



# The Abounding Joy Herald

Thursday, September 18, 2025

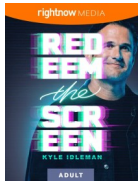


## Gathering in Joy - Reaching Out with God's Love Sunday, September 21, 2025

**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 21st and read Psalm 133, 1 Corinthians 12:12-14, 24b-26; and Mark 2:1-12.

**RALLY SUNDAY:** Thanks so much to everyone who made our Rally Sunday such a wonderful celebration together! Special thanks for Anna Blees-Lahr for helping our Sunday School kids with flowers and for lining up all the meal preparations.

**ADULT EDUCATION:** We invite all of you to join us in the Fellowship Area at 9 a.m. as we continue a study titled "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.

**IN OUR PRAYERS:** Penny Peterson, Joyce Cass, Kathy Erickson, Marlys 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), Kim (Karen Greenwaldt's brother), Karen (Deb Peterson's sister), Kathy (Bill Latare's daughter), Joe (Holly Olson's uncle), Judy (Pr. Tom Stover's aunt), Mary (Dave & Karen Greenwaldt's sister-in-law), Mitch (Tammy Holland's nephew), Jenni (Mary Windels' cousin), Doug (Mary Windels' cousin's husband), Christina (Doug & Arlene Morey's relative), Justin and Megan (Cori Schrantz's friends), Blake (Max Olson's school friend), Dennis (Carl & Betty Batdorf's friend), Doug (Tim Carlson's friend), John (Scot & Holly Olson's friend), Ross (Glen & Margaret Rey's friend), and Sean (Al Kutz's friend).

This Sunday we celebrate the SEPTEMBER birthdays!  
**HAPPY BIRTHDAY to:**

*Mason Schrantz*

*Belinda Tysver*

*Dale Hellickson*

*Kathie Walz*

*Darlene Stover*

*Miranda Bergs*

*Cori Schrantz*

*Steve Sarff*

*Kathi Anderson*

*Quinn Schrantz*

*Nathan Luepke*

*Marge Soppeland*

*Jeanie Frolander*

*Sandy Stewart*

*Aayan Syed*

*Luke Blais*

*Natalie Foster*

September:

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**HAPPY ANNIVERSARY to:**

*Keith and Marge Soppeland* celebrating their 60th wedding anniversary on Thursday, Sept. 18th;

*Mark and Christine Durham* making 26 years of marriage on Saturday, Sept. 20th;

*Rick and Michelle Bellrichard* celebrating their 42nd wedding anniversary on Tuesday, Sept. 23rd; and

*Arlan and Marie Neumann* marking 54 years of marriage on Wednesday, Sept. 24th.

May God's blessings be upon these couples as they celebrate this milestone in their lives.

**WE EXPRESS OUR CONDOLENCES** to *Steve and Lisa*

*Meyer* on the death of *Timothy Daniel Wong* their grandson born prematurely to their daughter Ashley and son-in-law Andrew on Sunday, Sept. 14. May the promise of the resurrection to new life in Jesus bring hope and comfort to all who grieve.

**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.

**REMINDER** The deadline to turn in announcements to Pastor Brandon for the upcoming weekend is Friday mornings at 10 a.m.

## God's Word is Powerful and Sufficient

One of the most fun opportunities we have in life is to visit different places and experience cultures other than our own. I have had the chance to do this, both in personal travel and on mission trips. One matter that I always enjoyed every time I've traveled is to eat!

I am a big fan of food of all types. I am so grateful God gave us tastebuds, spices, and varieties of food to eat. Yet, eating food, especially in other cultures, can be a bit awkward. I can remember one time on a mission trip to Peru. I and a few others on my team were invited over to a home. We had been advised for our safety to not eat home cooked meals. However, when we reached this home, those who invited us had made ceviche (If you don't know what ceviche is, I encourage you to look it up). We were in a bit of a pickle as we didn't want to dishonor our hosts for their generosity, nor did we want to get sick.

Food is another area where things can get awkward for us. Whether it's food someone has prepared for us, a course we ordered, or a meal we made on our own, we all have likes and dislikes. When we like something, we tend to want to consume it a lot.

Our world doesn't help with this thought either. There is a channel (which my family thoroughly enjoys) that is dedicated to making food. However, instead of becoming a place to learn, it often shows us that food is for entertaining and looking pristine. Food becomes a tool for competition, rather than a way for connection.

Or take our advertisements. Often, they encourage us to "have it your way" or to "escape reality for a moment," and to do so with food. We can easily overconsume food. The opposite can also happen: we get caught up in what we do consume and think too much about it.

This is because in our culture, we have easy access to food. But, that's not the case for everyone. There are parts of our world where many go without food. While we are caught up thinking about what we can have, many are thinking about what they cannot. This all leads us to have a complicated relationship with food.

However, God created our bodies to need food. Food is important and food is a gift. It is one we can use to creatively worship and honor God with. However, we must not let food rule us, either. We are made to share our food. How can we properly understand the role food is to play in our lives?

There was once a man named Agur, who was an oracle

in the Bible. We don't know much more about this man, but we do have his words. Interestingly, he addresses this exactly with God. His words appear in Proverbs 30:7-9. I invite you to take a moment now to read this in your own Bibles.

Agur shows us there is a connection between food and faith. His prayer reveals to us that how we view food can also reveal how we view God. What Agur's deduction shows is incredibly important.

Agur points us to see that when food is seen as a gift and received as that from God, gratefulness rises up in us. This produces humility in us and reminds us that we are creatures who must be provided for. When we have a meal, God is the author of that meal and He has provided it to nourish and strengthen us. We tend to be content with what is before us, with hearts that love God more.

However, when we view food as "something we've earned" or "ours for the taking," we end up spoiled and dissatisfied. This produces in us contempt, denial, and even harm to others. We only want more for ourselves and it makes us inconsiderate. Our meals become ways to placate our egos.

This is substantial, and it becomes even more apparent when we consider the greatest meal we have: the Lord's Supper. This meal reflects all that Agur prayed food would do. It comes to us through food we touch, smell, and taste. It leads us to have grateful hearts, connected to one another.

But, as humans we can still mess this up (I mean, have you ever read about 1 Corinthians 11? That church treated food as a competition, many overindulged, and dishonored God in the process. Thankfully, Paul called them out). This is because we have an awkward relationship with food because of sin.

Yet, God wants to reveal His love to us and He uses food to do so. For that meal is the one where God shows us that He forgives our sin through the broken body and shed blood of Jesus. Food proclaims to us the good news of Jesus.

So, next time you have an awkward moment with food (and trust me, you will have another one), take a moment to pray Agur's words. Thank God for providing the food. Think about how it has nutrients and resources to feed you. Remember, this too is a gift that lets you know of God's grace to sustain, lead, and love you. Consider how you might be a source of grace to someone else, that they might receive the gift of food and also the news of God's grace. *Pastor Brandon*

**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

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.



***We're enthusiastically getting ready for this event. Come, join in the fun!***

**Sale dates** are **Wed., Oct. 8**, 4-7 pm Pre-sale (\$2.00 charge for pre-sale shopping); **Thurs., Oct. 9**, 8 am-5 pm; and **Fri., Oct. 10**, 8 am-Noon. All proceeds from the freewill donations will go to Terebinth Refuge and Abounding Joy's Youth and Family Ministry.

**Drop-off dates** are **Mon., Oct. 6**, 2-5 pm; **Tues. Oct. 7**, 9 am -1 & 2-6 pm; **Wed., Oct. 8**, 8 am-noon.

A list of suggested items to donate is available on the rummage sale table by the fireplace along with sign-up sheets of areas where you may help with the sale. If you have a free hour or 2, please sign up and join us as we work together on this fun fundraiser!

**Sale of raffle tickets** starts this Sunday and will continue through the last day of the sale. Tickets are \$1 each. Raffle items (2 small size quilts and a 2017 Twins "Prince" umbrella) are on display in the Fellowship Area.

Now would be a great time to do some church building clean-out! We suggest that if you have things stored upstairs and/or other areas of the building, you check through those areas for items you no longer use. Then please donate them to the sale! Thank you!

**Please contact Amy Krystosek (320-282-2809) with any questions.**

Sunday, September 14, 2025

**ATTENDANCE:** 129

**OFFERING:** Gen: \$4,695  
AJ Capital Expense Fund: \$500

## This Week at Abounding Joy

### Sunday, September 21

9:00 am Sunday School Classes (ages 3-6th grade and adult)  
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

### Tuesday, September 23

6:30 pm Men's Ensemble

### Wednesday, September 24

9:00 am Men's Faith Talk  
Noon Bible Study  
6:00 pm Youth Group

### Thursday, September 25

9:00 am Intercessory Prayer

### Friday, September 26

Noon Ladies' Luncheon @ Jimmy's Pour House, Sauk Rapids

### Sunday, September 28

9:00 am Education Hour/Confirmation Class  
10:00 am Worship Service with Men's Ensemble  
11:00 am Fellowship and 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**

**Phone:** (320) 217-8784 **Email:** [general.info@ajlcmc.org](mailto:general.info@ajlcmc.org)

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

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