

September  
2014



CROSS OF CALVARY LUTHERAN CHURCH

# THE FOLLOWER

## Pastor's Corner

Some of you may know that this summer I became a kettle bell instructor. For those of you who might be wondering, "What in the world is a kettle bell?", you are not alone.

Kettlebells have actually been around for 300 years. The use of kettle bells began in the Russian military for strength and conditioning. They would attach a rope to a cannon ball and would begin using it in their conditioning programs. Its use eventually spread and then declined after WWII. Now it is being picked up again around the world. The benefits are many and the population that can use these wonderful tools is huge. The weight ranges anywhere from 5 pounds all the way up to 106 pounds. You pick the weight that is most comfortable for you and you can be assured you will be getting an absolutely great cardio and strength conditioning workout in the same package. If you have a busy schedule, kettle bells are very easy to fit in. One of my favorite workouts lasts about 20 minutes

(and that includes the warmup). These are very accessible tools to use and the benefits are many—if you are interested I would be happy to share them with you!

But, the main reason for this letter is to gauge interest in learning how to use kettle bells. Some of you have already started, so there is no need to reply. But, if you are interested, respond to [hauskenmatt8@gmail.com](mailto:hauskenmatt8@gmail.com) one of the following:

1. Totally interested and ready to go
2. Interested but you need more information
3. I will wait and see how it goes for others.

Have an absolutely blessed remainder of the summer!

Pastor Matt

## Prayers

Prayer for	Submitted by	Prayer for	Submitted by
Leslie Sagedahl	<i>D Sagedahl</i>	Diana Adkins	<i>B Hennen</i>
Eva Klase	<i>T Kadelbach</i>	Alvina Beckman	<i>S Grasmon</i>
Jean Stadtherr	<i>A Boen</i>	Joyce Lindgren	<i>S Alton</i>



### Fall Worship (begins September 6th)

Sunday Morning 8:30 and 10:30am  
 Sunday School 9:30 - 10:20am  
 Saturday evening 5:30pm

### Radio Broadcast of Service:

Sundays, 7:30am -K100FM

### Faithful 15 Podcast

[www.crossofcalvary.net](http://www.crossofcalvary.net) and on iTunes

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## Volunteers

SEPT	TIME	NAME
Communion	8:30	S Whited
	10:30	A Thompson
Ushers	8:30	M Grund, J Grund, D Gross, B Slagter
	10:30	D Senger, D Steffel
Altar Guild		M Kinghagen, B Wertish



**Sunday Volunteers Reminders** for ushers, acolytes, communion servers, Altar Guild, readers, musicians, technology and staff.

## Prayer List Information

### Adding loved ones to the Prayer & Praise Lists:

- Please gain permission.
- Fill out a request form: found in the pews & office, or use the Prayer Page at [crossofcalvary.net](http://crossofcalvary.net)
- Names will remain on the list as indicated on the request form and then removed (max of one month).
- If you feel someone should remain on the list, please resubmit the name to the office.

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## Good to know...

**Emergency/Pastoral Care** - Please have a family member or friend notify the church. You may also request hospital staff to call on your behalf. Call day or night at 523-1574. Never feel as though you are bothering Pastor or the staff. We are here to serve as a comfort and as a resource.

**No one was able to answer your call?** 320-523-1574  
-Wait for the extension of the staff member you want to contact.  
-Call the cell number given. They will pick up the call if able.  
-Leave a message on their cell phones. Staff can check cell messages while out of the office and are more likely to return your call faster.  
-If you prefer, leave a message on the church answering system.

## October FOLLOWER deadline is September 15

**Assemble the Follower at 1pm, Tues, Sept. 23**

**Weekly Bulletin Deadline is Thurs. by noon.**

**Food Shelf – 48 pounds** to the Renville County Food Shelf. *Thank you, donors!*



**Communion – September 7, 21**

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## Business

- New Members are welcomed anytime. Contact Pastor or Laurie.
- Contact the office when needing to borrow anything from church.
- The *FOLLOWER* and weekly bulletin are available at [crossofcalvary.net](http://crossofcalvary.net).
- *The Faithful 15* is a weekly, 15-minute podcast available on our website and on iTunes.
- The large-print order of service is often found in the display rack
- We are no longer accepting used printer or toner cartridges.

### **Gifts of fresh cut flowers for the Altar**

- Choose a date and sign up on the Board.
- Call or email Laurie in the office to indicate what you'd like in the bulletin – in celebration of, in honor of, in memory of. Note: without a designation, no reference will be printed.
- Have flowers delivered by 4pm on Saturday or on Thursday in the summer.





# FAITH 5 for the Adult Body & Brain

**FREE**

**Friday, Sept. 12, from 7pm-9pm  
Cross of Calvary Lutheran Church  
1103 W Chestnut Ave, Olivia**

- Specially designed for ADULTS of all ages - singles, couples without kids, empty nesters, widowed and couples that want to be "kid free" for just a bit (child care provided).
- Learn about the neurology/physiology of stress and how to stay healthy in body, mind and spirit.
- Discover how to begin sharing and praying together, at all stages of adulthood, even if it may feel out of your comfort zone.
- Be guided into a living, loving, learning, serving faith family who meets every week at church and includes each other's highs and lows every night in prayer?



# Faith 5

## Designed just for Cross of Calvary

### Saturday, Sept. 13



- What does worship and education look like here... today?
- Is how we engage our members meeting their needs?
- How can we enhance worship and transform education to look and feel differently, while maintaining our traditions?
- How might infusing *Faith 5* into the life of Cross of Calvary draw us closer together, and what might it offer those looking for a church home?

INVITED----

Anyone interested in affecting change and growth for our congregation.

Perhaps Sunday school teachers, Confirmation leaders, Bible study groups, women's groups, men's groups, youth leaders, or you're just plain interested in where you might fit????

**8:30 Coffee, juice and rolls**

**9 – 11 Session with Dr. Rich Melheim**

**11:30 Stay for lunch!**

**1:00 Join the afternoon group to go even DEEPER**



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# An Invitation to Go Deeper

(Parents, Pastors, Council, Youth and Family Leaders, Teachers, etc.)

What would happen to your church five years from today if the majority of your households were doing active listening, scripture, faith talk, prayer and blessings every night?



## FAITH5 Leadership Training

Saturday, Sept. 13

1 - 5 PM

Train your team together at  
Cross of Calvary Lutheran  
1103 W Chestnut Ave.  
Olivia, MN

Kick off the fall in a powerful way with your teachers and teams. Join Dr. Rich Melheim, creator of FAITH5 and author of "Holding Your Family Together" for an afternoon of exploring how this simple nightly ritual can transform your church one family at a time. In four hours Rich will give you step-by-step strategies to involve parents in family ministry from cradle to graduation. "We're looking for people with a passion for redesigning family ministry into families DOING ministry," says Rich. "Every week in every church

Members of Cross of Calvary

attend for **FREE**. Please let Laurie know to expect you...

320-523-1574 crossofcalvary@gmail.com

- 1:00 Rethinking Family Ministry as Families DOING Ministry every night in every home
- 2:30 Parenting, Family Development and the FAITH 5
- 3:00 Children's Ministry and the FAITH 5
- 4:00 Creating Cross+Gen Family Worship with FAITH 5
- 4:45 Getting Started (A plan to get you going this fall)

For **INFORMATION** go to [www.faith5.org](http://www.faith5.org)

# Family Comedy Night

(and pillow fight!)

Saturday, Sept. 13, 6:30-8 PM

# FREE

Cross of Calvary Lutheran, 1103 W Chestnut Ave.  
Olivia, MN Find out more at [www.faith5.org](http://www.faith5.org)

You can have a stronger family in just 5 minutes a night! All parents AND kids in town are invited to this fun family event. It'll be ½ stand-up comedy, 12% practical parenting advice, and 100% JUST PLAIN FUN!! Bring a pillow for the pillow fight following the event and learn about the neurology, psychology, sociology and theology of combining exercise and fun with maximum results.

Seriously, bring a pillow!



## For Parents of Young Children

What would it be worth to you to have a teenager who some day wouldn't go to sleep without talking to you about their day? Praying with you? Blessing you? Would it be worth 5 minutes? Tonight? Every night?

## For Parents of Pre-Teens

What would happen to your family over time if you were able to keep this open, caring communication going every night throughout adolescence?

## For Parents of Teenagers

How might 5 minutes of conversation change a family if they were intentional and consistent? Would the benefits outweigh the hassle of trying to invest this time of care, listening and prayers?



The meeting was called to order at 6:08 pm by Council President Brian Boen.

Members present:

*Dave Altmann, Aaron Thompson, David Torgelson, Brian Boen, Keith Larson, Eric Skeie, DeeAnne Newville*

Staff members present:

*Matt Hausken, Laurie Schultze, Chelsey Plumley*

Devotions were led by Pastor.

The minutes of the June meeting were reviewed.

*A motion to approve the minutes was made by DeeAnne, seconded by Aaron, motion carried.*

### Financial Secretary / Treasurer Report -

June and July

Brian shared that we came through summer a little ahead of budget.

*A motion to approve the Fin. Sec. / Treasurer Reports for June and for July was made by Eric, seconded by Dave A, motion carried.*

### Pastor's Report-

Pastor Matt reported that he's back! He's sent out an email about Kettle Bells, and the response is good. His plan is to start a workout and devotion time for those interested. Using Kettle Bells relates to Faith 5's movement and brain connections. Pastor gave many examples, noting that God has put us together incredibly well, and we need to manage our body, mind and spirit. Confirmation is just about set. It is a Catechism year. All small group leaders are on-board. Pastor also expressed appreciation for sabbatical.

### Minister of Faith Formation's Report-

Chelsey reported that VBS was great! On one of the days there were 118 kids. In addition, they served 60-70 at supper time. It is time to get ready for Rally and Sunday school. Fall events are being planned, and the WOW curriculum is set.

**No reports from** - Youth Ministry or Equipping the Congregation.

**Outreach** – Approximately 25 kids and a dozen adults were at the outdoor movie night.

Laurie suggested transferring the responsibility for Meals on Wheels to the Outreach Group, as this is a mission that members of the congregation can embrace and organize. DeeAnne and Dave T will bring it up to the committee.

**Administration-** There was some discussion regarding sealcoating the parking lot. One bid has come in for review. Arron and Dave A will seek others.

### OLD BUSINESS

Rich Melheim/Faith 5 dates are Sept 12, 13, 14

- Brian shared the schedule
- The council went through the materials for the event
- Brian shared the "to do" list and will work on getting volunteers
- The NEW event for adults on Friday night is set up and fliers are prepared.

### NEW BUSINESS

Calendar review - September was set up. The council will revisit the rest of the calendar in Sept.

The West Central Roofing bid was done for consideration of possible leaks to the flat roof. The council reviewed the bid and will look into other companies as well.

Next Council meeting.  
SUNDAY, Sept 07, at 7pm

**Closed in prayer.**

**Respectfully submitted,**  
Laurie Schultze, Council Recorder

Sept  
Communion 8:30 Sandy  
10:30 Aaron  
Devotions—Aaron

## Worship and Bulletins

The order of worship is the larger, white handout. Please return it after Saturday 5:30 and Sunday 8:30 services for use at later services.

The bulletin is the smaller, colored handout. Please take just one per family.

Why?

- The order of service can be printed anytime before the deadline for the bulletin.
- Printing goes more quickly.
- Less wear on the printer.
- Some savings in paper



**Worship**  
**8:30 and 10:30**

**Sunday School**  
**from 9:30-10:20**

Great fellowship is waiting, how about signing up for summer coffee?!?!?  
Check the Board for open dates.



## Volunteer... *Honey-Do* List

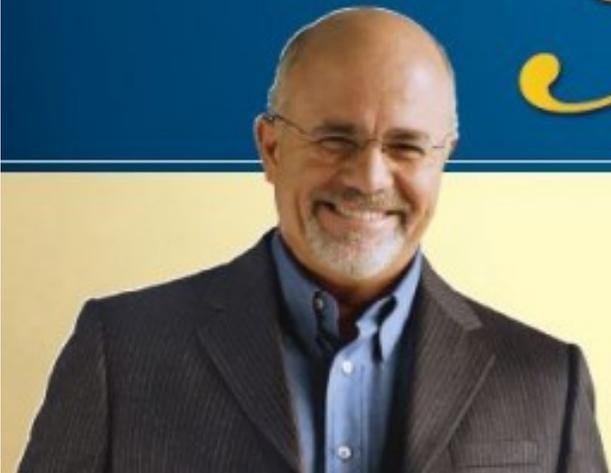
The church has a variety of maintenance and repair jobs to keep up with throughout the year. Do you have the know-how, the tools, the time? Check with Laurie if you'd like to volunteer for one or more of the following.

- Connect downspout extensions
- Install a countertop in the Sacristy
- Install balcony glass walls
- Stain and varnish interior of two Altar area windows

If you notice something that may need to be added to the *Honey-Do* list, please let Laurie know about it. Please include your name on the request, so clarifying questions may be asked and/or additional information shared.

Dave Ramsey's

**Financial** *Peace*  
UNIVERSITY



Learn God's ways of handling money with  
Dave Ramsey's *Financial Peace University*!  
The average turnaround is \$8,000 in just  
the first three months!

When: September 17, 2014 (9 week class)

Where: Cross of Calvary Lutheran Church

Coordinators: Thomas & Alicia Osthus

Email: [Thomas@rcthomas.com](mailto:Thomas@rcthomas.com) for more information