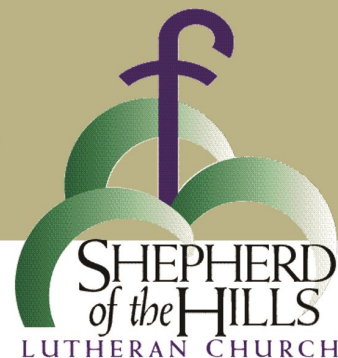


# Shepherd's Voice



June 2021

## **“Pondering Hair Cuts”**

*By Pastor Scott Searl*

I've been thinking a lot about haircuts.

In May of last year, as it was becoming clear that the Covid-19 pandemic was not going to be over anytime soon, I went online to find a hair clipper. Vanity got the best of me and I decided that I was at least going to try and cut my own hair for whatever period of time this was going to take. I had no idea, of course, that more than a year later I would still be using that hair clipper myself. So, I went online only to discover that I was late to the purchase party for hair clippers. Everyplace I looked online they were sold out. Pondering a while on a walk I had the bright idea to look at Walgreens. Sure enough, they were sold out at the Mound location, but in Waconia there were five available! I raced out there to find, sure enough, there were five. I thought for a good long moment about buying all five and selling them online. I didn't. Instead I took my one-time investment of \$31.99 and went home to cut my hair.

I figure that I get my hair cut about once a month. Maybe a little less. As my hair is so short, it looks unkempt quickly. And I figure it costs me about \$20 a visit. So, over the year I spend about \$240 on haircuts. This means that with clipper in hand, I've saved about \$200, give or take. Not bad! And I've been pondering, do I start to go back, or do I just keep this up? I'm not sure anyone's really noticed so... why not do this myself? At this point I'm still undecided, but it's getting to be time, so I've got to decide shortly.

All this is to say I'm not alone in saving money this past year. Many folks like me pushed the US savings rate to a record high of 32.2% in April of 2020. While it's fallen off significantly since, as people begin to return to more normal spending, the savings rate is still higher than average. And there are two things I want to wonder about here. First, who was able to save and who wasn't. And second, if we were lucky enough to save, what did we go without and why?

First, for many Americans their spending habits did not change at all. Daily life costs were already all they could afford. And of course this impact is being felt by people of color and Latinx people disproportionately. The economic system that we have all helped build is not fair. Hopefully I don't need to remind you of this. We've all heard and felt this reality more clearly than ever in my lifetime. Our economy privileges people who have historically held wealth.

***Continued on page 2***

**Shepherd of the Hills  
Lutheran Church  
500 Blake Road South  
Edina, MN 55343  
(952) 935-3457**

**Staff:**

Pastors	Scott Searl, Sherri Otto
Assistant/Visitation Pastor	Fred Jensen
Music Director	Emily Koski
Intern Pastor	Anne Schaefer
Faith Community Nurse	Kaye Wothe
Administrative Assistant	Shawn Wacholz
Building Manager	Blair Prax

**Church Council Members / Officers:**

President	Adam Driscoll
Vice President	Don Wothe
Treasurer	Steve Hanneman
Financial Secretary	Ryan Erickson
Secretary	Open
Serve	Nate Lichy
Worship & Music	Julia Buteyn
Building & Facilities	Peter Barott
Learn	Stephanie Nordin
Communications	Jill Miller
Care	Dave Cousins
LMCC	Open
Evaluation	Chris Polston

**Telephone & Voice Mail Extensions:**

Worship Times	1
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Shawn Wacholz	11
Pastor Scott Searl	12
Pastor Sherri Otto	13
Intern Pastor Anne Schaefer	14
Blair Prax	15
Emergency Message Mailbox	24
Kaye Wothe	25

**Shepherd Online!**

Pr. Scott Searl	scott@sothchurch.com
Pr. Sherri Otto	sherri.otto@sothchurch.com
Intern Pr. Anne Schaefer	anne.schaefer@sothchurch.com
Shawn Wacholz	office@sothchurch.com
Kaye Wothe	kaye.wothe@sothchurch.com
Blair Prax	blair.prax@sothchurch.com
Church web site	www.sothchurch.com

**Pastor's Message continued from page 1**

Second, I wonder what you didn't buy during the pandemic and could you live without it? I ask in part because charitable giving surged during the pandemic. Local food shelves were the primary recipient of this new generosity. Not only were peoples saving money, the stock market also held strong. People felt they had money to share. So I reiterate the question, what didn't you buy during the pandemic and could you live without it? Is this an opportunity for us all to rethink how we share, save and spend our financial resources? I think it is!

I'm going to ponder my hair cut practices, my spending on dining out, my movie going habits, my travel, my coffee shop purchases, and my daily commute spending. I'm wondering if we all couldn't do a little of this. I wonder what amazing good could be done if we all made a few small shifts in what we spent, and instead really wondered where we could share. My one time investment is downstairs waiting for me. I bet none of you will notice if I did it myself or not!



## PRESIDENT'S POST:

### Joy and Mourning; Gratitude and Pride

By Adam Driscoll, Council President

The signs are becoming clearer that COVID-19 is on the run, at least in the United States. Vaccination rates continue their steady climb, mask mandates are being withdrawn, and people are getting more opportunities to gather. This time brings a mix of emotions. There is joy and excitement as we look to resume things we missed:

like summer camp, working in an office, or visiting grandchildren. There may be trepidation in "getting back out there," since we have trained ourselves to feel cautious around large groups of people. There is sadness as we mourn what we have lost: maybe it was a job or a business, a much anticipated milestone like a graduation or wedding, or even a beloved family member.

Of all the emotions I have been feeling, two that I want to focus on are gratitude and pride. Amidst the loss, we have much to be grateful for. Thanks be to God for world class scientists, researchers, manufacturers and supply chain experts who achieved the unthinkable: to develop and mass produce a vaccine within roughly a year of discovery of the virus, beating historical vaccine development by years. For health care professionals who shouldered the burden of this disease, for educators who shifted their learning plans overnight, for working families who balanced their jobs and their children's distance education, for grandparents who missed out on seeing loved ones to keep themselves and their families safe. In truth, we all made sacrifices big and small to make it through some of the most trying times in recent history, and for that I feel pride. I hope you do as well. I look forward to a joyful, cautious, and probably a little sad, in-person gathering with the SOTH family soon.

## MEET OUR NEW COUNCIL MEMBER



My name is Stephanie Nordin and my family (husband Joel, children Rowan-16 yrs, Iris-13 yrs and Dylan-10 yrs) and I live in Edina. We have been members of Shepherd of the Hills for a little over 16 years, and are proud to be part of such a wonderful community! When I am not busy mom-ing or working as a Business Analyst for

Ameriprise Financial, I enjoy long hikes in the great outdoors, pandemic free traveling (hopeful to do this again!), and cooking for and enjoying meals with family and friends.

## WORSHIP SCHEDULE

Friends we are excited to announce that we will be slowly returning to in person worship in June. Here's the basic plan.

June 13th - We will be offering an outdoor worship in our main parking lot. Bring a camp chair or sit on the lawn. Masks are not required. Please keep a nice six feet social distance as we will still have some who are not fully vaccinated. You will be welcome to sing and fully participate. Zoom church will also be available.

June 20th and 27th - We will be offering an in person worship for less than 100 people. There will be an online signup for those who would like to attend. We are restricting to 100 people just to give us time to adjust to the feeling of being together in a room with then many people for the first time in over a year. Masks will be required and there will be no congregational singing. Zoom church will also be available. **Call or email the church office to make a reservation: [office@sothchurch.com](mailto:office@sothchurch.com) or (952) 935-3457**

July 4th into the foreseeable future - We will open the worship to anyone who would like to attend. No sign up required. At this point we will still require masks, keeping in mind many of our youngest worshipers will not yet be vaccinated. We will, however, allow congregational singing. Starting July 11th we will begin to offer coffee outside when the weather permits. Zoom church will continue to be available.

As you know things may change. The return team (Scott Edmundson, Jodi Rogness, Don Wothe, Terry Jensen and Blair Prax) will continue to meet and offer guidance or changes along the way.

We look forward to seeing you live in person (or on zoom) as we begin to make a return to in-person worship.

## SOTH Book Club

Book club at SOTH is open to all, male and female. Please feel free to join us. We have 2-3 copies of each book. All books will be available all year if you want to read ahead. Please read the book and return ASAP so another person can borrow the book for reading also. We try to get 2-3 readers to be able to read one copy.

For questions please contact Kaye Wothe, Faith Community Nurse at [kwothe@comcast.net](mailto:kwothe@comcast.net)

## Book Club Schedule

Tuesday., June 8, 7:00 pm,  
(note date change!)  
“The Giver of Stars”  
by Jojo Moyes

Wed., July 21, 7:00 pm  
“The Dearly Beloved”  
by Cara Wall



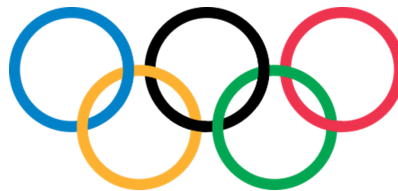
## FRONT PORCH FELLOWSHIP

*Get Together with Pastor Sherri and/or Pastor Anne*

Pastor Sherri and Pastor Anne would love to better get to know the people of SOTH! Will you join us for

conversation?? We will come to you, bring our own chairs, and sit on your driveway, porch, patio or lawn. If you'd rather come to us, we would welcome you on the back porch of the church as well. **Sign up available at <https://www.signupgenius.com/go/10c0c4ba9ab28a5fbc34-gettogether>**

Please review the available slots and click on the button to sign up. Only sign up for one slot at this time. We are very much looking forward to meeting you!



## SOTH SUMMER GAMES 2021

June 9 and 16 ~ 6:00-8:00 pm

**We are excited to announce the SOTH Summer Games!**

We will be meeting in the SOTH parking lots and lawn areas with easy and fun summer games for all ages. Art projects and chalk available also. Kids need to have a parent with them.

Our gaming dates will be June 9 and 16th from 6pm-8pm. Come whatever time you can and leave when you must.

We will offer takeout picnic dinners from local restaurants in order to support them and to make easy transitions for families after work and other events of the day. Watch for information on game nights and to RSVP for meals in the Tuesday emails!

We will take pandemic precautions continuing to recognize kids have not had the chance to be vaccinated (ie. wear masks, outside only with bathrooms available inside, households eat at own table, hand sanitizer available, etc.). Contact Kaye Wothe or Andy Schultz with questions, ideas or want to volunteer. [kwothe@comcast.net](mailto:kwothe@comcast.net)

REMEMBERING  
THOSE WHO'VE  
SACRIFICED

## SHIPS THAT PASS IN THE NIGHT ... OR ON A SUNDAY MORNING

Submitted by Joe Palmersheim



Not too many people like talking about battleships after church.

Milford Langehough was more than willing to. You see, he served on the battleship U.S.S. New Jersey during World War II. He was one of 2,700 or so men on that fighting ship, and had a front-row seat to the end of the war.

I recall him telling me how quiet it was in Tokyo Bay on Sept. 2, 1945. He could see the Japanese delegation boarding the nearby battleship U.S.S. Missouri to sign the documents that would end years of fighting. He recalled with clarity the thousands of U.S. fighters and bombers that Gen. Douglas MacArthur, ever the showman, had arranged to blacken the sky right at the conclusion of the ceremonies as a massive display of Allied firepower.

Milford witnessed this and was willing to talk about it. For someone interested in history, that's a gold mine.

And unfortunately, due to the passing of time, "What did you do in the war?" isn't a question I get to ask very often these days. According to the National World War II museum, 325,574 of the 16 million Americans who served in World War II were still alive in 2020. My children won't grow up knowing this generation as I was lucky enough to. If anything, it will be like my generation with World War I, when the last soldiers from each nation involved die of extreme old age, and you wonder if something gets lost in the telling of the story as a result.

Everyone from the World War II era had a story. I remember details from many of the ones told to me over the years. For Jim McGinty, it was about serving as a flight engineer on a B-26 Marauder over Europe. For Richard Thill, it was about being part of the gun crew on the U.S.S. Ward and firing the first American shots of World War II. For one bomber pilot, it was the nightmares years after being a prisoner of war, where he'd fight guard dogs in his dreams and awaken to realize he was kicking his wife.

As a child, I'd realized that there was something different about my grandparent's generation – that they'd been tested in ways that made them seem stronger. It was reassuring to know that such a generation was in charge, or at least keeping their children in line.

Milford told me that his ship had taken a dozen survivors from the U.S.S. Indianapolis on board for their return trip home. The sinking of the Indianapolis, as recounted by Robert Shaw's classic monologue in the movie "Jaws," left 316 survivors out of a crew of 1,195, with many killed by sharks in the days they waited for rescue. As Milford recalled, those dozen survivors

### *Ships that Pass in the Night Continued*

were kept away from the rest of the crew, given their own quarters, and provided with a record player.

"They listened to 'Sentimental Journey' by Doris Day over and over again," he said.

I can't hear that song anymore without thinking about that.

The sun continues to set on the "Greatest Generation." Let's appreciate their stories now, while we have the chance.

So long, Milford – I'll miss talking with you.

*Continued above*

# Faith Community Nurse

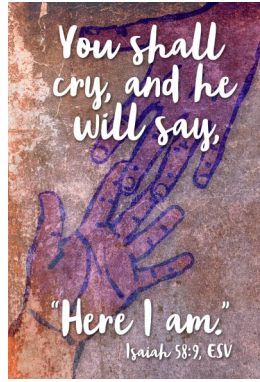
## Emerging continued

We think most often to pray when we are worried about something, thus HELP. It's okay to start the conversation with unloading your worry to God and identifying what you hope for, recognizing God's plans may be different and almost certainly will in some overarching way be better. After that, we are often reminded of the things we are so grateful for in the midst of our worry, leading us to say THANKS. Again, a simple list or description of the things you are grateful for. Naming them to God not only is a form of praise, but also hearing yourself name them out loud blesses you with the many benefits of gratitude, i.e., overall wellness, happiness, increased openness to others without judgment, adds to our ability to be giving and loving, and more.

Finally, sort of like the finale of the 4th of July fireworks show, our gratitude and unloading of our worries gives us a simultaneous sense of relief for having shared our concerns with our all-powerful God, and the gratitude focuses us on the amazing aspects of life again, courtesy of God, leading to an inescapable, WOW! I needed that conversation with God.

As we roll into summer and figure out how to move forward, my prescription would be for us (myself included) to do it with frequent prayer. Pray to heal, pray to discern how to move forward, recognizing how we have been changed, pray for the courage to return to relationships and community with an open heart, pray to get on with living with balance in mind, and pray for any and all challenges ahead, knowing God is with us every day like He/She has been every day to get to this very moment. Remember: Help, Thanks, Wow.

Praying with You Each Day,  
Kaye Wothe  
Faith Community Nurse



## EMERGING: DIY w/God

By Kaye Wothe, Faith Community Nurse

During this past year, a lot of prayer was needed, and maybe it seemed like a constant flow between us and God. Prayer for pandemic-related concerns, safety and wellness. Prayer for elections, prayers for social justice, prayers for our planet and the next generations, prayers for patience and open hearts with those we disagreed with on all these subjects. Now prayers continue in these areas as well as the added prayer of a low-trauma evolution to a return to what

we call normal... though I wonder, is that what we really want to return to? Have we not grown, learned, reflected, had silver linings, evolved in the past year? Are we the same people we were in February, 2020?

At the same time, I have been trying to look ahead to anticipate what kind of care people will need as we hope to evolve from our pandemic life. I admit I expect people (me included) will jump back into life so reactively that soon we will be back to being overwhelmed and rarely having dinner together. Soon the complaints of not being home enough, together enough, spread too thin, etc. will return. Soon we will wonder how to put the "genie back in the bottle" as they say. We will need to re-learn our boundaries. Years from now, we will talk about that year we ate dinner together every night, hatched up creative DIY (do-it-yourself) projects at home and virtual entertainment. A year we were more aware of one another's joys and struggles and home took on new meaning.

We will need to re-learn social skills. I read that of all the losses in education, the most worrisome one was of kindergarteners whose most important learnings are the lessons of cooperation, getting along, where one's boundaries are in a group and where it is best to compromise for the greater good. Most people have spent the past year isolated at home with people who share their opinions on hard-to-talk-about matters. I wonder if we will all have to return to kindergarten learning as we navigate being out in the world together.

Medical centers and doctors' offices report that many, many people put off routine screenings and having health concerns evaluated. I have found things I could typically schedule within a couple days now take weeks, even months to get in for. People did a better job keeping up or returning to getting haircuts than healthcare. My friends working in pediatric healthcare report that kids are the slowest medical population at returning to getting routine care, adding to medical staff worry of what is being missed or going untreated, as well as the system being backlogged when everyone returns at once.

As we evolve, what traumas will we discover marked each of us during this time of a mix of huge losses in educational and community experiences, damages of things we put off, hurts we could not resolve, pain from loss of touch and being in the presence of others, living in a fear with no timeline, social changes driven by injustices we might not have been aware of in our own city, and the need to screen every e-mail, media post for intrusion and false or mis-information spread that takes us in the wrong direction, and many more things? Also, what things about the past year surprised us that we like and now need to decide if we want to give those up or keep them in our life? How do we proceed? What can we do? Prayer is always a go-to for me. I recently read Anne Lamott's book titled, Help, Thanks, Wow. I love this prayer mnemonic. It is so simple and realistic to how we pray naturally.

*Continued above*



## Thank you to SOTH Staff

A huge thank you to all the staff at Shepherd of the Hills as they cared for me during my recent surgery. Not only did they pick up slack and allow me time to heal, but also sent me a beautiful flower arrangement. I am truly blessed to be a part of this community! Thanks be to God!!



## Senior Recognition

We are so proud of our Seniors this year as they have had to struggle and find new ways of being students, navigating relationships, outside interests and making the best out of their senior year. We can't imagine how this pandemic year has shaped and formed you,

but we at SOTH are so proud of you and want to recognize you and celebrate this special time as you graduate.

The Graduates of SOTH are:

- Lucca Carlson, son of Nate and Mindy Olstad
- Olivia Christensen, daughter of Keith and Sandra Christensen

Congratulations and best of luck to you!!



## Summer Fun for High School Students

Come join us on the second and fourth Sunday of each month from 4:00 – 5:30 for a time of fun, friendship, games and of course,

food!! We will meet on the patio, north side of Shepherd. Contact Pastor Sherri with any questions at [sherri.otto@sothchurch.com](mailto:sherri.otto@sothchurch.com) or 612-251-1342.



## God's Great Big Tent

Stories of Radical Welcome

VBS – June 21-25, 2021

9:00 am to 12:00 pm

Shepherd of the Hills

“God Welcomes Everyone, and God Calls Us to Do the Same!” This is our theme for VBS and we will be learning and practicing this in fun and amazing ways! This is an awesome opportunity for kids, ages 3 to 5th grade to learn about what God is calling them to do. Thanks to all who have signed up and to our wonderful volunteers!!



## AT EVERY TURN:

### Insights from the Intern

By Intern Pastor Anne Schaefer

*Welcome to my little corner of the world. As an intern pastor, I am learning a great deal about what it means to be called to ministry. Each month, I will use this newsletter space to reflect on the wisdom that has come my way. I will likely learn a great deal about God, the Church, this congregation, faith, myself and grace. Thanks for being part of my journey!*

The Holy Spirit is multi-lingual! Yes, I know you know that. God speaks to us in all of our own languages in ways that we would understand. This is evidence of a personal God who loves and cares for all people and is not hindered by man-made cultural norms or boundaries. This is not my lesson though.

Lesson #1 for me came from talking extensively with two other intern-friends about a text on which we were all preaching a few days later. We had a great conversation about the text, and then we all went to our separate congregations to preach the Good News. Afterwards I went online and listened to both of my friends' sermons. They were brilliant and moving and absolutely different from my own as well as each other's. I found it beautiful and powerful to hear how the Spirit lead each of us in three very tangible and separate directions, and yet we started from the same place.

This is a valuable lesson because it showed me how there are so many ways in which to hear, experience, interpret and apply the Gospel. The Holy Spirit is not bound by language or space or time... How I hear the Word is authentic to who I am and has meaning for me. The same is true for you.

Lesson #2: People are even better in person! I would classify myself as an outgoing introvert... I like people, but usually I get my energy from my alone time. But through the Confirmation and WAM “drive through” event as well as Front Porch Fellowship with Pastor Sherri, meeting people in person has fired me up in all sorts of ways! What a gift!

It is possible to get to know someone through distance means. However, I feel like phone calls, Zoom and email leave so much space for relationship. As it gets safer for everybody to start opening the building more and more, I am hopeful that I will be able to meet more people in person to give that relationship a chance to grow!

I have enjoyed this congregation from day one, but I am excited in new ways after getting to have conversations with people in person! If you would like to have Pastor Sherri and I over for a Front Porch Fellowship time, please reach out to me to schedule that! We can make more time available if you want us to!





## It's More Than A Celebration"

By: Kaiya Jennings

The words spoken by Maj. Gen. Gordon Granger on June 19, 1865 in Galveston, Texas would leave an everlasting imprint on American history and culture. For it was this very day, when he proclaimed freedom for the 250,000 persons who were still being held as slaves; two and a half years after the Emancipation Proclamation

was signed into law. A year later in 1866 the celebration of "Juneteenth" also known as "Jubilee Day" came into being and continues to be observed widely across the United States. Expressions of Black ingenuity and excellence is shared through various parades, festivals and concerts for all to enjoy.

For African Americans, the commemoration of Juneteenth is comprised of not only celebration but also woe and yet dare I say hopeful assurance. While it is a day where we pause to gather together to rejoice in the eradication of chattel slavery on U.S. soil. To honor our ancestors, who embodied the strength to overcome and the will to resist the subjectification of a system, that valued their labor but not their humanity. There lingers alongside this moment of unspeakable joy, a spirit of heaviness. That even in 21st century America, the fight for freedom, personhood and equality for the African American community continues to stretch on. Chains of iron have been replaced with chains of systematic oppression that overwhelmingly hold hostage persons of color year after year. In our current social climate, there is what appears to be a never ending push against the ills of injustice that have thrived off of racial inequity in areas like mass incarceration, police brutality, voter suppression and employment. Causing people of African descent in this country to ask the probing question, "Have we ever really been free at all?"

Even with this pressing reality of our present society, the celebration of Juneteenth provides a window of what I would like to call hopeful assurance, that gives us all access to see a different picture of what our world could become in spite of the treacherous past. This isn't just an annual holiday filled with food, fun and laughter; it is a reminder of sweet optimism that the systems and institutions of oppression that were designed to lock out or even lock down those rendered to "otherness" will utterly fall, just as they did in the summer of 1865. That ultimately there is nothing, no entity, no institution, no structure, that can constrain the purpose or constrict the voice of a people who are determined to be free.

As for me as a Black millennial clergywoman, Juneteenth helps to remind me of the "good soil" from which I came. It aids me in retelling the story of the blood that runs through my veins, of ancestors who had the faith to withstand, pray and fight. Today I invite you to stand with me and proclaim that justice is a birthright given by our God that no person shall be denied. Let's utilize Juneteenth as a moment of celebration, that with each passing day we inch closer to establishing this in the Earth.

## It's More Than A Celebration continued

*Rev. Kaiya Jennings is the Faith & Service Coordinator and Adjunct Professor at Wesleyan College in Suffolk, Virginia. She is a Doctoral candidate at Duke University and a classmate of Pastor Scott.*

# Mental Health Resources & Education

## PTSD Awareness continued

changed greatly. There was a lot of stress on everyone, all the time. Many of our coping and relaxation methods were taken away. We were either isolated and lonely, or could not find a minute to be alone. We saw or heard about an incredible number of people dying. If we were exposed, or were sick we wondered how sick we would become and possibly feared for our life. There has been a century worth of trauma in 14 months. Take time to unravel your trauma and encourage those you love to do the same. Get help understanding it's full impact so you can move forward in healthy ways. Stop the stigma, live the abundant life God calls you too.

Kaye Wothe  
Faith Community Nurse



**MENTAL HEALTH CONNECT**  
Mental Health Resources and Education can be found on their webpage:  
<http://www.mhconnect.org/>  
events



## PTSD AWARENESS

By Kaye Wothe, Faith Community Nurse

I think most people can easily imagine how military service personnel or a victim of a violent crime might suffer from PTSD (post traumatic stress disorder). PTSD can and does happen as a result of other events, including the fearful days during COVID-19 pandemic year, domestic abuse trauma (verbal or physical), death of a love one, being in a car accident, and endless more possibilities. PTSD is a disorder when a person has difficulty recovering after experiencing or witnessing a terrifying, shocking, or dangerous event. PTSD may last months or years, with triggers that can bring back memories creating intense physical and emotional responses. Symptoms can begin within months of the event or may not show up until years later. PTSD often includes: flashbacks (reliving the traumatic event), bad dreams, frightening thoughts, avoidance behaviors, anxiety, depression, reactive or easily aroused, mood changes, and cognitive struggles. With kids PTSD might include wetting the bed after being potty trained, forgetting how or being unable to talk, acting out the scary event during playtime, or being extra clingy with trusted adults.

If you experience PTSD get help from a mental health professional (we can help you find that), seek support from trusted love ones, learn to feel good about how you respond to danger, and work to become able to respond and act effectively when feeling threatened by something or someone. Talk therapy is a primary treatment for PTSD. When telling the story of an extreme trauma event that caused the PTSD one can create a re-living experience of the trauma so it is important this information is mined by a mental health professional who knows how and what to ask as well as how to respond if the person is triggered into unhealthy reactive responses. What can you do for June PTSD awareness month?

- 1) Look at those you know and yourself to check in, see if PTSD is being experienced.
- 2) Have a loving conversation with your family looking at any possible trauma experienced during the pandemic, or from other events that might have been experienced as traumatic. Be open without judging about what another person experiences as trauma. Believing them and having a caring loving open heart is a great first step. Consider if a mental health professional would be helpful, even just for a few appointments to check in. Better safe than sorry.
- 3) Talk to your clergy or faith community nurse. We will listen and can help connect you to resources and the help if needed.

It has been a hard year plus with a lot of daily changes, scary days of a lot of unknowns like we have not known for over 100 years. Our daily routines were



## The Economic Contributions of Immigrants in Minnesota

Submitted by Paul Bohnsack

On March 23rd the Minnesota Chamber of Commerce released a study entitled “The Economic Contributions of Immigrants in Minnesota”. The Executive Summary of the report states:

The success of Minnesota’s economy, both now and in the future, is intrinsically linked to Minnesota’s immigrant communities. As innovators, business owners, workers, taxpayers, consumers, neighbors and connectors to other countries and cultures around the world, immigrants provide considerable benefits to our economy and our state. This report analyzes immigrants’ contributions to Minnesota through many lenses, with a specific focus on entrepreneurship, impact on regional economies and contributions to key state industries.

Immigrants complement native-born workers well and play essential roles throughout the economy. Recent immigrants enter the state with high levels of poverty, initially requiring greater levels of government assistance. But over time they join the workforce and gain economic footing and success.

Major findings of this report demonstrate the following:

- Minnesota needs immigrants. Absent their arrival, our overall population would have declined beginning in 2001, with Minnesota residents moving to other states.
- Immigrants link Minnesota to the world economy and make valuable and meaningful contributions to our state as employees, entrepreneurs, consumers and taxpayers.
- Immigrant entrepreneurship in Minnesota lags behind the rest of the nation. In a “homegrown” economy, entrepreneurship is a key source of new businesses. Building systems that support immigrant entrepreneurs is important to our current and long-term economic success.
- The nature of our immigrant population varies by region. The immigrant population in the Twin Cities region is vastly different than the rest of the state, both in number and percentage. The Central region has experienced faster immigrant population growth over the past 10 years than other parts of the state. Additionally, immigrant populations “cluster” in communities.
- Many of Minnesota’s most important industries have a strong immigrant presence. Without immigrant workers, key industries such as agriculture, health care and food manufacturing could not be as successful in the state.
- Over time, immigrants are upwardly mobile on multiple fronts including improved poverty, unemployment and homeownership rates. While there are costs for supporting foreign-born populations when they first arrive, these costs diminish as subsequent generations assimilate and gain economic success.

*Continued above*

### *Immigrants continued*

The report also found that:

a recent [July 2020][Gallup] poll shows that for the first time, a shift is taking place with more Americans saying they would like to see U.S. immigration increase rather than decrease.

Immigrants pay sales tax, property tax, payroll tax and others, which benefits all Minnesotans.

National studies show that non-citizens actually use fewer health care resources than citizens, over time.

The full report can be found at <https://www.mnchamber.com/blog/economic-contributions-immigrants-minnesota>.

*Submitted by Paul Bohnsack,  
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