

THE FIRST EDITION AUGUST 2021

First English Lutheran Church ☐ 511 W. Belle St. ☐ Cannon Falls, MN 55009 ☐ Phone 507-263-3042

Taste and see that the Lord is good. (Psalms 34:8a)



If you have had the opportunity to attend church services these past few weeks, you may have noticed, that in our Call to Worship and in the Prayers of the Church, we have used this phrase from the Book of Psalms: taste and see that the Lord is good.

As we turn the corner into the month of August, I think of this phrase in a number of ways.

I have been waiting and waiting and waiting for Josephson's sweet corn and now, in my feasting and gorging, I can say — taste and see that the Lord is good. And nothing compares with a tomato picked fresh off the vine from your garden, or homegrown watermelon that **hasn't sat on a truck for three weeks. Also, to my pallet, nothing** tastes as good as fresh fish caught in the Boundary Waters after a full day of portaging and paddling.

As for the seeing—**I can't wait to see our daughter, Allison, and her husband, Joe. It's been too long, almost two years. Time with family** and friends is a gift from God. Time shared in worship as a church family is also a great blessing.

So the writer of the Book of Psalms declares:

How wonderful it is, how pleasant for God's people to live together in harmony. (Psalms 133:1)

I have a cousin who grew up in Los Angeles, California. I remember that we ate oranges right from a tree in their back yard. My father **noticed that Bruce didn't eat any of the oranges. He asked, "Bruce, don't you like oranges?"**

Bruce replied, "Well, to be truthful, I have never really tasted one."

When it comes to living in relationship with God and with God's people, or when it comes to gathering together for worship or turning to the Lord in prayer, the psalmist is encouraging us to give it a try — taste and see that the Lord is good.

The long struggle with COVID has brought an interruption for many of us in gathering together for worship. Whatever may have caused you to step away, perhaps now is the time to give attending worship another try. Perhaps it is a time for you to invite and encourage someone you know to give our church a try.

Taste and see that the Lord is good.

Phil Ruud
Pastor

FIRST THINGS FIRST

STEWARDSHIP 2021

Do you remember the story of the old miser who buried all his gold in a hole in the ground?

One day a thief dug up all the miser's gold and stole it.

When the miser came to look at his treasure, all he saw was an empty hole. He began to howl with grief and his neighbors came to see what the matter was.

One of his neighbors asked, "Did you ever use any of the gold?"

"No," he said, "I only dug it up once a week to look at it."

"Well, then," said the neighbor, "for all the good it did you, you may as well come every week and gaze at the hole."

Our time, talents and treasures are gifts from God which He wants us to use to **bless God's church and His world.**

Thank you for trusting God enough to know that, if you share from what He has first given you, God will continue to provide for your needs. You are blessing **God's church and God's world through your continual generosity.**



WORSHIP SERVICES

The Livestream of our worship services are available on our website

www.firstenglishchurch.com

...on our YouTube channel & Facebook page



...aired on the local HBC Channel 12 (*check local listing for times & Days*)

& MediaCom cable channel 12

at 11 a.m. on Tuesday,

at 3 p.m. Wednesday,

and 4:30 p.m. on Saturday.

If you'd like to have a DVD of the worship services
delivered to your home, contact the church 507- 263-3042.

*Still unable to access the weekly worship? Call the church office;
a link can be sent to your e-mail and you can click on it and watch!*

*Summer Outdoor Worship
August 29 @ 9 a.m.*

FINANCIAL UPDATE

Karen Anderson, Treasurer

June 2021 Finances—Our general fund income during the month of June was a little lower than the amount in May, but we were still able to pay all expenses, ending the month with a positive balance of \$3,134 in the account. The building expense pledges and Rooted in Faith pledges are ahead of budget at this time, with the Benevolence pledges a little under budget. The Youth account is in good shape with funds available for youth events this summer.



SEEING

THAT THE LORD IS GOOD

SEND US YOUR PHOTOS OF SUMMER!

Do you like TAKING photos?

You are invited to share what you
SEE AS THE GOODNESS OF GOD.



Look on your world to see what gifts you might RECEIVE from God. **Taking photos that remind us of summer's beauty during the cold** winter months, or remind us of fun family vacations or reunions when we are back at home, school or work.



As you pull out your camera, not only look for what is catching your physical eyes but also what is capturing **"THE EYES OF YOUR HEART?"** Of course, the heart is a vital organ, but in Christian tradition refers to **"whole-heartedness" to your entire self you bring to** any experience: your mind, your emotions, your dreams, intuitions, longings, hopes, memories.

Paying attention to what gift is God giving you as you truly SEE. Perhaps it is children building sandcastles on a beach, a sunset over the lake, a skyscraper in a big city shimmering with silver in the first rays of dawn, lilies blooming in your yard, corn tasseling in a field, a toad singing his heart out at the edge of a pond.



Your camera makes a record of light. Light is one description of God's activity in the Bible where God says, "Let there be light, and light appears." Jesus promises "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." As you receive and respond to the lights of summer, sun and stars, sparkling water, children's smiles, may your hearts be lifted up into a deep and lasting awareness of the goodness of God.

We look forward to seeing and sharing your photos of God's presence, and of God's goodness in the world of your summer!

Pastor Chris Engstrom

SUBMIT YOUR PHOTO BY SEPTEMBER 1, 2021!



People of all ages with any type of camera are welcome to submit their digital photos to firstenglishchurchcf@gmail.com. Be sure to include the name of the person taking the photo, subject and location photo was taken.

Selected photos will be part of a special slide show at the Sunday, September 5th Worship celebrating the end of summer. The slide show will also be posted on the church website. If you have any questions, contact First English Lutheran Church at 507-263-3024.



The Effects of Grief on Our Bodies

Grief is a natural response to loss but it is something that we are not prepared for; and we often struggle to understand how it can affect our lives. The death of someone we love can crumble the foundation of our existence and affect

both mind and body. Grief causes us to become preoccupied with thoughts, memories, and images of our loved one. We can have difficulty accepting the finality of the loss and we experience waves of yearning and sadness. Grief can feel like being on an emotional roller coaster. There are so many bumps and turns that we are not sure what emotion we might feel at any given time.

Unknown to many, grief can also affect our physical well-being. In 2012 after the unexpected loss of my significant other, my entire body felt like I had been run over by a truck. I experienced episodes of panic, and I often had to remind myself to breathe. I **couldn't concentrate and I felt like I was losing my mind.**

The most common physical affects come from the immune system, cardiovascular, digestive, and nervous systems, and it can cause us to be more susceptible to colds, flu, and other infections. We feel **run down and don't have the ability to fight off** illness. Increased blood pressure, chest pain, irregular heartbeat, and heart attacks are associated with the stress of grief on the cardiovascular system. We often say that our heart aches or breaks after the death of a loved one. Indeed, there is a condition called **"broken- heart syndrome" (Takotsubo Syndrome) in which the symptoms are similar to a heart attack, such as shortness of breath and chest pains.**

For many, the gastrointestinal system tends to be the most reactive to the stress of grief. Grief is an extreme stressor and if you are already sensitive to GI disturbances, the stress of grief can almost immobilize you. Mourners complain of nausea, queasiness, constipation, diarrhea, bloating, flatulence, heartburn, and acid reflux. People often say that it feels as though there is a hole or an emptiness in their stomachs. Grief can produce irritable bowel syndrome and changes in appetite, whether it is eating too much or not enough.

In grief, our brain can feel like it has turned to mush. Our thinking becomes garbled, confused and slowed, and our concentration and attention are limited. We are distracted and have trouble planning, organizing and remembering. The result is that we become unsure of ourselves and our ability to make decisions. We may have headaches and feel as though we are in a fog.

There is a multitude of symptoms that can impact our grieving body. It impacts our bodies in so many ways that it is almost impossible to list them all. It is important, however, to recognize the profound impact grief can have on our bodies. We focus more on our emotional pain but not our physical pain. It is important to address both. We know the things we should be doing — exercising, eating right, and getting good sleep. But when we are in deep grief, these are not our top priority or even possible at times. Just getting through the day can be a challenge. In fact, it is probably one of the last things we really want to do or have the energy to do. But we can begin by walking just 10 to 15 minutes a day. It can be a leisurely stroll. It is not necessary to eat a big meal. You can eat small amounts throughout the day. Even if you do not have an appetite, be sure you keep yourself well hydrated.

Here is a list of some things to remember and work towards when you are grieving:

Maintain a healthy diet. Stress triggers cravings for sugar and fat, which is why we reach for feel-good, high-calorie and high-fat processed food. These foods can make us feel worse. Instead, focus on keeping up a well-balanced diet. That means eating plenty of vegetables, fruits, and lean proteins, and drinking plenty of water.

Follow good sleep habits. Grief is emotionally exhausting. After a loss, people often find that their sleep is disrupted — they have trouble falling asleep, wake up in the middle of the night, or sleep too much. Going to bed at regular hours, following a bedtime routine, and avoiding caffeine and alcohol in the evening helps with more restful sleep.

Get moving. A simple daily walk can help ease depression, agitation and sorrow related to grief. Just getting outside can provide some relief.

Keep tabs on your health. It's easy to ignore your general health when grieving. This includes skipping doctor visits and forgetting to take your medications. Schedule all exams for the coming year, so you don't miss them, and set timers on your phone or computer to help remind you to take your medications as scheduled. Ask a friend or family member to assist by checking in with you daily.

Take on new responsibilities. The loss of a spouse or family member may mean you have to take over certain routine jobs. You now may be in charge of the cooking, general house upkeep, or organizing financial records. While these tasks can be additional stressors, turn them into a positive experience. Taking on a new responsibility can keep your mind focused on a task and distract you from your grief.

Reach out to your social circle. While it can be painful to see people, it is important to maintain connections with others. This reminds you that you are not alone. Even if you feel isolated, there may be family members, friends, or even neighbors who can give a supportive hand. Set up a weekly get-together for lunch or coffee, or invite people over for a monthly potluck. At the very least, make an effort to communicate with someone every day, either by phone or email.

Psalm 34:18

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."

I wish you well,
Becky Brown RN
Parish Nurse
507-298-1176

BLAST FROM THE PAST



First English Lutheran Church original building— This is a photo that was on a postcard that was mailed in April 1946 from Mrs. Brooks to Mrs. John Larson.

GriefShare Group Starting Soon

GriefShare, a nondenominational grief support group, will be meeting in person at First Covenant Church, Red Wing, beginning on Monday, September 13th, from 7-8:30 pm. If you would like more information, please call Suzy at 507-398-3729, Susan at 651-388-4109, or <http://www.griefshare.org>. Registration is appreciated but not necessary.



MEMORIALS & GIFTS

JULY 2021

In Memory of Helen Kreisler
from Kirk and Kerry Kreisler
from Lanor and Brian McDonald
from Vicki and Bryan Pepera
from Dean and Marcia Kautz
from Doris and Michael Landon
from Alma Johnston
from Anonymous



WISH TO PUT SOMEONE ON THE PRAYER CHAIN?

Contact our
Prayer Chain Coordinators
Marlys Weber or
Marcine Lundell
or the church office to place your
prayer request or if you'd like to
be a prayer petitioner on the
Prayer Chain.

Marlys Weber 507-263-2737
Marcine Lundell 507-263-9146
E-mail: marcinegrace@gmail.com



FREE BLOOD PRESSURE CHECKS

After the first Sunday Worship each month, FELC attendees are invited to get their blood pressure checked after the service. For more information, contact Becky Brown, Parish Nurse, at 507-298-1176.



CHILDREN, YOUTH, AND FAMILY MINISTRIES

Kris Hertsgaard Kincaid, Director of Children, Youth and Family Ministry

God Forms Us

Genesis 2:4-7, "In the day that the LORD⁴ God made the earth and the heavens, ⁵when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the LORD God had not caused it to rain upon the earth, and there was no one to till the ground; ⁶but a stream would rise from the earth, and water the whole face of the ground— ⁷then the LORD God formed man from the dust of the ground,⁴ and breathed into his nostrils the breath of life; and the man became a living being.

In Genesis, we read of God creating the earth and the heavens. As we read the text, we sense an anticipation of things yet to come. As Christians, we **see this beginning of life and evolution as God's** promise of things yet to be. God, our Creator, is continuously creating. We observe continuous creation as babies are born, flowers bloom, and throughout the natural world. The pandemic causes me to read these verses with new wonder. How is God active in our lives? How is God continuing to form and shape the earth and heavens?

This summer I am taking Hebrew. I have learned there is a difference between the language used in the original Hebrew and the English translations of **the Bible. For example, Genesis 2:7 begins, "then the Lord God formed man from the dust on the ground." In Hebrew, the word form means, "to form, plan, make pottery".** We could paraphrase this sentence and say, **"God formed the man like a potter shapes things."** The Hebrew language shows the **deep significance of God's action and involvement in creation.** God is a potter, God is hands-on. The imagery of a potter is more meaningful to me than the word form. What might this reveal in terms of the pandemic?

One of the questions facing us, in church and all **aspects of our lives, is "How should we live now?"** Our interpretation of science and faith influences our actions. Thus, our imagination of God influences our actions. Should I get vaccinated? Should my youth or child get vaccinated? I am vaccinated, should I still wear a mask inside? These decisions are unique to each of us. What is not **unique, is that we are all God's family. God is** continuously forming us. God calls us to love God, and to welcome and care for others.

As we move toward fall, the First English Children, Youth, and Family team is prayerfully considering how we will offer Christian education, service events, and other ministries. If you have suggestions that **would best meet your household's needs, please** reach out to Kris or one of the CYF team members: Becky Brown, Anna Dubbels, Mark Dubbels, Tiffany Kiffmeyer, Katie Meyers, Jayme Miller, Jennifer Nobach, and Jennifer Thompson. Thank you for your continued prayers for our Children, Youth, and Family Ministry.

MUSIC MINISTRY

Debbie Stark, Organist



It's time to add more music back into our worship services! The Bell Choir is ringing joyful sounds again and special music can bring inspiration to our worship this summer. Do **you like to sing or play an instrument? If you have a song you'd like to share with** the congregation, you can sign up for a Sunday to contribute on the sign up sheet on the big bulletin board by the church office.

Contact Debbie Stark if you need any help with your music. The singing Choir will resume this fall too; think about joining if you like to sing.

Debbie Stark, Organist
dstark@sleepyeyetel.net
651-258-4332
507-649-2733

CHILDREN, YOUTH, AND FAMILY MINISTRIES

MARK YOUR CALENDARS!

Watch for details on the Children, Youth, and Family pages at www.firstenglishchurch.com, and in emails and mail. Registration for Sunday School, Connections, and Confirmation will be online with a Google doc. Thank you!

TBD by July 22 Tubing on the Cannon River, youth entering grades 6 & above

Sunday, August 8 BWCAW Sending Blessing during Worship 9:00 am

Youth Campfire and S'mores, for those entering grades 6 and above, 7:00 pm

August 8-12 BWCAW Youth Trip

Wednesday, August 15 **Family Fun Night: God's Love Grows, 6:30-7:30 pm**

Friday, September 10 Fifth Quarter, grades 6-9, following football game until 11:00 pm

Sunday, September 12 Welcome Back Sunday! Blessing of the Backpacks & Sunday School

Wednesday, September 15 2022 Youth Gathering Information Meeting, for youth entering grades

9-12. 7 pm, HS Mentor Orientation, for 10th-12th graders interested in mentoring a 6th grader, following Youth Gathering information meeting.

Sunday, September 19 Installation of Sunday School Teachers, Connections Leaders, and Confirmation Guides; 3-year-olds receive Spark Bible; Confirmation Retreat for 10th grade confirmands, 2:30-5:45 pm.

Wednesday, September 22 First night of 6th grade Connections and 7-9th Confirmation

Sunday, September 26 Rite of Confirmation during Worship, 9:00 am.

Friday, October 1 Fifth Quarter, grades 6-9, following football game until 11:00 pm.

Sunday, October 3 God's Work Our Hands Day

SOCIAL MINISTRIES

HELP CHILDREN GO TO SCHOOL WITH SCHOOL KITS

Give a child the opportunity to go to school. The Social Ministry Committee is collecting items to make school kits now through October, which will then be shipped through Lutheran World Relief (LWR)

Why school supplies? To the children who receive School Kits, these supplies mean the difference between getting an education or not. Public school is usually free, but in the places where LWR works, even a few required supplies, like pens and paper, may be more than many families can afford.

And when parents can only afford to send one of their children to school, girls rarely get priority, yet the education level of mothers has the biggest impact on development.

ASSEMBLING SCHOOL KITS

Include the following items in each School Kit:

(No patriotic or religious symbols), please!

Items Most Needed

- Four 70-sheet notebooks of wide or college-ruled **paper approximately 8½" X 11.** [no loose-leaf paper]
- One box of 16 or 24 crayons
- One 30-centimeter ruler, or a ruler with centimeters on one side & inches on the other side
- One pencil sharpener
- One blunt scissors (*safety scissors with embedded steel blades work well*)
- Five black or blue ballpoint pens (*no gel ink*); secure together with a rubber band
- One 2½ inch eraser

We received a large donation of #2 pencils with erasers that will be included. Thank you!



COUNCIL HIGHLIGHTS

Adrienne Graaf, Secretary

June 2021

The Church Council met June 10, 2021.

- Informed with State and CDC COVID-19 health guidelines, the council voted to move to allow masks as being optional for in-person worship. At this time, social distancing will continue.
- The Property Committee emphasized responsible use of the on-site fire pit including dousing the fire thoroughly, disposing of trash and ashes appropriately, and securely covering the fire pit at the end of an event.
- The Christian Education Committee shared that four Youth Summer Stretch events will take place over the summer months and include recreation, learning, and social service activities.
- The administrative assistant search was concluded with the appointment of Kathy Ehlers who will begin her tenure on June 21st. The council is deeply grateful to Lynette Pagel for her many years of service.
- The Council approved a \$20 stipend per worship service to recognize the Worship Technology Team member for attending worship to oversee technology needs such as cameras, live streaming, sound system, etc. The Worship Technology Team is welcoming additional members who will rotate worship service coverage.
- **Treasurer's Report: May offerings totaled \$33,034.44**, and of that total, the General Fund received \$27,042.78.
 - 4/30 Gen Fund Balance \$ 4,830.52
 - May Gen Fund Income + 27,042.78
 - May Gen Fund Expenses - 22,894.75
 - 5/31 GENERAL FUND BAL \$ 8,978.55
- During the month of May, we had very good general fund income and were able to end the month with \$8,978.55 in the checking account. Of course, it always helps when there are five Sundays in the month which is one of the reasons an additional \$4,000 was received in the general fund. Approximately \$24,500 is needed each month in general fund income to cover all the expenses. At this time, reserve money has not had to be used to keep us in the black. The Building Expense pledges, Benevolence pledges and Rooted in Faith pledges are ahead of our scheduled budget at this time. For the next couple months, we should not have a gas bill as we have a large credit on the account. Also our next projected gas budget helper should be less than the previous amount which was \$445.00 per month. The Youth Account is in good shape and has funds available for the youth events and trips that hopefully they can take this summer.

Respectfully submitted,
Adrienne Graaf

July 2021

The Church Council met July 8, 2021.

- The Council extended a sincere thanks to Royce Anderson and Mike Miller for their dedication to mowing the church lawn and keeping the outdoors spaces looking great all summer.
- The Council approved spending up to \$500 from the Rooted in Faith Building Fund for two new computer screens for the church office.
- A brainstorming conversation was had about approaches to invite/encourage people to consider in-person engagement in church activities when they feel comfortable to do so.
- Discussion was had on timing and criteria to re-evaluate physical distancing during worship services. Input from the parish nurse would be sought to determine potential adjustments to current practice.
- **Treasurer's Report: June offerings totaled \$27,106.59**, and of that total, the General Fund received \$20,762.48.
 - 5/31 Gen Fund Balance \$ 8,978.55
 - June Gen Fund Income + 20,762.48
 - June Gen Fund Expenses - 26,606.88
 - 6/30 GENERAL FUND BAL \$ 3,134.15
- **After adding June's general fund income to last month's ending balance and subtracting the expenses**, we were able to end June with \$3,134.15 in the checking account. We had a few extra expenses to the administrative assistant salary this month for the overlapping of work days of Lynette and Kathy Ehlers. Normally we need approximately \$24,500 each month in general fund income to cover all the expenses. At this time, we have not had to use any reserve money to keep us in the black. The Building expense pledges and Rooted in Faith pledges are ahead of budget at this time, and Benevolence pledges are just a little behind budget. The Youth Account is in good shape and has funds available for the youth events this summer.

Respectfully submitted,
Adrienne Graaf

THURSDAY, AUGUST 12
6:15 P.M. EXEC. C. &
7 P.M. CHURCH COUNCIL

INTERESTED IN TECHNOLOGY AND STREAMING?

Come, share your talent and join our tech team!



Streaming and recording our Worship services is an important part of getting the GOOD NEWS out to our congregation and beyond! Persons are needed to help operate the system on Sundays during worship.

If you are interested in sharing your expertise, please contact the church office at 507-263-3042 or email firstenglishchurchcf@gmail.com. You can also talk with Gary Anderson (612-986-8659 or gand263@citlink.net); Lynette Pagel (507-301-0309 or churchlady3042@gmail.com); or Matt Shoemaker (651-233-6065 or mattshoe22@gmail.com) after church!

Thank you!

AUGUST USHER SCHEDULE

August 1	Tom and Stephanie Fox
August 8	Roland and Dort Spillman
August 16	Kay Sabin
August 22	Todd and Kathy Swanson
August 29	Katie and Dan Meyers

2021 USHER COORDINATORS

April-May-June

Gary Thomas 507-302-9528 mthomas838@gmail.com

July-August-September

Todd Swanson 507-298-0891 tkswanny@gmail.com

October-November-December

Randy Nelson 651-494-8283 rmnelson.cannonfalls@gmail.com

2022-January-February March

Dean Kautz 612-750-1868 dwkandmak@gmail.com

Thank you for your assistance during Worship!

WOMEN OF FELC

will meet in the church fellowship hall to discuss Fall activities on Wednesday, September 1 at 10 am. Donuts, coffee, and water will be available.



The Cannon Valley Senior Center is sponsoring a trip to the Ark Encounter and Creation Museum in Williamstown, KY, on October 4-9, 2021. This trip is open to all ages. Cost is \$665 person. Contact the Center if interested or for more information at 507-263-2136 or email Lora Bremer at lora@cannonvalleyseniorcenter.org.



DONATE TO THE GOOD SAMARITAN FUND

Community members can donate to the CCIC Good Samaritan Fund through Cannon Falls Family Fare grocery receipts. When \$150,000 is counted in receipts, the Fund will receive \$1,000. The collection box is in the church office.

Guidelines for the CCIC Good Samaritan Fund can be found on our website at

www.firstenglishchurch.com. The Good Samaritan Fund is a joint effort of area churches to support community members with emergency needs.

Donate to help your community members today!



Evangelical Lutheran
Church in America
God's work. Our hands.

AMMPARO

Accompanying Migrant Minors with Protection, Advocacy, Representation and Opportunities

Migration from Central America to the United States is not a new phenomenon, and the ELCA, 18 synods, congregations, companion churches and service partners have been deeply engaged in 19 efforts to protect, care for and welcome Central Americans seeking safety for decades. There has been a pattern of unaccompanied children from Mexico and Central America coming to the U.S. over the past decade.

With the situation on the southern border becoming more complicated, the Border Servant Corps (BSC) of Las Cruces, New Mexico, (the group that hosted Pastor Phil and Brian McDonald for their Border Immersion Visit) is seeking additional assistance in providing aid to refugees. Ways that individuals or groups may help in this mission include: writing words of encouragement on cards placed in humanitarian aid bags, direct financial contributions, shopping on AmazonSmile for items suggested by BSC, checking their social media pages on the web and FaceBook, and signing up for the weekly newsletter to get updates on their activities. For more information you may visit their website at www.borderservantcorps.org/ways-to-support or send an email to them at HospitalityNM@gmail.com. You may also contact Brian McDonald at (401) 378-4314 or brmcdonald@frontier.com.

Volunteers Needed! New Habitat for Humanity Home in Cannon Falls

Goodhue County Habitat for humanity is starting a new home in Cannon Falls. The groundbreaking was held on July 26, 2021, with the hole for the foundation to be dug shortly.

Volunteers are needed starting in September. They are looking for persons who would be willing to be a regular volunteer, and also larger groups who may come for a day or two over the course of the project. If interested, contact Carrie Wittenburg, volunteer and family support coordinator, at 651-280-9930 or email carriewittenburg@gchabitat.org. For more information about the Goodhue County Habitat for Humanity, go to their website at www.gchabitat.org.



Cannon Falls Food Shelf

For more than 25 years, Cannon Falls Food Shelf has devoted its energy to passionately advocating for the hungry, needy and politically under-represented members of our community family. Find out how you can contribute to the future of someone in need through donations of money and time.

FOOD SHELF HOURS & DATES

- 1st Saturday of the month from 10 a.m. to Noon
- 2nd Thursday of the month from 10 a.m. to Noon
with the WIC Clinic from 8:30 a.m. to Noon
- 3rd Thursday of the month from 4:30 to 6:30 p.m.
- 4th Thursday of the month from 10 a.m. to Noon

Email us at cannonfallsfoodshelf@gmail.com
or call us at (507) 263-3257 with any questions.

CHURCH OFFICE: 507-263-3042

Office Hours: M-F; 9:00 a.m. - 3:30 p.m.

E-Mail: firstenglishchurchcf@gmail.com

Website: <http://firstenglishchurch.com/>

Pastor: Phil Ruud philruud4@gmail.com
Home: 507-263-5785 Cell: 507-298-0048

CHILDREN, YOUTH AND FAMILY MINISTRIES

Kris Hersgaard Kincaid 507-330-1824
felcyKris@gmail.com

Pastor Emeritus:
Pr. Christine Engstrom revchristea@me.com
Home: 507-263-2296 Cell: 507-403-3623

CHURCH COUNCIL

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rlgesme@hotmail.com

Robin Stewart 507-263-7395 901-233-1341
mnquilter@frontier.com

Mike Trelstad 612-756-1388
mmtrel8@frontiernet.net

COMMITTEES & COUNCIL REPRESENTATIVES

Worship & Music Jane Peterson

Altar Guild

Property Committee Mike Miller
Royce Anderson

Evangelism/Congregational Life

Stewardship/ Finance Mike Miller

Social Ministry

Memorials & Furnishings Rondi Sjoblom

Health & Safety

Foundation Mike Miller

Christian Ed, CY&F

FOUNDATION BOARD

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rhughes@delmarcompany.com

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FIN. SEC./ADMIN. ASST.

Kathy Ehlers 612-221-1631
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August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9 am Indoor Communion Worship	2	3	4 10:30 am Pastors Text Study	5	6	7 10 am—Noon CF Food Shelf
8 9 am Indoor Worship 7 pm Youth Campfire (Gr 6 and over)	9 10 am Social Ministry Meeting	10 Update—7 pm CYF Team Meeting	11 10:30 am Pastors Text Study	12 10 am—Noon CF Food Shelf 6:15 pm Exec. C. 7 pm Church Council	13	14
15 9 am Indoor Communion Worship	16	17	18 10:30 am Pastors Text Study 6:30 pm Family Fun Night	19 4:30—6:30 pm CF Food Shelf	20	21
22 9 am Indoor Worship	23	24	25 10:30 am Pastors Text Study	26 10 am—Noon CF Food Shelf	27	28
29 9 am Outdoor Worship	30	31	September 1 10:30 am Pastors Text Study	2	3	4 10 am—Noon CF Food Shelf

AUGUST 2021

THE FIRST EDITION

First English Lutheran Church

511 W Belle St
Cannon Falls MN 55009

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