ALL SAINTS
LUTHERAN CHURCH
NEWSLETTER

November 2026



CALLED

A key element in the Lutheran Reformation was the idea of vocation. Most of us hear that word and think—"work" or "profession." And that's partly right when we talk about it in theological terms. Martin Luther's idea of vocation refers to every Christian's sense of calling or purpose. That can definitely include how we live out our faith (such as caring for the neighbor) through our everyday work or profession. Do you do the best job you can and look after the interests of your customers? Do you charge a fair price? But, it also includes how we embody our faith in our relationships with family, friends and neighbors (local and global). It includes the ways we are good stewards of our talents; our body, mind and spirit; and the earth and all its creatures and resources. The list goes on.

Why does this matter?

Because in Luther's time it was assumed that only priests or church officials had a calling. And it might be assumed that faith only applies to what you do when you show up to a church building. Instead, Luther believed faith relates to every part of life. That means that every one of us has a role in God's realm. He talked about the "Priesthood of all believers," which didn't mean everyone should become an ordained priest, but that everyone has a sacred role in every part of life.

Each of us has a special purpose and calling. We also have a calling together as a faith community, to let God's love reach every person and every part of the world.

During November we are talking about how we are *A Community Called*. We'll be exploring the ways that we have a special purpose in our life together, and how each of us can discover our own role in that.

Studies have shown that having a clear sense of purpose has a direct impact on our sense of wellbeing. What was clear before may shift as you change, or circumstances around you change. It can take time in conversation and reflection to set a new course. Let's do it together.

Be well,
Pastor Jon

NOVEMBER CALENDAR

1st	All Saints Day Service, 10am
4th	Knitting, Quilting, and Crafting Group, 1pm
9th	F.L.O.W., 7pm
10th	Beautiful Souls Grief Support Group, 10am
12th	*Exhibiting Forgiveness* Exhibition and Film Outing, 4:45pm
13th	Parents Night Out, 5:30–8:30pm
15th	New Member Class, 11:15am
15th	All Saints Foundation Workshop, 11:30am–1:30pm
18th	Knitting, Quilting, and Crafting Group, 1pm
19th	Games Night, 6–8pm
19th	All Saints Foundation Workshop, 6:30–8:30pm
25th	Thanksgiving Eve Service & Pie Fest, 7pm
28th	Movie Night: "A Boy Called Christmas," 6pm

For up to date info, visit AllSaintsMtka.org/events.



BUILDING WELLNESS WITH WORD GAMES

Playing games is more than just fun! Friendly competition, balancing work with play, and connecting with a community all build your social wellness. In October, nine of us got together for our first Game Night, which featured word games. We ate themed snacks, played a few rounds of games, and strengthened our relationships.



All Saints Lutheran Church

Available in App Stores





TRUNK OR TREAT

Every year, All Saints opens its doors, parking lot, and trunks to the community for Trunk or Treat. People come from the surrounding neighborhoods with their kids to celebrate Halloween with us. Twenty-one people brought their cars and decorated their trunks with all kinds of themes from pirates, farm, Monsters Inc, Mardi Gras, Stranger Things and more. With 180 kids coming through, the costumes we saw were just as varied.

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Trunk or Treat





Though many people come to Trunk or Treat for the candy, our Trunk or Treat is so much more than that. One big hit this year was our inflatable slide. Though it was a beautiful day and people could have spent their whole day outside, we also invited people into our building for more activities. We had life sized board games, Halloween themed bingo, and hot chocolate.

Whether you brought your trunk or your family, thank you to everyone who came out to celebrate with us!













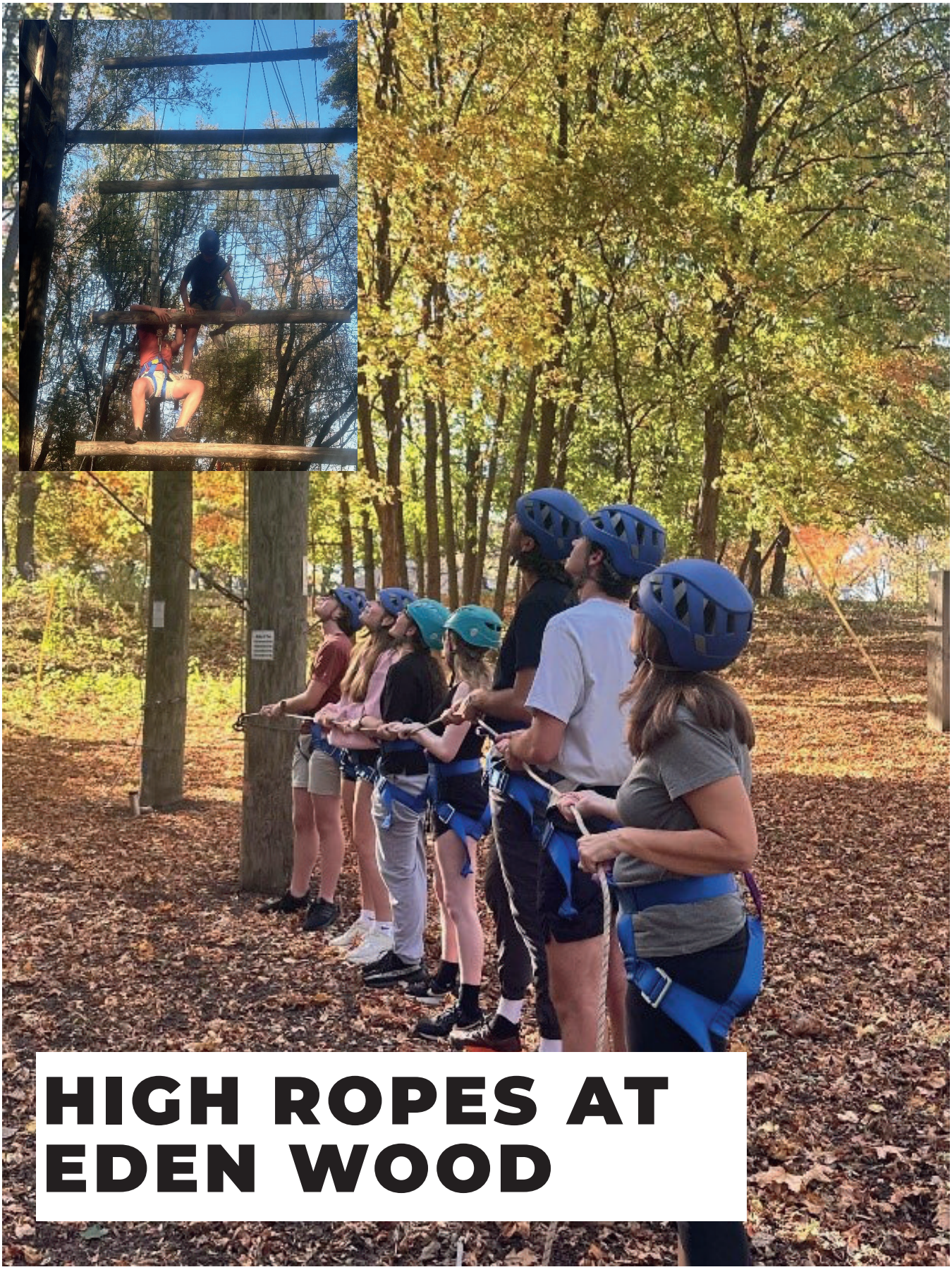

HIGH ROPES AT EDEN WOOD



In September, 26 high schoolers came to All Saints to learn about their personal strengths as a leader. In October, those same high school students were presented with some challenges in the form of high ropes.

Tucked away just 7 minutes away from All Saints, we made our way out to Eden Wood's Challenge course. After properly donning the harness and helmets, the youth were given some instruction and safety information. The challenge course is "challenge by choice" which means they encourage all participants to step outside their comfort zone, but it is ultimately the participant who has to choose to take those steps outside the comfort zone.

Up first, students had the opportunity to challenge themselves with a cargo net. Before getting on the net, everyone was asked their personal goal. For some the challenge was a fear of heights. For others, it was the tiredness that hit part way up the cargo net. Some just wanted to reach the log at the top, while others wanted to stand up on the log.

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High Ropes at Eden Wood





Some went up with ease on the first go and decided to add their own challenges. One youth decided to try only using their arms to climb. Our final climb on the cargo net was a race between two brave participants who decided to climb blindfolded. They not only got to the top but also stood up on the log at the top.

One of the unique aspects of Eden Wood's challenge course is that all of the belaying is done as a group, which means every climb is a group effort. Not only does the belay team need to watch the climber so they can be ready, but they offer encouragement and advice as each person climbs.

Next up, they worked in pairs to climb the "giant's ladder," a.k.a. "Jacob's ladder." Upon first glance, this climb looks easy. However, every move makes the ladder sway and the space between each rung gets bigger the higher you get. Every pair of students that went on the ladder started off trying to climb to the next rung on their own. Some of the taller youth could get higher on their own. However, sooner or later, they all realized that they had to work together if they wanted to get to the top.

The whole group gave suggestions to the climbing pair and offered encouragement when they felt like they could not go any further. Finally, the whole group celebrated any time a pair got to the next rung or overcame a challenge.





SERVING AND LEARNING AT SECOND HARVEST

As one of the nation's largest food banks, Second Harvest Heartland is a leader in the emergency food chain. However, their work is so much more than just moving food. The Brooklyn Park location, where 15 of us volunteered on October 21, is one of the main distributors of food for many of the food shelves in the twin cities and greater Minnesota area. Our time at Second Harvest was twofold:

- volunteering – getting food ready to be distributed to food banks
- education

Every time you volunteer at Second Harvest, what you do changes. During our volunteer time our group prepared two different things. Some in our group helped pack CSFP boxes. CSFP stands for Commodity Supplemental Food Program but is also known as the Senior Food Box. Theses boxes provide low-income seniors with a free monthly package filled with nutritious shelf-stable food.

Others in our group had the job of sorting through bread. Much of the perishable food that goes through Second Harvest is donated by corporations, brands, and growers. When it comes to perishable food it needs to be sorted through for mold and expiration. That was the first step for the bread as well. After it was confirmed the bread was safe to eat, the loaves were sorted into boxes of sliced and miscellaneous bread. Sliced bread consists of anything that you could make a sandwich out of. Miscellaneous bread consists of things like bagels, hot dog buns, or pastries. In order to minimize food waste, any of the moldy or expired food goes to a local farm to feed animals or be used as compost.

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Serving and Learning at Second Harvest

Throughout our 2 hour long volunteering session our group, along with 24 other volunteers, packed 132 boxes of bread and 202 CSFP boxes. Overall, that is equivalent to 8,716 pounds of food. They figure 1.2 pounds of food is equivalent to 1 meal. Meaning our group packed 7,263 meals, which is equivalent to 191 meals packed per volunteer!

The second aspect of our time consisted of education. We learned that 1 in 5 households are food insecure. Food insecurity means a person is one flat tire, medical bill, or unexpected payment away from not being able to afford food. With the cost of living increasing, the number of people that are food insecure is also increasing. Second Harvest is working to help end food insecurity. However, they also encourage people to fight hunger at its source. They advocate for change at a federal level. At the end of our sessions they encouraged all voting aged volunteers to do research on their local and state level politicians and vote for those advocating for policy changes for people affected by food insecurity.





PHYSICAL WELLNESS

November Wellness Focus

November's wellness topic is Physical Wellness. It is important to consider our personal optimal physical wellness, and not compare ourselves to others. This helps to foster a positive perception of one's self, by maintaining a healthy body and forming good physical health habits. Check out All Saint's physical wellness page for ideas.

LOOKING AHEAD TO DECEMBER

On December 13th, come laugh and enjoy a unique retelling of the Christmas story featuring the kids and youth. Then come and experience word and music combining to tell the Christmas story at our annual Service of Lessons & Carols on December 20th. The Christmas Eve candlelight services will be on December 24th at 4pm and 9pm. Keep an eye out for more details about Advent and Christmas services, as well as other events in the weekly E-News.

PEACE MOMENT

"Today I choose to live with gratitude for the love that fills my heart, the peace that rests within my spirit, and the voice of hope that says all things are possible."

— Unknown

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