

Religion In Life

Sundays, 10:00-10:50am
Courtyard Room

September 12

The Current State of The ELCA

Today we welcome our bishop, Peter Rogness, as our speaker. Bishop Rogness will be with us to share his perspective on the challenges and opportunities we are facing as the Saint Paul Area Synod of the ELCA, as well as within the whole of the ELCA. In addition to his presentation, Bishop Rogness looks forward to answering questions we might have and engaging in conversation with us.

Bishop Rogness will also serve as our guest preacher at both services of worship on September 12.

September 19

A Land of Two Peoples

Retired Bishop Lowell Erdahl and his wife Carol, who are also members of St. Michael's, recently traveled to Israel and Palestine. Today they will share their reflections and insights from that journey and from the opportunity they had to spend time talking with people and church leaders.

September 26 and October 3

Parenting With Love

Dr. Linda Budd is a licensed psychologist and marriage and family therapist. She is the author of *Living With the Active, Alert Child*, has spoken throughout the country and had articles published in *Working Mother*, *Parenting*, *Mothering*, *The Washington Post* and *New York Times* as well as *StarTribune* and *Pioneer Press*.

In these two sessions Dr. Budd will describe the channels our parenting boat must navigate in order to accomplish the goal of helping our child feel loved. She believes there are four elements needed to reach that goal: security, protection, importance and respect. Her goal in raising children is to help them become competent, caring and contributing adults. She will help us see when our boat has left the channel and is on the shoals or sandbars of parenting, providing channel markers to help us navigate our children toward a healthy adulthood.

October 10

Impact of Overindulgence and A Child's Spiritual Growth

Dr. David Bredhoft chairs the Social and Behavioral Science Department at Concordia University, St. Paul. He is co-author of *How Much is Enough? Everything You Need to Know to Steer Clear of Overindulgence and Raise Likeable, Responsible and Respectful Children from Teens to Toddlers*.

The presentation will include research findings that link overindulgence to erosion of spirituality, learning to identify three types of overindulgence, and offering ideas on what parents can do instead of overindulging.

October 17

Nonviolent Peaceforce - A Nonpartisan Unarmed Professionally Trained Civilian Peacekeeping Force from Around the World

Today we welcome Mel Duncan from the Nonviolent Peaceforce to tell us more about the work they are doing, where they are currently serving and the successes they have had in helping to foster peace without resorting to violence.

October 24

Benedictine Spirituality for Protestants

Many think that monasticism means turning away from the worlds needs. But that was not at all true for the Benedictine's. Instead they developed a way of living that nurtured and strengthened their own spirits, thereby helping them to be advocates of radical hospitality in the world. It has been said that Benedictine spirituality is simply the spirituality of the Gospels themselves and thus helpful for every follower of Jesus. Today we welcome Dr. Barbara Ann Keely from United Theological Seminary to speak with us about how we, as members of the Protestant community, can learn from and embrace the wisdom distilled from our brothers and sisters who are members of the Benedictine order.

October 31

The Abundant Life

Jesus said that I have come that you might have life, and have it abundantly. But what exactly does that mean? Dr. Bill Morton, from United Theological Seminary, will be with us to help us examine more closely what Jesus meant when he talked about abundance and how we experience that in our lives today.

November 7

What We Can Learn From the Mid-Term Elections

Today we welcome back David Schultz from Hamline University and the University of Minnesota. David is the an election analyst who has written 25 books and authored over 70+ articles, as well as appearing on both local and national TV and radio to offer his assessment of elections. He will be with us on the 7th to analyze who won, why and what it means for America? He will also examine the candidates, issues, trends and strategies that influenced the 2010 election and what that means for 2011 and 2012.

November 14

Sexuality, Sensuality and Mating

We welcome Dr. Michael Metz, private therapist, adjunct professor at the U of M, and author of *Enduring Desire - Your Guide for Lifelong Intimacy*. Dr. Metz says that the best and most satisfying sex occurs in long-term, committed relationships - the very opposite of what commercialism and "hype" in our culture proclaims. How can this be? That will be the focus of today's presentation as Dr. Metz summarizes core features of vibrant and enduring couple sexual satisfaction over the life-cycle of real people - real people who integrate sex into their real life, and real life into their sex life.

November 21

Couples Who Are Parents/Parents Who Are Couples: Exploring the Overlapping Roles

Parents have many roles: children, spouses/partners, siblings, friends, employee, community volunteer...the list could go on and on. Two roles that overlap and constantly intersect, especially during child-rearing years, are parent and spouse/partner.

In this session, Dr. Ted Bowman, family educator, father, stepfather, grandfather and spouse, will help us take a close look at the intersection of these two family roles. The presentation will include attention to the potential conflict and joys of these roles. Comments will also be included about grandparents and friends.

November 28

Celebrating a Different Kind of Christmas

Today, Marilyn Sharpe, from Marilyn Sharp Ministries, will help us imagine celebrating a Christmas that, rather than being shaped by the culture, more faithfully reflects the spirit of the one whose birth we celebrate.

December 5

A Candid History of Christmas that Surprises Many

Mark's gospel says nothing about the birth of Jesus. John begins with Jesus being present as before the creation of the world. It is from Luke's gospel that we hear about the shepherds coming to Bethlehem, and Matthew tells us about wise men following a star. So what do we really know about the birth of Jesus? Today, Dr. Bruce Forbes, Religion Professor at Augsburg and Morningside Colleges, will help us unravel the myths and mysteries of Christmas.

December 12

The Stories Behind Some of our Favorite Christmas Carols

Today we welcome our music staff to both lead us in the singing of some of our favorite Christmas carols and to share with us stories about their composers and how some of these carols came to be.

OTHER ADULT LEARNING OPPORTUNITIES

Thursday Morning Study

Uppity Women of the Bible

Through this video series by Dr. Lisa Michele Wolfe we will do an indepth examination of the story:

- *Ruth*, where we will consider the vulnerability of widows and the difficult situation of foreigners in biblical times. We will explore the themes of loyalty, bitterness, courage, poverty and seduction. What really happened on the threshing room floor?

- *Esther* will take us into the exotic and fanciful Persian kingdom complete with a dim-witted king, a defiant queen, an egotistical lieutenant and a loyal uncle. With lavish banquets, extreme beauty treatments and dangerous liaisons at every turn, can the beautiful and courageous Esther avert disaster for her people? All this occurs in a Biblical book where God is never mentioned.
- *Judith*, from the Koine Greek version of the Old Testament, reads like a historical novel rife with warfare, lust, espionage and intrigue.
- *The Song of Songs* is an intricate and sometimes puzzling book. Who wrote it? What sort of people are the main characters? Is it based on history, mythology or both?

The Thursday morning study will begin on Thursday, September 16 at 9:30 a.m. If you have any questions please contact Pastor Hayes at roland@stmichaelselca.com. You are welcome and encouraged to invite friends!

Monday's Ministries

On the second and fourth Monday's of the month you are invited to gather at the church at 7:00 a.m. for a light breakfast and study. This year we begin with Brian McLaren's thought-provoking work, "Everything Must Change - Jesus, Global Crisis and a Revolution of Hope" McLaren's work is based on a simple question, "How do the life and teachings of Jesus address the most critical global problems in our world today?"

McLaren contends that Jesus' message is more than a ticket to heaven or a formula for personal prosperity. It is an invitation to personal and global transformation. It invites us to think very seriously about what it means when we pray the Lord's Prayer, 'thy kingdom come, thy will be done, on earth, as it is in heaven" Our first gathering will be on Monday, September 13.

Faith in Daily Life

Take a break from the day for lunch and conversation about faith and life with other members of St. Michael's. We have three Faith in Daily Life groups. Each meets once-a-month. There is a group that meets the first Thursday of the month in Roseville at the Chianti Grill, another group meets the second Thursday of the month in the cafeteria of Thrivent in downtown Minneapolis, and a third meets the third Thursday of the month at Chammps, located on 35E and Larpenteur, just north of downtown St. Paul.

We will begin the year reading and discussing the book, *Why Faith Matters* by Rabbi David Wolpe. Wolpe is a thoughtful and articulate scholar and rabbi. Because of his rabbinic background Wolpe welcomes wrestling with tough questions. Chapters include: From Faith to Doubt, Where Does Religion Come From?, Does Religion Cause Violence?, Does Science Disprove Religion? What Does Religion Really Teach? Reading the Bible, Is Religion Good for You?, and Why Faith Matters. Cost of the book is \$10.

The schedule for September will be one week later than usual to accommodate Labor Day. Our first meeting dates will be:

- Roseville - September 9
- Minneapolis - September 16
- St. Paul - September 23

If you have any questions please contact Pastor Hayes at roland@stmichaelselca.com. You are welcome and encouraged to invite colleagues!

WOMEN OF ST. MICHAEL'S

Join a CIRCLE of Friendship!

Sarah Circle...first gathering Tuesday, September 7th, 9:30am at church.

Elisabeth Circle...first gathering Wednesday, September 8th, 1:00pm (**note new time**) at church.

The Gift of Years - Growing Older Gracefully

by Joan Chittister

In her book's introduction, Chittister writes, "This is a book for those who are on the brink of 'old age,' for those who have just received their first mail message from the Association of Retired People, and knowing themselves to be young and healthy, are very surprised by it. But this book is as much for those who are concerned about their parents and the kinds of issues older age may be raising in them. It is also for those who want to reflect on the gradual effects of the aging process in their own lives. This is, finally, a book for those who do not 'feel' old, whatever their chronological age, but who one day realize with a numbing astonishment that they have not managed to elude it."

We will read and discuss together Chittister's amazing wisdom and insights about the mental and spiritual attitudes we can bring to the challenges and blessings that come from growing older.

A few subjects she covers in her book:

- The joy of accepting mystery rather than trying to control everything.
- The opportunity to savor relationships as "the alchemy of life".
- The chance to immerse ourselves in the present moment since we are no longer so driven.
- The leisure to harvest our memories.
- The gift of time to consider the legacy of our lives.

Joan Chittister is an internationally known author and lecturer, and the Executive Director of Benetvision: A Resource and Research Center for Contemporary Spirituality. She is past president of the Conference of American Benedictine Prioresses and the Leadership Conference of Women Religious. Her books include *The Friendship of Women*, *In Search of Belief*, *In the Heart of the Temple*, and *Wisdom Distilled from the Daily*. She lives in Erie, Pennsylvania.

DESSERTERS II Book Club Discussion Group

Practice Frugality in an Age of Uncertainty: Frugality is no longer a fad but rather a way of life for all who must cope with economic uncertainty. You need not be diminished by this new reality, however, because the Desserters II book discussion group can enrich your life. Is your travel budget non-existent? Join other armchair travelers as we are propelled by free library books to Iran, Nigeria, Sweden, Russia, England via India and Boston, Mississippi, trendy Cape Cod, and even North Dakota. Are your entertainment dollars not stretching far enough? Remember that the above-mentioned free library books provide entry into evenings of insightful literary comment, captivating storytelling, nuanced political observations, and perhaps a bit of gossip. Does your grocery budget preclude serving savory confections? At Desserters II meetings the delicious dessert calories are free. Don't miss out on this rich experience which will cost you only a few pleasurable hours of reading. Eunice and Terry Boehlke will host the September meeting at their home. The location for subsequent meetings will be announced in the Sunday bulletins.

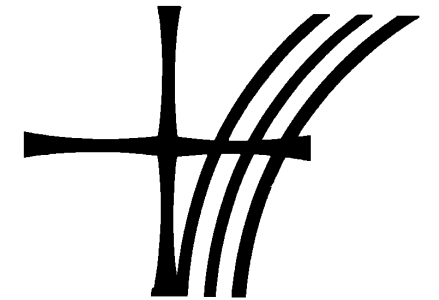
Schedule for 2010-2011

<u>Date</u>	<u>Title</u>	<u>Author</u>
September 28	<i>The Last Dickens</i>	Matthew Pearl
October 26	<i>That Old Cape Magic</i>	Richard Russo
November 23	<i>Purple Hibiscus</i>	Chimamanda Adichie
January 25	<i>The Madonnas of Leningrad</i>	Debra Dean
February 22	<i>The Plague of Doves</i>	Louise Erdrich
March 22	<i>The Girl Who Played With Fire</i>	Stieg Larsson
April 26	<i>The Help</i>	Kathryn Stockett
May 24	<i>Between Two Worlds</i>	Roxana Saberi

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Lutheran Church*

Fall 2010

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Faith in Daily Life
Thursday Morning Study
Monday's Ministries
Womens' Circles
Desserters II Book Club*