



# INCARNATION

## LUTHERAN CHURCH

### WELCOME TO WORSHIP



### May 24, 2026 | Worship at 10:00 AM

We invite you to join us for worship in person at 10:00 AM! There will be NO LIVE STREAM available for this service.

Pastor Kai's pre-recorded message for Pentecost is available [HERE](#)

[PDF Bulletin & Announcements](#)

[Watch later on Facebook](#)

[Watch later on the Web](#)

### Prayer Concerns

Dawn Schwantz; Sally Dorr; Dede Mattison; Karen Ruff; Ronald Anderson; Dottie House; Carlos Rodriguez; Erin Holmen; Karen Stauder; Kara Genia & family; Jon Nelson; Kate Tollefson & family; Carol Beckerleg; Marian Ness; Lowell Odland; Linda Hudepohl; Linda Brynjulfson's sister; Kara & Mike Johnson's son & daughter-in-law; Katie Gray's daughter, Erin; Nicole & Troy Heller's brother-in-law; Kay Leerssen's daughter; Tom Henk's brother; Grant Rykken's brother-in-law; Sue Bernlohr's mother; Mike Wielenberg's mother; Al and Carolyn Ek's son; Judy Nelson's friend, Leona; Nancy Haugen's friends David, Michelle & family and Colette & family; Kim Wielenberg's friend, Cindy; Dede Mattison's friends, Allan and Yvonne; caregivers

**Sympathy** to the family of Deb Rykken on her death.

**Memorial Service for Larrie Reese** at Incarnation on **Wednesday, June 10, 2026**.  
Visitation at 10:00 am; Memorial Service at 11:00 am; Luncheon following the service.

**Memorial Service for Deb Rykken** at Incarnation on **Thursday, June 11, 2026**.  
Visitation at 10:00 am; Memorial Service at 11:00 am; Luncheon following the service.

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 Arvin & Jane Gehrking

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.



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

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

## WORSHIP & MUSIC

### Pentecost Worship Banner

On Pentecost, the disciples were given the ability to share the Gospel with people of varied languages and diverse backgrounds (Acts 2:1-4). The banner features a white dove, a symbol of the Holy Spirit, descending with tongues of fire upon the disciples. Seven flames represent gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord (Isaiah 11:2-3).



# Summer Hymns

Do you have a favorite hymn  
that you'd like to sing at the  
9:00 AM worship service  
this summer?  
Contact Amy Maakestad!

## Summer Hymn Requests

Do you have a favorite hymn that you'd like the congregation to sing at the 9am worship service this summer? I would love to know about it! Even if you have requested a hymn in the past, you are very encouraged to do it again. Keep in mind that well-known hymns, especially ones that are in our hymnals, are more likely to be sung well by the congregation. Submit one or several choices to the Director of Traditional Worship, Amy Maakestad, at [amaakestad@incarnationmn.org](mailto:amaakestad@incarnationmn.org). Thank you!



## Lift Your Voice With Us at Summer Choir

We would like to invite anyone who loves to sing to join us for summer choir on **Sunday, June 14**. We will meet at 8:15 am that morning in the sanctuary, and

all music will be supplied. Have fun lifting your voice and experiencing the largest "small group" at Incarnation.

If you have questions, please email [Sean Turner](mailto:Sean.Turner@incarnation.org).

## ANNOUNCEMENTS

### Quick Links:

[Small Groups](#)

[Serve](#)

[Giving](#)



### **Memorial Day Service at Incarnation Cemetery** Monday, May 25, at approximately 9:25 AM

A Memorial Day Service at Incarnation Cemetery (located at County Road J and Sherwood Road in Lino Lakes — (Google Maps code: [4WF3+M5 St Paul, Minnesota](https://www.google.com/maps/place/4WF3+M5+St+Paul,+Minnesota)) — is hosted by the Hugo American Legion Post 620.

The American Legion's annual community cemetery tour typically stops at the Incarnation Lutheran Cemetery at approximately 9:25 AM. The event features a solemn 21-gun salute, the playing of Taps, and the formal placement of U.S. flags and brass stars on veterans' gravesites. We encourage attendees to come early as the service is very short.

The public is warmly welcomed to join or follow the legion's multi-cemetery tour throughout the morning, which traditionally begins at the Hugo American Legion Post 620 at 6:45 AM.

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### **Wellbeing Wednesday** May 27, 10:00–11:30 AM Incarnation Chapel

### **Sanctuary Meditation: Ancient Paths to Inner Peace with Sharon Trahan**

Jesus often withdrew from people to pray and listen to God, which are now recognized as effective methods to lower physical and emotional stress.

At this Wellness Wednesday, Sharon Trahan will facilitate a conversation about a variety of ways to mitigate the stress response that is a normal occurrence when we live life fully, and concerns about family, friends, and our wider community and world induce stress. She will also lead us in an experience of Sanctuary Meditation, which is accessible to beginners while also offering opportunity for deep connection to those who practice regularly.



*Sharon is a certified Teacher and Healer with The Modern Mystery School, International. Sanctuary Meditation is a foundational part of her personal practice.*

**No need to register. All are welcome!**



## Welcome to Summer Celebration! Sunday, May 31, 10 am – 1 pm

All are welcome to join us as we welcome and celebrate a new season. We hope to see you there! Don't forget, to bring a friend! **Volunteers are needed** for this celebration if you're able and willing. Sign up here:



[Summer Celebration VOLUNTEER Sign-Up](#)



## An Invitation for All to a Morning of Learning and Care in the Peace Garden

Saturday, May 30, from 9:30–11:30 AM

Want to learn about rain gardens and even dig a little in the dirt to help maintain one? We would love to have you join us at the ILC Peace Garden (near the preschool play area) for a training and work session.

We're building on last year's efforts to keep this community space as welcoming and sustainable as possible. But there is more work to do to keep the space beautiful and functional. So bring your gardening gloves and join us for the training and some work time in our Peace Garden. All ages are welcome! No experience required—just a willingness to help out and enjoy creation!

- **When:** Saturday, May 30 | 9:30–11:30 AM
- **Where:** ILC Peace Garden
- **RSVP:** Email Nancy Stutzman at [nancystutzman@comcast.net](mailto:nancystutzman@comcast.net)

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## Interested in Journaling? "Morning Musings" Starts June 1

In response to requests from people who recently attended a *Wellbeing Wednesday* session on prayer/spiritual journaling, monthly journaling sessions will be held this summer. Participants said they were energized by the process of writing in the presence of others.

Anyone interested in journaling is welcome. Attend as your schedule permits. The first session will be held in the Fireside Lounge on Monday, June 1, 10 a.m. to 11:30 a.m. The plan is to meet the first Mondays of the month, but the July date will be discussed at the first meeting, as it falls near the 4th of July.

Sessions will begin with a short opening discussion, followed by “bursts” of writing. A prompt/topic will be introduced and participants will have 5-10 minutes to write about it. Following that, people will discuss how the process worked for them. Sharing is optional and no one will be asked to share what they journaled. Since this is a new endeavor, we may fine-tune the format as time goes on.



Bring a pen and journal. Beverages and snacks will be provided. If you have questions, contact [Patty Nilsen](#).

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## 642 Reasons to Smile: Thank You for Three Years of Successful Blood Drives

Incarnation hosted its twelfth quarterly American Red Cross blood drive on Tuesday, May 12. Our fourth year will start with our next drive on Tuesday, August 11.

You (congregation, donors, Incarnation staff, volunteers, and Red Cross) have done marvelous things for our community and nation with these blood drives and generous gifts of blood to patients in need. We have collected 642 units of blood at these drives.

If you'd like to join the throng at the August 11 and/or November 5 drive, please click on the button to the right. If you're interested in Power Red donation and would like to learn more, follow this link:

<https://www.redcrossblood.org/donate-blood/how-to-donate/types-of-blood-donations/power-red-donation.html>



Next Blood Drive  
Sign-Up

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## Vacation Bible School 2026 | Snowball Mountain Challenge! Monday, June 15 – Thursday, June 18 | 9am – Noon | 4-year- olds – 4th Grade

Join us for the Snowball Mountain Challenge – an unforgettable week of winter sports, games, snowy surprises, and lessons on faith and resilience. Register today to secure your spot for this amazing week! Register at [www.incarnationmn.org/summer](http://www.incarnationmn.org/summer)



Register here.

VACATION BIBLE SCHOOL 2026

# SNOWBALL MOUNTAIN CHALLENGE

Find Your Strength in God!

**VOLUNTEERS NEEDED!**

June 15-18 | 9am-Noon

- Adult Guides
- Game Leaders & Support
- Bible Time Leaders & Support
- Check-in & Welcome Crew
- Craft Leaders & Support
- Decorating & Clean up Crew
- Snack Support
- Youth Small Group Leaders

**Youth & Adults Sign-up at [incarnationmn.org/summer](http://incarnationmn.org/summer)**

## VBS Volunteers Needed

To make this amazing week possible we're still looking for additional youth volunteers to act as crew guides and a few more adult volunteers to help support our station leaders. Any availability is welcome! [www.incarnationmn.org/summer](http://www.incarnationmn.org/summer)

## Solid Ground Spring Shower

As Solid Ground families settle into their new homes and communities, we are invited to help make that transition easier by donating cleaning supplies and essential household items. Your support meets an immediate need for families emerging from homelessness while also helping create a warm, welcoming start in their new homes.

Donations can be dropped off at Incarnation in the bin labeled "Solid Ground Spring Shower" from May 10 through May 31. Monetary donations are also greatly appreciated, as they help provide essential household items throughout the year when supplies are low. Please include "SG Spring Shower" in the memo line of your donations. Thank you for your generosity!

**Solid Ground**  
HELPING FAMILIES BUILD STRONG FOUNDATIONS

# Spring Shower

## May 10–May 31

Most needed items include:

- Swiffer type mops & refills
- Kitchen wastebaskets & bags
- Bathroom wastebaskets
- Pillows
- Liquid hand soap
- Disinfectant wipes & spray
- Bathroom Cleaner/Toilet Cleaner
- Paper Towels
- Oven mitts, potholders, dish cloths (no dish towels)
- 9x13 baking pans
- Small plastic food storage
- Covered casserole dishes



## Summer Youth Program Volunteers

Help Solid Ground make this summer fun for local youth! Assist with activity prep, meal service, and event setup in White Bear Lake. No experience is required—and all kinds of volunteers are welcome to participate.

- **When:** Tuesday–Thursday, 12:00–3:00 PM (Select dates June 9-11, 16-18 & August 5-6, 11-13)
- **Where:** 3521 Century Ave N, White Bear Lake
- **Special Skills:** Do you have a hobby such as cooking, gardening, painting, sports, or knitting? Ask about sharing your passion with us!

To get involved, contact Dylan at [DMcDonough@solidgroundmn.com](mailto:DMcDonough@solidgroundmn.com) or 651-846-9024.

## Meals on Wheels: Make Someone's Day in Just One Hour!

Ready to turn your Friday lunch break into the most rewarding part of your week? Join the **Incarnation Meals on Wheels team** and help us deliver more than a nutritious meal. As a Meals on Wheels volunteer, you'll be providing a vital human connection to neighbors who truly value the visit. It's a great way to bond with others, too, so feel free to bring along a friend, a family member, or even a co-worker! Our routes are designed to take **no more than one hour between 11 am and 1 pm on Fridays**.



If you're ready to deliver a smile and a warm meal, please **contact the church office at 651-484-7213** for more information. We'd love to have you on the team!

## Incarnation Discovery Center: Where Little Minds Make Big Discoveries

Preschool enrollment and tours are happening now! Click the button below for more information, to schedule a tour, and to register.

[Learn More About Incarnation Discovery Center](#)



# Youth & Family Ministry

## The Weekly Update



*The Third Thursday coffee group and A.'s dad joining us!*

### Important Updates

- **Welcome to Summer Celebration** – Sunday, May 31, 10:00 am-1:00 pm  
Welcome to Summer Celebration (bouncies, climbing wall, food trucks, fun & games for all!)  
[Sign up to serve HERE](#)
- **Morning Events**  
**First Thursday** – June 4, 7:00-8:30 am – North Oaks Caribou  
All 6-12th-grade youth get a FREE small beverage – bring friends
- **Serve cookies and coffee** on Sunday (2 hrs) – sign up here



- **Thank you so much** to everyone who gave during our cinnamon-roll summer camp/trip fundraiser. Your donations make it possible for our kids to have life-changing experiences with God, each other, and God's creation.

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



Evangelical  
Lutheran Church  
in America

## Lutheran 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.

[Learn More About Lutheran Disaster Response](#)

[Giving to the ELCA](#)

- 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 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. [Click here](#) to learn about all the ways to give.
- [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](http://incarnationmn.org)

651.484.7213

### UNSUBSCRIBE — UPDATE CONTACT INFORMATION

If your contact information has changed or if you would no longer like to receive Online Worship Emails from Incarnation, please contact [Marina Nyberg](mailto: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](mailto:Marina.Nyberg) if you wish to be removed from specific Incarnation email communications.



Incarnation Lutheran | 4880 Hodgson Road | Shoreview, MN 55126 US

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