



The RAGBRAI Edition!!! EXTRA! EXTRA!

THE VISITOR

St LAF Newsletter

Mission Statement
We at Saint Olaf Lutheran Church exist to Worship, Proclaim, Serve God and Teach His Word.

AUGUST 2021

***FROM THE OLES*
THANK YOU!!**
A big “thank you” is extended to all who contributed pies, volunteered time, and offered support in every big or little detail that made the **OLES-RAGBRAI 2021 Baked Potato Bar Supper** such a huge success! Your help was greatly appreciated!!



RAGBRAI XLVIII
Fort Dodge 2021





A note from the pastor

Rest In Peace Pamela Axness

Rest In Peace Shirley Hovick

Rest In Peace Bill Hanson

Rest In Peace Larry Hilgendorf

My children, do not forget my teaching, but keep my commands in your heart, ² for they will prolong your life many years and bring you peace and prosperity.³ Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.
(Proverbs 3:1-3)

It's that time again. Pencils, rulers, glue, crayons, gym shoes, and new book bags are purchased. Kids and parents are gearing up for back to school. I remember as a kid this being a time of anticipation and new beginnings. *What will the new teacher be like? What friends will be in my class? What will I learn this year?* As an adult with children this also is a time of anticipation and new beginnings. *What will my child's teacher be like? What new friends will my kids make? What will they learn this year?* There is a newness of opportunity and hopefulness.

What if we were to view our church this way? Many of us have been travelling near and far. We've gone on vacations with family and friends. We've had picnics and parties. We've enjoyed an afternoon at the lake swimming or fishing. Some of us have had a lot of time away from worship and our church family. I want you to know we've missed you, but pray that God blessed your time of refreshment over these summer months. As we gear up for fall worship and programing, I ask you to consider how God will bring about newness of opportunity and hopefulness to us. *What will our next months be like? What friends will join us? What will we learn this year in God's Word?*

My hope and prayer as your pastor is that you'll return to us—hopeful for what God can and will do in this place. My hope and prayer is that the love of Jesus Christ will be the center of your whole life. My hope and prayer is that worship will become a priority and center of your week. God does something in worship that cannot be easily explain because it's a mystery. God works in and among us and in our heart. Would you say your week is different when you begin it with worship?

We have a few opportunities on the horizon I invite you to consider:

- BLESSING OF BACKPACKS for students, teachers, support staff, & administrators will be August 11th & 15th. Please bring your bags to worship to receive a special blessing!
- Camp Olaf continues August 4th & 11th. We will take a 3 week break and resume Wednesday Ignite programming on September 8th!
- Pray for our future discernment as we march into this busy fall season into 2022. Council is moving forward with some big opportunities! We've love for you to be a part of it! Watch for details soon.

(continued)

Please see the rest of the newsletter for more info on all of these ministries. I invite you consider How will God make all things new this school year not only for our children, but also our church family. Hope to see you in worship!
May God bless this time of anticipation and newness!

Pastor Emily

Does cooking **IGNITE** a passion in you?

We are looking for a person to coordinate the kitchen on Wednesday night for **IGNITE** starting in September.

Responsibilities: menu selection, food preparation, volunteer coordination, and clean-up

For more details contact: Beth Stickrod at 515-351-7560.



Greetings. St Olaf members! This past year has been a challenge! One of the things that has been suspended is the Sanctuary Choir. We are in the process of trying to reinstate the choir. This choir is open to all singers, high school age and above. I will be contacting past members, but do not want to miss anyone. If you have an interest in singing, please contact me.

My email is kukmom55@gmail.com, or you may call or text me at 515-408-3888. More details will follow. I look forward to hearing from you!

Marcia Kuker
Music and Worship Chair



Stewardship Corner

Consider the opportunity to incorporate some of these stewardship ideas for the month of August.

- Think of a charity which amply blessed at Christmas. Remember them with a gift mid-year.
- Invite a single friend over for a meal.
- Attend an extra worship service this month.
- Pray for St. Olaf regularly.
- Recycle more.
- Each day say a prayer for one of the world's troubled spots.
- Surprise an old friend with a phone call.
- Buy flowers for someone without a "reason."
- Stop for a moment during your busy day and enjoy an ice cream cone.
- Consider serving the Lord in our kitchen, on a committee or working with our children.



2021



LUTHERAN WORLD RELIEF

LUTHERAN WORLD RELIEF

Is an international, non-governmental, organization which helps provide essential items to those in need.

A truck will be taking items for **Lutheran World Relief** from Fort Dodge to a central location on **September 25**.

Thank you for your generous response for **Lutheran World Relief** items!

In **August** we are concentrating on school kits and are in need of the following items and also in need of cash donations to ship the donations. Please designate donations to Lutheran World Relief in the memo section of your check or on the envelope if you donate cash - thank you!!

- 70-sheet notebooks
- 12 inch rulers
- pencil sharpeners
- blunt scissors
- unsharpened #2 pencils
- black or blue ballpoint pens
- boxes of 16 or 24 crayons
- 2 1/2 inch erasers
- drawstring backpacks approx. 14" x 17" with shoulder straps

Please bring these items to church by August 29 and place in the designated box. They will be packed up and sent on September 25 - we will be asking later for your help on this.

Due to the pandemic, we could not send anything last year, so everything is especially needed. Thank you so much for your generosity.





AUGUST

BEACH	HIKING
BONFIRE	ICE CREAM
CAMPING	NEW TEACHERS
EXCITEMENT	POPSICLES
FISHING	SMORES
FRISBEE	SUNFLOWERS
FLIES	SWIMMING
HEAT	TENT

B E S H F I S H I N G N F I S
A C E B O E R I F N O B R U E
E F L I E S C A M P N G N E E
S I C E C R E A M S I F B O X
W T I E A M E N T M L S E F C
I E S L M S I F G O I H A I I
M S P F P B T R W R N I C S T
M H O T I K N E F E G I H C E
I E P H N I R I N S R C E T M
N A E A G S M C N T E W A T E
G N I K I H P X O S R E A E N
M S A N E W T E A C H E R S T

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In The Sanctuary

On Sundays **August 1, 8 and 15** we will be having “Hymn Sing” time before the Sunday Liturgy begins. Be thinking of your favorite hymn you want to sing, a new hymn you want to learn to sing or a good old fashioned lung busting traditional hymn you want to sing. You can also choose a hymn to try and “stump the organist”. Bring your voices ready to be raised to the Praise of God in Song!



On Sundays **August 22 and 29** we will be having musical “Teaching” sessions before the Sunday Liturgy begins. Both Sundays we will talk, discuss and sing through **Communion Setting 10** in the ELW. This will be in preparation for beginning to use and sing that setting beginning in September.

SOS

St. Olaf Seniors

The ‘75+ Club’ will now be known as the **St. Olaf Seniors - SOS!!!!** **Linda Junkman and Pat Zeka** will be in charge of planning for this group. The SOS club will now meet on a quarterly basis with the **next meeting on September 28th at 1:30 pm in the Fellowship Hall.** More

August 2021, LSI Bulletin/Newsletter Article and Story **Back to School Month**

School is right around the corner! This time of year can be exciting and stressful for many of us, but adjusting back into a classroom routine can be especially difficult for kids and teens with emotional or behavioral disorders.

Lutheran Services in Iowa (LSI) provides mental and behavioral health services for children and families across the state. Our therapists provide virtual and in-person therapy sessions with children, while our Behavioral Health Intervention Services (BHIS) team collaborates with families in their home or in a community setting to help them develop skills like anger management and healthy decision making. LSI also provides 24-hour mental health care at the Bremwood and Beloit Residential Treatment Centers in Waverly and Ames to empower Iowa children and teens.

We thank you for your support of LSI's mission as we respond together to the love of Jesus Christ through compassionate service! We know there are more Iowa children in need of this critical care. If you would like to learn more about how you can give a gift to support these crucial services, please contact Deb Whitford, LSI director of philanthropy and church relations, at 563-676-2065 or Deborah.Whitford@LSIowa.org.

Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at LSIowa.org and Facebook.com/LSI.iowa.

Helping Families Adjust to a New Normal

Uriyah felt overwhelmed by anxiety.

During the pandemic, it was hard for him to even leave his room, talk to his family, and attend school. When classes moved online, he felt comfortable completing his homework and attending classes virtually. But when it was time to return to school for in-person classes, he would not attend. His mom, Holly, wanted him to be able to finish the school year virtually, but she needed help navigating the transition with his school.

That's when she learned about LSI's STEP IN community program. Through the service, LSI social workers are there to build on a family's strengths and ensure children and parents have what they need to thrive and create a brighter future. Children and teens in the program work with their LSI team to develop coping skills, conflict resolution, and healthy communication. The LSI team helped Uriyah feel more comfortable engaging with his family, and Holly had the support she needed to work with the school, advocate for her child, and ensure Uriyah could finish the school year online.

Now, Uriyah has felt a weight lifted off his shoulders, and he successfully graduated out of LSI programming. The last year has created unprecedented stress and anxiety for many children and teens, but Uriyah now feels more comfortable and confident moving forward.

Grace Notes



August Newsletter

Hello St. Olaf family!

I cannot believe August is already here! In a couple weeks I will be packing up and moving back to Northwestern College. I am excited to get back to campus and reconnect with my friends, but I will really miss St. Olaf.

My second year as a Pastoral Intern has been amazing! I feel so blessed that I was able to do home visits and get to know you all a little better. You have taught me so much! I feel like I have really grown since last summer in both my preaching style and my confidence. It is almost hard to believe now that I used to be afraid to stand up in front of a bunch of people! This summer, I learned the art of saying, “no”. Especially when I already had a full plate. This is something that never came easy for me but this summer, I was able to let go of some things and focus on my most important tasks. In the Spring, Pastor Emily told me that this summer I was going to grow a backbone. Although I think I still have some growing to do, Pastor Emily has helped me to be confident in my own decisions and take charge when needed. I have learned how to be more responsible in stepping up and making decisions. There are so many more lessons that I have learned this summer and I am so grateful that I was able to have this opportunity once again.

This summer my calling was definitely tested and challenged. There were some bumps in the road, but I can say with more certainty now that God is calling me to Pastoral Ministry! Pastor Emily has been a huge help in teaching me what it looks like to be a Pastor. I have seen the joys and also experienced the stress and pain of being a woman in pastoral ministry. I still have a lot to learn but I feel more educated about scheduling events in the church, understanding finances and important business, and treating people with respect when things get difficult. As of now, I plan to finish my bachelor’s degree at Northwestern College (Biblical and Theological Studies) and then get my Master’s in Divinity from Wartburg Seminary. I trust that God is going to continue to teach me many things along the way.

Lately I have been thinking a lot about my baptism and the road that has led me here. When I look back on my journey, I can see how God has been faithfully leading me and preparing me for this calling. Each step, including this internship, has brought me closer to the person God is shaping me to be. Like I said in my sermon in July, St. Olaf is a chapter in my personal becoming and I am stronger now because of it.

Thank you for a wonderful summer! I look forward to visiting St. Olaf soon!

~ Grace

PASTORAL ACT & STATISTICS

MONTHLY TREASURER'S REPORT

Operating Balance 5/31/2021\$2,501.87

Receipts:

Offerings.....\$20,141.55
Misc. Receipts(\$14,435.39)
Total receipts for June+5,706.16

Disbursements:

Benevolence\$3000.00
Pastoral Ministry26,806.59
Administration.....1,854.01
Worship & Music-14,107.26
Christian Education-1,213.19
Our Church Home-6,072.95
Congregational Life1,163.71
Youth Ministry-0.00
Social Ministry110.29
Stewardship231.48
Total disbursements for June.....-11,772.68

Operating Balance 6/30/2021(\$3,564.65)

CHURCH STATISTICS

Weddings: None

Baptisms: None

Funerals/Deaths: Bill Hanson, Pamela Axness,
Shirley Hovick, Larry Hilgendorf

Memorials: \$555 Gary Carr, \$100 Larry Hilgendorf

St. Olaf Foundation August 2021



Greetings from the St. Olaf Foundation~

Last year my Foundation article was on the Dress a Girl Around the World organization and how the Foundation has provided the Sew Sisters with money to purchase material so that they could continue to make dresses for girls around the world. The Dress a Girl Around the World is a Campaign under Hope 4 Women International (a 501 (c) 3 organization) bringing dignity to women around the world since 2006. Hope 4 Women International is a nondenominational independent Christian organization. The organization dreams of a world in which every girl has at least one new dress. They want girls to know that they are worthy of respect, and that they are loved by God. The Sew Sisters have made over 150+ dresses and Pastor Emily, Emily Wikner, Nancy Hamilton and Kim Peimann had the opportunity to take the hand-sewn dresses to the little girls of Panama. The Foundation sponsored these four women to travel to Panama to deliver the beautiful dresses.

The below picture is a picture that Pastor Emily took while in Panama. The picture is special and near to my heart and the dress the little girl is holding is a dress that my mom, Shirley Hardcastle has made. Mom sews a colorful button on the pocket for “cuteness”.

Just seeing the Foundation money at work is heartwarming and I appreciate the opportunity to help others do amazing work.



**God's Blessings~
Jill Matthes**

AUGUST 2021

Sun	*Mon	Tue	Wed	Thu	Fri	Sat
<p>1 9 am Traditional 10 am Fellowship 11 am Contemporary</p> <p>Communion</p>	<p>2 7 pm MS Support</p>	<p>3 9 am OLES 10 am Adult Bible Study w/Emily & Grace</p>	<p>4 8 am Better Choices 9 am CBS Core Team 1 pm Staff Meeting 5 pm Camp Olaf -Meal 6 pm Camp Olaf -Activities 6 pm Book Study 7 pm Camp Olaf -Worship</p>	<p>5 4 pm Lutheran Services</p>	<p>6</p>	<p>7</p>
<p>8 9 am Traditional 10 am Fellowship 11 am Contemporary 2 pm Skating</p> <p>Graces Last Day</p>	<p>9 10 am Adult Bible Study w/Emily</p>	<p>10 5:30 pm Stewardship 6 pm Committee Meetings 7 pm Council Meetings</p>	<p>11 8 am Better Choices 9 am CBS Core Team 11 am Prayer Shawl Meet 1 pm Staff Meeting 5 pm Camp Olaf -Meal 6 pm Camp Olaf -Activities 6 pm Book Study 7 pm Camp Olaf -Worship</p>	<p>12 4 pm Lutheran Services</p>	<p>13</p>	<p>14</p>
<p>15 9 am Traditional 10 am Fellowship 11 am Contemporary</p> <p>Blessing of Backpacks Communion</p>	<p>16 10 am Adult Bible Study w/Emily</p>	<p>17 9 am OLES 6:30 pm Mutual Ministry</p>	<p>18 8 am Better Choices 9 am CBS Core Team 1 pm Staff Meeting 1 pm Prayer Shawl</p>	<p>19 8:30 am River Float 1 pm CODR Meeting 4 pm Lutheran Services</p>	<p>20</p>	<p>21</p>
<p>22 9 am Traditional 10 am Fellowship 11 am Contemporary</p>	<p>23 10 am Adult Bible Study w/Emily</p>	<p>24 First Day of Public School</p>	<p>25 8 am Better Choices 1 pm Staff Meeting</p>	<p>26 First Day of St. Ed's 1:30 pm Peace Circle Bible Study Gather Magazine 4 pm Lutheran Services</p>	<p>27</p>	<p>28</p>
<p>29 9 am Traditional 10 am Fellowship 11 am Contemporary</p>	<p>30 10 am Adult Bible Study w/Emily</p>	<p>31</p>				<p>31</p>
* Pastor's Day Off						

Adult Bible Study

On August 3, Adult Bible Study will meet for its final **Tuesday** morning study at 10am in Room 100 (conference room next to the kitchen). Grace Braun will lead her final Bible study on Psalm 139 that day. After August 3, Adult Bible Study will resume its study of Revelation for the next seven weeks. On August 9, Adult Bible Study will meet on **Monday** mornings at 10am in the Fellowship Hall again. Reading apocalyptic literature can be challenging, so if you are interested in joining, please contact Emily Wikner at christianedemily.stolaffd@gmail.com so she can send you provisional materials every week to help you better understand the passages we will study each week.

Here is a list of our weekly readings:

- August 3 – Psalm 139
- August 9 – Revelation 16
- August 16 – Revelation 17
- August 23 – Revelation 18
- August 30 – Revelation 19



Peace Circle Bible Study

The women of St. Olaf are invited to a Women's Bible study on Thursday, August 26 at 1:30 pm. We will be going through parts of the *Just L.I.F.E* Bible study found in the July/August 2021 Gather magazine. This study will focus on the liberation Jesus brings based on John 8:36. If you are interested in attending this Bible study, please contact Jane Wallestad at JaneWallestad@gmail.com.



Camp Olaf

We'll have our last two nights of Camp Olaf on August 4th and 11th. We'll gather for an outdoor picnic meal at 5pm, children's activities will begin at 6pm, and we will hold a short worship service at 7pm.

Date	Menu	Children's Activity
August 4	Sloppy Joes	Just Dance/Dodge Ball
August 11	Walking Tacos	Color Wars

We still need 2-3 volunteers to serve meals on these nights, so if you are interested in serving please contact Emily Wikner at christianedemily.stolaffd@gmail.com or 515-576-2103.



Youth & Family Summer Outings

This summer we will be journeying to different parts of Iowa on special trips so youth and families can experience fun Christian fellowship with one another. Here is information for our outings in August:

Roller Skating at Wheels of GYC

Families and students are welcome to go skating at the Wheels of GYC Skating Rink on August 8th from 2-4pm. We will leave St. Olaf at 1:15pm and return at 4:45pm. We have 11 first come, first served spots available in the church van for those who need transportation. Others can provide their own transportation to this event. Cost to attend this event is \$5/person and chaperones skate free. Please RSVP to this event by August 4th by filling out the online signup sheet, filling out a waiver, and submitting your payment to Emily Wikner. Contact Emily Wikner at christianedemily.stolaffd@gmail.com or 515-576-2103 if you have any questions.



Seven Oaks Tubing on Des Moines River

Families and students are welcome to join us on August 19th for one of the last days of summer as we tube down the Des Moines River before school starts. We will leave St. Olaf at 8:30am, spend a full day on the river, and return to St. Olaf by 5:00pm. We have 11 guaranteed first come, first served spots available in the church van for those who need transportation. Others can provide their own transportation to this event. Cost to attend this event is \$17/person and chaperones tube for free. Please RSVP to this event by August 5th by filling out the online signup sheet, filling out a waiver, and submitting your payment to Emily Wikner.

The St. Olaf Nursery is reopening. New items are needed to upgrade the area before the kids return. Please consider donating the following new items:

- Glider Rocker w/ Ottoman
- Electric Swing (1)
- Electric Swing (2)
- Pack-N-Play
- Large Size Puzzles
- Standard Height Changing Table

Please consider putting the room on your Toy Christmas List!
HO HO HO



BACK TO SCHOOL WISH LIST!

St. Olaf is cleaning out our craft closet and need new craft supplies!

We would so appreciate if you could donate some of the items on this list as a blessing to the St. Olaf students as they begin a new school year.

Please turn donations into the craft supply box located in the Narthex.

Thank you !!!

**construction paper
markers
crayons
colored pencils
beads
string
glue
glue sticks**

**tempura paint
paint brushes
smocks
popsicle sticks
hot glue
pipe cleaners
paper plates**





AUGUST



Cameron Beck 8/1
 Joshua Berg 8/1
 Lorrie Davis 8/2
 Jade Flatgard 8/3
 Jane Wallestad 8/3
 Clay Sortedahl 8/4
 Shirley Petersen 8/5
 Donna Smith 8/5
 Sandra White 8/6
 Zachary Angstrom 8/7
 Becky Petersen 8/7
 Eric Puls 8/8
 Shannon Mills 8/9
 Erica Conley 8/10
 Debra Krug 8/10
 Judy Van Alstine 8/10
 Mackenzie Larson 8/11
 Joel Ulstad 8/11
 Jacob Berg 8/12
 Barbara Jensen 8/13
 Ashton Pederson 8/13
 Jonathan Pederson 8/13
 Carrie Clausen 8/14

Marilyn Pederson 8/14
 W. Grossnickle 8/15
 Travis Morud 8/15
 Beverly Fortney 8/16
 Keaton Grove 8/16
 Roxanne Leadley 8/16
 Scott Michelfelder 8/16
 Andrew Smith 8/16
 Samuel Vonsak 8/16
 Dawn Wesley 8/16
 Stephanie Beeghley 8/17
 Pamela Bygness 8/17
 Grant Williams 8/17
 Craig Hamilton 8/18
 Donald Miller 8/18
 Jerry Norstrude 8/18
 Eula Stanberg 8/18
 Christine Dutcher 8/19
 Susan Mortensen 8/19
 David Wooster 8/20
 Kasen Flatgard 8/21

Mary Johnson 8/21
 Gracie Miller 8/21
 Aaron Peimann 8/21
 Logan Ulstad 8/21
 Nancy Hamilton 8/23
 Rylee O'Brion 8/23
 Martha O'Brion 8/24
 Melba Shelby 8/25
 Brent Petersen 8/27
 Elaine Egli 8/28
 Fran Long 8/28
 Rae Nanninga 8/28
 Lincoln Pearson 8/28
 Ronica Poldervaart 8/28
 Kathleen Thorson 8/28
 Gloria Kinseth 8/29
 Judy Lang 8/29
 Randy Bowman 8/30
 Eileen Carroll 8/30
 Chase Grove 8/30
 Dawn Grove 8/30
 Kirsten Williams 8/30
 Charles Claussen 8/31

The St. Olaf Visitor

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A Monthly publication of
St. Olaf Lutheran Church

RETURN SERVICE REQUESTED
TO:

L@@K

To the Visitor readers:

**Please let us know if your
address or phone
number has changed.**

Worship Schedule

Sunday's

9 am Traditional
10 am Fellowship
11 am Contemporary

Wednesday's

7 pm

Sunday services are now
live streamed on

Facebook as well, page:

**St. Olaf Lutheran
Church,
ELCA**

and

10:30 am 1400 KVFD AM
and

www.stolaffd.com

The St. Olaf Staff

Pastor Emily Sauer (515) 230-2078

Chris Lennon, Office Manager

Sheri Morud, Financial Manager

Jason Swedlund, Organist

Matt Drees, Contemporary Worship Coordinator

Emily Wikner, Religious Ed Director

Juli Springer, Youth Group Leader

Lindey Krug, Youth Group Leader

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Linda Junkman, Head Nursery Attendant

Pat Zeka, Nursery Attendant

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Rae Nanninga

Bill McCullough

**Deadline for articles for the VISITOR is the
15th of every month.**