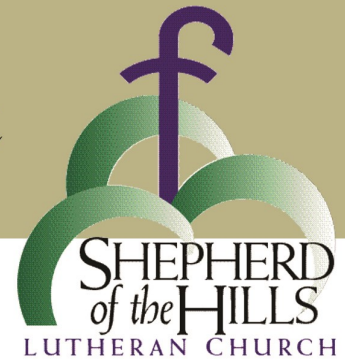


# Shepherd's Voice



## **“Three Things ...”**

*By Pastor Scott Searl*

First, a word of thanks.

It is hard to imagine that the last Sunday we were together in our building was March 8! Since that time, we have been together online in zoom worship for 23 consecutive Sundays with one parking lot worship thrown in for good measure. It's been a half a year! All the while you have been faithful in worship, faithful to one another in your caring of each other, and faithful in your financial support. As of August 1, we were right on budget for our gifted income and about \$25,000 below estimated budget expenses. We cannot say thank you enough! In addition, we have funds from our PPP loan on hand if needed. The financial team will be working through the program requirements and discerning with our bank to determine if those funds will be needed. Thank you for all your faithful support during this time! You have enabled us to go right on caring for each other, caring for our community and worshipping together without missing a beat! Thank you!!

Second, a word of calm.

I have spent some time reviewing school return plans. I hope you will join me offering daily prayers for teachers, paraprofessionals, principals, custodians, bus drivers and administrators who have worked so hard to figure out the best plans for our kids. I also hope you know how much the staff is praying for you!! As my niece prepares to go to her first year of kindergarten I feel all the excitement and nervous energy swirling around parents, kids and teachers. One of the gifts of faith is daily forgiveness. This is not going to be a perfect year of school. In fact, it is likely going to be a very challenging year of school. It's going to be difficult if kids stay in the patterns being offered and it's going to be more of a challenge if those patterns are disrupted. I hope you will allow yourself to live into God's grace for yourself, your student and the expectations around learning. As a student myself I have to remind myself that just living daily life right now is stressful. I have to regularly tell myself to slowly do my work and let good enough, be good enough. Join me in giving yourself and your kids the grace of love and forgiveness we are all going to need this year. Life will return to a new normal and one year of school will not determine the rest of our lives. Go slow. Breathe often. Let God's Holy Spirit remind you that what is needed most is to be loved. And you are deeply loved by God!

Third, a word of encouragement.

I am hopeful. God's promise is that God is working out God's plans in real and daily life. I am grateful for faithful scientists, doctors and nurses who are already making progress in treating Covid and are developing a vaccine. While the uncertainty of our situation is uncomfortable, it is often in these challenging moments of history that God finds new ways

**Continued on page 4**

**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
Deacon	Brian Henning
Faith Community Nurse	Kaye Wothe
Administrative Assistant	Shawn Wacholz
Building Manager	Blair Prax

**Church Council Members / Officers:**

President	Todd Biewen
Vice President	Julie Luers
Treasurer	Steve Hanneman
Financial Secretary	Ryan Erickson
Secretary	Adam Driscoll
Serve	Nate Lichty
Worship & Music	Julia Buteyn
Building & Facilities	Peter Barott
Learn	Open
Communications	Jill Miller
Care	Dave Cousins
LMCC	Open
Evaluation	Chris Polston

**Telephone & Voice Mail Extensions:**

Worship Times	1
Directions	2
Shawn Wacholz	11
Pastor Scott Searl	12
Pastor Sherri Otto	13
Brian Henning	14
Blair Prax	15
Emergency Message Mailbox	24
Kaye Wothe	25

**Shepherd Online!**

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Church web site	www.sothchurch.com



Wondering what I'm talking about in school these days? If so read on. If not, there are plenty of other great articles in the newsletter for you to read!

Maybe you know this, and maybe you didn't. In Israel's biblical history there are three primary leadership roles: kings, priests and prophets. There are kings, like King David who was reportedly one of Israel's best kings. However, as you know, David had some issues with women, to put it mildly. None of Israel's kings were perfect. Surprise, no human is perfect. In Israel's biblical history the king's role is to order society in fair and just ways according to God's hope and vision for the world. Israel's king was the head of a theocracy, who was meant to keep God as the king of that theocracy. There are priests, like Aaron, who is Moses older brother. The role of the priest is to speak of God's covenant with the people and to mediate the relationship between the people and God. The priest would offer sacrifices to God as symbols of repentance and humility. The priest helps to heal, helps people confess, helps people restore broken relationships between God and the people and between each other. The prophet, often the most controversial of the three roles, like Jeremiah, call the people back to their responsibilities and true ways of being in the world according to God's vision. Very often they are highly critical of both kings and priests. They vociferously remind the people that their very first priority over and above anything else is to care for the poor, the hungry, the lonely and the brokenhearted. Often prophets are dramatic, charismatic, and poetic. They often point out the flaws in the systems of politics and the flaws in the religious systems. Yes, the priests often get it wrong too, and it's the prophets that (sometimes lovingly, and sometimes in very sharp and harsh terms) speak and act in ways meant to shock and restore the people of Israel to their primary calling.

You might imagine there are other leadership roles, and there are of course. There are scribes and lawyers. Judges and prefects, alongside daily laborers, businesspeople and home makers. But these three: king, priest and prophet are the three that receive primary attention in the leadership of Israel. No one person in Israel fulfills all three of these roles. Sometimes someone might fulfill two roles. For example, sometimes Aaron is prophetic. Sometimes David is priestly. No one person, however, in Israel's history fulfills all three roles. Until Jesus.

The Gospels, and Paul's letters all agree that Jesus is not only prophet, priest and king, he fulfills all three roles by perfectly embodying and living out all three. He is a prophet that calls Israel back to its primary role of

*Continued on page 11*



**God's work.**  
**Our hands.**

## God's Work. Our Hands. Sunday (GWOH) September 20, 2020

### The Heart of the GWOH Sunday

According to Joshua Taylor, a doctoral student at the Perkins School of Theology, the song, "They will know we are Christians by our love," was originally published in 1966 in the Hymnal for Young Christians (1966), by Catholic priest Peter Raymond Scholtes. The song wonderfully captures the heart of God's Work Our Hands Sunday. A day when we do more than speak of the love that directs our hearts, we live it out in acts of public service.

### GWOH in the Covid Moment

God's love is alive and well, even if the church building is closed. To remind us that God's love isn't a building, we are encouraging everyone on Sunday September 20th to go out into the community to serve. Choose a project for you and your family to do from the list below or find your own project. Take a short video or a photo of your family in action! Email your video or photo to Brian at [brian.henning@sothchurch.com](mailto:brian.henning@sothchurch.com). We will collect and compile all the videos and photo's for worship and our website! They will know we are Christians by our love!

### Project Ideas

- Buy and donate food to a food shelf ([www.ica.org](http://www.ica.org))
- Write 'Thank You' letters to teachers, or local community leaders you know
- Collect items for an animal rescue organization (call first to see what they need)
- Bake cookies and give them to a neighbor
- Get extra school supplies for ResourceWest ([www.resourcewest.org](http://www.resourcewest.org))
- Chalk positive messages and art on sidewalks
- Go to a public place/park and pick up litter (litter hunt!)
- Offer to walk a neighbor's dog
- Pay for the car behind yours at the drive-thru
- Sew and donate masks
- Go through closets for useful things to donate
- Clean up a bus stop
- Donate books to a Little Free Library near you
- Pull weeds at the park
- Donate blood
- Call someone you haven't spoken with in a while to say "hello!"

### Steps for a wonderful GWOH

1. As a family discern a project, pray together about it. "Loving God we ask you to direct our service. Help us to find a project." And/Or "Thanks be to God for the gift of this project! We look forward to serving. Inspire our hearts and hands in love."
2. Learn about the project, park, program you will be serving. Pray for the people involved
3. Go do your project!
4. Take a short video (1 min or less) or a photo of your project and email it to Brian at [brian.henning@sothchurch.com](mailto:brian.henning@sothchurch.com).

## WITH THANKS

Thank you, thank you, thank you for all of the prayers, good wishes and support that our family has received from you in the recent months. Cards for hospitalizations and Dick's 90th birthday brought smiles and good memories to Dick. Now the messages of sympathy are warming my heart. It is a privilege to be a part of such a caring congregation.

With love and more thanks,  
Mary Brubacher

## In Memory

We extend our heartfelt sympathy to Richard Hanson and family on the death of his wife Emmy Lou Hanson. We pray God's grace and peace in the days ahead.



## **Congratulations to Pastor Sherri on her ordination on August 20!**

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

of breaking into the world and helping us chart a new path forward. I am hopeful that this disruption could bring about a more pronounced sense of our worldwide connectedness. I am hopeful that the discomfort of racial violence in a pandemic can transform the way we all live. I am hopeful that by driving less we might learn how to live more cooperatively with the earth rather than as consumers of it. I pray that God would bring new life out of this year of crucifixion. I pray that God's Holy Spirit would find its way into our homes, our hearts and our actions in ways that would have been impossible before. I am hopeful because I see signs of God's love in your eyes, and I hear signs of God's love in your voices. Join me in prayerful hope that God will lead us out in new ways as God has always done.



## **Confirmation Class 2020-2021**

*By Pastor Sherri Otto*

In this ever-changing world of COVID-19, my thoughts and questions swirl around Confirmation classes. How will we meet? Where will we meet? Can we meet in person? Should we meet in person? When will we be together again?

I'm sure that these questions are on the hearts and minds of all people, not just parents and students. Unfortunately, I don't have all the answers as I write

this. I have thoughts as how Confirmation classes may work, but please know, this could change at any given moment.

We will be starting Confirmation out with a parent meeting on September 16th from 6:30 to 7:30 where I will talk about the curriculum and answer any questions that parents may have. On September 23rd, we will begin our Confirmation classes with in-person, outdoor (weather permitting) class. If the weather does not cooperate, we will be in the building in one of the larger rooms, with windows opened, our masks on and physically distanced. If this happens, you can decide if you want to send your student or not. There will be a Zoom link that will connect those that cannot be present.

Once we can no longer gather outside, it will be decided at that time if we go to an indoor classroom with Zoom for those that do not feel that they can attend, or go to a full on-line class with Zoom. At this time, I am leaning towards the full on-line Zoom option as I want everyone to feel and be safe. Again, with the help of our Return Team, this can change at any given time.

I am experimenting right now with some on-line resources that you, as parents, will receive via email the first part of September. Please know that I may not get this perfect or even close to "right" and there will be some good laughs as we all navigate through this!

We are in this together as a community of faith and as such, please know that your suggestions and helpful comments are always welcomed.

Peace,  
Pastor Sherri



## WAM Fall 2020 Plan

By Deacon Brian Henning

Dear Families, Peace Be With You!

*Before I dive into the meat of my article this month, I first want to address the latest video of a black man being appalling and unnecessarily shot seven times in the back by police. Time and time again, we see the issues and disparities of the current relationship of the police and communities of color. We are long past moments of debate and conversation. We are long past hoping and praying that things will change. Now is the time to get to work on rebuilding good, healthy communities that foster life and wholeness for all. Now is the time to advocate for mental health care, for good education for all, for an economy that all can participate in, and for safe, healthy housing for all. The care and protection of our neighbor should be our first priority as follows of Jesus Christ and our current system is no longer (if it ever even was) working. Let us not confuse the life we enjoy as representative of all people's experience. Let us enter relationship with people and learn together how to build the kind of community God envisioned for us since the beginning of Creation.*

Every day I get to talk with another parent or teacher and hear the stories about what will be happening in our schools this fall. I must admit that every conversation I have increasingly builds more and more anxiety within me. I, of course, do not have kids. However, I cannot help but think of the kids that call Shepherd their faith home. The Shepherd kids are not my kids, but they're my kids. That's how I feel about them. And to tell the truth, I am very worried about them and each of you reading this article. I have been keeping you all in my prayers as we all learn what this "not even close" to normal will look like.

I so wish that Shepherd could be that version of normal for our kids, but I would be lying if I said we could be. Everything is different and we must ask ourselves how we can make the best of it.

This month, I am incredibly excited to announce what the community of our kids is going to look like at Shepherd. I hope that our plan will draw on the best practices of education and faith development while also offering something for everyone. This plan will require a lot of flexibility and grace and open communication is going to be the key to success. So, without further ado, here is our plan for WAM:

We are adopting a hybrid model of gathering. On the first and third Wednesdays of the month we will have a more traditional WAM on Zoom. This will include Bible stories, elements of Worship, and fellowship time for our kids. On the second and fourth Wednesdays, we will split WAM into two groups: one group will participate in an in person, physically distanced, outdoor activity, and the other group will be give resources for an at-home,

## WAM continued

in family conversation and activity. The groups will switch on the fourth Wednesday. Our theme for WAM is People and Places. We are going to be exploring people and places from the Bible and from today. Each month will have a theme that our Wednesday nights will be drawing on. September will be Welcome & Introduction, October will be God, Us, and Creation, November will be The Hebrew People, and December will obviously be about Christmas.

As I said before, the key to success of living this year is going to be communication. My virtual door will always be open. Please do not hesitate to start a conversation about something that is not working and please let me know if something worked particularly well that we can build on. Finally, please, and I cannot stress this enough, please feel free to call me, email me, or text me if your family is in need of anything. All of us at Shepherd are here to support you and walk alongside you. This community is one of honesty and openness. My overall goal is to build a community of welcome, learning, and support for our kids and our families. Peace be with you!

**Continued above**



## SOTH BOOK CLUB

Book club at SOTH is open to all, male and female. Please feel free to join us. At this time we expect to meet on ZOOM for book discussions until the pandemic allows for meeting in person safely. I selected these books because I felt they were very well written, and often address an important topic, area culturally relevant or interesting time in history, etc. I will order 2-3 copies of each book to have available for pick up by contacting Shawn in the church office. 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 Preview

Wed., September 16, 6:30 pm,  
“A Woman is No Man”  
by Etaf Rum

Wed., October 14, 6:30 pm,  
“American Dirt”  
by Jeanine Cummings

Wed., November 18, 6:30 pm,  
“How To Be An Antiracist”  
by Ibram X. Kendi

## WoSOTH BREAKFAST

We expect to meet remotely until the pandemic allows meeting in person. We will meet on the ZOOM platform on Saturday mornings from 9:00 am-to 10:15am. This will include the use of open discussion and at times breakout groups. Some of our speakers will be live and others pre-recorded. We hope to have fun with some food sharing, etc. to add to our sense of community while we are physically apart. Suggestions? Questions? Want to attend but need technical help or device? Want to come but timing does not work for you? Contact Pastor Sherri ([sherri.otto@sothchurch.com](mailto:sherri.otto@sothchurch.com)) or Kaye Wothe, Faith Community Nurse ([kwothe@comcast.net](mailto:kwothe@comcast.net)).

**Topic:** Compassion Fatigue  
**Date:** Saturday, September 26 at 9:00 am  
**Speaker:** Julie Showers, J.D., Associate Vice President, Office of Equity and Diversity, at University of Minnesota and SOTH member.

**Description:** Pandemic. Racism. Voter Suppression. Economic Instability. Political Polarization. Isolation. It’s a lot these days, isn’t it? The cost of caring can be very high, and leave us feeling as though we cannot give one more thing or meet one more need. Then, ironically, as partners, mothers, daughters, neighbors, friends, coworkers, and volunteers, we feel even worse about that. Let’s have breakfast and take a look at compassion fatigue. What does the neuroscience of compassion and empathy teach us, and what are the antidotes to the challenges we face?

## WEDNESDAY NIGHT SPEAKER SERIES

**Topic:** Racial Justice, Voting and Politics  
**Date:** Wednesday, September 9 - 6:30pm via Zoom  
**Speaker:** Dr. Anthony Bateza, Assistant Professor of Religion at St. Olaf College.

**Description:** Dr. Bateza is a specialist in Martin Luther, moral theology and Christian ethics. His research examines Luther’s understanding of human agency and his relationship with the virtue tradition. His other scholarly interests include the broader Augustinian tradition, the impact of Luther’s thought on 19th century philosophy, and questions of race, identity, and social justice.

**Date:** Wednesday, October 7—6:30-pm  
**Topic:** Mapping Prejudice  
**Speaker:** Dr. Kirsten Delegard, Project Director

**Description:** This research is showing what communities of color have known for decades. Structural barriers stopped many people who were not white from buying property and building wealth for most of the last century. In Minneapolis, these restrictions served as powerful obstacles for people of color seeking safe and affordable housing. They also limited access to community resources like parks and schools. Racial covenants dovetailed with redlining and predatory lending practices to depress homeownership rates for African Americans. Contemporary white residents

*Continued on page 7*



## SOTH Becomes an AMMPARO Welcoming Congregation

As a result of our recent efforts to house an asylum seeker, SOTH was invited by the ELCA's migrant ministry AMMPARO (Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities) to serve as a Welcoming Congregation in its network. The Church Council approved the partnership at its August meeting. In response to Matthew 25:35 ("...I was a stranger and you invited me in...") our commitment as a congregation is to:

- welcome migrants and minister to them;
- physically accompany migrants as they make new lives in the community;
- pray for justice for migrants, and
- advocate for public policy that will positively impact the current immigration crisis.

There is no financial commitment connected with being a Welcoming Congregation.

Welcoming Congregations are not offering shelter, employment or other financial support but simply are willing to be a church home for migrant children and families in the same way that congregations of several generations ago welcomed Lutheran migrants from Europe and helped them navigate life in their new home.

In return for our participation, we are eligible to apply for an AMMPARO congregational or synodical engagement grant in an amount up to \$5000 to extend the work that we are doing.

AMMPARO will keep the congregation informed of developments in Central America, Mexico, and Washington. To build awareness, the ELCA AMMPARO website and Lutheran Immigration and Refugee Service also offer a wide variety of biblical and practical educational resources on immigration, including information on immigration policy and reform efforts.

Paul Bohnsack

## Wednesday Speakers continued

of Minneapolis like to think their city never had formal segregation. But racial covenants did the work of Jim Crow in northern cities like Minneapolis.

This history has been willfully forgotten. So we created "Mapping Prejudice" to shed new light on these historic practices. We cannot address the inequities of the present without an understanding of the past.

**Date:** Wednesday, October 21  
from 6:30-7:30 pm

**Topic:** Ambiguous Loss During  
the Pandemic

**Speaker:** Ted Bowman

**Description:** Ted Bowman is an educator, author and consultant who specializes in change and transition, whether it occurs in families, an organization, or the community. His emphasis is on aiding people in utilizing their strengths and the resources of others in facing change and transition. He became an adjunct faculty member at the University of Saint Thomas in 2006, teaching a graduate social work course on grief and loss. This will be on ZOOM live.

## FLU SHOTS

**Date:** Sunday, October 4

**Time:** 10:45 – 12:45 pm

**Where:** At SOTH

**Social distancing observed.  
Please wear masks.**

This fall it is even more important to get a flu shot. If you get the flu it will be difficult to separate your symptoms from COVID-19 symptoms and will likely create confusion in treatment. Also if you get the flu you will be much more vulnerable to getting COVID-19. Getting both will likely make the average person extremely ill and make huge risks for spreading to others in your home and community.

Flu shots are scheduled in October in an attempt to ensure those receiving the vaccination are still able to have good response against the flu during peak flu season which goes through the winter. Getting it earlier risks not having an appropriate immune response to fend off the flu in the deep of winter.

## A NOTE ON THE BLOOD MOBILE

At this time there is not a plan to host a blood mobile secondary to limitations related to COVID-19. However, I do encourage you to donate at the Red Cross (1-800) 733-2767) or Memorial Blood bank centers (1 (888) 448-3253) as blood products are greatly needed and donations are low from not being able to have mobile drives. It is felt to be safe to donate at their sites as distancing can be maintained from everyone except the staff member who cares for you. They are masked and assessed for symptoms actively, so level of risk to illness is very low. Give the gift of Life!



## Grief. Division. Why?

By Kaye Wothe, Faith Community Nurse

I am guessing I am not alone in feeling exhausted with the divided, sometimes divisive conversation that seems inescapable today. As much as I want to avoid it, I am struck by how important it is not to avoid it. Each time I find myself

in that conversation, I regret I am not a more skilled orator. As we draw closer to another election, and as the weather limits our spaces more with an active pandemic in our midst, these divisions promise to be more and more. Then there are all the stressors related to how our kids return, or do not return, to school, and on and on. Most people I interact with have good days, medium days and all-out bad days. Days when the new normal almost feels normal, days when silver linings rule, and then days or weeks when nothing is normal about the pandemic-driven way and the inconvenience is overwhelmingly unproductive in an energy-drawing sort of way. Everything feels like your face is against a brick wall. Plus, if you are the adult with kids, you may feel like you are carrying their emotional burdens about this too... so now you have several times the load of pandemic burden, while still trying to smile and have the resiliency of a rubber tree.

This is hard. Over and over again, hard. Why?

This is grief producing and exhausting. This ambiguous grief is hard because it is so, well, ambiguous. When someone dies, who and what you are grieving is very easy to identify for you and for others around you. We have traditions that put us on a path to begin the grief process: a funeral, time with friends and family talking about the one who died, food to comfort us, planning that involves really thinking about the person and pictures creating a review of their life and related things they valued. From there, we are at least on a path of grieving, each of us doing it our own way, in and out of our own timelines. Not everyone we know is grieving at the same time, so we can support one another better in thoughtful and caring ways.

With ambiguous grief, there is no one thing we can point to that drives our grief... it is many things, each one weighed on our own personal grief scale. Each person's list unique to themselves. Each day, season and days further into the pandemic, the things we grieve and the amount we grieve each will likely change. Everyone is grieving, no one is left out to be the one to bring you a dinner, to sort through life stories, or to help you make meaning of the very distinct loss and help start toward closure. With no known timeline for a pandemic, we cannot imagine closure. What does new normal even mean? If we are the one in the house whose role means they need to be the resilient one for everyone else, this is even harder, as it feels like you do not dare have a bad day. You are everyone's silver lining, answer to the next creative miracle for having in-person social interaction when it's not safe, and deciding everyone's risk-benefit ratio. I want to yell, "Help! Get me out of this rabbit hole!" So, what helps? How do we begin to unravel our grief while we are still in the unknown of it?



## Grief continued from page 8

Begin by naming your grief. Make a list. If you are a family, let each person name their own list. Maybe take one or two things at a time so it is not so overwhelming. For littler kids the question might be what do they miss? what makes them sad, or grumpy? (This might even be the way you ask some less-talkative adults about their feelings.)

Then name what you miss about that thing, what good memories you have of it, how it impacted you, how it made you feel specifically (i.e., happy, adventurous, free, loved, etc.).

Affirm to yourself and one another that it is okay, understandable to be sad. Set aside a specific time to be sad. Write, draw, color about it. Keep the conversation open. Do “highs and lows.” (You might even respond with “Lord have mercy” to raise it up in prayer.)

Brainstorm some things you can do to feel better about the losses named. What is a new activity or thing you can do to replace what you are mourning in the best way possible for now? Does it help to get outside and move? Does it help to learn a new hobby? (i.e., cooking, baking, sewing, games, puzzles, go through old family pictures, pen pals, re-organize your room, plan a trip to take when we can travel again, make a list of things you look forward to that can be done during the pandemic, etc.).

Make a list of things that are silver linings or good about changes the pandemic has forced us into (i.e., slow down, more time together, increased awareness of aspects of our lives, review of what is important, appreciation of basic everyday things we took for granted, etc.).

You do not have to do all these things at once. Break it up and add one thing to each list every night at dinner. Let everyone at your table have a voice.

Make use of online and virtual resources for grief and mental health. See the SOTH webpage resource list or contact me for more resources. Make it a priority to address your grief and emotions about the impact of the pandemic on life.

Use devotions and prayer to stay grounded in hope, in the promises, to set the tone for the day. If you are mad at God about these losses, talk about that, too. If you need help with that, contact one of the SOTH staff to discuss it more.

One more thing, when listening to others or yourself make sure you do not assume you know why they are sad about something. Ask them why? Have them explain in more detail why they feel the way they do.

*Continued above*

## Grief continued

In the same way, when encountering people with different or even shared opinions as you have regarding politics, school reopening options, pandemic policy, etc., ask why they feel the way they do? Encourage them to explain their view to you. Make sure you are prepared to explain your views in calm and kind ways. Much of the time, we jump to assuming why someone feels the way they do, and our brains immediately spring into a spin making us feel like we need to verbally pounce or be defensive with others whose views vary from ours. Instead make “Why?” your most-used word in conversation. You will gain a greater understanding and may be surprised by what you hear. You will be a better listener, making the one talking feel more cared for and think more about if this is really how they feel as they hear themselves say it out loud. I know that I am needing these reminders as I move into Fall and feel both exhausted and the weight of pandemic grief. Lord have mercy!



# Mental Health Connect Resources & Education

## Mental Health Monday Speaker Series

### “Being our Better Selves”

Speaker: Karen Casey, PhD

Author and Educator

Monday, September 16

6:30-8:00 pm via Zoom

The Monday Night Mental Health Speaker Series is free and open to the public. The theme for the 2020/2021 series is "Hope for the Journey". Join us on the 2nd Monday of (most) months to talk about important topics related to mental health.

## Parent Wellness Wednesdays

Debra Orbuch Grayson is a licensed Marriage and Family therapist with over 30 years experience working with couples, families and the community. Debra is offering 15 minute phone consultations on Wednesdays from 10 am-3 pm to answer questions specifically around parenting. If you are interested in having a consultation with Debra, please call 763-250-3849 and leave your name and number. Debra will return calls the following Wednesday.

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



## Let's Connect Thursday Thursdays, 8:00-8:45PM

"Let's Connect" is a virtual community. We meet together via Zoom for a time of connection and discussion about how our week has been, how we're feeling, and we will share resources, encouraging one another. 2020 has brought us many unexpected challenges - isolation, working from home, layoffs, missing friends and family, stress and uncertainty are just a few

of the concerns we are experiencing. We NEED each other and a community to safely discuss life. If you have been longing for a group to connect with, like many of us have, join us each Thursday, beginning July 30th. A trained facilitator will lead the conversation. Free! All welcome! No registration necessary.

## KEVIN KLING

author, playwright, teller of tales

## The Healing Power of Laughter

September 16, 2020 from 6:30-7:30 pm via Zoom

Mental Health Connect is honored to have Kevin Kling join us Sept 16th at 6:30pm via Zoom to enjoy the healing power of laughter.

Did you know laughter releases endorphins, decreases anger, eases distressing emotions, relaxes and revitalizes, reduces stress and brings more fun into your life?

Humor is very important for mental health. 2020 has been quite a year, wouldn't you agree? Come laugh with us! Invite more fun into your life! Extend the fun and invite your friends, family, neighbors, coworkers and everyone else! To register, please go to <http://www.mhconnect.org/events>

Kevin Kling is from Minneapolis, Minnesota and graduated from Osseo High and Gustavus Adolphus College. He has performed his stories in libraries, school gymnasiums, The Kennedy Center, Off-Broadway, regional theaters and storytelling festivals around the US. His international tours have included Australia, Europe and Thailand. He has been a commentator for National Public Radio's "All Things Considered". Mayor RT Rybak named Kevin the Minneapolis Story Laureate in 2014. He has authored five books and produced six CDs. Learn more about Kevin Kling at [www.kevinkling.com](http://www.kevinkling.com).

## **Kings, Priests and Prophets continued from page 2**

caring for the poor, the lonely and the outcast. At the same time, he is the physical embodiment of the full expression of the prophetic voice. He not only speaks prophetically; he is The Prophet. He is a priest and fulfills the priestly function in that he is both the high priest who makes the sacrifice and he is the sacrifice himself! He mediates the broken relationship between God and people and at the same time restores broken relationships between people. He even physically heals people, repairing broken bodies, and restoring them to life. People confess to Jesus; he forgives them and restores them to relationship with God and with each other and even with themselves. Finally, he fulfills the role of King because he is the King incarnate. This is where Jesus divinity is so important. He is not just a king, he is The King of Kings, Lord of Lords, The Creator of the world, the creator of life and life giving order itself. He is God the King in the flesh. After his resurrection, which is portrayed as a coronation of sorts of his kingly role, he rules spiritually in human hearts and into life beyond death. He rules in fact over everything in life and even in death!

Thus, Jesus in the Gospel and in Paul's writing, is The Leader par excellence in terms of Israel's history. This is, in part, how Jesus "fulfills" the promises of the Hebrew scriptures. One "so what" question that might be important then to ask is, how does Jesus lead? What does Godly leadership look like? To give you an answer to that question, I'll suggest a lovely book we are reading for class, *Wounded Shepherd* by Austen Ivereigh. A biography of the leadership of Pope Francis. I cannot more highly recommend this very readable, detailed, brilliant look into the leadership of someone who embodies the leadership that Jesus calls for in all people.

In the meantime,... I wonder in what ways your own leadership reflects the priesthood of all believers that Luther claims for us all. How are you restoring broken relationships? In what ways does your life and leadership reflect the prophethood of all believers that I feel God has called us all to live out? How are you using your voice and life to call people to care for the poor and hungry? And in what ways does your life reflect the kingly role of striving for life giving structure in your political and vocational life? Does your office function in ways that bring life?

Here's what I believe. In your baptism Jesus proclaimed that you are called, you are ordained! no less than any of the biblical characters, to each of these roles. I pray that you would lovingly reflect on them and that God gives you the wisdom and insight to live them out.

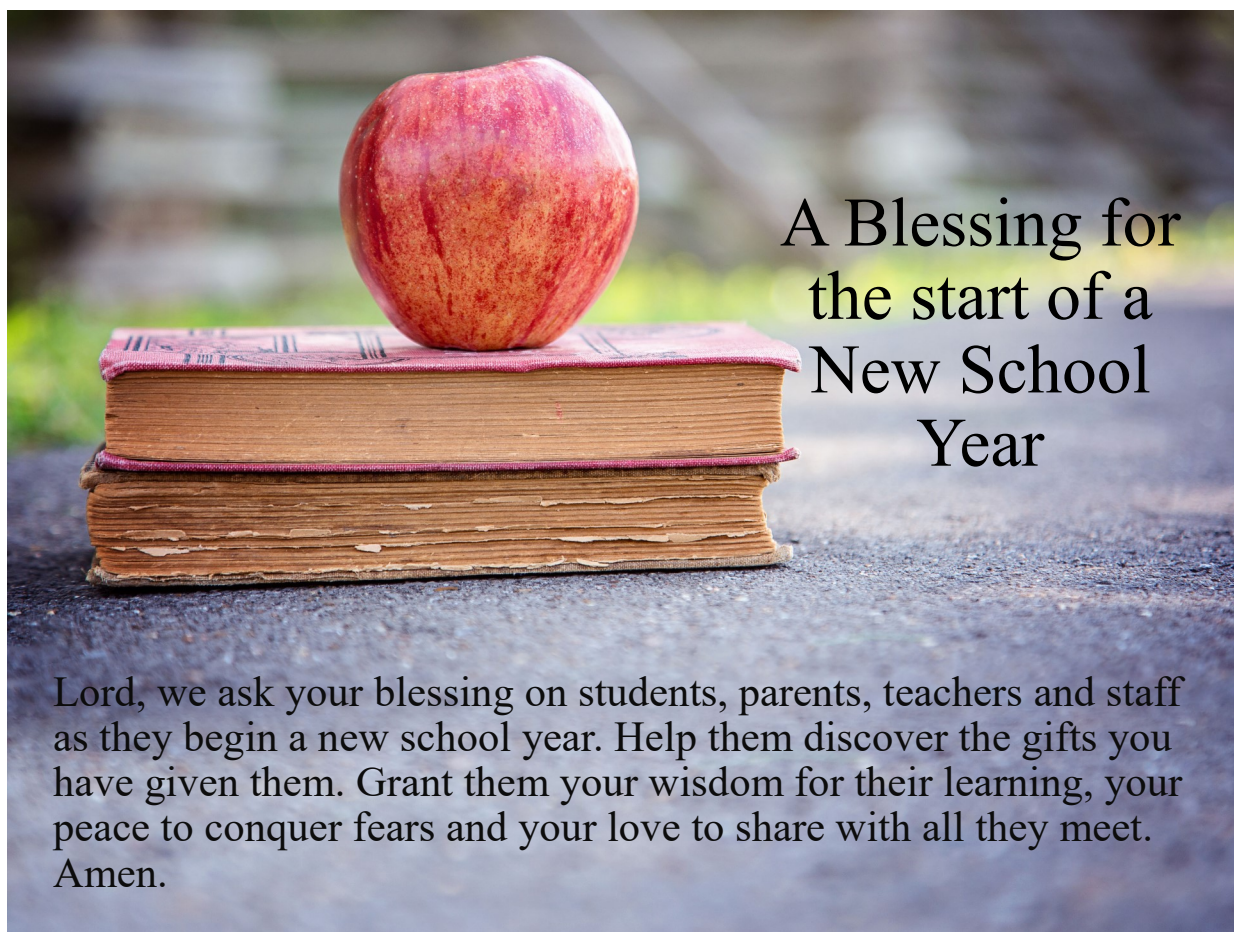


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## A Blessing for the start of a New School Year

Lord, we ask your blessing on students, parents, teachers and staff as they begin a new school year. Help them discover the gifts you have given them. Grant them your wisdom for their learning, your peace to conquer fears and your love to share with all they meet. Amen.