

PATRIOTIC PARFAIT

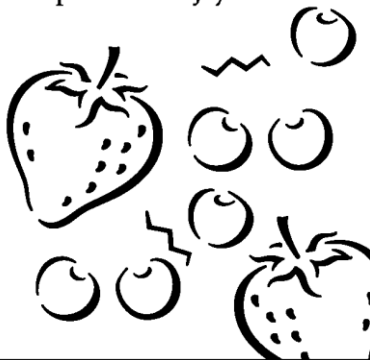
On the 4th of July, make this healthy, festive dessert to share with family and friends.


What you need:

- Clear glasses or plastic cups
- Spoons
- Vanilla yogurt
- Cut strawberries
- Fresh blueberries
- Coconut, whipped cream, red and blue sprinkles (optional)

What you do:

1. Place a couple of spoonfuls of vanilla yogurt at the bottom of each glass or cup.
2. Add cut strawberries to cover the yogurt layer.
3. Add more yogurt over the strawberries.
4. Add a layer of blueberries.
5. Repeat the layers until you reach the top of the glass or cup.
6. For extra fun, add coconut, whipped cream and sprinkles. Enjoy!





PUZZLE

Freedom in Christ

This Independence Day, remember that our true freedom comes from faith in Jesus.

★★★★★

Directions: In each set of letters, determine the pattern. Then write the letter that completes the pattern, to reveal Galatians 5:1, niv.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z											
F	Q		L	V		C	R	O			
G	R		K	U		D	Q	P			
H	S		J	T		E	P	Q			
—	—		—	—		—	—	—			
I	O	B	H	A	L	P		Q	K	D	W
H	P	C	G	B	M	O		R	J	C	V
G	Q	D	F	C	N	N		S	I	B	U
—	—	—	—	—	—	—		—	—	—	—
F	E	U	L	P	W			E	D	V	
E	F	T	K	Q	V			F	C	U	
D	G	S	J	R	U			G	B	T	
—	—	—	—	—	—			—	—	—	
P	B	Q		R	V			C	O	H	B
Q	C	R		S	U			D	P	G	C
R	D	S		T	T			E	Q	F	D
—	—	—		—	—			—	—	—	—

Answers: It is for freedom that Christ has set us free. (Galatians 5:1, niv)

A Prayer for Independence Day

God of our fathers, whose almighty hand has made and preserved our nation, grant that our people may understand what it is they celebrate today.

May they remember how bitterly our freedom was won, the down payment that was made for it, the installments that have been made since the Republic was born, and the price that must yet be paid for our liberty.

May we think of freedom not as the right to do as we please, but as the opportunity to please to do what is right.

May it ever be understood that our liberty is under God and can be found nowhere else.

May our faith be something that is not merely stamped upon our coins, but expressed in our lives.

To the extent that America honors thee, wilt thou bless America. Keep her true as thou hast kept her free, and make her good as thou hast made her rich.

—Peter Marshall

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
9:00 a.m. (co-ed)
Bone Building

2

3
9:00 a.m. Communion Worship
10:15 a.m. Coffee & Fellowship

4
Office Closed

INDEPENDENCE
Day

5
9:00 a.m. (co-ed)
Bone Building
4:00 p.m. PMLT
6:00 p.m.
Membership Team
6:00-9:00 p.m.
Longville Comm.
Choir Rehearsal

6
8:00 a.m.
Men's Renewal
6:30 p.m. Choir

7

8
9:00 a.m. (co-ed)
Bone Building

9

10
9:00 a.m. Worship
10:15 a.m. Coffee & Fellowship

11
1:00 p.m.
Busy Needles

12 9:00 a.m.
Worship Team
9:00 a.m.
Bone Building
10:00 a.m.
Music Planning
10:00 a.m. Long
Lake Prop. Owners
Assoc. Meeting
6:00-9:00 p.m.
Longville Comm.
Choir Rehearsal

13
8:00 a.m.
Men's Renewal
6:00 p.m. Choir
7:30 p.m. Council

14
9:00 a.m.
Chaplain's
Meeting
1:00 p.m.
Ruth Circle

15
9:00 a.m. (co-ed)
Bone Building

16

17 *Salem Band*
9:00 a.m. Communion Outdoor
Worship
10:15 a.m. Coffee & Fellowship

18
1:00 p.m.
Busy Needles

19
9:00 a.m. (co-ed)
Bone Building
6:00-9:00 p.m.
Longville Comm.
Choir Rehearsal

20
8:00 a.m.
Men's Renewal
5:00 p.m.
Smorgasbord

21
9:00 a.m.
Caring
Community

22
9:00 a.m. (co-ed)
Bone Building

23

24
9:00 a.m. Worship
10:15 a.m. Coffee & Fellowship

25
1:00 p.m.
Busy Needles

26
9:00 a.m. (co-ed)
Bone Building
6:00-9:00 p.m.
Longville Comm.
Choir Rehearsal

27
8:00 a.m.
Men's Renewal
6:00-9:00 p.m.
Visioning Session
With Scott Jacob,
NE MN Synod
Facilitator

28

29
9:00 a.m. (co-ed)
Bone Building

30

31 *Teen Challenge*
9:00 a.m. Worship
10:15 a.m. Coffee & Fellowship

Renew Your Spirit

24th Annual Convention/Retreat 2011

NE MN Synodical Women's Organization

UMD Duluth, June 3rd and 4th

Attended by: Julee Ford Young--Salem's Delegate, Eileen Higgins, Evelyn Burley, Louise Daudt and Doris Schmidt

Psalm 51:10 "Create in me a clean heart, O God, and put a new and right spirit within me." This year's focus was on wholeness and healing, both inside and outside the church. The spiritual enrichment at these annual Conventions always includes several worship services with special music throughout the weekend. Convention Chaplain was Pastor Bonnie Lomen, First Lutheran Church in Pine River with the her church Worship Team for our Convention music. The Keynote Speaker, Rev. Daniel Lee presented a passionate comprehensive review of his work with Lutheran World Relief. He spoke on renewal: creation, planting, divine compassion--revolving loan for a women's group supporting their own empowerment.

Attending the two day retreat in Duluth offers an especially unique opportunity to meet a diverse group of women from the entire NE MN Synod area. The overall convention administers the business of the NE MN Synodical Women's Organization which encourages community and fellowship of participants by enabling us to see that we are created in the image of God, called to discipleship in Jesus Christ, and empowered by the Holy Spirit; and in providing an open-ended opportunity for women to grow in faith, affirm our gifts, support one another in our individual callings, engage in ministry and action, and promote healing and wholeness in the church, the society and the world.

The Convention/Retreat also hosts a wide range of interesting break-out sessions on topics such as "LWR's Quilt and Kit Ministry, What Makes and Renews a Welcoming Mission Community, Hunger is a Growing Problem, But Solvable, and more." Our own Cass County Faith in Action Executive Director, Theresa Eclov presented, "Radical Hospitality--Neighbors Helping Neighbors Through Faith in Action." Please be sure to call 218-675-5435 if you can be of assistance to neighbors in our Cass County community.

Jennifer Michael, Churchwide Representative presented: "Leave Your Excuses at the Door: Sparking Passion Within Your Congregational Unit." Jennifer referred to the Lutheran Magazine, June 2011 article about the changing church culture leading to the ten trends of decline in worship and church participation. She summed it up by saying "our challenge is to embrace the changes, speak with a new voice, and to remember, that passion always trumps excuses." She certainly gave us a lot to think about.

The Friday evening Entertainment was the Minnesota Teen Challenge Choir representing men from age 18 though seventy-something working through long-term recovery treatment program. Their diverse musical selections and personal testimonies touched us all deeply. Their motto is "to get what you've never had, you must do what you've never done." The Friday evening Vesper Service included an optional invitation to write a cross that we bear on paper and pin it on the wooden cross leaving it there for good! The next morning, Pastor Lomen asked who took their "cross" back overnight...we were reminded to leave it there. Another profound question she asked us during the weekend: "What keeps you from a closer relationship with God?" What would your answer be?

The backdrop stage quilt was exquisitely designed and woven together by the WELCA of Laurentian Conference: The center of the quilt was a serene panel of nature print fabric surrounded by nine-patch blocks made of coordinated material with black narrow sashings separating the center panel and each block. It was absolutely stunning. One of the workshops I chose to attend was particularly fun and inspirational: "A Quilting Trunk Show," presented by Carolyn Tuckner of Our Redeemer Lutheran, Pine City illustrating the spiritual essence of a wide range of antique and modern quilted projects.

We hope that many more women from our congregation will choose to attend the Convention next year. God's love and peace be with you always, Julee