



# Voice of Victory

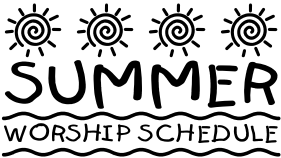
Christus Victor Lutheran Church

7510 Palomino Drive • Apple Valley, MN 55124

P: 952-454-6927 • F: 952-454-0300 • www.christusvictor.org

VOLUME 13 ISSUE 7

JULY 2010



Summer Worship  
One Service at 9:30 a.m.  
Child Care Provided

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## AND GOD RESTED

*“And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done.” – Genesis 2: 2&3*

Dear Sisters and Brothers, Friends in Christ,

Work and rest, rest and then back to work; this is the rhythm of all of God and God’s Creation. Even creative, fulfilling, and meaningful work (*think about creating the Universe and all that is in it sometime*) cannot be sustained without rest.

An example of the need for rest before getting back to work again, is the final tour of Spirit Bound. I wrote about this last month (and you can read the article “Change and the Future of CV” at [www.pastorontheloose.com](http://www.pastorontheloose.com)). The issue is that before continuing the creative process of work, we all need rest; even a group, a ministry, or program needs to take a rest.

The issue that we modern day Americans seem to struggle with is, “*What kind of rest?*” What can we do, or stop doing, that will actually give us the rest of mind, body, and soul that we need, for the sake of our continued work and creativity in the world? It’s an interesting paradox, of course, since God just stopped creating and rested; God didn’t “do” anything, just rested. And that certainly is the antithesis of our Mid-western American work ethic.

So, to get you thinking about your own summer plans and intentions, here are some of the things I plan to do this summer to find rest for my body, mind, and soul, and relationships...

**Family time in Wisconsin and Lanesboro** – I am planning on spending time at our family cabin in Wisconsin and at my in-laws outside of Lanesboro, MN, fishing, boating, swimming, barbecuing, biking, and sitting by the fire and watching the stars at night.

**Reading and music** – I have a stack of books to read this summer. The top three are Diana Butler Bass’s, *A People’s History of Christianity*, Corrine Ware’s, *Discovering Your Spiritual Type*, and John J. O’Meara’s, *Voyage of St. Brendan*. I’m also planning on attending some of the free concerts in the parks that are offered around the Twin Cities, especially Mears Park in St. Paul and Alive at 5 at Peavey Plaza in downtown Minneapolis.

**Exercise and meditation** – Join me on Tuesday mornings at 9am in the Fellowship Hall for Tai Chi exercises. We use Tai Chi forms and moves for 45 minutes of low-impact exercising and stretching. The Chinese sometimes call this moving meditation. I am also continuing my spiritual growth through daily meditation, using STOP, LOOK, and LISTEN to help me focus on God. (\*See the link on my blog)

**Worship, WAPO, VBS, and Tanzania** – I’d be a liar if I said that worship wasn’t critically important to refreshing my soul, re-focusing and de-stressing. So I look forward to worshipping with you all this summer. I’m also looking forward to visiting our kids at WAPO this summer and to a fun week of VBS! And even though there won’t be a lot of rest, I am incredibly excited to be going on the mission trip to Tanzania as an ambassador from our church in August!

*Continued on Page Two*

*Continued from Page One*

Your list may be different than mine. And what may look non-spiritual to you on the surface, is in fact deeply spiritual to me. It may not seem like rest to you, but it is for me. I offer my list and plan not for you to copy, but to get you thinking and planning for your own rest and renewal this summer.

May the Lord God, who gives the gift of rest, lead and guide you into rest for your body, mind, soul, and relationships!

Yours in Christ,  
Pastor Kent Claussen Gubrud

**CHURCH CAMP SUNDAY – July 18, 9:30AM!**

Wear your WAPO or “camp clothes” and join us for an energetic worship service Church Camp style! We will be singing church camp songs that are both fun and meaningful, some old classics and some new favorites too. There may be a church camp skit on the Bible Lessons for the day, and other aspects of worship that will give you a sense of the joy and power of church camp worship at WAPO and Wilderness Canoe Base.



**SonQuest Rainforest  
Vacation Bible School  
SCHOOL'S OUT!!!**

**WHAT ARE YOUR KIDS DOING THIS SUMMER???**...

Sports, camp & VBS! Registrations are available at the **Information Desk** or online at [christusvictor.org](http://christusvictor.org). Don't delay – get them in now. The cost is \$25.00.

**VBS is July 25<sup>th</sup> – 29<sup>th</sup>**  
with a family picnic on August 1<sup>st</sup>  
(after the VBS program).

**Summer CV Committee Temple Talks:  
SUNDAY MINISTRY MINUTES**

How many committees are there at CV? Who is working behind the scenes to make all of the ministries and programs happen, and keep the staff and the property going? How can you get involved?

These are some of the questions we are going to address this summer with **CV Committee Temple Talks**. Throughout the summer, the many committees of the church will give a short Temple Talk during worship about what they do, why they do ministry, and how people can get involved. There will be hand-outs, maybe some treats, and a time to ask questions and get to know about who and how the ministries of the church happen.

**Thursday Morning Adult Bible Study –  
10:00am in the Art Room**  
Bring your Bible and join us for a rousing journey into God's Word and the life of faith. You don't need to know anything about the Bible, just a willingness to read, ask questions, and learn. Just show up at 10:00am on Thursday mornings, we'll provide the coffee!  
**Current Focus: the Gospel of Mark**

A BIG thank you to all the folks who worked at the spring clean up day, have done landscaping, changing of light bulbs, and fixing major and minor repairs. Without all the hard work our church would not look as inviting to guests. Once again Thank You!!!!

*The Property Committee*



# 2010 Christus Victor Garage Sale

Friday, August 13 4pm–8pm  
Saturday, August 14 9am-2pm

- **Early Bird Special** -- Pay \$3/family and shop from 3pm to 4pm before the official opening on Friday.
- **Volunteers** -- Christus Victor volunteers who have worked two hours or more during the week are invited to shop at the Friday afternoon pre-sale from 1pm to 3pm.
- **Silent Auction** -- A Silent Auction featuring unique items will operate from Friday at 4pm until Sunday morning at 11am.

## When Can I Drop Off My Items?

**Clothing and Small Items:** August 8 - 10 (Sunday, Monday & Tuesday) from 10:30am to 9pm and August 11 (Wednesday) from 10:30am to 12 noon.

**Furniture and Large Items:** August 12 (Thursday) from 8am to 6pm. Limited pick-up service is available. If you can't deliver your large donations, please call the church at 952-454-6927 by Monday, August 9 to make arrangements.

**PLEASE NOTE:** Because we begin pricing items on Thursday, August 12, we cannot accept clothing or small items after Wednesday, August 11 at 6pm. Please do not leave items after this deadline. Garage Sale volunteers reserve the right to refuse any donation for any reason. Thank you for your understanding in these matters.

## What Kind of CLEAN & USABLE & UNTAGGED Items Should I Donate?

Antiques, Baskets, Books, Collectables, Electronics, Furniture, House Wares, Jewelry, Linens, Office Equipment, Seasonal, Sporting Goods, Tools, Toys, Children's Clothing (dresses, two-piece outfits, winter-wear on hangers) and Adult Clothing (suits, dresses, shirts, slacks and coats on hangers.) We do **not** accept Christmas trees, cribs, computer monitors, curtain rods, exercise equipment, infant seats, mattresses, microwaves, organs, paint, televisions WITHOUT digital converter boxes, skis or water beds.

## How Can I Help?

Please save items and encourage family and friends to contribute to and attend the garage sale. Offer to take items to the church for them. There are extra flyers in the church office – please share them with anybody and everybody! It takes a swarm of volunteers to create a buzzing sale. Volunteer sign-up sheets are located at the Information Desk. Help will be needed during the week of set-up, during the actual garage sale, and during the clean-up. (Anyone who helps clean-up can keep any unsold item.)

## Questions?

Call Queen Bees Nancy Erler (952-432-8081) or Julie McDonald (952-250-1503).



**Tanzanian Mission Trip – August 8 – 26, 2010**

Thanks to your generous support, on Sunday, August 8, we will be sending off four members of Christus Victor to Tanzania as **Ambassadors of our church**. Pastor Kent, Barb Damlo, Malisa Kreutzmann, and Paula Nierengarten will be traveling to Tanzania to strengthen and grow our partnership and ministry with our friends in Tanzania (Bega Kwa Bega/Shoulder to Shoulder).

This is a mission trip of relationship building, not building things, which is the foundation of all of the real building that has been going on in Mlowa, Tanzania these past 11 years. Here are some of the things our Ambassadors we will be doing:

- connecting with the students we sponsor and visiting their schools
- spending time worshipping and building friendships in Mlowa
- visiting all of the preaching points (**Mlowa is a Parish with 1 main site, and 11 preaching points spread out into the surrounding countryside**)
- touring their Agricultural Demonstration Plot
- exploring the possible need of a well for clean drinking water
- learning more about their lay leadership training program and evangelism ministry as an incredibly effective model we need to learn from

Your continued prayers and support are greatly needed and appreciated. If you would like to receive email updates while our Ambassadors are in Tanzania, please send your email address to Pastor Kent at [pastor.kent@christusvictor.org](mailto:pastor.kent@christusvictor.org).

**May month-end**

**Financial Statement**

<b><u>Balance Sheet</u></b>		<b><u>Income</u></b>	
Current Assets	\$134,501.97	Total Budgeted Receipts	\$184,414.00
Fixed Assets	\$1,537,949.05	Total Actual Receipts	\$183,502.10
		Difference	-\$911.90
		<b><u>Expenses</u></b>	
Current Liabilities	\$36,326.31	Total Budgeted Expenses	\$207,018.50
Long Term Liabilities	\$326,242.80	Total Actual Expenses	\$207,471.53
		Difference	\$453.03

Questions may be directed to any member of the Finance Committee: Michael Rand, Kathy Wittnebel, Kerry Baubie, Bob Erler or Stephen Nierengarten



**MID-WEEK RECHARGE!!!**  
**Wednesday Night Worship starting in September**  
**Growing Faith, Living Faith, Celebrating Faith**

Starting next September we will be including a Wednesday night worship experience to close JIFY and Confirmation, to help busy families grow in faith together.

Parents, come in from the parking lot, and join your kids and other families at 7:22pm for the MID-WEEK RECHARGE you won't want to miss! Everyone is invited to come and get a recharge for your faith.

The RECHARGE will have up-beat, active songs, and kids of all ages participating in worship by: reading lessons, leading the prayers, and sharing their musical and dramatic talents. Each week will have a life-giving message in the form of drama, video clips, or stories.

**WE NEED YOUR HELP WITH THE FOLLOWING TEAMS:**

- Musicians and Music Leaders
- Tech Team – Sound and Screen
- Worship Assistant Coordinators

If you are interested in helping with any of these Recharge Teams, please contact Pastor Kent at (952) 454-6927 or [pastor.kent@christusvictor.org](mailto:pastor.kent@christusvictor.org).

**5:30pm – Youth Choir – Middle School and High School**  
**6:00pm – 7:52pm – JIFY, Confirmation, Parent/Adult Group, and**  
**RECHARGE WORSHIP**



Food shelf items for the month of July are  
**Boxed Meals - Tuna or Hamburger Helper,**  
**Macaroni & Cheese**



Major depression is a medical illness that now affects 15 million adults each year. Depression affects our thoughts, feelings, mood, behavior, and physical health. Although devastating at times, depression is highly treatable.



**Monthly Educational Speakers.**  
The Depression Support Coalition has developed a program of monthly informational talks by leading healthcare professionals and clergy educated and experienced about depression and related diseases.

**Weekly Support Groups.**  
The program also offers weekly discussion and support group meetings at some Coalition church locations – designed to provide a network of Christian based support for those affected by depression – as well as their family members.

**All are welcome.**  
All persons are welcome to attend, regardless of religious affiliation.

**For meeting information.**  
For additional information, please contact Julie Opheim at 952-432-6351, or visit [www.DepressionSupportCoalition.org](http://www.DepressionSupportCoalition.org)

# Depression is real. Hope is real too.

Offering information, education, support, and spiritual hope to those affected by depression – as well as their families.



**Aug. 5, 2010 – Thursday, 7:00–8:30 PM**

### **“Depression ... It IS in Your Head”**

*Brain Chemistry Differences in Depressed Persons*

Dr. David Gulden, MD, Psychiatry  
Location: Grace Lutheran Church of Apple Valley  
7800 West County Rd 42, Apple Valley, MN 55124  
Amy Fleser, RN – 952-432-7273



**Sept. 13, 2010 – Monday, 7:00–8:30 PM**

### **“Teens and Depression”**

Louise Griffith, MA, LP, Psychologist  
Location: Mary, Mother of the Church, Catholic  
3333 Cliff Road, Burnsville, MN 55337  
Jamie Moloney – 952-890-0045



**Oct. 7, 2010 – Thursday, 7:00–8:30 PM**

### **“Family Dynamics and Depression”**

Thomas Wright, MTh, LMFT, Family Therapist  
Location: Church of St. John Neumann, Catholic  
4030 Pilot Knob Road, Eagan, MN 55122  
Susie Mrkvicka – 651-454-2079 x-2241



**Nov. 8, 2010 – Monday, 7:00–8:30 PM**

### **“Expectations, the Holidays, and Depression”**

Lynn Silva-Breen, MDiv, MA, LMFT, Therapist  
Location: Prince of Peace Lutheran Church  
13901 Fairview Drive, Burnsville, MN 55337  
Richard Erickson – 651-788-0275



**Dec. 9, 2010 – Thursday, 7:00–8:30 PM**

### **“The Spiritual Dimension of Depression”**

Pastor Claire Cassell of Prince of Peace  
Location: Shepherd of the Lake Lutheran Church  
3611 North Berens Rd NW, Prior Lake, MN 55379  
Stacy Wollmuth, RN – 952-230-2988

**Depression Support Coalition Churches:**

- Church of St. John Neumann, Catholic, Eagan
- Church of St. John the Baptist, Catholic, Savage
- Church of St. Michael, Catholic, Prior Lake
- Easter Lutheran Church, Eagan
- Grace Lutheran Church, Apple Valley
- Mary, Mother of the Church, Catholic, Burnsville
- Prince of Peace Lutheran Church, Burnsville
- Shepherd of the Lake Lutheran Church, Prior Lake
- Shepherd of the Valley Lutheran Church, Apple Valley

Sponsored by the Depression Support Coalition – [www.DepressionSupportCoalition.org](http://www.DepressionSupportCoalition.org)

*The mission of the Depression Support Coalition is to inform, educate, support, and cultivate a community of spiritual hope for those affected by depression – as well as their families.*

# Youth Ministry

## SUMMER TREK INFORMATION

We need your support! 7 youth and adults will be traveling to Wilderness Canoe Base for its final mission trip to help with their rebuilding effort. Maddi Galligan, Emily Youngner, Jeanie Zurales, Matt Jensen, Anthony Resvick, Ed Odden, and Corey Betchwars will be taking the adventure of a life time! Keep us in your prayers as we prepare for our journey July 26<sup>th</sup>



## MIDDLE SCHOOL INFORMATION

### Up Coming Events

WAPO - July 4<sup>th</sup> - 9<sup>th</sup>

Summer Trek: A Piece of the Action - July 20<sup>th</sup>

Summer Trek: Assignment Christus Victor - August 11<sup>th</sup>

### Birthdays

Megan Hanson	July 7 <sup>th</sup>
Alexus Rufi	July 8 <sup>th</sup>
Gennie Galligan	July 12 <sup>th</sup>

## HIGH SCHOOL INFORMATION

### Birthdays

Brianna Allen	July 3 <sup>rd</sup>
Jessica Tappainer	July 11 <sup>th</sup>
Kayley Indrehus	July 26 <sup>th</sup>
Amber Quesenberry	July 29 <sup>th</sup>

### Up Coming Events

Summer Trek: A Piece of the Action - July 20<sup>th</sup>

High School Mission Trip - July 26<sup>th</sup> - 30<sup>th</sup>

Summer Trek: Assignment Christus Victor - August 11<sup>th</sup>

## SPOTLIGHT: ROBBY HOLMQUIST

AREA OF SERVICE: JIFY

**Why did you join SWAT Team?**

*Because I love kids and i led all the people in SWAT Team.  
Also my sisters loved it too.*

**What is your favorite part of being involved in SWAT Team?**

*Being involved with kids and helping them.*

**What has been the biggest challenge being a part of SWAT Team?**

*Sometimes being the "bad guy" in JIFY by having to keep the kids in check.*

**What would you say to a High School or Middle School student thinking about joining SWAT Team?**

*Fore sure, join it because it's a great time!*

**What have you taken away from your SWAT Team experience that you can use after high school?**

*Never judge a book by its cover, meet the person first.*

**Is there anything else you would like to share?**

*Corey and Nancy are awesome!*

Thanks Robby , for taking the time to share about your experience serving in SWAT Team at Christus Victor Lutheran.



## JULY 2010 CALENDAR

**Thursday, July 1, 2010**

10:00 AM Adult Bible Study  
 6:00 PM AME Bible Study  
 7:00 PM Alanon Mtg.  
 7:30 PM AA Mtg.

**Friday, July 2, 2010**

8:00 AM AA Group Mtg.  
 6:00 PM Peace of Mind NA Mtg.

**Saturday, July 3, 2010**

7:30 AM Spanish Leadership Trng.

**Sunday, July 4, 2010**

Spare Change Sunday  
 9:30 AM Worship  
 10:30 AM Fellowship  
 1:00 PM Casa de Oracion  
 3:30 PM AME Sunday School  
 4:45 PM AME Worship

**Monday, July 5, 2010**

Church Office Closed  
 9:30 AM Women's AM AA Mtg.  
 7:00 PM Valley Big Book Mtg.

**Tuesday, July 6, 2010**

6:00 PM Boy Scout Troop 345  
 6:00 PM Casa de Oracion Bible Study

**Wednesday, July 7, 2010**

10:00 AM Women's Reflection AA

**Thursday, July 8, 2010**

10:00 AM Adult Bible Study  
 6:00 PM AME Bible Study  
 7:00 PM Alanon Mtg.  
 7:30 PM AA Mtg.

**Friday, July 9, 2010**

8:00 AM AA Group Mtg.  
 6:00 PM Peace of Mind NA Mtg.

**Saturday, July 10, 2010**

7:30 AM Spanish Leadership Trng.

**Sunday, July 11, 2010**

9:30 AM Worship  
 10:30 AM Fellowship  
 10:45 AM First Aid/CPR Trng.  
 1:00 PM Casa de Oracion  
 3:30 PM AME Sunday School  
 4:45 PM AME Worship  
 5:30 PM Troop 298 Committee Mtg.  
 6:30 PM Troop 298 Trailer Clean-up

**Monday, July 12, 2010**

9:30 AM Women's AM AA Mtg.  
 7:00 PM Valley Big Book Mtg.

**Tuesday, July 13, 2010**

6:00 PM Boy Scout Troop 345  
 6:00 PM Casa de Oracion Bible Study  
 6:00 PM All Staff Mtg.  
 7:00 PM All Committee Night

**Wednesday, July 14, 2010**

10:00 AM Women's Reflection AA

**Thursday, July 15, 2010**

Newsletter Article Deadline  
 10:00 AM Adult Bible Study  
 6:00 PM AME Bible Study  
 7:00 PM TEC  
 7:00 PM Alanon Mtg.  
 7:30 PM AA Mtg.

**Friday, July 16, 2010**

8:00 AM AA Group Mtg.  
 6:00 PM Peace of Mind NA Mtg.

**Saturday, July 17, 2010**

7:30 AM Spanish Leadership Trng.

**Sunday, July 18, 2010**

Church Camp Sunday  
 9:30 AM Worship  
 10:30 AM Fellowship  
 1:00 PM Casa de Oracion  
 3:30 PM AME Sunday School  
 4:45 PM AME Worship

**Monday, July 19, 2010**

9:30 AM Women's AM AA Mtg.  
 7:00 PM Valley Big Book Mtg.

**Tuesday, July 20, 2010**

6:00 PM Boy Scout Troop 345  
 6:00 PM Casa de Oracion Bible Study

**Wednesday, July 21, 2010**

9:30 AM Mom's Club of AV South  
 10:00 AM Women's Reflection AA

**Thursday, July 22, 2010**

10:00 AM Adult Bible Study  
 6:00 PM AME Bible Study  
 7:00 PM Alanon Mtg.  
 7:30 PM AA Mtg.

**Friday, July 23, 2010**

8:00 AM AA Group Mtg.  
 6:00 PM Peace of Mind NA Mtg.

**Saturday, July 24, 2010**

7:30 AM Spanish Leadership Trng.

**Sunday, July 25, 2010**

9:30 AM Worship  
 10:30 AM Fellowship  
 5:30 PM VBS Meal  
 6:30 PM VBS

**Monday, July 26, 2010**

9:30 AM Women's AM AA Mtg.  
 5:30 PM VBS Meal  
 6:30 PM VBS

**Tuesday, July 27, 2010**

5:30 PM VBS Meal  
 6:30 PM VBS

**Wednesday, July 28, 2010**

10:00 AM Women's AM AA Mtg.  
 5:30 PM VBS Meal  
 6:30 PM VBS

**Thursday, July 29, 2010**

10:00 AM Adult Bible Study  
 5:30 PM VBS Meal  
 6:30 PM VBS

**Friday, July 30, 2010**

8:00 AM AA Group Mtg.  
 6:00 PM Peace of Mind NA Mtg.

**Saturday, July 31, 2010**

7:30 AM Spanish Leadership Trng.

CHRISTUS VICTOR LUTHERAN CHURCH  
7510 PALOMINO DRIVE ☩ APPLE VALLEY, MN 55124 ☩ 952-454-6927  
[www.christusvictor.org](http://www.christusvictor.org)

*Christus Victor Office Staff*

Ministers.....	<b>ALL MEMBERS OF CV</b>	
Pastor.....	KENT CLAUSSEN GUBRUD	PASTOR.KENT@CHRISTUSVICTOR.ORG
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Youth Director.....	COREY BETCHWARS	CBETCHWARS@CHRISTUSVICTOR.ORG
Administrative Assistant.....	DAWN YOUNGNER	DYOUNGNER@CHRISTUSVICTOR.ORG
Office Manager.....	DEANNA LUKE	DLUKE@CHRISTUSVICTOR.ORG
Nursery Care Provider.....	EMILY YOUNGNER	
Nursery Care Provider.....	BRIANNA ALLEN	
Director of Music.....	Anne Nyquist	
Children's Music.....	NANCY ÉRLER	
Traditional Worship Accompanist/Organist	LIZ SCHUUR	
Contemporary Worship Accompanist.....	JULIE McDONALD	
Senior Choir Accompanist.....	JULIE McDONALD	

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**VOICE OF VICTORY**  
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Mailed on 6/24/2010

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