

Shepherd's Voice



***Fresh Start
Self Care***

June 2021

WHAT DOES SELF-CARE LOOK LIKE TO YOU?



Renee Patterson
Senior Pastor

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The theme for our June newsletter is summer and self-care. It seems that summer and self-care have always gone together. Summer seems to afford many of us a bit of a slower pace and a chance to catch our breath and even relax a little. What is it that you do for self-care? Take a vacation? Pamper yourself? Get outside in nature? We have heard a lot about the need for self-care in the midst of this pandemic existence, as we learn to process all that we have experienced. This last year and a half will take some time to unpack and self-care will be a needed piece of that formula.

This has me also thinking about community-care and what pieces of the formula are needed to care for our Shepherd community. God reminds us in Hebrews 10:24-25 of the importance of being together, which is both self-care and community-care: *'Let us consider how to inspire each other to greater love and to righteous deeds, not forgetting to gather as a community, as some have forgotten, but encouraging each other, especially as the day of His return approaches.'* I believe that our communities are suffering every bit as much as our personal lives. It is almost as if we need to re-learn how to actually *be* together. Even in that, there is so much to learn. One thing we need to learn is how to be together in the same space with masked and unmasked people. This, I think, will take some time and patience as we practice being together again. So, my Shepherd friends, summer will be a time for us to practice being in (face-to-face) community again!

Your Shepherd staff has been working hard to create places and spaces to practice this reconnection with our community and each other (see our upcoming events section on page 13.) These events are meant to give us some time to adjust to the ever-changing safety guidelines while creating space for some summer fun, some learning and just the joy of plain ol' being together.

We will also continue to offer TWO summer worship services, one at 8:00am in our sanctuary and one at 10:00am in our parking lot. This will allow people the ability to have choices (both of style and comfort levels) for their worship experience. While masks are not required at either of those services, we encourage (and even welcome) you to wear one if you feel the need. We are even creating a "masked section" in our sanctuary for people that want to remain masked inside to sit near other masked folks. We are doing all this in our efforts to care for our church community and each other.

This pandemic existence may have required us to learn and do new things, but one thing we can all agree on is the need for self-care and community-care in the midst of this learning and doing. So, let's do some practicing of both this summer, as we figure out what all this caring and togetherness means for us as people of our Shepherd community. We can do this!

In One Peace,
Pastor Renee

Shepherd's Governing Board

Jesus said to them,

"Go into all the world and preach the gospel to all creation."

-Mark 16:15

Each Governing Board meeting starts with an opportunity to check in with one another and focus on a particular question set to us by Pastor Renee. This month we were asked to share: *What have we missed most about how we used to do things here at church and what do we like about the new way we are doing things? Both Pastors whole-heartedly miss serving communion and we all miss having communion together in our traditional way. Many of us mentioned missing congregational singing together and the variety of music during worship...and hugs! Parking Lot Worship was the most common response for a change we like, along with enjoying online worship and the chance for our families to create a "home church". We sure do appreciate the staff and their adaptability to all the challenges that they have faced. What about you? What have you missed and what are positive things that have come from this experience? Both questions can lead us to a stronger appreciation of our community and gratitude for all that God has given us.*

WORSHIP NEWS:

The 8am indoor and 10am parking lot worship services will continue. At the May Governing Board meeting, we had a lengthy discussion on various options as the CDC and Governor lifted the masking and spacing requirements. We want to create a welcoming and caring environment for all our congregation. Thus, we all agreed after a lot of discussion, that wearing of a mask will continue to be encouraged and welcomed but will be optional. There will be a "safe zone" in the sanctuary designated as an area that mask wearing will be required for those who wish to sit in this area.

St. Paul Area Synod Assembly Nominations:
Congratulations to congregation member, Sue Fairchild, who was nominated onto the Consultation Committee of the Synod and to Sr. Tashina who was elected as | the Deacon Representative of the Synod Council.

Ways to stay connected this month:

- ▶ Please join us on the front lawn for donut time between the Sunday service(9:00-10:00am).
- ▶ Lunch on the Lawn with Your Shepherd Staff— every Tuesday at 11:30. Bring a bag lunch and a chair or blanket and enjoy your lunch with SOTH friends.
- ▶ Sunday, June 6 during the 10am parking lot service is Graduation Sunday to celebrate our Class of 2021 area high school graduates.
- ▶ Tuesday, June 8, 6:30pm - Emmy Kegler, author of our most recent congregational study book, 'One Coin Found', will be joining us for a time of conversation and Q/A. All are welcome, whether you participated in this book study or not.
- ▶ Thursday, June 10 at 5pm - Kingdom Kids is a monthly evening event for families to come and have some kid-friendly fun together. Our June event will be an End of the School Year Carnival. Please contact Pastor Brice if you are available to help at any of these monthly events.
- ▶ Thursday, June 17, 6:30pm -- Pour Theology is back! Meet on the patio at Shore 96 in the Shoreview Village Mall on the corner of Lexington Ave. and Hwy. 96. Join us for some drinks and snacks with engaging conversations.
- ▶ Guitar/ukulele lessons and the bell choir are starting back up! Contact Joe to get involved in these musical experiences.

Your Shepherd Governing Board,

Dave Webb, Chair
Deb Kohen, Vice Chair
Elizabeth Kohen, Treasurer
Maria Miller, Secretary
Chriss Latterell
Lynn Mears
Sally Peters
Kristen Goligowski
Pastor Renee Patterson

Hello Dear Shepherd Folks,

Do any of you remember your first job? What about the first day of your first job? I do. I was a dishwasher at the restaurant my mom was working at and I had absolutely no idea what I was going to do. But they showed me how to unpack the busing tubs and how to use the industrial dishwasher and where to put all the clean dishes. I am pretty sure the only person I talked to was my mom and possibly one of the cooks to help me take the heavy trash can out. It was nerve racking and terrifying. My heart pounded the whole time and I could hear my own breathing and I am pretty sure I was shaking. Because it was new. It was a brand new environment with brand new people and I had brand new responsibilities.



**Sister Tashina Good
Deacon**

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Looking back it seems a bit silly. I mean there was never an emergency, I held no one's life in my hands, and seriously, my mom was there. But that didn't change the way I felt. That feeling has found its way into my life many times since then. When I quit my first job, when I started or ended any job after that, when I moved away for college, when I walked into my first college classroom, when I moved to a new state, the first time I flew on an airplane, the first time I preached, when I dropped my sister off at the airport when she was moving abroad, when I met my new baby nephew for the first time, that one time when I presented to about 1000 middle schoolers from across Iowa about sustainable water access (because we all know how excited they were about that), the list goes on. Life is full of constant changes and each one impacts us. Sometimes like my big life events and other times they are more like little things that add up until we suddenly realize that everything is different.

Our world seems to be constantly changing, and not just on a personal level as of late but at global, national, state, and local levels. It can be a bit much at times. I am not sure about you but when I read that the COVID-19 related mandates were suddenly lifted, I felt the same way I did on the first day of my first job. Now don't get me wrong! I am excited to not need to wear a mask all the time, but my first thoughts were of those who cannot yet be vaccinated (like the youngest of our community) and how do we continue to keep them safe. With a sudden change like this, a transition is clunky and difficult.

All of this causes me to think of our scriptures, not of any particular passage, but of the overarching story. When God created the world everything changed into existence, then some things happened, and Adam and Eve got evicted from the Garden. Famines and exiles and war and good leaders and not so good leaders and decrees for all from both; the people of God have been through everything imaginable and yet the one thing that sticks out is God remained faithful. These scriptural stories are of people making wise decisions and people making terrible choices and families divided over little things and whole civilizations uniting at the craziest of times. It is the story of people, like you and me; it is our lineage. Like them we will make wise decisions in our lives and we will make terrible choices and those we love can find division for the strangest of reasons and unity over the simplest. All of that is unpredictable. But God is constant. God's love for us is unceasing and relentless. All throughout scripture God pursued God's people, even when they faltered, even when they turned away. God never gave up.

So, I pray that during this time of constant and perhaps a little scary, change that you are able to find moments of pause. Go for a walk in the beautiful weather, pause to listen to the rain on your window, be with people you love, and listen to laughter any chance you can. In those moments I pray that you see God all around you. That you feel God's loving embrace. And may you say a prayer of thanksgiving for all you have and name those who are struggling. May you find rest and may it give you strength mentally, emotionally, physically, and spiritually. Through it all, know your church is holding you tightly in prayer as we navigate these waters together.

See you in church,
Sister Tashina



Brice Bloxham
Associate Pastor

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Each Summer the same thing seems to happen. I ponder the things I want to do: spend more time doing nothing, watch my kids jump in the pool, go fishing, catch fish, eat fish, watch the kids have holding-their-breath contests (actually, no I do not like that option), grill more, get a couple projects completed, and simply *be*. After taking stock of the desired events of the summer I find myself exhausted. Who in their right mind would amass an intentional list like this?! Also, how can I spend my time doing nothing when I want to do so much?

A question is raised often in our home, “Can today be a stay at home day?” Do any of you out there find yourselves going too fast too hard for too long? I know that is the case often in our house, especially when reflecting on the weekend, as Monday is beginning. “How is it that we are always doing something?” Not doing anything is hard for me, even for as docile as I am. I really have a hard time sitting still.

The changing of the seasons has the ability to present new beginnings. With that comes a new set of perceived goals. We have opportunity to control what those goals look like. Will those goals and desired outcomes fill your time with more busy work than intentional time? It is unrealistic to say you are not going to do any work. However, it is possible to find a better balance.

My hopes for the summer will focus on being intentional. So, I hope my fresh starts will be more intentional. Intentional about what gets my attention. Will technology or relationships win out? Projects or games? Rest or moving? While none of these that I am hoping to minimize are inherently bad things, it can be very easy for me to let those monopolize my precious time.

We can choose to restart, really, any time and these changing seasons give us a starting point. How will you see yourself restarting? Is your restart beginning with a respite? Respite is good and important as they give you a break, that important “Shabbat” we have discussed in the past. It’s breaking from a rote way of being pulled in multiple directions. For me that Shabbat will begin with rest. Taking some rest before starting anew allows me to begin with energy rather than starting something on an empty or near empty tank. I do not know about you, but I am better when I am rested.

What does a fresh start look like for you? Are you a person who can pivot from one way to the next with no warning? If you are, I am envious. Are you the person who needs a minute? Cool, me too. What areas in your life are in need of a fresh start? Take some time, think about it. Not all the flowers have bloomed; you have time. Know what? Even if they have bloomed and you still do not know, that is okay, too. Take your time.

PB

Dear friends,

A question for you to ponder: ***What are the things that give you life? What feeds your soul?***

As we approach the summer months we are seeing more and more opportunities to return to a (somewhat) normal sense of life. It's been a long time since we've been able to take a collective sigh of relief. For me, that sigh has looked like returning to things that have always been a sustaining source for me.

It's simple things. It's going to a patio for a dinner with friends. It's going back to the movie theater to see something on the big screen (SIDE NOTE: The first movie we saw back in theaters was *Godzilla vs. Kong*. Super silly, super fun, amazing monsters... highly recommend!)

Another thing that I've finally found myself reconnecting with is making music. Now you might be asking yourself, Joe you *literally* make music for your career. I know. And I love it. But in always looking ahead, always planning for the next service, performance, gig... it's easy to have something you *love*, become something you *do*. Music has always been a way for me to connect with myself, let go of the outside world, and just be in the moment. But to experience it in that way, I have to intentionally set aside time with no agenda, no timeline, no impending performance. Just me and the music.

I think we all have things like that. Things we don't take time for or haven't been able to do since the beginning of the pandemic. My hope for you in these summer months is that you find what sustains you, what connects you with yourself and God.

And as a plug, we are returning to summer music making. Adult Guitar and Bells will be returning on Wednesday evenings (6:30 & 7:30 respectively). Both offer different ways to experience music. In bells we rehearse to perform, but welcome ALL levels. Guitar is more laid back and allows for an opportunity to just make music without an agenda. Both will be outdoors (weather permitting) so I hope that you might try one or both of these opportunities to reconnect with yourself, your community, and God.

Soli Deo Gloria,

Joe



Joseph Trucano
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ABOVE: Koreann teaching ukulele to our elementary kids last summer.

BELOW: Bells rehearsing on the lawn.





Miranda Oliver
Director of Operations

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Fresh starts and self-care.

Eighteen months ago, I moved to a “new to us” home. It has always been a dream of mine to live on a lake and we made that dream a reality. Having grown up spending the summers at Pelican Lake outside of Pelican Rapids, I knew that “blue therapy” would be something I would need as I aged. When COVID-19 first started it was still winter, snow was on the ground and it was the first spring in our new house. The excitement of seeing what was growing in my yard and the ice melting was an amazing event for me. Something about the newness of it all brings me joy and helps ignite hope for me.

With the changes that have occurred during COVID-19, the need for self-care has become vital. I am Shepherd’s COVID-19 point person. For some that don’t know, each business/organization needs to designate a COVID-19 person that maintains the COVID-19 plan, with things like contact tracing, etc. Not something that I would ever think I’d need to do. Due to my personality (I am a six on the Enneagram, for those familiar with it), I am always checking for information to ensure that the choices being made are in the best interest of the organization. The information, changes to the guidelines, etc, can be overwhelming.

So, this has been a really difficult time for me as I am sure it has been for many of you too. At the time of this writing, I have not yet hugged my siblings nor my parents in over a year. I have chosen to be intentional about who I spend my time with, finding joy in experiences and learning to recognize the things I am grateful for. This has also resulted in difficult decisions around the continuation of some past activities while experiencing the fun of finding new ones. Which brings me back to the “blue therapy” I mentioned earlier. I have found joy in just being outside, mowing the lawn, tending to a garden, watching birds and other things in nature and of course, staring at the water. Reconnecting to the things that bring me joy and ridding my life of things that cause me angst has been healthy self-care. I encourage you all to look for the joy in things around you, not question your “gut feelings” and learn to appreciate the wonderful things that God has given us.

How can one support Shepherd financially?

- Mail in your offertory envelopes
- Give online on our Giving Page
- Text To Give - Simply send a text with the word GIVE to 651-412-7495 with the amount you would like to contribute.
- List Shepherd as your beneficiary
- Transfer Stock to Shepherd

With any questions regarding giving, please contact [Miranda](#).





Jilene Ylonen
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School's out and summer is here! We are so excited to welcome children and their families back to activities at Shepherd this summer.

We begin the summer with a School's Out Carnival in the parking lot on June 10th. Join us for fun activities, games, and a treat!

Then heading into July, from 9:00am-12:00pm on July 12-15, we will be holding Vacation Bible School outside this year. Our theme will be Treasured, where children celebrate God's greatest treasure, them!

Also, the same week as VBS we have our summer musical, Christmas in July. With things a little different this past Christmas, we couldn't put together a Christmas Musical in December, so this year, we are celebrating in July. The musical camp will take place 12:30-2:00pm July 12-15 and then will perform in worship on July 18 at 10:00am.

We would love for your family to join us this Summer! Please contact us with any questions.



Youth Ministry @Shepherd

Middle School Summer Events

Join us for Games, Food, and Fun each month in person and onsite at Shepherd, Wednesday Evenings 6:30PM—8:00PM

- June 9th
- July 21st
- August 18th

ReFUEL June-August

Incoming 9th-Outgoing 12th Grade Youth

Why Does Faith Even Matter in my Life

Upcoming Events:

- **Sunday, June 13, 6:30-8pm**—Pride Month
- **Sunday, July 18, 6:30-8pm**—Ministry Partners
- **Sunday, August 15, 6:30-8pm**—College Panel

Devos & Donuts...Monthly Wednesday evening gatherings with snacks and diving deep into important and/or random

Biblical texts most people avoid:

- **Wednesday, June 30, 6:30-8pm**—Deconstructing the Myth of “Biblical Marriage”
- **Wednesday, July 28, 6:30-8pm**—Weird Stories from the Old Testament: Cannibalism, Pooping Kings, Naked Prophets, and more!
- **Wednesday, August 25, 6:30-8pm**—Devo & Donuts—TBD by Popular Vote...

Stay informed via Instagram @youthshepherd

6th-12th Grade Youth

VBS/Musical Camp Volunteers—

July 12-15—Register [HERE](#)

Camp Out—August 1-3

More info coming soon!

ADULT *Faith* FORMATION

All June Adult Ed events are subject to change. Please pay attention to weekly eNews for up-to-date information

Weekly Bible Study: Wednesdays throughout May at 1pm IN PERSON in Shepherd’s Narthex and at 6:30pm via Zoom. Join us to discuss the upcoming scripture text and learn together.

OUTDOOR Donut Time: Join us each Sunday in June for our Donut Time after indoor worship in the parking lot from 9am-10am! WE HAVE DONUT HUT DONUTS!

Pour Theology: We will be meeting at Shore96, where we have their patio reserved. Shepherd will be providing appetizers and any non-alcoholic beverages.

The pastoral team will always have conversation topic options ready but our hope is to chat around questions or wonderings you may have about the church, God, and the Bible.

SHEPHERD OF THE HILLS PRESENTS

POUR THEOLOGY



SHORE96 6:30-8pm
June 17 - July 22 - August 19

JOIN US FOR A TIME OF AGENDA FREE CONVERSATION
AROUND THINGS YOU’VE ALWAYS WANTED TO KNOW ABOUT
THE BIBLE, CHURCH, OR GOD.

APPETIZERS AND GOOD CONVERSATION ON US
ALCOHOLIC BEVERAGES ON YOU

Visiting Author Rev. Emmy Kegler

We are honored to have The Reverend Emmy Kegler join us on June 8th as our visiting author. Pastor Emmy is the author of *One Coin Found*, our spring book study book.

Emmy Kegler is a pastor, author, and speaker called to ministry at the margins of the church, especially among LGBTQ+ Christians. She serves as pastor of Grace Lutheran Church in Northeast Minneapolis, a small servant-hearted neighborhood congregation focused on feeding the hungry and community outreach.



Our book study attendees have been deeply moved by Pastor Emmy's words and we are greatly looking forward to this time of learning and conversation. We invite all of you to bring your lawn chair and join us for a wonderful time together as we grow in our understanding of welcome!

Join us June 8th at 6:30pm outside on the front lawn!

Photo and bio credit go to Rev. Emmy Kegler. More information can be found on Rev. Kegler's website: <http://emmykegler.com/>

As we step into Pride month we want to give thanks to the Welcoming Team and all the work they did leading up to our Annual Meeting this past January. We also want to thank everyone who asked questions and joined in any and all of the important conversations.

At our annual meeting Shepherd voted to approve this welcome statement that made way for our becoming a Reconciling in Christ Congregation:

We, at Shepherd of the Hills, welcome all who are seeking God's love and grace. We welcome all because God welcomes all, regardless of ethnicity or culture, sexual orientation, gender identity, gender expression, or relationship status. We welcome all without regard to addictions, physical or mental health, imprisonment or former imprisonment, socio-economic circumstances, or anything that too often divides us. Our unity is in Christ.

This work is an ongoing process of learning and growing alongside one another. In what ways do you desire to learn and grow in this area? Reach out to Sister Tashina and together we can explore ways for our community to continue engaging in this process!

For more information check out Reconciling Work's website: <https://www.reconcilingworks.org/>

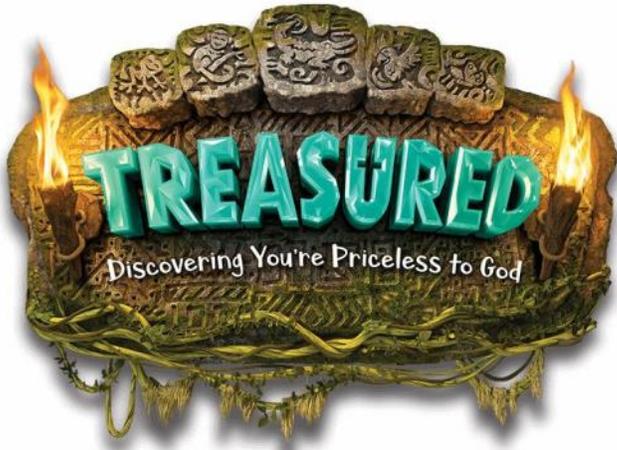


SHEPHERD'S SPRING SEASON OF SERVICE WAS FROM APRIL 25-MAY 23

A huge thank you to everyone who participated! We had over 500 starter pack projects completed and countless more acts of service done throughout our community! Thank you for being the Hands and Feet of God in this world!



Summer Ministry



Vacation Bible School

Age: 33 months—Entering 6th Grade
Date: Monday, July 12-Thursday, July 15
Times: 9:00 am—12:00 pm
Price: \$25.00 / Child

Treasured— Discovering You're Priceless to God.

This will be a Faith-filled adventure where children will discover they are God's greatest treasure!

VBS will take place outside this year and is for ages preschool-5th grade.

Register at:

Shepherdshoreview.org/childrens-ministry.html



Practicing with Joe for the summer musical 2019

Musical Camp

(The same week as VBS)

Christmas in July Musical

Join us for our summer musical camp, as we celebrate Christmas in July!

Age: Kindergarten-Grade 5

Date: Monday, July 12-Thursday, July 15

Time: 12:30-2:00 pm

Fee: \$25.00/child

Since we were not able to put on a Christmas Musical last Christmas, we will have our Christmas Musical in July! We will perform the musical in worship on July 18 at the 10am Parking Lot Service.

Come for the morning, stay all day, or come for the afternoon!

We would love for you to join us!

Register at:

shepherdshoreview.org/childrens-ministry.html



Photo by Kevin Corrigan
Monarch on Silphium perfoliatum

Free and Open To All Rain or Shine

**Landscape Revival:
Shoreview**
Saturday, June 5, 2021
9 am - 1 pm

**Landscape Revival:
Oakdale**
Saturday, June 12, 2021
9 am - 1 pm

Shepherd of the Hills
North Parking Lot
3920 Victoria St N,
Shoreview

Oakdale City Hall
Parking Lot
1584 Hadley Ave N,
Oakdale

See reverse for maps; for more info go online to

tiny.cc/SHOREVIEW

&

tiny.cc/OAKDALE

Join Us For Our 10th Annual Plant Sale!

Expo: we expect to offer an exhibition & educational experience online, to the best of our abilities.

Market: Purchase Minnesota native plants from a variety of local growers. No cultivars or systemic insecticides.

Cash or Check Preferred

Mask and Social Distance Required

See the highlighted urls above for the latest info



WEEKLY SCHEDULE

SUNDAY:

8 am
9 am
10 am

In-Sanctuary Worship

The Gathering—Donut Time outside Door A on the front lawn

Parking Lot Worship

TUESDAY:

10:30 am
11:30 am

Curbside Communion—to—Go

Lunch With Your Shepherd Staff

WEDNESDAY:

1 pm
6:30 pm

Adult Bible Study (Narthex)

Adult Bible Study (via Zoom)

FRIDAY:

Starting May 28

Preschool and Office Closed

UPCOMING EVENTS

Wednesday, May 26,

6:30-8pm—Devo & Donuts—Jesus never says about homosexuality...a deeper look into the texts people use against the LGBTQ+ community and what they actually are telling us.

Preschool and Office Closed

Friday, May 28,

Memorial Day —Preschool and Office Closed

Monday, May 31

Preschool Closed

Tuesday, June 1-4

Saturday, June 5

8 am—2 pm—Landscape Revival

Sunday, June 6,

Graduation Sunday

Monday, June 7

Finance Committee Meeting

Tuesday, June 8,

6:30pm—One Coin Found Author Event: outside at Shepherd.

Wednesday, June 9

Middle School Mystery Night

Thursday, June 10

5 –6:30 pm—Family Night—End of the Year Carnival

Sunday, June 13,

6:30-8pm—Why Does Faith Even Matter—Pride Month

Wednesday, June 30,

6:30-8pm—Devo & Donuts—Deconstructing the Myth of “Biblical Marriage”

Shepherd Office Hours Monday through Thursday 9 am-4 pm



Connect with Us

Website: sohsv.org

Phone: 651.483.5419

Email: staff@shepherdshoreview.org

Office Hours

Monday - Thursday: 9:00am - 4:00pm (Summer Hours)