuse, and recycle are three guiding principles to consider as we make consumer decisions. Here are some actions that we can take that will make a difference in our future on this earth.

- Eat a more plant-based diet with less red meat. Vegetarians and vegans have significantly lower water use and cause less harm to biodiversity than omnivorous ones.
- Reduce your transportation carbon footprint by flying less, taking a train, bus or carpooling.
- Buy fewer clothes. Fashion has become a major contributor to global warming and is responsible for more than aviation and shipping emissions combined. Fast fashion items are often made from unsustainable materials. Consider renting or buying second-hand.
- Learn more about recycling in your community and make recycling a part of your household.

We all have a role in slowing and even reversing the current climate trends, but it will take deliberate effort on all our parts. Figure out what you can do and make it a part of imagining and co-creating a better, more loving world.

Sources:

<https://www.cnn.com/interactive/2023/12/us/countries-climate-change-emissions-cop28/>

<https://www.bbc.com/future/article/20241231-seven-proven-ways-to-help-the-planet>

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, but they also 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.

Partnering to End Hunger Since 2007



In 2007, Incarnation hosted its first Feed My Starving Children (FMSC) MobilePack™. Since the first packing session, we knew this was going to become a meaningful tradition we wanted to make into an annual commitment to Feed My Starving Children. Six years later, in 2013, FMSC became a formal ministry partner.

Over the years, members of the Incarnation community and beyond have come together to host the All Hands on Hope MobilePack™. Together, packing over 9.8 million meals, feeding 27,106 children a meal per day for an entire year! Our community has also participated in monthly packing sessions at the local FMSC permanent site, volunteered at summer Food Truck Festivals, and assisted other MobilePack™ events.

Feed My Starving Children (FMSC) was founded in 1987 and is a Christian non-profit organization dedicated to seeing all of God's children whole in body and spirit. This is accomplished by providing nutritionally complete meals specifically formulated

for malnourished children. Donations fund the meal ingredients, and volunteers hand-pack the meals. Meals are donated to FMSC food partners around the world who handle distribution. Kids are fed, and lives are saved!

The 2026 All Hands on Hope MobilePack™ will be held April 22-26, 2026, at Incarnation Lutheran Church. Incarnation's Feed My Starving Children Action Group is in the beginning stages of planning this event and is looking forward to hosting volunteers as we celebrate our 19th MobilePack™.

The FMSC Action Group is looking for volunteers of all ages who are passionate about the FMSC mission and who can help us plan and/or execute this exciting event. Specifically, we are looking for those who are called to help recruit and organize volunteers, fundraise, and manage social media. Our Action Group meets monthly for approximately two hours. We are considering developing sub-committees for various tasks to streamline and lead to easier scheduling and meeting time management. If you are interested in learning more about this fantastic service opportunity, please contact Mike Vant for more information.

To stay up to date on happenings throughout the year, sign up for Incarnations' weekly worship emails, follow us on the social media channels below, or visit our web page.

Facebook: @IncarnationMobilePack

Instagram: @fm_sc_at_incarnation

Listening Session with the Bishop Election Committee

Next May 2026, we will elect a new Bishop of the Saint Paul Area Synod. Please consider joining in one of two listening sessions in November.

November 1 @ 10:00 AM

Augustana Lutheran Church 1400 S Robert St., West St. Paul, Minnesota

November 6 @ 7:00 PM

Shepherd of the Hills Lutheran Church 3920 N. Victoria St., Shoreview, Minnesota

You're invited to a Listening Session hosted by the Saint Paul Area Synod Bishop Election Team! This is

an important opportunity for your voice to shape the future of our shared ministry. As we begin the journey of discerning our next bishop, we want to hear from you. What qualities, values, and leadership do you believe are essential for the next bishop to faithfully guide our synod?

This session is open to all congregation members around the synod and is a vital part of the call process. Come share your insights, hopes, and vision as we listen together for where God is leading us next. Your input matters. No registration is necessary; just show up!

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.

November 2

4th Quarter Council Discussion Forum

Each quarter the ILC Council hosts a discussion forum with Congregation Members to provide updates and interactive discussion/Q&A. Kairos hosts this 4th quarter discussion.



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

November 9

Senior Ministry Forum

In his 2018 book *Elders Rising*, author and former Luther Seminary Professor, Rollie Martinson, states that older adults significantly influence, and in turn, are profoundly shaped by religion. Approximately 42 percent of church members in the United States are sixty-five or older. More seniors attend worship than any other age group. They make up huge numbers of congregational volunteers and give generously to their churches. 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.

Patty Nilsen, Incarnation's new Senior Ministry Leader, invites you to this opportunity to share your ideas, wisdom, and perspective as we create this new ministry area together.



Presenter: Kate Reuer Welton, UM Campus Pastor

November 16

Lutheran Campus Ministry at the University of Minnesota

Lutheran Campus Ministry-Twin Cities is situated amongst 55,000 young adults at the University of Minnesota-Twin Cities. Join the conversation about what we're learning at LCM about the unique challenges and longings of young adults, the kinds of Christian communities they crave, where young adults find meaning, and what their hopes are for the world. We'll also share how you can be a part of this life changing ministry.

Pastor Kate grew up in South Dakota and settled back in Minneapolis after many adventures, including completing a Master of Divinity degree at Harvard Divinity School. UM Campus Pastor at the University of Minnesota since 2010, she remains excited about proclaiming the Gospel in this lively context and working with student leaders to discern God's call for our community.

She has worked as a community organizer and teacher in a wide range of places including Lutheran Social Service of MN, Kakuma refugee camp in Kenya, and Native Arts High School on Lake Street in Minneapolis.

November 23

"Church Without Walls" Ministry Fair

Please see more information about our Ministry Fair on page 12.



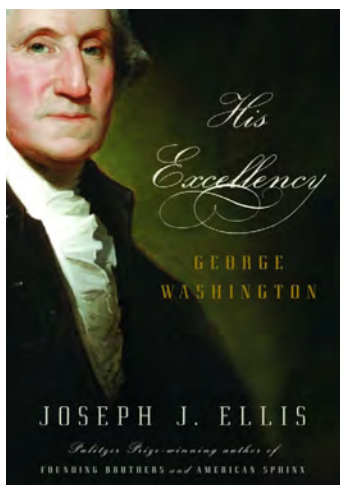
Presenter: Kathryn Schifferdecker, Prof. of Old Testament, Luther Seminary

November 30 & December 14 Foundations of Hope: Ruth and David

Advent is about hopeful waiting, but we're not the first ones to wait and hope for a Redeemer. The Bible is filled with stories of hope, including the stories of two particular ancestors of Jesus: Ruth and David. Come study anew the stories of the Moabite widow and the flawed Israelite king, her great-grandson, who helped lay the foundation for the story of Jesus the Messiah, the center of our Advent hope.

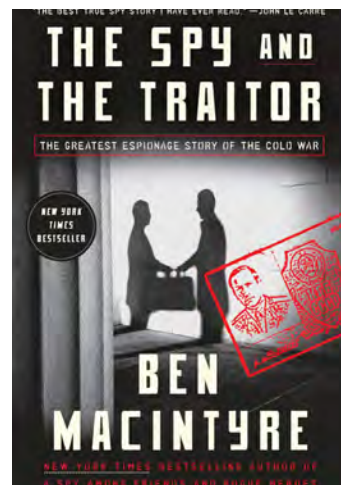
An ordained ELCA pastor, she served at churches in Iowa and Wisconsin before coming to Luther. She co-hosts the podcast, "Everything you wanted to know about the Bible but were afraid to ask" at EntertheBible.org. She is also a frequent contributor to WorkingPreacher.org.

Men's History Book Group



The Men's History Group meets on the first and third Tuesday at 9 AM in Bethany Lounge to discuss a non-fiction history book selected by one of the members. Anyone interested in the subject is invited to attend any session, even if you have not read the book of that month. Here are the next books:

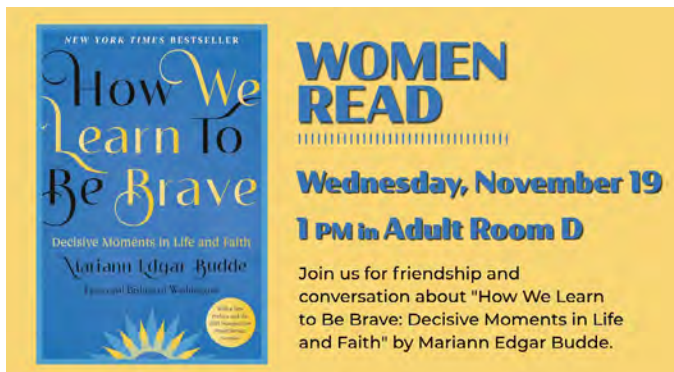
NOVEMBER — "His Excellency: George Washington" by Joseph Ellis. A biography of the most important and perhaps least understood figure in American history, allowing us to comprehend the magnitude of Washington's accomplishments and the character of his spirit and mind.



DECEMBER — "The Spy and the Traitor: The Greatest Espionage Story of the Cold War" by Ben MacIntyre. This story unfolds with the pace and drama that recalls the novels of John le Carré, who says of this book, "The best true spy story I have ever read."

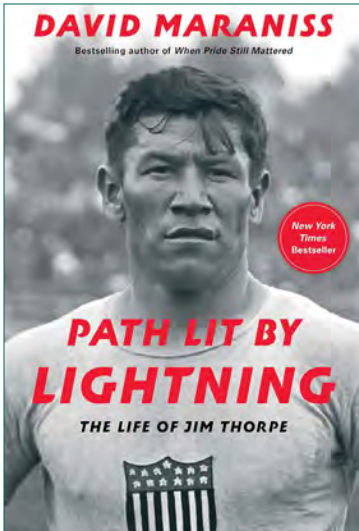
For more information, contact Jerry Gilbert at dacta49@msn.com.

Women Read



Next meeting: Wednesday, November 19
1:00 PM in Adult Room D

Bishop Mariann Budde has given us a book that explores how God's children can stand up for the principles of God's kingdom in a frail and fallen world. She offers hard-learned, excellent guidelines for helping individuals, congregations, and communities learn about bravery and courage in times of polarization and transition. Find other upcoming books and dates on our website HERE.



Path Lit by Lightning

By David Maraniss

Our Incarnation library has many users who prefer biographies, and we have a wide range of them. Of course, there are many theologians like Luther and Bonhoeffer, and many memoirs. Some of the people are well known, while others are only known through their shared story.

Path Lit by Lightning by David Maraniss tells the story of a very real person — it is subtitled “The Life of Jim Thorpe.” Perhaps you know him best as a Native American Olympic gold medal champion decathlete/pentathlete in track and field, an All-American football player, and a major league baseball player for the New York Giants. Or you may remember that his Olympic success came in the 1912 games in Stockholm. Maybe you’ve seen his portrait in the Oklahoma state Capitol, not far from his birthplace. Or you might remember hearing that he attended the Carlisle Indian Industrial School, the flagship school of the federal Indian Bureau.

This large and well-researched biography will tell you much more about Jim Thorpe. You’ll learn he was a member of the Sac and Fox Nations, one of 18 children—and a twin—whose life embodied both extraordinary talent and resilience. The extensive notes and index, as well as the photographs in this title, make it an even more interesting read.



A Family Tree

By Staci Lola Drouillard

This is many things wrapped into one book for both children and adults. Yes, there is a family, and yes, there is a tree. But it is a story of how people (and trees) adapt to change. It is a story about family traditions and bonds. It is a story about how people and nature are connected. And it is a story about resilience and rootedness.

The setting is along Lake Superior, and the author is a descendant of the Grand Portage band of Ojibwe. This tender story is filled with a deep understanding of the connection between humans and nature. The use of many Ojibwemowin words is not off-putting (although the pronunciation might be difficult), but the book includes a fine glossary with phonetic pronunciations. The gentle illustrations by Kate Gardiner, from a Nipmuck band of Native Americans, could not be more appropriate.

This is a book for children and adults, especially those adults who remember The Giving Tree with fondness. And it is a book that calls us all to a deeper relationship with our families and with the world around us.





Once again, tables will line the hallways at Incarnation, highlighting the ways in which we are invited to extend God's love into our immediate community and around the world. You will have the opportunity to learn more, perhaps volunteer with, and financially support the ministries that our congregation supports beyond our physical building.

SUNDAY
November
23

November 23, the Sunday preceding Thanksgiving, has again been set aside to help you visit with members of Incarnation who are involved with a variety of outreach opportunities. Displays and conversation will be available before the traditional worship hour (9 AM) and continue throughout the morning. This means everyone will have the opportunity to connect, volunteer, and contribute.

Join in ministry during this special season of gratitude and outreach as we live out the message of the incarnation through the many ministries supported by Incarnation and our members. Opportunities abound to connect in areas of hunger, family shelter, housing, dementia/memory care, global partnerships and assistance, and more. Come and learn how you can extend the love you have received from God. We are all called to be part of the sharing of that great love. The ways to connect and serve are many — small and large, quietly and visibly, alone and with others. "Come and see".

Solid Ground Thank-You

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. ❤️



Did you know that Minnesotans throw away more than 500 tons of plastic bags and packaging every day? You don't have to! Plastic bags can be used to crochet mats for unhoused people living in tent communities or on the street. If you have plastic bags, please consider bringing them to church. A new small group is in the works for people who would like to learn how to make "plarn" which is plastic yarn or you can learn to crochet. To make a three-foot by six-foot mat, 500 bags are used. A great way to get them out of the landfills. If you have questions, please contact Danette Griffith at dgriffith162@gmail.com.

What bags to bring?

Grocery bags
Newspaper bags
Department store bags
Hardware store bags

What bags NOT to bring?

Vegetable/fruit bags
Heavy/thick plastic
Bread bags
Toilet paper or paper towel bags

Ralph Reeder Food Shelf Holiday Baking Drive

The Ralph Reeder Food Shelf (RRFS) has a Holiday project underway! We want to help RRFS meet its goal to provide all of its 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, November 2 and November 9.

Our Money Stories



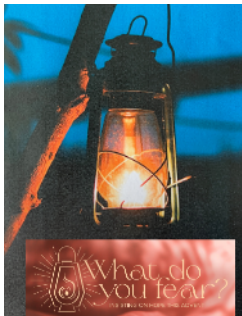
This is our worship theme in November, in the days between All Saints and Advent

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.

Saturday 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 (November 30 to December 23).

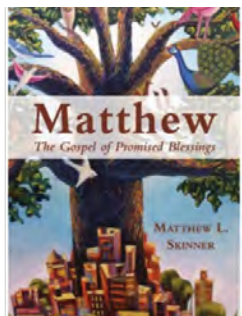
* Are you a trained Small Group Leader who would like to lead a short-term group on our theme this Advent? Consider this resource that will also be offered as a devotional resource to the whole Incarnation community. Also, we will provide a group leader guide for those who would like that resource.

Offered by:

Dianne Timmer – Sunday afternoons in Arizona

Jane Trapp – Thursdays afternoons at 3 PM – December 4, 11 and 18 – meeting on Zoom

Matthew: The Gospel of Promised Blessings by Matthew Skinner



Planned to begin in January 2026

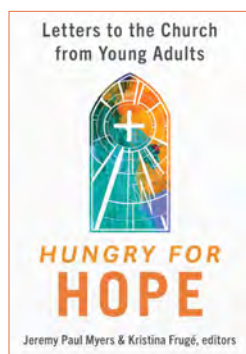
The Gospel of Matthew portrays Jesus and his message as full of tender compassion and urgent warning. This six-part exploration of an enigmatic Gospel takes readers into the themes, topics, and tensions at the heart of Matthew's story about the life and work of Jesus. Chapters focus on blessing and comfort, 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

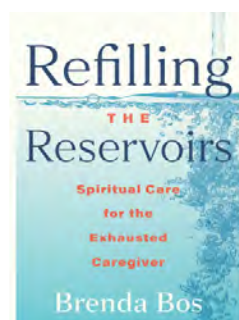
Parents Small Group

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 stepped 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 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. January 5 & 19, February 2 & 16, March 2

We honor the memory of loved ones in the memorial gifts given below:

Date Range: 9/24/25 to 10/4/25

Donor	Fund Name	In Memory of:
Dick & Merida Abraham	Memorial - Undesignated	Shirley Clare
Gina Nerison	Memorial - Undesignated	Ken Grosch
Gina Nerison	Memorial - Undesignated	Rev. Roy Nilsen
Gina Nerison	Memorial - Undesignated	Rev. Glen Floe
Beverly Seabloom	Memorial - Undesignated	Elizabeth Swanson
Mike & Cindy Spellman	Memorial – Undesignated	Stephanie Remund (Jo Zschomler's sister)

The list above reflects the donations that were made payable (or endorsed/transferred) to Incarnation Lutheran Church in memory of someone. Memorials are applied to whatever fund the donor designates.

If not designated, sometimes the family requests which fund they would like the memorials designated to. Note: If a memorial gift is received and the check isn't written out to Incarnation Lutheran Church, it will be forwarded directly to the organization that the check was made payable to. Those memorials are typically acknowledged by the organization that receives the donation.

Financial Report

Finance Report September 2025

September Actual Operating & Mortgage Revenue	\$141,506	YTD Actual Ops & Mortgage Revenue	\$1,806,499	YTD Budgeted Operating & Mortgage Revenue	\$1,968,560
September Actual Operating & Mortgage Expense	\$220,824	YTD Actual Ops & Mortgage Expense	\$1,995,141	YTD Budgeted Operating & Mortgage Expense	\$2,024,109
OPERATING TOTALS	-\$79,318		-\$188,642		-\$55,549