Elim Lutheran Church

Sunday School/Adult Education 9 a.m.
Worship Service 10:00 a.m.

575 23d Street ▫ Ogden, UT 84401
Phone 801-394-5543 ▫ Fax 801-394-5547
www.elimlutheran.org ▫ office@elimlutheran.org

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Hold for Parade photo

Through the power of the Holy Spirit, Elim Lutheran Church seeks to be a healing, equipping, and serving community of faith.
—Mission Statement

THE
Elim Scribe

Volume 66, Issue 8 **August 2016**

What's This Country Coming To?

By the Rev. Rick Minnich

I know it's not good grammar! You're never supposed to end a sentence with a preposition. But it's also not good theology! Many people are looking at the 2016 election for president with dismay.

There are two candidates from our major parties and few people like them. Democrats liked Bernie Sanders by a huge margin. They believed he meant what he said. They thought he told the truth…on a regular basis.

Illustration for "Living Lutheran Amid Elections," Feb. 23, 2016. *www.livinglutheran.org/2016/02/amid-elections/*

Even people who are pleased that a woman is finally the candidate of a major party were less than pleased with the person to do it. And on the other hand, there's Donald Trump…the Donald. Enough said.

And the result is that people are unhappy with both choices. There are negative outcomes galore no matter which candidate is successful in November. Many are talking actively about a third party candidate. Someone else. Anybody else! That is because of the fear for the future of this great nation. We have such wonderful ideals. We have incredible goals for which to shoot. We have a good system of justice that is meant to protect people both by the law and from the law. But with the leadership we anticipate, there is lots over which to worry.

What will happen to the economy if Hillary is elected? Will Donald Trump alienate us from all our foreign allies? Will congress become even less functional than it currently is? And people are growing in anxiety and fear for the next few years. Many are talking like Canada is about to have a population explosion!

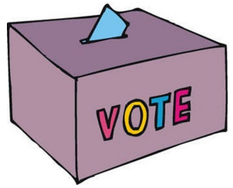
But Christians who are dwelling on these negatives have forgotten our theology. And it's something that we repeat every Sunday. "In life and in death, we belong to God." and "You go nowhere by accident. Wherever you go, God is sending you…" We are not a people who are supposed to live in uncertainly and doubt. The future and its shape may remain dark for us, but we are certain of one very important truth: God is sovereign. Whatever happens in November, or January,

(Continued next page.)

Continued from page 1

of April…or 2025, God is in control and God is working His purpose out. He can to that with George Bush in the White house. He can do that with Barack Obama in the White house. He can do that was Donald Trump, with Hillary Clinton, with Paul Ryan or any other human bozo that gets elected! As God's people, we should never live in anxiety, but God is our refuge and strength.

Psalm 46 reminds us that even though "the Earth should change and the Mountains fall into the heart of the sea" God is still our refuge and strength. And the people around us who do not have that confidence are depending on us to show them the way.



What should we do in the face of this reality? "Be still and know that I am God!' says the Lord. We must learn how to quiet our hearts, quell our concerns and contain our worries. We do that by knowing God. Because knowing God, and his strength, and his love, all we need to accept what God is bringing us in the future.

Faithfully, *Rick*

About the author of "What's this country coming to?"

Rick was born in New Jersey and grew up there. He attended Rutgers University before deciding to enter the ministry. He received a BA degree in Psychology from Grove City College, and worked on a MA in counseling, working for a year as a therapist in a drug rehabilitation unit in Philadelphia.

The Rev. Dr. Richard Paul Minnich wears his formal Scots garb.

In 1978, he married Jill Joyce Kelley and entered Princeton Theological Seminary from which he received his Masters of Divinity Degree in 1981. He then served two pastoral positions in Pittsburgh. During that time, he earned his Doctor of Ministry Degree from Pittsburgh Theological Seminary.

Rick moved to Utah in 1992 in order to become pastor of the First Presbyterian Church of Ogden. He is very active in FPC's music ministry. Rick and his wife Jill have three children together.

Social Ministry

7th Annual Blessing of the Backpacks

Students of all ages and levels are invited to bring their backpacks and contents to be blessed during the Worship Service at 10:00 a.m. on Sunday, August 14.

You are invited to donate school supplies to be given away that Sunday.

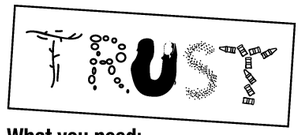
Whenever you see a good price on school supplies, please buy some and bring them to church the next Sunday.

Leftover supplies will be donated to New Bridge Elementary or Madison Elementary.

The Congregation blesses the kids and their backpacks on August 6, 2015.

TRUST POSTER

No matter what you face, God is with you. Make this poster as a reminder to always trust God.



What you need:

- Cardstock
- Glue
- Twigs (a 3" piece and a 2" piece)
- Pebbles
- Black paint
- Paintbrush
- Sand or glitter
- Broken crayons (2 or 3)

What you do:

1. On the left side of the cardstock, trace a 3"-high letter T with glue. Place twigs on the glue lines.
2. Trace an R of the same size. Place pebbles on that glue.
3. Use black paint to make a U.
4. Trace an S in glue. Pour sand (or glitter) on top.
5. Make another T with glue. Place the crayons on top.
6. After the poster dries, shake off the excess sand (or glitter) into a trash can.

NEVER FEAR!

The Psalms are full of inspiring prayers to God, who always looks after you.

Directions: *Use the clues to fill in each missing letter. Then use those letters to complete Psalm 13:5, NIV.*

What plants grow in ..... DIR__ (1)

The opposite of play ..... WO__K (2)

One-of-a-kind ..... __NIQUE (3)

A hug and a ..... KI__S (4)

Sour ..... TAR__ (5)

To speak very loudly ..... YE__L (6)

Immediately ..... N__W (7)

Bees live in a ..... HI__E (8)

A dandelion is this ..... W__ED (9)

I ___ ___ ___ ___ ___ in your unfailing ___ ___ ___ ___ ;
(1) (2) (3) (4) (5) (6) (7) (8) (9)
my heart rejoices in your salvation. Psalm 13:5, NIV

Answers: dirt, work, unique, kiss, tart, yell, now, hive, weed;
I trust in your unfailing love; my heart rejoices in your salvation. Psalm 13:5, NIV

Share these activities with your kids, grandkids, and friends' kids. If you do the activities with them, each one should give you the opportunity to talk about Jesus as the Lamb of God. For a large version of the puzzle on card stock, contact Dave Thomas in Elim's office, 801-394-5543 or email office@elimlutheran.org.

Stewardship

2016
General Fund Income/Expense Comparison

	Income	Expense	Difference
January	$9,721.80	$8,656.34	$1,065.46
February	$10,178.10	$10,127.90	$50.20
March	$9,865.00	$6,128.61	$3,736.39
April	$6,348.23	$8,996.49	-$2,648.26
May	$7,435.84	$10,134.34	-$2,698.50
June	$6,594.78	$5,539.86	$1,054.92
July	$0.00	$0.00	$0.00
August	$0.00	$0.00	$0.00
September	$0.00	$0.00	$0.00
October	$0.00	$0.00	$0.00
November	$0.00	$0.00	$0.00
December	$0.00	$0.00	$0.00
Increase/deficit	**$50,143.75**	**$49,583.54**	**$560.21**

The above figures are the most recent figures available as the Scribe went to press.

THE FAMILY CIRCUS

"Yesterday is the past, tomorrow is the future, but today is a *gift*. That's why it's called the present."

from *JoyfulNoiseletter.com*
Reprinted with permission of Bil Keane

Property

Property (Is at it again)

We are in the process of planning a bake sale along with a parking lot sale. It will take place on Saturday, July 30, from 9 a.m. to 3 p.m.

A Rummage Sale at Elim in 2012.

We are accepting donations of gently used items. There is space for us to store them at the church. If you have large items, we ask that you please hold onto them until the day of the sale.

We could use some volunteers to help price everything the day before the sale, and some volunteers the day of the sale to help oversee everything.

ALL PROCEEDS WILL GO TO THE RESTORATION FUND

If you have questions or donations to be dropped off, please feel free to call or e-mail Nancy Jorgensen. Thank You.

Moving Tables & Chairs

If you need a table or chairs for outside or for another room in the building, please take them out of the closet at the east end of the Fellowship Hall.

If you would like to borrow tables & chairs for use away from church, please check with the office before taking them.

Bringing donations for the Rummage Sale to Church

Donations for the rummage sale may be brought to the church between 2 and 4 p.m. on Tuesday and Wednesday, July 26 and 27. If you cannot come at those times, please contact Nancy Jorgensen to arrange a time that is good for you.

Social Ministry

Family Promise® of Ogden

MISSION

To help homeless families achieve sustainable independence through an interfaith, community-based response.

HISTORY

Family Promise of Ogden expects to launch in late 2016, following in the footsteps of a strong, 21-year program in Salt Lake City and with the help of a national organization in more than 200 cities and helping 50,000 people annually.

PROJECTED BUDGET

2016-2017 Income:
$151,000
Individual (20%), Corporate (33%), Foundations (33%), Other (14%)

2016-2017 Expenses:
$147,620
* To shelter a child for 1 month is **$530**.
* To transition 1 child to housing is **$1,300**.

CONTACT

Nancy Davis Broderick, president, Board of Trustees, 801-675-0429, or go to fpofogden.org

WE FOCUS ON FAMILIES

Families are the fastest-growing segment of homelessness because of the rising costs of housing and living expenses such as child care and medical costs, compared with depressed wages. Unfortunately, when a low-income family has a financial setback, and no other resources, homelessness is a real and frightening possibility.

* At least **1,100 Ogden children are homeless**, according to our public schools and the Department of Housing and Urban Development.
* Total number of children living motels, shelters or places not meant for habitation increased by 13% in 2015.

OUR PLAN

Family Promise of Ogden places homeless children and their families in a safe environment and **helps them become self-reliant** before they become chronically homeless.

Existing community resources will be used, resulting in **rapid implementation of our program** without construction or other large start-up costs. Churches and other religious facilities will be used for overnight lodging. Social service agencies will provide screened referrals.

Volunteers are the linchpins of our program, with most provided by our religious partners. They will receive training to administer caring and compassionate assistance to the families we serve.

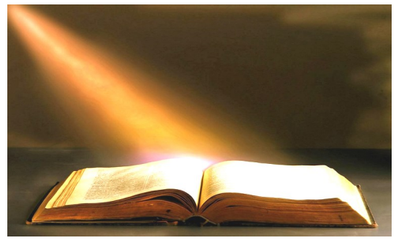
A full-time director and part-time case manager will assist clients in securing housing, employment, benefits and services to enable them to resume a more normal life.

Helping families in Ogden get back on their feet.

Ascension Lutheran Church is involved in this project, and members of Elim are invited to join them. Speak with Dave Thomas if you want to get involved, and he will put you in touch with the folks at Ascension who are involved with this project.

Worship

August Bible Readings



Sunday, August 7, 2016 - Pentecost 12

Genesis 15:1-6
Psalm 33:12-22
Hebrews 11:1-3, 8-16
Luke 12:32-40

Sunday, August 14, 2016 - Pentecost 13

Jeremiah 23:23-29
Psalm 82
Hebrews 11:29-12:2
Luke 12:49-56

Sunday, August 21, 2016 - Pentecost 14

Isaiah 58:9b-14
Psalm 103:1-8
Hebrews 12:18-29
Luke 13:10-17

Sunday, August 28, 2016 - Pentecost 15

Proverbs 25:6-7
Psalm 112
Hebrews 13:1-8, 15-16
Luke 14:1, 7-14

Did you know that there are Bible readings appointed for every day of the year?

Trinity Evangelical Lutheran Church in Camp Hill, PA, has them all online!

Here is the URL. http://tinyurl.com/hcgoytx

Would you take Communion to homebound and hospitalized members?

In 2011, Pastor DanaLee trained a team of volunteers to take Holy Communion to our members who are homebound or hospitalized.

With Pastor DanaLee's departure, some volunteers moving away, and others being no longer able to serve, we now need to recruit more people to do this.

How often you took Communion to someone would be up to you. The only requirement for serving in this way is that you be baptized and willing to take a short training class.

If you are willing to help in this way, even just one time, please speak with David Thomas or Bonnie Rembacz.

Thanks to Jane Beasley for being the first volunteer! Who will be next? Maybe you?

Only <u>ONE</u> Day Still Available to Give Altar Flowers!

August 21 is the only Sunday left in 2016 when someone can donate the altar flowers.

Only $25 will purchase two lovely bouquets to beautify our worship service and give glory to God.

After the worship service, you may take one bouquet home to enjoy, and also say to whom the other bouquet should be given.

If you want this opportunity, sign up on the Flower Chart in the upstairs hall, or tell Dave Thomas.

Discipleship

Discipleship Report

Submitted by Lynn Purdin

<u>Sunday School</u>

Les and Sharon Moore have indicated that they will no longer be teaching the Junior High and High School students. We are very thankful for having their guidance with our youth these years. Lynn Purdin will be seeking out a new teacher and has an idea in mind. It is expected that the Children's Sunday School class will resume with the same teachers in place, although additional teachers to join the rotation would be most welcome!

<u>VBS</u>

VBS was an amazing experience, thanks to the many volunteers who contributed their time and efforts. We served 14 children and 7 youth helpers with no less than 23 adults involved, as well as many additional members who provided money and food. In addition, the Latino community provided a meal during the second week.

The VBS kids raised money for ELCA GoodGifts, and challenged the congregation to match or beat them. The final figures were: VBS Kids, $206.25, Congregation $205.97! The kids won by 28 cents! The total was $412.22.

With this amount, the Youth Helpers voted to give a fish farm, 2 goats, 1 pig, a hive of honey bees, and 10 chicks to people living in Third World Countries.

<u>The VBS Thank You Pizza Night was held on July 11 at 6pm.</u>

The VBS volunteers enjoy a delicious pizza dinner and discuss how next year's VBS can be even better!

Mandy (standing) announces what farm animals the Youth Helpers selected to have ELCA GoodGifts give to people living in the Third World, as Lynn Purdin seated, left) and Lydia (seated, right) listen.

Social Ministry

Heal thy Self with Jennifer James

Jennifer James, a certified dietician,
shares her thoughts on healthy living.

Translating Trans Fat

Trans fat often confuses people. The labels are confusing, what it does is confusing, why we should avoid it is confusing, and so on. Let's clear this up once a for all.

Trans fat is made by bubbling hydrogen gas through liquid vegetable oil to produce a more solid fat with many possible degrees of hardness. Think margarine or shortening. It changes the shape of the fat molecule and how it behaves in the body.

It is not a good thing to eat so why do food manufacturers use it? It keeps the product from spoiling as quickly, people like the way it tastes, and when frying with it food cooks more quickly. The Food and Drug Administration has changed the classification of the fat so it is now not "generally recognized as safe" and food manufacturers have a few more years to remove it from their products.

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 260	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Why is it so bad for us? It raises our LDL (bad) cholesterol and lowers the HDL (good) cholesterol, increasing the risk for heart disease. The American Heart Association recommends no more than 2 grams of trans fat per day. As for the labels, ignore what is printed in the Nutrition Facts portion and read the ingredient list.

If you see the term "partially hydrogenated oil" than the product contains trans fat, regardless if the trans fat amount is zero. Until the amount of trans fat in a portion hits 0.5 grams, the amount can be portrayed as "0". This can make it very easy to hit that amount if you eat multiple portions of a food that may have, say, 0.4 grams of trans fat. The foods that contain it tend to be of low nutritional value, such as cookies, snack foods and pastries. So either way, there is not much to get excited about nutritionally.

This is Jennifer's Final Column

This will be the last column of "Healthy Self." Jennifer began writing it in March 2014, but all good things must come to an end.

Jennifer said, "I won't be writing the column any more, I've enjoyed doing it very much, and thanks for the positive feedback. Friends and family always tell me I do too much, so I am trying to simplify my life. Thanks everyone!"

Thanks, Jennifer, for all the good advice on healthy living. In case you were counting, that's 31 columns over almost three years! What a fantastic contribution she has made!

Fellowship

LLNO/LGNO

Announcing!

The Lutheran Ladies' (and Gentlemen's) Night Out For August!

At 8:00 p.m. on Thursday, August 18,, LLNO/LGNO will attend *Pirated!* by Jim Christian.

Sound in motion pictures has only just come into vogue in the 1930s, and a new production of The Pirates of Penzance is caught in the silent era. To compensate, the director hires a group of talented singers to dub over his silent-era actors' lack of vocal talent. The entire shoot goes haywire when the two groups clash and the director loses control.

The original production of Weber State's production was titled "Pirated Penzance." It was presented at the Kennedy Center as part of the prestigious American College Theatre Festival in 1994. Dave Thomas saw the original production, and said, "I laughed so hard that my sides hurt!"

The production will be presented in the Ogden City Amphitheater.. Reserved seating is $20, and general admission seating is $15.

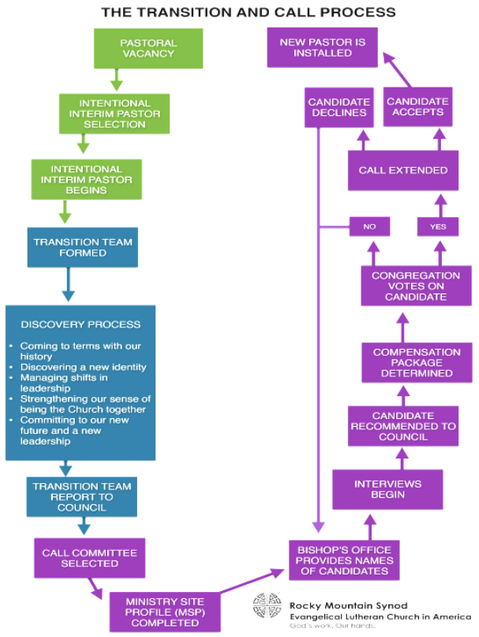
Tickets are available online at http://www.goodcotheatre.com/ or at the door.

If you have questions, or if a group would like to go eat together before the show, please contact Dave Thomas.

Transition Report

By Rick Widner

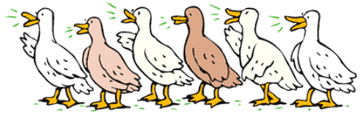
Hold for Rick's article.



An 11x17" copy of this chart is displayed on the bulletin board. If you would like a copy for yourself, please tell David Thomas, who will happily copy one for you.

Council News

Congregational Meeting and Annual Picnic



Plan ahead and save the date. On August 21 immediately following worship, we will hold Elim's Summer Congregational Meeting and a potluck picnic. (If the heat is excessive, the picnic will be in the Fellowship Hall.)

Don't miss this—important reports will be presented and important decisions made. We look forward to seeing you there!

(The potluck picnic will be wonderful, too!)

Evangelism

Elim in the Pioneer Days Parade!

Hold for Parade photo(s)

Social Ministry

Coming in September—God's Work, Our Hands Sunday!

God's Work, Our Hands (GWOH) will be Sunday morning, September 11, 2016.

Instead of our usual worship service, teams of volunteers will move out into our community to do service projects.

GWOH Volunteers from Elim & Ascension at the Ogden Nature Center on September 13, 2015

Once again, we will be partnering with Ascension Lutheran Church for GWOH Sunday. Eric Engelby of Ascension will be the chairperson, and Dave Thomas of Elim will be the contact person for Elim.

There will be a planning meeting at Slackwater Pizza at 12:15 a.m. on Sunday, July 31. If you would like to help plan GWOH Sunday, or if you have a service project to suggest, please speak with Dave Thomas.