



The Abounding Joy Herald

Thursday, January 22, 2026



Gathering in Joy - Reaching Out with God's Love

The Third Sunday after the Epiphany, January 25, 2026

Education Hour is at 9:00 am with Worship at 10:00 am

SUNDAY'S WORSHIP SERVICE live stream can be found on the Abounding Joy website (aboundingjoy.org) and click on Videos. Prepare your hearts for worship on Sunday, Jan. 25 by reading Daniel 7:9-10, 13-14; Hebrews 1:1-4, 8-12; and John 18:33-38.

WEDDING: I, on behalf of *Dale Houg and Sharon Henry*, am pleased to invite you to something exciting this weekend—their wedding! Dale and Sharon will join together in holy matrimony and you are welcome to be witnesses to their nuptials. We will have worship service as usual, then following, we will welcome you to stay in your seat for this special celebration. Pastor Brandon

IN OUR PRAYERS: *Dale Hellickson, Ken Lucy, Kathy Erickson, Al Fiskness, Marlys Hopke, Jeffrey Karbedeh, Arne Moe, Madge Rowe, Ginny Shimota, Sandy Stewart, Barrett* (Deb Hendrickson's brother), *Gene* (Karon Doble's brother), *Kim and Traci* (Karen Greenwaldt's brother and wife), *Peggy* (Marc Schrantz's sister), *Mitch* (Tammy Holland's nephew), and *Pat* (Greg Voller's friend).

ADULT EDUCATION This weekend, we will revisit some of the series we started in November, "One Hit Wonders." Join us as we look at those who only appear once in the Bible, but whose stories guide us to understand profound and wonderful things about God based on their encounters. Starts at 9 a.m. in the Fellowship Hall!



NEW SONG Along with this, we are going to be learning a couple of new songs that remind us of the beautiful truths found in the Nicene Creed. Soon, we'll be learning the first song: "All Of Our Tomorrows". Check it out and start learning it here: <https://www.youtube.com/watch?v=EnlllwGdcQM>

PRAYER REQUESTS may be made to our volunteer Prayer Team Coordinator Pr. Deb Peterson: debp.prayerchain@outlook.com and/or 320-250-0647 or by using a purple request sheets found either on the info table or in the black attendance folder. 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.

HAPPY BIRTHDAY to:

Randy Smith, Thursday, Jan. 22

Sue Kreuz, Friday, Jan. 23

Carl Batdorf, Wednesday, Jan. 28

Carolyn Fiskness, Wednesday, Jan. 28



CONTINUED PRAYERS for AND CONDOLENCES to *Bill Latare and Family* on the recent death of his son, *Arnie*, whose funeral was here yesterday.

May the promise of the resurrection to new life in Jesus bring hope and comfort to all who grieve.

LADIES' NOON LUNCHEON is Friday, January 30th, at Drakes Fine Food and Spirits (520 1st St. NE, Sartell). There is a sign-up sheet on the info table. All Abounding Joy ladies and friends are welcome.

ANNUAL MEETING The Abounding Joy Annual Meeting is scheduled for Sunday, February 8, 2026, following our worship service and Souper Bowl meal. The Annual Report will be ready to be picked up on Sunday, February 1st (one per household, please) and bring it along with you to the meeting on February 8th.

SUPER BOWL SUNDAY Mark your calendar and plan to stay for a soup(er) lunch after worship on Sunday, February 8th followed by our Annual Meeting. There is a sign-up sheet on the info table for those who wish to bring sandwiches, soup, or salad. Even if your favorite team won't be playing in the Super Bowl, you can enjoy a super bowl of soup here at Abounding Joy. Everyone is welcome!

USHER VOLUNTEERS NEEDED! Please check the sign-up sheet on the Info Table for your opportunity to volunteer to Usher. Reminder: if the date for which you have signed up comes and you aren't available, the schedule can be adjusted.

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

Have you ever cried yourself to sleep? If not, have you ever been so angry you wanted to punch something, or screamed into a pillow in your room?

Sometimes, we associate these actions as part of temper tantrums that toddlers have. Having lived through that recent stage with my children, there are times where I felt like doing the same. As we see in kids, and as we know as adults, emotions can be hard, especially when we face tough times.

Which makes me ask this question, "When things are going wrong, what do you do?" Do you scream, hit someone, or take it out on a spouse, friend, sibling or pet? Or do you get really quiet and need to separate yourself from everyone? Do you feel as though you just brood like a storm about ready to strike with fury?

Emotions make it hard for us to always know what to do when things are going wrong. Many times, we can feel bad for feeling emotions, especially negative ones. Yet, when we look at Jesus, we realize He expressed a lot of emotions when He went through a tough time. Reading through the Gospels, Jesus saw how things were going wrong. Jesus also showed us what to do when we go through them.

Before we see a few moments from Scripture from what Jesus shows us, I invite you to first read Hebrews 5:7 in your Bibles to help you grasp a bit more of the following scenes.

For instance, Jesus displayed great emotion in John 2:13-17. This moment occurred at Passover - the most important festival for the Jewish people, and probably the favorite one. As Jesus is heading to worship for His favorite worship service, things are not right in the Temple. Jesus displays what we consider to be a negative emotion: anger.

Another instance is in Matthew 17:14-18. Jesus has just been transfigured, comes down and heals a boy with a demon. As Jesus stepped into that situation, things were not going right. However, before doing miraculously, Jesus used his words to express what we would consider another negative emotion: frustration.

One more situation is from John 11:30-35. Lazarus had died and Jesus finally showed up for Mary and Martha. They both have some blunt words for Jesus. Things were not going right in this situation and there is hurt over the circumstances. In this moment, we see Jesus again expressing emotion: he weeps. He cries hard. He lets it out in a very expressive way.

These scenes are there in the Gospels to show us that there are times when things don't go right. Jesus knows about them and is well aware. He felt the wrongness of the moment and He let out His emotion. Doesn't it ever make you wonder what was going through His mind in these times? Especially knowing what He came to do.

For instance, what was going through Jesus' mind in Matthew 26:36-46. He was about to be arrested, beat up, spit at, bullied, teased, whipped, and nailed to a cross. After all of that, He was going to die a painful death being treated like a criminal when He had done nothing wrong. Jesus expressed His emotion, which was so intense that blood seeped from His eyes.

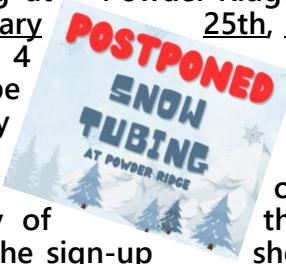
In all this, Jesus knew what was to come and why it came. He had an insight we don't. So, what He does in each of these moments reminds us what we should do when have a tough time: talk to our Father. Jesus told His Father what was on His heart. He expressed His zeal for His house, His exasperation at being used for blessings rather than followed, His pain over unnecessary loss, and His sorrow for what His life required.

Jesus teaches us that our Father can handle anything we think or feel. As He helped Jesus deal with His feelings, He will help us. As He did with Jesus, the tough times can be used for His plan and purpose in our lives. They can be the vessel through which we experience His resurrection life in us.

Tough times are going to keep coming. Yet, we can be like Jesus. We can express our emotions. We can pray. We can find help because our God is good. He loves us. He will use the tough times for something amazing. Talk to Him. Let Him in. See what He will do.

Pastor Brandon

SNOW TUBING Join us for winter family fun! Snow Tubing at Powder Ridge will be on Sunday, January 25th, 3:00-5:00 PM for anyone age 4 and older. The cost will be \$15 per person. You can pay just drop the church pay the day of sign up on the sign-up sheet on the Info Table to let us know you're coming.



2025 ANNUAL REPORT Did you submit your report??? If not yet, get it in NOW, please. And, thank you to everyone who has submitted reports.

VOLUNTEER OPPORTUNITY Do you like working with numbers, money, checks, and counting? Dan Peterson would love to welcome you onboard as an offering counter! It's an opportunity to serve Abounding Joy about once a month. Training provided as needed. Contact Dan Peterson or let it be known in the Office if you would like to take a turn on the Offering Counter Team.

RECHARGE WINTER RETREAT: Mount Carmel on Lake Carlos, Alexandria, February 13-16, 2026!
Cost: \$235 per adult, lower rates for youth, kids 0-4 free

Consider spending some intentional time this President's Day weekend in Christian community and growing in faith. This will be a fun and relaxing opportunity to get to know more individuals and families from Abounding Joy and from around Minnesota.

Reimbursement: Abounding Joy seeks to promote Bible camp opportunities for families and will reimburse \$100 per person attending for the first time and \$50 for any return attendees. We are hoping that the cost will not be a prohibitive factor for anyone considering this event.

Housing and Meals: Modern housing in heated cabins and hotel-style rooms is provided for 3 nights. Your party will have your own private space for the weekend. Nine lodge meals are provided.

Bible Study and Worship: Experience time of renewal and dive deeper into God's Word in this special Christian Community. There will be opportunities to sing, and learn – kids in age-level programming with camp counselors and adults with the guest speaker.

Snow Recreation: broomball, sledding, ice fishing, and other fun on Mount Carmel campus on Lake Carlos. Then warm up inside by the fire.

How to Register: registration can be online at mountcarmelministries.com or by calling their office at (320) 846-2744. Talk to Tim Knorek if you have any questions or want to know 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>

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. We are grateful for your generosity and commitment.

Sunday, January 18, 2026

ATTENDANCE: 112

OFFERING: Gen: \$8,197
AJ Capital Expense Fund: \$ 150

This Week at Abounding Joy

Third Sunday after the Epiphany, January 25

- 9:00 am Education Hour—Adult Class, Confirmation, Sunday School
- 10:00 am Worship Service with Men's Ensemble
- 11:10 am Wedding Ceremony for Dale Houg and Sharon Henry
- 11:25 am Wedding Celebration Fellowship and Refreshments

Monday, January 26

- 6:30 pm Gospel Gals Small Group Bible Study

Tuesday, January 27

- 10:00 am Selah Small Group Bible Study
- 6:30 pm Men's Ensemble

Wednesday, January 28

- 9:00 am Men's Faith Talk
- 10:30 am Seekers Small Group Bible Study
- Noon Bible Study
- 6:00 pm Youth Group

Thursday, January 29

- 9:00 am Intercessory Prayer

Friday, January 30

- Noon Ladies' Luncheon, Drakes Fine Food and Spirits, Sartell

Sunday, February 1

- 9:00 am Education Hour—Adult/Confirmation/Sunday School
- 10:00 am Worship Service
- 11:10 am Fellowship and Refreshments

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)

NALC - North American Lutheran Church (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

Director of Youth and Family Ministries: Tim Knorek

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

Church Secretary: Marilyn Schultz

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

Acoustic Joy Directors: Roger DeBoer and Cindi Rhoе

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

Website: www.aboundingjoy.org

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