



# Crosswinds +

## “Blessing of the Animals” Service October 4

St. Barnabas will celebrate a “Blessing of the Animals” service on Sunday afternoon, Oct. 4, at 4:00 p.m. The first Sunday in October is a traditional time for such a service, falling close to the commemoration (Oct. 4) of St. Francis of Assisi.

St. Francis, who lived in Italy from 1132-1226, was known for his affection and love of birds and animals. We will sing a well-known hymn which was written by Francis:

*All creatures, worship God most high!  
Sound ev'ry voice in earth and sky:  
Alleluia! Alleluia!  
Sing, brother sun, in splendor bright;  
Sing, sister moon and stars of night:  
Alleluia! Alleluia!*

We will be thanking God for our animal friends who live on our church property—the

deer, pheasants, fox, coyotes, woodchucks, raccoons, squirrels, toads, and chipmunks. We will even thank God for the geese and garter snakes. We will also thank God for our animal friends who share our homes—our pets.



All animals are invited—furry, feathered, or scaled, even hooved. We ask that pets be kept on a leash or in a cage, restrained for their and everyone else's safety. If you do not have a live pet to bring, your stuffed animals like teddy bears or giraffes or Webkins are welcome, too.

Come, invite your friends, and join us as we praise God for and with our furry, feathered, and finned friends.

### Inside this issue:

Fellowship Opportunities	2
Service of Healing & Forgiveness - Oct. 18	3
Rite of Confirmation - Oct. 25	3
Taking Steps to Reduce the Risk of Flu	6
October SB Center for the Arts Concerts	6

## Jim Cook Memorial Gala - Oct. 17

A gala dinner to celebrate the life and ministry of our friend Jim Cook will be held on Saturday, October 17 at 6:15 p.m. (We know this is MEA weekend, but because of the building schedule, if we don't have the gala this weekend it would have to wait until January.)

Jim was the “patron saint” of St. Barnabas’ ministry of hospitality and this grand feast in his honor would bring a smile to Jim's face. The menu features some of Jim's favorite dishes: filet mignon, shrimp, peach cobbler, and great wine.

At the conclusion of the evening, Connie and the family will share how the memorial gifts they received will be used for the long term benefit of St. Barnabas.

This is an “adults only” event. Tickets are \$25 and must be purchased by Monday, October 12.

A limited number of people are needed to serve as part of the kitchen crew or wait staff. If you would like to help in this way, sign up at the table in that narthex where the tickets are being sold.

### Church Begins at Home

Enclosed is a resource for personal/family devotions for the next four weeks. Pull the insert out to keep on your kitchen table, night stand, or wherever it will best be available to you.

## October “Gift of Love” for Prison Chaplaincy in Hennepin County

“I was in prison and you visited me.” So says the king in Jesus’ famous parable of the Last Judgment in Matthew 25. It may not be possible for us to visit prisoners in person, but we can make sure that this Christian Ministry is carried out by helping provide chaplains who serve prisoners and their families.

**The October “Gift of Love” will help fund the Chaplaincy ministry at the Hennepin**

**County Adult Correctional Facility** (the “Workhouse”) on County Road 6 & Vicksburg. The Chaplaincy program is funded by both the Minnesota Council of Churches and Hennepin County.

Our goal for the “Gift of Love” each month is for every household to give something, whether it is 50¢, \$5, or \$50. Thanks for your gifts.

## Ongoing groups:

### Alcoholics Anonymous

Every Thursday, 7:30 p.m. in the Fireside Room. For more information, contact **Ross Patton** (763-544-3617) or **Brenda Pearcy** (763-550-1759).

### Pastor's Class

Pastor Wayne leads a study each Tuesday morning from 9:15-10:30. **The class will not meet Oct. 6.** New participants are welcome at any time.

### Just/Women

Pastor Chris leads these Bible studies, this fall doing a study of the Letter to the Hebrews. Two options are offered:

- Thursday Mornings, 9:30-11 a.m.
- 1st & 3rd Tuesday evenings, 7-8:30 p.m.

### Theology on Tap

Pastor Wayne invites those who enjoy pondering questions of faith and theology to join him on Tuesday evenings from 7-8:00 p.m. at Jake's on 55 & Fernbrook. Send him an email by Tuesday morning so he knows how many tables to reserve.

### Breakfast Bible Study

Pastor Chris invites folks to join her in the Community Room at Lunds on 55 & Vicksburg on Wednesday mornings from 7-8:00 a.m.

### Bible: Book of Faith

A great introduction to how to study the Bible. Led by David Lindblom. Wednesday evenings from 6-7:00.

### Knitters & Crocheters

Work on your own project. All skill levels are welcome. They meet the 4th Wednesdays at 9:30 a.m. For more information, contact **Mary Pestel** 763-559-9138. Next meeting is Oct. 28.

### Quilters

First Friday of each month at 9:30 a.m. Next meeting November 6. All skill levels are welcome. For more information, call **Audrey Johnson** 763-559-4459.

### Soup N' Bread

Soup N' Bread is a monthly lunch gathering of those "55 & better" on the 3rd Friday of the month. The next gathering will be Friday, October 16, at noon.

## It's German Night for Food Lovers

It's been a couple years since Food Lovers has met on a regular basis, but it is starting up again on Saturday, October 24 with a trip to the *Gasthof zur Gemütlichkeit* restaurant at 2300 University Ave. NE.

Food Lovers is open to all adults, single or couples. The reservation is for 5:30 p.m. (Carpool from church at 4:45) The Gasthof menu can be viewed at their website: [www.gasthofzg.com](http://www.gasthofzg.com).

Separate checks will be provided (cash or credit card only).

Following dinner, **Kim & Pete Moen** will host the group for apple strudel and coffee at their home at 13760 61st Av.

Sign up at the Welcome Center or by sending an email to Julie Hoyme:

([jhoyme@stbarnabaslutheran.org](mailto:jhoyme@stbarnabaslutheran.org)).

For more information, contact:

Barb Novak (763-639-8657)

Carol Talus (763-557-7097)

Jana Hawkins (763-559-1280)

## November/December Fellowship Events

Three fellowship events are on the calendar for November and December:

### Saturday, Nov. 21, 5:15 p.m.

Wine tasting at Woodland Hill Winery in Delano, followed by pasta dinners at several host homes. \$5 for winery and participants share dinner expenses.

### Monday, Nov. 30, 7 p.m.

Wreath making at Gregor Farms. Limit 12 participants. Cost depends on size of wreath one chooses to make.

### Sunday, Dec. 6, 2:00 p.m.

Holiday play, *Miracle on Christmas Lake*, at Yellowtree Theatre in Osseo. \$14/person.

Complete information on these events will be in the November *Crosswinds*.

## Looking ahead...

This year's  
**"JustGifts" Market**  
 will be held  
**Saturday, December 5 &  
 Sunday, December 6;**  
 9 a.m. to 3 p.m.

The market will offer hand-crafted items from around the globe, in addition to a variety of support options for interesting ministries around the world. Further details will be published in future *Crosswinds* and the St. Barnabas website.

## D&G

Discovery & Growth is an adult education opportunity that meets most Sunday mornings from 10:30-11:30 in the Gardenview Room.

People are encouraged to worship at 9:00, enjoy fellowship with others in the Ministry Center from 10-10:30, and then get in the habit of making D&G part of their Sunday morning routine.

Information about the October forums will be available in the *Crosswinds* e-newsletter that is sent out each Thursday.

## Book Discussion Group

The Book Discussion group meets the third Thursday of the month at 7 p.m. to discuss a novel. New participants (both women and men) are always welcome.

### October 15

*Year of Wonders* by Geraldine Brooks

Host: Lois Troemel 763-473-4989

[boloist@comcast.net](mailto:boloist@comcast.net)

### November 19

*The Devil in the White City* by Erik Larson

Host: Bobbi Dering 763-559-8868

[dersink@comcast.net](mailto:dersink@comcast.net)

### December 17

*Two from Galilee* by Marjorie Holmes

Host: Laurie Sanderson 763-773-8384

[lseeksand@aol.com](mailto:lseeksand@aol.com)

You do not need to make a big commitment to join this group. To participate in the discussion, read the book and RSVP to the host. For more information, contact Julie Hoyme ([jhoyme@stbarnabaslutheran.org](mailto:jhoyme@stbarnabaslutheran.org) or 763-553-1239).

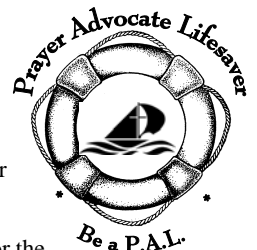
## Prayer Ministry for Youth

St. Barnabas has prayer ministry called P.A.L. (Prayer Advocate Lifesaver). The goal is to have every youth (ages 3 - grade 12) in our congregation prayed for by an adult every day. The adult simply prays for a child. There is no other contact between the child and the pray-er.

At this point we have over 100 adults praying for our youth. Now we are looking for enough adults to pray for the rest of the 78 youth that don't have a P.A.L. yet. There are two ways we can do this.

First, if you are already praying for a child, maybe you'd like to pray for two or three. Second, if you aren't part of this ministry yet, we'd love to have you join us. Stop by the P.A.L. table in the Narthex this month for more information and/or to receive the name of a child to pray for.

For more information, contact Carol Talus at 763-557-7097.



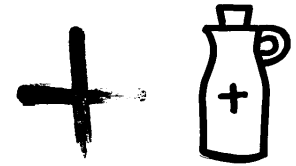


## Service of Healing & Forgiveness October 17/18

Each year on October 18 the church commemorates Luke, author of the gospel of Luke and the book of Acts. Because Luke was a physician, his commemoration day is a traditional time to emphasize the church's ministry of healing.

Healing—making people whole—was a very important part of Jesus' ministry. We sometimes think that healing refers only to physical healing, but the healing ministry of Jesus was also directed at people's spiritual, social, and relational ills.

Our worship on October 17/18 will be a service of Healing and Forgiveness. It is an opportunity for people to confess the brokenness they encounter in their lives (physical, emotional, spiritual, relational) and hear God's word of forgiveness. For those who desire it, anointing with oil will be offered. This will be similar to receiving ashes on Ash Wednesday—the pastor will touch a thumb to the oil and make the sign of the cross on the person's forehead, saying, "I anoint you with oil in the name of Jesus our healer."



**"I anoint you with oil in the name of Jesus our healer."**

## Rite of Confirmation Celebrated on Reformation Sunday, October 25

Thirteen young people have reached the point in their confirmation instruction where they are ready to publicly affirm their baptism in the Rite of Confirmation. They will be confirmed at the 10:30 worship service Sunday, October 25.

Back in June, each of the confirmands chose an adult in the congregation to be their "mentor". They have met together three times to get to know one another and have some guided conversations on the topics of "faith and family" and "faith and worship."

On Thursday, October 15, they will go on a field trip to visit Luther Seminary, Augsburg College, and St. Paul Lutheran Church (St. Barnabas' partner congregation) to see some of the ways the church is active outside the walls of a local congregation.

Our confirmands and their mentors are:

### **9th Graders**

*Connor Farley  
Anders Gilyard  
Jessie Hermann  
Thomas Houghland  
Anders Lykkehoy  
Mitchell Miller  
William Nafstad  
Clarke Sanders  
Abram Sanderson  
Austin Smythe  
Gretchen Struckmeyer  
Emily Umland  
Jessica Valentine*

### **Mentors**

*Casey Whelan  
Doug Talus  
Laurie Sanderson  
Karl Smith  
Mike Boone  
Aaron Wenaas  
Dean Bacso  
Barb Daiker  
Bill Welshons  
Mark Houghland  
Mary Wenaas  
Sue Gregerson  
Sue Houghland*

We extend our congratulations to these young men and women on this important step in their Christian life and pray God's blessings on them for their continued growth in faith.



**Because of the large number of family and friends who will be present at the 10:30 service for Confirmation on October 25, we ask that those who have flexibility in their schedules come to the 9:00 service or the 5:00 Saturday worship service that weekend.**

## All Saints Day, November 1

November 1 is **All Saints Day** on the church calendar. During the worship services that weekend, the St. Barnabas community will remember by name loved ones who have died this past year.

If you have a family member or friend whom you would like remembered in the prayers, please fill in the information at the Welcome Center.

**A brief service of remembrance will be held at St. Barnabas' columbarium at 10:10 a.m.** (between the worship services). St. Barnabas' columbarium is located outdoors in a memorial garden on the north side of the church building.



# The Discipline of Discipleship

Sermon by Pastor Wayne, 9/13/2009

## James 3:1-12

Not many of you should become teachers, my brothers and sisters,\* for you know that we who teach will be judged with greater strictness. <sup>2</sup>For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. <sup>3</sup>If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. <sup>4</sup>Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. <sup>5</sup>So also the tongue is a small member, yet it boasts of great exploits.

How great a forest is set ablaze by a small fire! <sup>6</sup>And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature,\* and is itself set on fire by hell.\* <sup>7</sup>For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, <sup>8</sup>but no one can tame the tongue—a restless evil, full of deadly poison. <sup>9</sup>With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. <sup>10</sup>From the same mouth come blessing and cursing. My brothers and sisters,\* this ought not to be so. <sup>11</sup>Does a spring pour forth from the same opening both fresh and brackish water? <sup>12</sup>Can a fig tree, my brothers and sisters,\* yield olives, or a grapevine figs? No more can salt water yield fresh.

You have perhaps heard of Francis of Assisi who lived in Italy about 800 years ago. We in the church call him St. Francis. He came from an affluent family but gave up his wealth to live a life of simplicity and service to others. Motivated by his example, others joined him and started the monastic order known as the Franciscans. Francis was known for his love of nature and is often depicted surrounded by birds and animals, which is why on his commemoration day, October 4, St. Barnabas and many other congregations will have a Blessing of the Animals service.

There are many stories about St. Francis, some factual and some legendary. Here is one of my favorites. A woman came to him one day and confessed that she had been guilty of malicious gossip, making snide comments about others, exaggerating their faults and sliming their reputations. She asked Francis what she could do to be forgiven. Francis told her to begin by taking a bag of goose feathers and laying one feather on the doorstep of each person about whom she had said malicious things.

The woman went on her way and did as she was instructed, grateful that, though she had many homes to visit, she had been given a fairly simple task. When she was done, she returned to Francis to ask the next step. He sent her back with instructions to gather each feather she had placed on the doorsteps. She thought this would be easy, but discovered that the wind had blown the feathers all over town. She came back to Francis empty-handed.

St. Francis told her, “You may wish to repent, and that is good. But you must understand that you can never recall the words that you have spoken. They have gone on their way doing harm. Once you have damaged another person’s reputation, you can’t repair the harm because others will repeat your words and you have no control over the words anymore. Confess your sin to God and ask for forgiveness, for God is the only one who can forgive you.”

A key theme from our scripture readings this morning is discipline. James talks about the need to discipline our tongue, to be careful about what we say, for our tongues have the ability to destroy reputations and relationships. Jesus tells his disciples that following him requires certain types of actions that he calls “picking up a cross.” To be a disciple of Jesus requires discipline. When we put the words “disciple” and “discipline” together, it is each to see that they have a common root, but I

don’t know if we generally make that connection in our minds. We know that Jesus had disciples, men and women who followed him either literally (walking with him from one place to another) or metaphorically (trying to live their lives according to his teachings). But it is my observation that we don’t often refer to ourselves as disciples of Jesus. We might say that we are Christians (which is true) or that we are members of St. Barnabas Lutheran Church (which is true), but it is not as common for most of us to identify ourselves as disciples of Jesus.

I’m not sure why that is. I’d be interested to hear your thoughts about that. Maybe our reticence about saying we are disciples of Jesus is insignificant and it’s just another way of saying we are Christian. Maybe we think that it sounds a little presumptuous to say we are disciples of Jesus, claiming a higher level of commitment than we feel we can properly claim. But maybe we refrain from calling ourselves disciples of Jesus because we understand that being a disciple implies discipline, which means that there are expectations of us about how we use our time, about how we treat others, about how we use our money.

One of the great truths of the Christian faith that Lutherans hold up for the whole church to hear is the good news that we are put in a right relationship with God by God’s action in Jesus Christ, an act of pure grace. There is nothing we must do, indeed there is nothing we *can* do, to compel God to love and accept us. God’s way ahead of us on that one. It’s a done deal. We are saved by grace through faith and not by works. Those of us who have grown up in the Lutheran church have this embedded in our DNA and consequently we get a little squeamish with any talk about how Christians are supposed to act and speak. When we hear such prescriptive language, our “faith alone defense system” immediately sends out signals warning us of the danger of works righteousness.

But this is one of many dialectics, or paradoxes, of our Christian faith, where two seemingly contradictory statements are both held to be true. A dialectic is an either/or question that is answered by a “yes.” Is Jesus human or divine? Yes. Are Christians saints or sinners? Yes. Are we saved by God’s grace or by our acts of discipleship? Yes.

We are reading from the letter of James in worship this month. Last week we read words that make Lutherans squirm: “What good is it

if you say you have faith but do not have works? Can faith save you?" At which point Lutherans want to shout out, "Yes, faith can save you! That's what Paul says in Romans." But James continues, "Faith by itself, if it has no works, is dead."

In today's reading, James focuses on one of the works about which disciples of Jesus must be vigilant – taming our tongues. He uses several metaphors – a bit and bridle guides a horse; a small rudder guides a big ship; a freshwater spring does not produce brackish water; a fig tree produces figs, not olives – to make the point that a disciple of Jesus disciplines his or her tongue so that it is not used to disparage the reputation of another person.

Jesus puts this in more general terms in our gospel reading. He first tells the disciples where he is going – he is going on a journey that will result in suffering, rejection, death, and resurrection. That's not exactly the type of messiah people were expecting, so Peter protests and rebukes Jesus for such talk. Then Jesus speaks to both his current disciples and the crowd (his potential disciples) and lays the expectations out clearly, "If any want to become my followers, my disciples, let them deny themselves and take up their cross, and follow me."

It is common for people to assume that when Jesus talks about denying one's self and taking up a cross, he is referring to extraordinary actions, something a person might do once in his or her life as a great act of faith. We might use St. Francis as an example of someone who denied himself and picked up a cross by giving up claim to his family's wealth and devoting the rest of his life to living as a simple friar. St. Francis certainly did meet the expectations of discipleship, but we are not all called to be St. Francis. We are all called to be disciples, and I would suggest to you that a way for each of us to respond to Jesus' expectations of discipleship is to engage in the disciplines of discipleship. There's no consensus on defining these disciplines. I've seen several different listings and they are all ways of trying to spell out the two great commandments, to love God with all your being and to love your neighbor as your self.

In the right sidebar you see one list of these disciplines entitled "The Marks of Discipleship". Daily prayer – weekly worship – Bible reading – service in and beyond the congregation – spiritual friendships – giving time, talents, and resources. Your first reaction to that list might be a negative one. "That sounds like a lot to do. I'm already busy. I believe in God but I don't want to be fanatic."

Here's the paradox of these disciplines. By denying ourselves (that is, to recognize that we are not the center of the universe) and by picking up our cross by means of these disciplines, we will experience joy and a liberation from the stifling slavery of self-interest and fear. Richard Foster, in his book *The Celebration of Discipline*, calls this "the way of disciplined grace." Once we clearly understand that God's grace is unearned and unearnable, if we expect to grow into the person God wants us to be and we want to be, we must take up a consciously chosen course of action involving both individual and community life. That doesn't mean that every time we worship, pray, or read the Bible we will have a great sense of joy, but by making a priority of doing these disciplines, we find that we put ourselves in the places where the risen Jesus promises to meet us – and he keeps that promise. In helping others and showing hospitality to our neighbor, we find that we actually benefit more than our neighbor. By taking on the discipline of being generous, we find that we become joyful, generous people. By being part of a community and creating friendships with others who participate in these disciplines, we are encouraged and sustained in our faith journeys.

I assume that you have the same goal in life that I have, and that is to find the life that God wants us to have, in confidence that this will be the best life we could possibly have. Jesus invites us into this "best possible life" by taking up the disciplines of discipleship. If you are not currently doing these disciplines, I encourage you to put Jesus to the test and see if what he claims is true, that the journey of discipleship is a journey of joy. ***For the next four months, until the end of the year, I challenge you to be intentional about these disciplines.*** Make time each day for prayer and worship every week. Read the Bible – either by using the *Church Begins at Home* materials or as part of one of the many study groups at St. Barnabas (and if the times those are offered don't work for your schedule, there's a sheet in the narthex for you to indicate a day of the week and time that works for you and Pastor Chris and I will help you get a group going at that time.) Seek out opportunities for service and hospitality. Be generous with your time and finances.

For almost 2000 years people have been heeding Jesus' call to discipleship and have taken up their cross by means of these disciplines. Today, Jesus is speaking to you: "If any want to become my followers, let them deny themselves and take up their cross and follow me."

## Mark 8:31-35

Then Jesus began to teach the twelve that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. <sup>32</sup>He said all this quite openly. And Peter took him aside and began to rebuke him. <sup>33</sup>But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.'

<sup>34</sup> He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. <sup>35</sup>For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.'

## The Marks of Discipleship

- Daily prayer
- Weekly worship
- Bible reading
- Service in and beyond the congregation
- Spiritual friendships
- Giving time, talents, and resources

*Jesus said, "Go and make disciples of all nations..."*  
(Matthew 28:19)



# Taking Steps to Reduce the Risk of Flu: Hand Washing vs. Hand Gels

Rose Umland, Parish Nurse

We've all heard about the importance of good hand washing. Clearly the cold and flu season is upon us and it's time to get serious about prevention and the spread of illness. **Hand washing is the single most important thing we can do to keep from getting sick and spreading illness to others.**

What about all the hand gels out there? Aren't they just as good? Can't we just equip our kids with a bottle of "Purell" and feel confident that we're doing our best for them? Hand gel is much quicker and easier, it must be just as good, right? Wrong! In speaking with the MN Dept of Health this week I learned a few things:

**The fact is: hand gels don't even come close to the effectiveness of good hand washing.**

Although alcohol based hand sanitizing gels are better than nothing, they do not hold up in comparison to hand washing. They are intended to be used when water and soap are not available. In the case where hand washing is impossible, hand sanitizer gels certainly are better than nothing. For times when you can't get to a sink, they are a good idea.

St. Barnabas has asked our community groups to step up and help by wiping down their tables at the end of meeting times.

We are asking our Communion servers to wash their hands prior to the service, and to use hand sanitizer just prior to serving Communion.

Our tables in the Ministry Center will be wiped down between services by our Navigator small group coffee servers.

We ask that if your child has influenza-like symptoms, he or she does not come to our education programs until resolution of all symptoms. We have many children who are younger than 5 years old, or who have asthma, and it puts them at risk.

We encourage all members to get their flu shots early this year. They are available at CUB, Walgreens and Target stores, as well as your physician's office.

Helpful web sites for other tips on illness prevention are:

[www.health.state.mn.us](http://www.health.state.mn.us) and [www.cdc.gov](http://www.cdc.gov)

## St. Barnabas Strives to Be a Permission Giving Church

Is there a ministry or activity you'd like to be part of at St. Barnabas but it's not being offered right now? If you are interested in an activity, chances are that someone else is, too. Any time is a good time to join a group or to start a new one.

If you have an idea for a new small group or fellowship activity, please call Barry Bergh (763-553-1239) and he will work with you to get it started.



Lessons offered for youth & adults in Piano, Organ, Voice, Guitar, Winds, Strings & Percussion

**Music Together® classes for children 8 months-age 5**

Jeff Whitmill, director  
[www.stbarnabaslutheran.org/sbca/](http://www.stbarnabaslutheran.org/sbca/)

## October SBCA Events

### Lunchtime Organ Recital Series

Thursday, October 8, 12:30 p.m.  
Artist: Dr. Joseph Henry, Delano

The St. Barnabas Center for the Arts Organ Recital Series offers lunch time concerts on the second Thursday of each month, from 12:30-1:00.

A simple lunch is served prior to each recital from 11:30-12:15.

Please RSVP for the lunch, 763-553-1239.

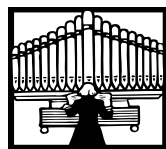
### Jazz@StBarney's

Saturday, October 24, 7:00 p.m.  
Travis Anderson Trio

From Happy Hour at The Dakota (where he plays every Thursday from 4:30-6:30) to pure magic at St. Barney's (where he returns for his second performance), the flying fingers of Travis Anderson cast a musical spell over everyone who hears him.

Admission is \$10 for adults, \$5 for students.

Free popcorn, coffee and lemonade will be provided; soft drinks will be available for 50 cents.



# News & Notes

Three members of the St. Barnabas community received significant awards in September:

- **Nancy Lykkehoy** received a *Champions Award* from General Mills for her work on a team to increase the amount of food donated to Feeding America. Nancy’s team worked with groups across General Mills to identify food product nearing its “better if used by date” and finding ways to transport it to food shelves. Through this effort, two million pounds of food that would otherwise have been destroyed or dumped into landfills made its way to those in need.
- **Susan Hagen** was recognized by the City of Plymouth as an *Environmental Champion* for her efforts at recycling waste, collecting trash as she walks, and working with her employer and neighboring businesses to fully recycle.
- **Greta Sommerfeld**, a senior at Minnetonka High School, has been notified that she is a semi-finalist in the National Merit Scholarship Program. That means Greta is in the top 1% of the 1.5 million students who took the tests.

Congratulations to Nancy, Susan, and Greta!

- Two St. Barnabas college students are posting blogs about their experiences studying abroad this semester. **Adam Snyder** is studying at the University in Wollongong, Australia, about an hour south of Sydney. Adam’s blog is: <http://adamsaustralianadventures.blogspot.com>

**Kait Peterson** is studying at the Burren College of Art in Ballyvaughan, Ireland, a small community on the west coast near Galway. Kait’s blog is: <http://cice.blog.gustavus.edu/author/kpeters5/>

- **Lumberjacks needed:** We need some people with chain saws who have experience dropping trees to take down the three poplar trees near the church garage. If you would be interested in helping with this project, contact **Barry Bergh** at 763-553-1239 or [bbergh@stbarnabaslutheran.org](mailto:bbergh@stbarnabaslutheran.org).

## MEA Break

Due to the MEA school break, there will be no Lighthouse and Navigator confirmation on Wednesday, Oct. 14, no Good Shepherd School on Saturday, Oct. 17, and no Family Sunday School on Oct. 18.

## Coats for the Workhouse

The Hennepin County Workhouse is seeking new or used men’s coats and all the winter gear, such as hats and glove. Men serving time in the workhouse often arrive at the facility without any of their belongings. If you wish to give a gently used men’s outerwear, please put it in the box in the narthex.



## Aluminum Can Recycling

Our Youth Ministry collects aluminum cans on the 1st weekend of each month (this month’s collections is October 31/Nov. 1). Place bags of cans in trailer located at the west end of the parking lot.

## Baking for Coffee Hour

We are looking for folks who are willing to spend just a little time at church preparing for Coffee Hour. The supplies are provided — we simply need your time and talent. If you have never worked in this kitchen before, you are in for a treat. The big ovens and many cookie sheets make baking double batches of cookies or muffins a quick job. Sign up at the Coffee Table if you are willing to bake. If you have questions about using the kitchen, please talk to Barry Bergh (763-553-1239).

## October Baptismal Anniversaries

- |                       |                          |
|-----------------------|--------------------------|
| 1 Bryan Talus         | 20 Ashleigh Harless      |
| 5 Ellen Tangren       | Alison Umland            |
| William Welschons     | Mary Wenaas              |
| 6 Emelia Orke         | 21 Mark Anderson         |
| Geoffrey Reed         | Brenda Boone             |
| 10 Jack Boone         | Eric Talus               |
| Dalton Davis          | 22 Becky Johnson         |
| 12 Samuel Johnson     | Jack Ring                |
| James Khoruts         | 23 Tom Lindberg          |
| Shiah Sanders         | 25 Katherine Neibauer    |
| 13 Natalie Pole       | Debbie Nelson            |
| 14 Doug Burkett       | Larry Nelson             |
| Pam Carter            | 26 Andrea Christopherson |
| Scott Hawkins         | Kathryn Wolkenhauer      |
| Abbie Snell           | 27 Michael Boone         |
| 15 Aidan McGowan      | Timothy Pearcy           |
| Mary Beth Running     | 28 Mary Smythe           |
| 16 Sue Gregerson      | 29 Kathy Bacso           |
| Jessie Hermann        | Abigail Redelsheimer     |
| 18 Christine Erickson | Kaitlyn Silbaugh         |
| Christopher Lytwyn    | 30 Emily Martinez        |
| Matthew Lytwyn        | 31 Carole Cox            |
| Courtney Werstein     | Kevin Herzog             |
| Shannon Werstein      |                          |

## October Birthdays

- |                     |                     |                     |
|---------------------|---------------------|---------------------|
| 1 Nancy Arntson     | 11 Nancy Larson     | 21 Craig Humphries  |
| Barbara Daiker      | Paul Nicholson      | Taylor Smith        |
| Chris John Leiseth  | Tomira Powers       | 22 Jeanne Bjorgum   |
| Keri Manson         | 12 Peter Grill      | Ann Scalzo          |
| 2 Edwin Andersen    | 14 Brooklyn Jones   | 23 Kathryn Dryer    |
| Debbie Nelson       | 15 Kevin Herzog     | Rob Jones           |
| Jennifer Pellegrino | 16 Ryan Burnett     | Anna Snell          |
| Jeffrey Tangren     | Christine Erickson  | Erin Snell          |
| 3 Jennifer Martinez | Tom Lindberg        | 24 Michele Hiserodt |
| Eileen Rohland      | Evelyn Wells        | Carolyn Mueller     |
| 5 Harrison Watt     | 17 Greg Guttormsson | John Piarro         |
| 6 Andy Dybvig       | Miles Porter        | 26 Morgan Coffman   |
| 7 Senja Johnson     | Brett Turnquist     | Maryette Gustafson  |
| Chase Nylin         | Gary Turnquist      | 27 Maeve Andrews    |
| Mackenzie Nylin     | 18 Cole Guttormsson | Peter Silbaugh      |
| Doug Talus          | Susan Sommerfeld    | 29 Calvin Conditt   |
| 9 William Nafstad   | 19 Robert Boarder   | Gary Gronneberg     |
| Fritzie Thielen     | David Helgen        | Tess Guttormsson    |
| Mary Whelan         | 20 Thomas Bjorgum   | Ross Patton         |
| 10 Kathy Bacso      | Tracy Boarder       | Kathy Valentine     |
| Varsha Leiseth      | Solveig Foley       | 30 Derek Eilderts   |
| Matthew Moen        | Maggie Freese       | 31 Michael Moen     |
| Joel Porter         | 21 Michael Boone    | Kyle Williams       |
| Daniel Scalzo       | Amanda Hoffstrom    |                     |

# ST. BARNABAS LUTHERAN CHURCH

15600 Old Rockford Road  
Plymouth, MN 55446

Phone: 763-553-1239  
Fax: 763-553-7839  
Website: [www.stbarnabaslutheran.org](http://www.stbarnabaslutheran.org)

## Ministry Team

Wayne Peterson, Pastor  
Chris Bellefeuille, Pastor  
David Helgen, Hospitality Pastor  
Rose Umland, Lay Minister to Children & Family  
Dennis Manson, Lay Minister to Youth & Family  
Barry Bergh, Lay Minister for Hospitality  
Julie Hoyme, Parish Assistant  
Mary Newton, Organist  
Jeff Whitmill, SB Center for the Arts



Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Minneapolis, MN  
Permit No. 2595

## ST. BARNABAS IDENTITY STATEMENT

*St. Barnabas Lutheran Church is a part of the Body of Christ and a member congregation of the Evangelical Lutheran Church in America.*

*The source of our life together is the Word and Sacraments, celebrated in our worship.*

*We name ourselves after St. Barnabas, a New Testament apostle. He was called "Barnabas", meaning "son of encouragement", because he joyfully shared the "good news" of our Savior, Jesus Christ. He faithfully supported the work of the Church with his talents, prayers, and offerings.*

## MISSION STATEMENT

*Sent by Jesus, we set our sails to be filled by God's Spirit, inspiring us to praise, grow and serve.*

## Barney's Blarney

A guest preacher was filling in one Sunday when the pastor was on vacation. When he approached the pulpit, he saw a note that the pastor had taped on the back of the pulpit. It said, "Speak loudly and clearly, because the agnostics in the church are terrible!"

If you took all of the people that fell asleep during sermons, laid them down end to end...well...they would be a lot more comfortable!

## Are you receiving the e-newsletter version of Crosswinds every Thursday?

If you have an e-mail address and you're not receiving it, that means one of two things:

- 1) We don't have your e-mail address
- 2) Your spam filter is blocking it.

If you have not yet received the e-newsletter please send Julie Hoyme an e-mail ([jhoyme@stbarnabaslutheran.org](mailto:jhoyme@stbarnabaslutheran.org)) so we can verify your address and try to figure out any filtering issues.

## Service of Prayer for Healing

Sunday, October 11, 6:00 p.m.

St. Barnabas offers a monthly *Service of Prayer for Healing*. The service is generally on the second Sunday of each month from 6:00-6:45 p.m.

The service is simple: gathering, listening, praying, and (for those who desire it) anointing with oil. Everyone is welcome. Come seeking prayers for yourself or to intercede on behalf of a family member or friend.



## Worship Schedule

Sunday  
9:00 & 10:30 a.m.

Saturday  
5:00 p.m.

Thursday Morning Prayer  
7:30 a.m.

Prayer for Healing  
Sunday, Oct. 11, 6:00 p.m.