



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 9

SEPTEMBER 2010



Sundays
8:30 & 11:00 am
Education Hour 9:45 am
Fellowship Hour 9:45am
Alternating between Traditional and
Contemporary services.

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What are you striving for?

“(Jesus) said to his disciples, ‘Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body is more than clothing...Instead, strive for God’s kingdom, and these things will be given to you as well.’”

Luke 12: 22-23, 31

Dear Sisters and Brothers in Christ,

What are you striving for?

Maybe it would help if we knew what it meant to strive for something.

STRIVE means: to exert oneself vigorously; to try hard.

By that definition, a lot of people at CV have been striving to enjoy summer to its fullest! And that's not all bad. People are striving at work. Others are striving to raise kids; which means striving to get kids to all of their activities on time, with food in their stomach (or bag) and clean clothes on their bodies. There are others who are striving to cheer on the Twins, improve their golf game, catch a bigger fish, help their team win the tournament, or make VBS and the Garage Sale both big successes.

We all strive for a lot of things, but Jesus tells us that the most important thing is striving for God's kingdom! Striving for the kingdom of God is not primarily about deeds and actions, but about having a Christ-centered attitude, intention, and focus.

Here's a true story that shows how, with a Christ-centered attitude, intention, and focus, golfing can become a striving for the kingdom of God! A group of guys go golfing together. They invite a friend from church to be a substitute. While golfing they start talking about some events coming up at church, specifically the pancake breakfast after the Camp Sunday Worship Service. "Hey, why don't you come and help us with the pancake breakfast, we'd love to have you!" Their friend agrees and not only is a great helper, but has a good time serving the community of faith.

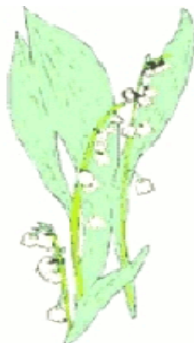
With a Christ-centered attitude, intention, and focus your softball team becomes a small group ministry of the church striving for the kingdom of God, even if you don't make it to the playoffs. With a Christ-centered attitude, intention, and focus your work at the office and at home raising kids and nurturing your family becomes a striving for the kingdom of God. With a Christ-centered attitude, intention, and focus the Garage Sale becomes more than just selling stuff for the church, it becomes an opportunity for building friendships, new relationships, and serving our neighbors from near and far.

What are you going to strive for this fall? As for me, I am going to strive for the kingdom of God. Let's strive together!

Yours in Christ,
Pastor Kent Claussen Gubrud

RALLY IN THE VALLEY!**Saturday, September 25 – 5:30pm – 8:30pm**

Bring your favorite dish to share at the BEST POTLUCK in town!

After the Potluck, join your voices for an uplifting evening of music and praise with musicians from *Lilly of the Valley, Casa de Oracion, and Christus Victor!***3 Churches, 1 Lord and Savior!****CV MINISTRY FAIR****Sept. 19 at 9:45am**

How many committees and how many people does it take to accomplish all of the ministries of the church?

A LOT!

Come to the CV Ministry Fair on Sunday, Sept. 19 to find out about all of the committees and ministries of the church and how you can use your gifts, talents, and time to plan, support, and lead Christus Victor in our many ministries!

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**Sunday Adult Forums 2010-2011**

Thanks to everyone who responded to the various surveys that were sent out. Based on the feedback, we will be offering the following topics for Adult Forums on Sunday mornings this coming year.

The Jesus I Never Knew (This Fall - starting on September 26! The sign-up sheet will be at the information desk on Sept. 12, or email pastor.kent@christusvictor.org)**Biology and Belief: Conversations in Faith and Science** (Winter)**When the Game Is Over It All Goes Back in the Box** (Spring)

Food shelf items for September macaroni noodles, dry pinto, lentils, red and black beans

ADULT SMALL GROUPS FALL KICK-OFF

Thursday, September 23 at 6:30pm!

“MIX and MATCH” – Bible Study, Fellowship, Service, Fun

Interested in some **fun** and **fellowship** with a little **Bible Study** sprinkled on top? Want to load up on digging into the **Scriptures** with a side order of **fellowship**? Or would you like half with **Bible Study** and half with **fellowship**? Maybe you're more interested in **servicing** somewhere different each month and then talking about the experience over a beverage afterward? Maybe you just want to get together with some other Christians for a **fun** gathering every month?

No matter what kind of group you're interested in, whether you're already in a group, or would like to join or start a new one, you are invited to join us for the **“Mix and Match” Adult Small Group Fall Kick-Off Potluck on Thursday, September 23 at 6:30pm.** Bring a dish to share! Bring along your small group or just come to check it out and maybe join a small group!

No matter what kind of group you're interested in, whether you're already in a group, or would like to join or start a new one, you are invited to join us for the **“Mix and Match” Adult Small Group Fall Kick-Off Potluck on Thursday, September 23 at 6:30pm.** Bring a dish to share! Bring along your small group or just come to check it out and maybe join a small group!

Mark Throntveit, Professor of Old Testament at Luther Seminary will be our guest speaker, presenting on Genesis 1! Prof. Throntveit is a dynamic and fun teacher:



“When he's not teaching or writing, Dr. Throntveit enjoys playing classical guitar, electronics, bicycling, playing basketball, and baking bread. “I also watch a lot of television,” he confides. “In a lecture or a sermon, you need to communicate with people, and most people today know more about Seinfeld than they do about Shakespeare.” (From his biography at www.luthersem.edu/faculty).

Fall Church Clean-up...Please join us for the CV Fall Clean-up on Saturday, October 2 beginning at 8:00AM and ending at 12:00 noon.



“With the colors of the jungle all around us, amazing plants and animals surround us. We're following Jesus on the adventure of our lives. Discovering his love for us, God's word will come alive. We're on the SonQuest we're following Jesus, this is our one quest to go where he leads us. Let's explore the wonders of God's love in the SonQuest rainforest.”

VBS 2010 was a huge success. 57 kids, 50 adults, and 17 middle school and high school kids came on 5 day adventure to discover God's love through skits, songs, stories, arts and crafts, games, and food. The fellowship and energy happening with our kids and adults was amazing. CV kids love VBS.

Thank you to all the amazing volunteers. VBS was a success because of the hard work and dedication you all put into it. Blessing to you all!



Mark your calendars for 2011: **July 24-28 (worship and Family picnic on July 31st)**



MID-WEEK RECHARGE!!!
Wednesday Night Worship starting in September

Growing Faith, Living Faith, Celebrating Faith

Starting in 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.

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

July month-end
Financial Statement

| <u>Balance Sheet</u> | | <u>Income</u> | |
|-----------------------------|----------------|-------------------------|--------------|
| Current Assets | \$104,170.47 | Total Budgeted Receipts | \$255,844.00 |
| Fixed Assets | \$1,537,949.05 | Total Actual Receipts | \$246,773.38 |
| | | Difference | -\$9,070.72 |
| | | <u>Expenses</u> | |
| Current Liabilities | \$25,850.27 | Total Budgeted Expenses | \$284,521.50 |
| Long Term Liabilities | \$323,487.42 | Total Actual Expenses | \$290,722.09 |
| | | Difference | \$6,200.59 |

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



PACK IT UP

SHOW YOUR GRATITUDE! **SEND A CARE PACKAGE**

We all know that the military provides the basics of food, shelter and gear to our soldiers. However, they do not, and cannot, bring the comforts of home to them. Sending care packages to our troops helps make their lives a bit easier and more enjoyable by providing those extras. **More importantly, they show our soldiers that people back home do think and care about them.**

The Social Ministries Committee is very excited to repeat an outreach program started last year called “**PACK IT UP!**”. This project is one more way that we at Christus Victor can live out our mission to serve Christ and community with faith, love and open arms.

DURING THE MONTH OF SEPTEMBER, we will be collecting items for the care packages and monetary donations for the cost of mailing those packages. There will be a special collection box in the Narthex area. The items will be boxed and mailed shortly thereafter.

We need YOUR assistance to make this project work. Here are some ways you can help:

- ❖ **PROVIDE US WITH A NAME OF A FRIEND/RELATIVE/NEIGHBOR SERVING OVERSEAS**
- ❖ **WRITE A PERSONAL NOTE/LETTER/CARD (this is the number one request!)**
- ❖ **PRAY FOR THEIR SAFETY AND SPEEDY RETURN HOME**
- ❖ **KIDS CAN DRAW OR COLOR PICTURES OR MAKE A SMALL GIFT**
- ❖ **DONATE MONEY FOR SHIPPING EXPENSES (flat rate fee = \$11.95/box)**
- ❖ **DONATE ONE OR MORE SUGGESTED ITEMS LISTED BELOW:**

Peanut butter/jelly (plastic container)
Energy bars/granola bars
Chewing gum & mints
Microwave popcorn
Beef jerky
Body wash
Frisbee
Powdered energy drink
Magazines
Crossword and Sudoku puzzle books
Shampoo/conditioner
Paperback books
Baby wipes

Microwavable soup
Tuna pouches
Canned fruit
Batteries (assorted sizes)
White ankle socks
Toothpaste/toothbrush
Hacky sack
DVD's (movies, TV series)
Tea bags (regular and flavored)
Zip lock storage bags (sandwich size)
Disposable razors
Non-perishable food items
Sunflower seeds/Nuts

Remember to keep both male and female soldiers in mind and please no home-made goodies or anything that will melt

THIS PROJECT IS ABOUT SUPPORT NOT JUST ABOUT SENDING STUFF!

If you have any questions or comments, please contact Michele Iaria at 952-891-1303 or miaria@charter.net or contact any other Social Ministries Committee member – Cindy Baubie, Carla Betchwars, Nancy Colin, Jodi Hanson, Brenda Kroeten, Alice McCammon, Lorna Peterson, Tina Reu, Peggy Sunwall, Alana Thureen

THANK YOU!



Faith Trek starts September 12th!

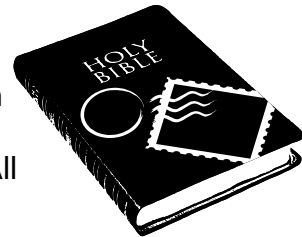
We can't wait to have your children in Faith Trek this year! Registration forms are in the mail and on the information desk. The early bird registration fee has been extended to Aug. 22. Please see Pastor Laura to turn your registration fee in.

Sign up to help with Faith Trek!

The Faith Trek volunteer board is up by the information desk. We need your help to teach, shepherd, and help guide our children to learn about God's love. Please sign up today!

Third Grade Bible Class!

The third graders will be having their Bible Class this fall for four weeks. The dates are all on Sunday mornings during the education hour: Sept. 19, 26 and Oct. 10 and 17th. The third graders will have their Bible presentation at the 11am worship service on Oct. 17th. All third graders and parents are invited to this class!



Baptism Class!

Pastor Laura will be leading a baptism class twice a year. This class is intended for people who are expecting a child, planning an adoption, or planning a baptism. It will help teach about the meaning of baptism, the role of parents and Godparents, and how to celebrate our baptism every day. The first class will be held on Nov. 14th at 9:45am. Please let Pastor Laura know if you are anticipating bringing a child into your life in the next few months!

Thanks for the CPR Training Class

**Big
Thank
You!**

A BIG "Thank You" to Cassie McMayer for teaching the Infant/Child CPR & First Aid Training Class. We all appreciated the fact that she donated her entire Sunday to helping us learn how to provide a safe environment for children. Thanks for the great job, Cassie!

Your grateful students

Youth Ministry

MIDDLE SCHOOL INFORMATION

Confirmation - *Wednesdays at 6:00pm, in the Youth Room*

- Sept 8th - Confirmation Orientation (7:00 pm)
- Sept 22nd - Confirmation Kickoff
- Sept 29th - Confirmation Class
- Oct 6th - Confirmation Class
- Oct 13th - Confirmation Class

DeKaF - *Sundays at 9:45am, in the Youth Room*

- Sept 12th - Class with Warren
- Sept 19th - Class with Dawn
- Sept 26th - Class with Corey
- Oct 3rd - Breakfast @ Arby's
- Oct 10th - Class with Warren

Up Coming Events

- WAPO Service Retreat - October 15th & 16th
- Friday Night Service & Fun - December 3rd

Birthdays

| | |
|----------------|----------------------------|
| Colin Grega | September 10 th |
| Kristi Manning | September 20 th |

HIGH SCHOOL INFORMATION

Up Coming Events

- WAPO Service Retreat - October 15th & 16th
- Lock-In - November 5th & 6th

Youth Group - *Wednesdays at 8:00pm, in the Youth Room*

- Sept 22nd - Youth Group Begins!
- Sept 29th - Soft Drink Seek and Crush
- Oct 6th - Card Castle Contests
- Oct 13th - Uncommon Commercials

Birthdays

| | |
|-----------------|----------------------------|
| Mariah Lynum | September 3 rd |
| Taylor Orman | September 10 th |
| Eric Skogen | September 10 th |
| Matthew Reutter | September 22 nd |

Sunday Connections - *Sundays at 9:45am*

- Sept 12th - Connection Begins
- Sept 19th - Ministry Fair
- Sept 26th - Connection Resumes
- Oct 3rd - More Connection

MISSION TRIP RECAP!

This July, a group of eight traveled to Wilderness Canoe Base, at the end of the Gunflint Trail in the BWCA, to help them rebuild after the Ham Lake Fire. Once there we were tasked with finishing an outhouse and beginning construction on their new drying rack. Our work was hard, diversified, memorable, and now part of the history that is Wilderness Canoe Base. We also made time for canoeing, rock climbing, ice cream and the Sauna! Thank you for all your prayers and support.





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

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

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.

SEPTEMBER 2010 CALENDAR

Wednesday, September 1, 2010

9:30 AM Women's Reflection AA Group

Thursday, September 2, 2010

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

Friday, September 3, 2010

8:00 AM 12 x 12 AA Group
6:00 PM Peace of Mind NA Group

Saturday, September 4, 2010

7:30 AM Spanish Leadership Trng.
12:00 PM Lily of the Valley Quarterly Conference

Sunday, September 5, 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, September 6, 2010

9:30 AM Women's Big Book AA Group
7:00 PM Monday Night Big Book AA Group

Tuesday, September 7, 2010

6:00 PM Casa de Oracion Bible Study

Wednesday, September 8, 2010

10:00 AM Women's Reflection AA Group
7:00 PM Confirmation Orientation
7:00 PM Upward Call
8:00 PM Sr. Choir

Thursday, September 9, 2010

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

Friday, September 10, 2010

8:00 AM 12 x 12 AA Group
6:00 PM Peace of Mind NA Group

Saturday, September 11, 2010

9:00 AM Faith Trek Teacher Mtg.
11:00 AM Memorial Service

Sunday, September 12, 2010

Rally Sunday
8:30 AM Worship
9:45 AM Education/Fellowship
9:45 AM Upward Call
11:00 AM Worship
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 Youth Choir
7:00 PM Troop 298 Mtg.

Monday, September 13, 2010

9:30 AM Women's Big Book AA Group
7:00 PM Troop ASM Mtg.
7:00 PM Monday Night Big Book AA Group

Tuesday, September 14, 2010

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

Wednesday, September 15, 2010

10:00 AM Women's Reflection AA Group
6:00 PM Guide Huddle
6:00 PM JIFY
8:00 PM Sr. Choir

Thursday, September 16, 2010

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

Friday, September 17, 2010

8:00 AM 12 x 12 AA Group
6:00 PM Peace of Mind NA Group

Saturday, September 18, 2010

7:30 AM Spanish Leadership Trng.

Sunday, September 19, 2010

8:30 AM Worship
9:45 AM Education/Fellowship
9:45 AM Ministry Fair
11:00 AM Worship
1:00 PM Casa de Oracion
3:30 PM AME Sunday School
4:45 PM AME Worship
6:00 PM Troop 298 PLC Mtg.
6:30 PM Youth Choir
7:00 PM Troop 298 Mtg.

Monday, September 20, 2010

9:30 AM Women's Big Book AA Group
7:00 PM Monday Night Big Book AA Group

Tuesday, September 21, 2010

6:00 PM Casa de Oracion Bible Study

Wednesday, September 22, 2010

10:00 AM Women's Reflection AA Group
6:00 PM Confirmation
6:00 PM JIFY
7:22 PM Recharge Kick-off
8:00 PM Sr. Choir

Thursday, September 23, 2010

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

Friday, September 24, 2010

8:00 AM 12 x 12 AA Group
6:00 PM Peace of Mind NA Group

Saturday, September 25, 2010

7:30 AM Spanish Leadership Trng
4:30 PM Rally in the Valley.

Sunday, September 26, 2010

8:30 AM Worship
9:45 AM Education/Fellowship
9:45 AM Upward Call
11:00 AM Worship
1:00 PM Casa de Oracion
3:30 PM AME Sunday School
4:45 PM AME Worship
6:30 PM Youth Choir

Monday, September 27, 2010

9:30 AM Women's Big Book AA Group
7:00 PM Monday Night Big Book AA Group

Tuesday, September 28, 2010

6:00 PM Casa de Oracion Bible Study
7:00 PM Council Mtg.

Wednesday, September 29, 2010

10:00 AM Women's Reflection AA Group
6:00 PM Confirmation
6:00 PM JIFY
7:22 PM Recharge
8:00 PM Sr. Choir

Thursday, September 30, 2010

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

CHRISTUS VICTOR LUTHERAN CHURCH
7510 PALOMINO DRIVE ✝ APPLE VALLEY, MN 55124 ✝ 952-454-6927
www.christusvictor.org

Christus Victor Office Staff

| | | |
|--|--------------------------|---------------------------------|
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| Pastor..... | KENT CLAUSSEN GUBRUD | PASTOR.KENT@CHRISTUSVICTOR.ORG |
| Pastor..... | LAURA DUFFEE | PASTOR.LAURA@CHRISTUSVICTOR.ORG |
| 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 | |
| Nursery Care Provider..... | Sarah Youngner | |
| Director of Music..... | Anne Nyquist | |
| Children's Music..... | NANCY ERLER | |
| Traditional Worship Accompanist/Organist | LIZ SCHUUR | |
| Contemporary Worship Accompanist..... | JULIE McDONALD | |
| Senior Choir Accompanist..... | JULIE McDONALD | |