



# The Abounding Joy Herald

Thursday, September 11, 2025



## Gathering in Joy - Reaching Out with God's Love Sunday, September 14, 2025

SUNDAY'S WORSHIP SERVICE live stream can be found on the Abounding Joy website ([aboundingjoy.org](http://aboundingjoy.org)) and click on Videos. Prepare your hearts for worship on Sunday, September 14th and read Joshua 23:1-3, 6-11; Acts 2:42-47, and Mark 12:28-34.

THIS WEEKEND is going to be an exciting one with Rally Sunday and the return of our Sunday School opportunities! We also welcome Steve Bergstrom once again as he joins us in sharing his guitar skills in worship.



IT'S HERE THIS SUNDAY! *Rally Day* We kick-off our fall schedule: Starting at 9:00 a.m. with Sunday School for kids (Ages 3-6th grade) and adults. Then, we'll worship together at 10:00 a.m. Following worship, we'll join together for fellowship and a potluck with pulled pork, beans, salads, and dessert - and ice cream! Please plan to join us for a wonderful, exciting day!

IN OUR PRAYERS: *Joyce Cass, Kathy Erickson, Marllys Hopke, Jeffrey Karbedeh, Ken Lucy, Arne Moe, Steve Sarff, Ginny Shimota, Barrett* (Deb Hendrickson's brother), *Darlene* (Glen Rey's sister), *Jean and Paula* (Ron Stewart's sisters), *Jim* (Jeanie Frolander's, Joanie Peterson's, & Joyce Cass's brother), *Karen* (Deb Peterson's sister), *Joe* (Holly Olson's uncle), *Judy* (Pr. Tom Stover's aunt), *Mary* (Dave & Karen Greenwaldt's sister-in-law), *Judy* (Earl & Gayle Mathison's sister-in-law), *Mitch* (Tammy Holland's nephew), *Jenni* (Mary Windels' cousin), *Christina* (Doug & Arlene Morey's relative), *Blake* (Max Olson's school friend), *Doug* (Tim Carlson's friend), *John* (Scot & Holly Olson's friend), *Ross* (Glen & Margaret Rey's friend), and *Sean* (Al Kutz's friend).

PRAYER REQUESTS may be made by a request to our volunteer Prayer Team Coordinator Pr. Deb Peterson: [debp.prayerchain@outlook.com](mailto:debp.prayerchain@outlook.com) and/or 320-250-0647. She contacts the prayer team for prayer. Daily prayer will be offered for one month. If you wish to have continued prayer, please submit a new request by using purple request sheets found either on the info table or in the black attendance folder.

### HAPPY BIRTHDAY

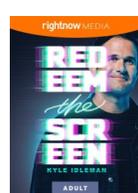
*Miranda Bergs, Friday, Sept. 11*  
*Cori Schrantz, Saturday, Sept. 12*  
*Steve Sarff, Monday, Sept. 15*  
*Kathi Anderson, Wednesday, Sept. 17*  
*Quinn Schrantz, Wednesday, Sept. 17*  
*Nathan Luepke, Thursday, Sept. 18*



### HAPPY ANNIVERSARY to:

*Mike and Mary Gilbert* celebrating their 55th wedding anniversary on Friday, Sept. 12th, *Greg and Jane Martinson*, marking 56 years of marriage on Saturday, Sept. 13, and, *Keith and Marge Soppeland* celebrating their 60th wedding anniversary on Thursday, Sept. 18th. May God's blessings be upon these couples as they celebrate this milestone in their lives.

### ADULT EDUCATION: We invite all of you to join us



this week in the Fellowship Area at 9 a.m. as we begin a study and discussion called "Redeem The Screen" by Kyle Idleman. Here's a little preview of this three-week study: Our screens dominate our lives. In a unique way, they hold the power to bring us together yet can also keep us isolated from those physically around us. With a click, we can connect with family and friends or join a debate over an issue that interests us. Screens bring information and inspiration, but they can also carry temptations and stresses. Pastor Kyle Idleman wants to teach us how to redeem our screens. Join him as he applies the truths of Romans 12 to our lives, showing us the power of Jesus to transform us. Rather than allowing our screens to conform us to the world, in Jesus we can make screens a tool to change the world.

SHARING THE PEACE We always want everyone to feel safe as we worship. During worship, we do shake hands and it's always nice to do so. However, we can share the peace in other ways: through a fistbump, a wave, or the peace sign. All are great ways to greet and share love with each other. Please feel free to share the peace however you feel most comfortable during this time.

REMINDER Announcements serve to point us to our opportunities to live out our mission over the next week before we go with God's blessing. To ensure this happens so that all can hear, announcements are readied in advance. The deadline to turn in announcements to Pastor Brandon for the upcoming weekend will be Friday mornings at 10 a.m.

## God's Word is Powerful and Sufficient

My kids have now officially been in school one week! Which means, we're getting back to a bit more normal rhythm in our household, and I admit, I am glad for this. One of the reasons why I look forward to the regular rhythm that comes with school is that I get to resume visiting the gym.

I realize for some of us the gym isn't a place we would look forward to returning to - and that's okay! For me, however, returning to the gym after the summer schedule and all the chauffeuring I've had to do feels like a nice reprieve, a reset.

The way I'm wired needs vigorous movement and exercise in order to clear my brain fog. That's not how everyone is, but there is something to physical movement that all of us require and need. Our bodies were made to move, no matter the shape and size. Our bodies all require care and attention in order to do what they were made to do.

Yet, this can be a little awkward. How many of us have felt that our bodies are the way we want them to be? There are times when I didn't like the number on the scale or the extra jiggle in certain areas. There are times when my hand came from my head with extra hairs on it or I noticed extra ones growing on my back or out of my ears. There's even a few gray hairs showing up and sometimes it aches for no apparent reason! The body is definitely a mystery that does surprising things, and that can be awkward.

So, we know our bodies need care, yet they're also not exactly what they thought we would have. This can create an interesting dynamic inside of us. Pair that with the world around us, where messages, images, and standards tell us that we're not measuring up. Having a body in our culture is a really awkward thing.

Yet, all of us have them, so how can we come to a place of celebrating our bodies and providing them with the honor, care, and attention they need? This is where the Bible is so helpful and important.

Throughout the pages of the Scriptures, we find that bodies, despite being awkward, are a part of God's good creation! As Psalm 139:13-14 reminds us, *"For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."*

**WOW (Women of the Word) Small Group Bible Study** will start in October. The study selected is *"Having a Mary Heart in a Martha World": Finding intimacy with God in the busyness of life* by Joanna Weaver, a 10-week Bible study. Cost is \$10 for the book payable to WOW and either give it to Margaret Rey or leave it in the Office.

Small Group Bible Study Groups are:

*Gospel Gals*, 2nd and 4th Monday, 6:30 pm

*Selah*, 2nd and 4th Tuesday, 10 am

*Seekers*, 2nd and 4th Wednesday, 1:15 pm

*Joyful Sister's in Christ*, Every-other Wednesday, 1:15 pm

The testimony of this psalm is that our bodies were made by God with specificity. They are gifts from God. Seeing our bodies as gifts from God can help us start our journey through the awkwardness.

Notice also through these words one of the purposes of seeing our body as a gift: it produces praise in us. One of the crucial roles our bodies do is worship God. Worship can be singing songs, it can be listening to sermons, and it can be reading Scripture. AND worship can be doing our jobs excellently, serving each other extravagantly, and creating places to live and work that are filled with joy, hospitality, and care. Worship fills our lives each and every day. Each and every day is one that is embodied.

This is also why the favorite metaphor of the New Testament writers about the church is that of a body. Paul wrote about this the clearest in 1 Corinthians 12:12-27. I invite you to take a moment now to read this in your own Bibles.

What Paul guides us to see is that while we are all individuals, in the Church, we make us one body in Christ. This calls us to honor our body as we honor others' bodies. Together, we share a better message than our world about our bodies.

The most compelling piece is that through each of us, the world sees Christ. Jesus knew exactly the awkwardness we all experience because He too had a body. He went through the stages of learning to walk, going through puberty, and developing muscles and skills. Jesus lived embodied and was often healing the body to show this to us.

Through Jesus' life, we learn what our bodies are to do: honor and glorify God with these gifts. Jesus lived His days set on bringing God praise and used His body as a vessel for that to be displayed to others. Jesus knew the body He was given was a gift to be respected so that it could worship God with creativity, honor, and respect.

God loves us and our bodies and wants us to love our bodies as we use them to worship Him. When we see that our bodies are the place where God places immense worth, we realize what life in our bodies is truly about: understanding and sharing the immensity of His love for us.

Some days, that's still awkward; but through God's love for our bodies, we can share a beautiful story about who our God truly is. *Pastor Brandon*

Ladies, you do not have to be a member of Abounding Joy to join a Small Group Bible Study. Frequent visitors, guests, and new members are invited and encouraged to join a group. Sign-up sheets are on the info table for the 4 different groups and times. *Sign up soon to enable us to order the books so we can start meeting in October!*

**LADIES' NOON LUNCHEON** will be Friday, September 26th, at noon at Jimmy's Pour House (22 2nd Ave N, Sauk Rapids). There is a sign-up sheet on the info table. All Abounding Joy ladies and friends are welcome.

## WHAT WE'RE TEACHING IN SUNDAY SCHOOL

This month:

In the BEGINNING...

Take a moment to pause and get a closer look at the amazing world around us—trees, oceans, animals, and even you! What's even more amazing is that it was all created by God, for God. From the beginning of time, God created everything with care and purpose, showing incredible love for all of creation—especially us. The best thing we can do is give that love back by taking care of the world God has given us. In this 4-week series, kids will learn that **God made the world and everything in it, we are made in God's image, God made a plan to save us, and God helps us make good choices!**

Scan me!  
To find out more



**RIGHT NOW MEDIA** We have partnered with Right Now Media to offer you (FREE) over 20,000 resources of great Christian content to help you grow your faith in Christ. Scan the QR code or go to <https://app.rightnowmedia.org/joinaboundingjoy>. *NOTE: You'll find the Redeem the Screen 3-session series on RightNow media.*



**OUR e-GIVING PLATFORM** If you choose to give your offering electronically, you can give at this secure link <https://secure.myvanco.com/L-ZN68/> or use the QR code. Whether you choose to give online or in person, we are grateful for your generosity and commitment.



**ABOUNDING JOY CAPITAL EXPENSE FUND** Help us build up our Abounding Joy Capital Expense Fund (formerly Building Fund) so that we can prepare for Abounding Joy's Future. Our goal is to reach \$250,000! *NOTE: You do not have to write this lengthy name on your contribution envelopes. Just use the "Building Fund" line already on there and it'll get deposited to the correct account.*

### Financial Briefing January-August 2025

Annual 2025 Budget: \$380,167.03

Income to date: \$244,268.00

Expenses to date: \$246,412.00

Sunday, September 7, 2025

**ATTENDANCE:** 128

**OFFERING:** Gen: \$6,478  
AJ Capital Expense Fund: \$1,350



### Rummage Sale Item Drop-off dates and times:

**Mon. 10/6, 2-5 pm,**

**Tues. 10/7, 9 am -1 and 2-6 pm,**

**Wed. 10/8, 8 am-noon.**

Sign-up sheets for helping with the sale are available in the fellowship area.

### DONATION IDEAS

#### Clothing & Accessories:

**Adult clothing:** Shirts, pants, dresses, skirts, jackets, sweaters, etc. All seasons!

**Children's clothing:** Similar variety as adult clothing

**Shoes:** Dress shoes, casual shoes, sneakers, sandals, boots, etc.

**Accessories:** Hats, scarves, gloves, belts, purses, wallets, jewelry.

**Linens:** Towels, bedding (sheets, pillowcases, blankets), tablecloths.

#### Household Items:

**Kitchenware:** Dishes, glasses, silverware, cookware, bakeware, small appliances (blenders, toasters, etc.). Please NO KNIVES

**Home Decor:** Wall art, picture frames, vases, decorative bowls, knick-knacks, unused candles, etc.

**Small Furniture:** Chairs, side tables, shelves, lamps

**Tools:** Hand tools, outdoor (rakes, shovels, hoes...Please make sure these items are clean)

**Seasonal items:** Christmas decorations, Easter decorations, Halloween costumes.

**Books:** Fiction, non-fiction, children's, Cookbooks, Bibles, DVD, CD's

**Craft supplies:** Yarn, fabric, beads, scrapbooking supplies, etc.

**Sporting goods:** Bags, balls, bats, frisbees, outdoor games

**Children's Toys:** Games, puzzles, stuffed animals, dolls, baby toys, pretend, cars/trucks, Legos, Fisher-Price toys, etc.

**Baby Items:** toys, clothes, blankets, crib sheets, dishes, working and clean strollers, wagons, etc.

#### Vintage and Antique items

**Office/ School Supplies:** Back packs, folders, unopened paper, unused notebooks, stationary

#### General Guidelines:

**Cleanliness:** Ensure all items are clean and in good condition.

**Safety:** make sure everything is in a safe condition, no sharp edges etc

**When in doubt...** please ask if the item is ok to donate.

**Items we cannot accept due to safety concerns and costly disposal are: cribs, car seats, sofa beds, mattresses, TVs, computers, open cosmetics, construction materials, light fixtures, and large furniture.**

## This Week at Abounding Joy

### Rally Sunday, September 14

 Join Us!  
9:00 am Sunday School Classes (ages 3-6th grade and adult)  
10:00 am Worship Service with Guest Musician Steve Borgstrom  
11:00 am Prayer Partners  
11:15-11:30 am Fellowship and Lunch  
2:30-5:00 pm Every Tribe & Tongue

### Monday, September 15

6:30 pm Chime Choir Rehearsal

### Tuesday, September 16

6:30 pm Men's Ensemble

### Wednesday, September 17

9:00 am Men's Faith Talk  
Noon Bible Study  
1:15 pm Joyful Stitchers Quilt-tying and Binding  
3:00 pm Financial Team Meeting  
4:00 pm Church Council  
6:00 pm Acoustic Joy Rehearsal

### Thursday, September 18

9:00 am Intercessory Prayer

### Sunday, September 21

10:00 am Worship Service with Acoustic Joy  
11:00 am Confirmands Meeting  
11:00 am Fellowship and Birthday Refreshments  
2:30-5:00 pm Every Tribe & Tongue Worship

#### ***The Abounding Joy Foundation***

Brad Lundquist, President	Dennis Holland, Council Representative
Carl Batdorf, Vice President	Dale Hellickson, Member at Large
Greg Norman, Secretary	Deb Hendrickson, Member at Large
Bruce Peterson, Treasurer	Pastor Brandon Foster, Ex Officio member

#### ***Abounding Joy Lutheran Church***

LCMC - Lutheran Congregations in Mission for Christ ([www.lcmc.net](http://www.lcmc.net))

NALC - North American Lutheran Church ([www.theNALC.org](http://www.theNALC.org))

**Ministers:** All the people of *Abounding Joy*

#### **Pastor Brandon Foster**

Pastor Brandon's contact info: (701) 446-7561 email: [Pastor.Brandon@ajlcmc.org](mailto:Pastor.Brandon@ajlcmc.org)

**Director of Youth and Family Ministries:** Tim Knorek

Tim's contact info: (507) 508-4128 email: [tknorek@ajlcmc.org](mailto:tknorek@ajlcmc.org)

**Church Secretary:** Marilyn Schultz **Custodian:** Holly Olson

**Ministers of Music:** Ginny Shimota, Mary Schumann, Michelle Tomsche

**Acoustic Joy Directors:** Roger DeBoer and Cindi Rhoe

**The Church Council** welcomes your feedback and suggestions.

Bill Latare, Pres. Amy Krystosek, V-Pres. Gary Braaten, Sec. Lisa Meyer, Treas.  
Erik Bergs Steve Hancock Dennis Holland Steve Kron Kim Mielke

**6000 County Road 120, St. Cloud, MN 56303**

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**Website:** [www.aboundingjoy.org](http://www.aboundingjoy.org)

**Office Hours:** Tuesday-Friday from 9:00 am-1:00 pm