

# Voice of Victory

Volume 26, Issue 8 August 2023

# Christus Victor Lutheran Church

7510 Palomino Drive  
Apple Valley, MN 55124  
952-454-6927 [www.christusvictor.org](http://www.christusvictor.org)



## SUNDAY

Worship In-Person or  
Live Stream on Facebook

9:30 am

[https://www.facebook.com/  
ChristusVictorChurch](https://www.facebook.com/ChristusVictorChurch)

Fellowship Time 10:30 am in the  
Gathering Space



## Lonely and Afflicted – but not alone!

*“Turn to me and be gracious to me, for I am lonely and afflicted.”  
Psalm 25: 16*

Dear Sisters and Brothers in Christ,

Loneliness and isolation are a serious epidemic in our country. United States Surgeon General Dr. Vivek Murthy has called attention to this health crisis of loneliness, isolation, and lack of connection in our country. The Barna Group has also done research on the high levels of loneliness and isolation among Christians of all ages, and how that impacts people’s spiritual lives and faith.

The irony is that we have more ways of connecting with others than ever before in human history, and yet, it is harder than ever to connect with others and we are lonelier and more isolated than ever before. We mistake “friends” and “likes” on social media for real, deep, and meaningful relationships and connections. It is also true that we can be lonely in a crowd. We can even be lonely in church, sitting by ourselves with no one to really talk to and connect.

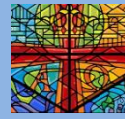
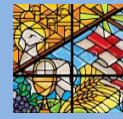
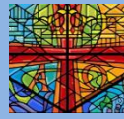
It takes time and consistency to build relationships of mutual trust. It takes time and intentionality to connect with others, hearing their life and faith stories, and sharing our own.

The writer of Hebrews urged the early Christians, *“Let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another...”* (Hebrews 10:24-25). God has brought us together to encourage one another in our faith and life. In Christ we are members of His family, children of the same heavenly Father, and we are meant to come together to help and encourage one another in love as Jesus’ disciples.

A number of church members have expressed interest in restarting or starting a small group for this exact purpose. If you are interested in meeting together with other Christians for encouragement, learning, growing, sharing, and connecting we are planning on kicking off new /renewing small groups this fall.

INTERESTED? Send me an email or call –  
[pastor.kent@christusvictor.org](mailto:pastor.kent@christusvictor.org) or (952) 454-6927.

Yours in Christ,  
Pastor Kent Claussen Gubrud



## HABITAT FOR HUMANITY PROJECT

Christus Victor has been invited to participate in a Habitat for Humanity building project in Farmington, the week of August 14-18.

Dates: Monday, August 14 – Friday, August 18, 2023

Time: 8:30 AM to 3:30 PM (Mon/Tues/Thurs/Fri)

8:30 AM to 2:30 PM (Weds)

Location: 109 4th Street, Farmington

Volunteer Guidelines:

- **Volunteers must commit to a full day of work. No partial days.**
- Volunteers must wear sturdy, closed toe, closed heel shoes to participate (tennis shoes or work boots are great).
- Please bring refillable water bottles to the site. We will have water on site to replenish your bottles.
- Bring work gloves if you'd like to use your own. All sites will also have some available for use.
- Lunch is not provided by Habitat. If your group is not providing lunch, please bring your own. Volunteers are discouraged from leaving site for lunch.
- Youth under 16 are not allowed on site. All 16- and 17-year-olds on site must be accompanied by an adult 21 or older.
- Please read our full Volunteer Guidelines for more details.

### **Online Registration and Waiver – SIGN UP HERE**

Thank you for your interest in volunteering with Twin Cities Habitat for Humanity. We are excited to have you share your time and talents with our community! Please sign up for your volunteer day and complete our online waiver at:

<https://tchabitat.volunteerhub.com/vv2/lp/Shepherdofthevalley>

You will not be permitted to volunteer if you have not completed this process. You can find additional instructions for the sign-up process here. If you have questions, please contact our volunteer coordinator at [volunteer@tchabitat.org](mailto:volunteer@tchabitat.org) or call 612-305-7114.

## **MILESTONES at CHRISTUS VICTOR**



*Christus Victor Congregation Members  
Birth, Death, Marriage, New Member, Faith Formation milestones*

### **BAPTISMS:**

**July 17:** Freya Marie Svenulski

Parents: Lydia & Joshua Svenulski

Sponsors: Amy Szypulski,  
Joseph & Jillian Svendsen

## From THE WELCOMING COMMITTEE

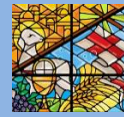


We will encounter many visitors at **“Our Favorite Things” Garage Sale!** Please help everyone feel welcome. **WEAR YOUR NAME TAGS!** Provide directions & offer assistance whenever possible. You might have the opportunity to invite folks to worship or fellowship with us. A flyer listing all upcoming CV events and activities will be available for distribution.

## Fellowship and



## Worship Opportunities



## CONSTRUCTION LOAN PAY OFF AND NEXT PROJECTS



Thanks to your faithful and generous giving, we have paid off the construction loan for the

Opening Our Arms Wider Campaign! Thanks be to God; we are truly *embracing our future together!!*

### **THANK YOU, CORE 2!**

We would like to thank the Core 2 Team, who led our second appeal: Craig Doeden, Kristi Manning, and Connie Orman. They did a fantastic job leading us through the second capital campaign. When you see them in church, please thank them for all of their hard work.

### **“PAY AS YOU GO”...**

We have committed to a “pay as you go” process. As funds come in and we have enough to complete a project, we will move forward. So, thank you for your continued faithful giving to get these needed projects completed. Keep those pledges and gifts coming in!

### **NEXT PROJECTS...**

The **flat roof** will be replaced this summer, and then we will move on to the **HVAC units** for the offices and classrooms. After those projects we will turn our attention to the refresh and renewal of our **sanctuary**. The church council is currently recruiting people for the sanctuary task force who will lead the sanctuary project.

### **BENEVOLENCE...**

Thanks to your generosity, we are able to make the first donation to the St. Paul Synod **“PLANTING HOPE”** Campaign! One of the major projects of this campaign is a partnership with Lutheran Social Services on a therapeutic pre-school on the East Side of St. Paul. With your support, work on remodeling the pre-school space will begin in earnest.



## FROM SOCIAL MINISTRIES

### GEAR UP FOR SCHOOL

Social Ministries is collecting school supplies for



Greenleaf Elementary School. They can be placed in the collection bin in the church office. Monetary donations also can be brought to the church office. Thank you for your generosity!

### Items Needed:

Large bBackpacks, earbuds from the Dollar Store, thin and thick markers in basic colors, boxes of Kleenex, Clorox wipes, hi-lighters in yellow, dry erase markers (fine tip in black, broad tip in black or blue) Post-It Notes (3x3), calculators from the Dollar Store.

### “EVERY MEAL” BACKPACK

#### FOOD PROGRAM

Social Ministries will again partner with Lily of the Valley to contribute funds and volunteers so students will have weekend food through the **Every Meal Program**. Any monetary donation is greatly appreciated. Please make checks to Christus Victor with “backpack food” in the memo line and drop it in the church office. More information on volunteer opportunities will be coming later. CV Contact: Cindy Baubie ([Cindybaubie@charter.net](mailto:Cindybaubie@charter.net) or 952-715-2080)



### DIAPER DRIVE SUCCESS!!

Social Ministries is grateful for your generous support of our recent diaper drive! \$865 was collected from YOUR donations and was used to purchase wipes, pull-ups and diapers. We donated 7,913 diapers and 20,284 wipes!

We dropped off the donations at 360 Burnsville and Rosemount as well as the Lewis House. Everyone was quite grateful and expressed a need for our diapers!

As our diaper drive was ending, new research was released by the National Diaper Bank which shows that almost 1 in 2 families are now struggling with diaper need instead of the previously reported 1 in 3 families. This is an important opportunity to help our community and we look forward to the next diaper drive next year. If you’d like to read more about the new research check out this link:

<https://nationaldiaperbanknetwork.org/the-ndbn-diaper-check/>



## SUMMER FAITH FORMATION & EDUCATION FOR ADULTS

### SUNDAY PRAYER WALK IN OUR NEIGHBORHOOD - August 13

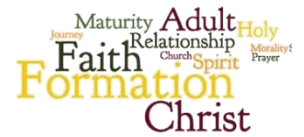


*“Go in peace and serve the Lord, with faith, love, and open arms”* we say at the end of every worship service.

This summer we are literally going to do that by walking through the neighborhoods surrounding Christus Victor, and praying for our neighbors as we go. Weather permitting, we will meet up in the Gathering Space after worship for some quick instructions, then break up into small groups and go for a prayer walk together. We will all gather again at church to share what we experienced, and maybe who we met along the way. Where and how did we notice God’s Spirit at work? What did God show us during our walk? No experience needed, just some walking shoes and a willingness to be open to God’s leading. Questions? Contact Pastor Kent at (952) 454-6927 or [pastor.kent@christusvictor.org](mailto:pastor.kent@christusvictor.org)

### WEDNESDAY NIGHT FAITH CIRCLE – August 16 – 7pm-8:30pm

Faith Circle is about honest sharing. It’s about deep listening to God’s Word in scripture and in our lives. It’s about praying with and for each other, then stilling ourselves in God’s Presence. It’s also about food, so please RSVP!



If it’s nice, we will gather around a fire outside. If it’s rainy, we will make our own candlelight circle inside. Please register so we know how many people to prepare for – email [pastor.kent@christusvictor.org](mailto:pastor.kent@christusvictor.org) or call (952) 454-6927.

### THURSDAY ADULT BIBLE STUDY GROUPS – Bible Reflections on the CV FACEBOOK page restart on Thursday, August 10 – tune in at 9am for a Bible Reflection on the scripture readings for Sunday’s worship. Thursday Morning Bible Study at the Villas restarts on August 10 at 10am in the basement meeting room!

Bring your Bible and join us for an always interesting and fun conversation about scripture and our life and faith.



## CHILDREN, YOUTH & FAMILY

### GREETINGS FROM THE CHILDREN, YOUTH AND FAMILY COMMITTEE!

Summer Playground Fellowship day will be on **Wednesday, July 26**. Kids of all ages are invited with their parents to a fun fellowship evening at Quarry Point Park, 15725 Pilot Knob Road, Apple Valley, MN. We’ll all meet at the park at 6 PM to play outside and enjoy some frozen treats!

Also, Weeklong Camp Wapo on August 6 - 11. Stay tuned for fall updates! Wednesday Night Parent Meeting for all Wednesday ministries, including GLOW, Confirmation, and Youth Group will be September 20 at 6 PM with pizza, and Faith Formation For All begins on Sunday, October 1.

Grandparent/Kids Camp at WAPO  
Great Memories were made!!!





## RACIAL JUSTICE



This month we are delighted to highlight Nakunda Mshana, an artist and a sister in Christ at Christus Victor. Nakunda was born in Tanzania, raised in Kenya, and after earning a Diploma in Counselling Psychology at the University of Nairobi, was chosen for the

International Women Leaders scholarship program with the opportunity to study at St. Olaf College in Northfield, MN. In 2022, Nakunda graduated from St. Olaf College with a Bachelor of Arts in Studio Arts.

While attending school, Nakunda has been a counselor and staff member at Lake Wapogasset Bible Camp (WAPO), sharing God’s love with campers and staff. She is currently in her fourth year working at WAPO. If you attended the 2022 Christmas play at WAPO, you have seen the beautiful backdrop she painted of Garfield Town Park in Amery, WI. In addition to sharing her faith, musical, and artistic talents at WAPO, we have been blessed to have Nakunda with us at Christus Victor, joining us for worship and participating in Senior Choir and Recharge.

Nakunda donated the painting “Kujua” (Knowing) to Christus Victor and it is hanging in the Gathering Space. Nakunda’s inspiration and description of “Kujua” is as follows.

“The concept of knowledge has everything in and around it. I did this painting to show what it might look like to actually know or understand something. The painting is named in Swahili which is my native language in which I understand things best. Knowing is a mirage that we are constantly trying to reach but are already in. The only thing we know is that the one who knows is the giver of life. Therefore, knowing is ‘God-ing,’ being one with God. My inspiration is mostly around the philosophy of life. The energy to make this piece comes from a place within me of curiosity about what I do not know and the possibility and limitlessness of how much I know...”

Nakunda plans to return to her home in Kenya in August or may stay in the United States if she finds employment. You can learn more about Nakunda, review her portfolio of projects, and/or engage her on commission for digital art and more via the QR code to her website.



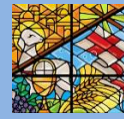
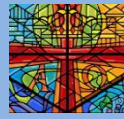
Nakunda describes herself as an artist who finds meaning in participating and sharing love, justice, and healing with others. Thank you, Nakunda, for sharing yourself, your love and your art with all of us at Christus Victor and WAPO! May God bless you and keep you.

As identified in our constitution,

***“The Racial Justice Committee of Christus Victor commits to listening, informing, and empowering our community to serve Christ by working for justice across racial boundaries. We will educate ourselves and our community about how God’s Word and Christ’s teachings will lead us to better understand and interrupt systems of racism.”***

For further information, please see the Social and Racial Justice Statement as posted on our website:

[RACIAL JUSTICE | Christus Victor Lutheran Church](#)



# Our Favorite Things Garage Sale

Christus Victor Lutheran Church

Friday, August 11 - 10am-8pm  
Saturday, August 12 - 9am-2pm

Bake Sale and Silent Auction



**Early Bird Special** - Pay \$5/family and shop from 9am to 10am before the official opening on Friday.  
**Bag Sale** - Saturday, August 12 - 12:15pm-2pm. \$5 for whatever you can fit into a grocery bag!  
**Volunteers** - Volunteers who have worked 3 hours or more during the week are invited to shop Thursday, August 10, from 6pm-8pm.

## When Can I Drop Off My Items?

Sunday, August 6 – 12 noon -9pm; Monday and Tuesday, August 7 and 8 - 9am-9pm; Wednesday, August 9 - 9am-12 noon.

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

Antiques, Baskets, Books and Games, Collectables, Electronics, Housewares, Jewelry, Linens, Office Equipment, Seasonal, Sporting Goods, Tools, Toys, Infant and Children's Clothing (dresses, two-piece outfits, and winter wear on hangers), and Adult Clothing (suits, dresses, shirts, and coats on hangers).

\* NO large furniture items will be accepted. If one person cannot carry it, we are not able to take it\*\*

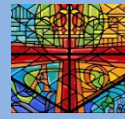
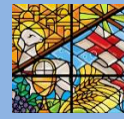
## WE CAN NOT ACCEPT THE FOLLOWING:

Christmas trees, cribs and car seats, computers, monitors, printers, fax machines, random electronic cords, cassette tapes, VHS tapes, and televisions without digital converter boxes or manufactured before 2010, curtain rods, valances, draperies and blinds, bowling balls, skis and exercise equipment, mattresses, bed frames and water beds, microwaves, organs and pianos, textbooks, encyclopedias, Reader's Digest condensed books, flammables, tires, building supplies, sinks, and toilets.

## How Can I Help?

- Volunteer before, during, and after the sale! Sign up on the board in the gathering space.
- Donate items to sell. Ask your family and friends to contribute too!
- Advertise! Promote! Share!

**Questions?** Contact Jody McDermott-Baty (612-703-8398 [jody\\_bri@yahoo.com](mailto:jody_bri@yahoo.com)), Julie McDonald, or Jennie Rice.



From Paula Nierengarten:

Have you ever thought of volunteering outside the walls of our church building? If you have and are looking for a wonderful opportunity where a 2-hour shift really impacts the lives of our neighbors in need, look no further.

Open Arms began as a single act of kindness in 1986 — Bill Rowe, the founder, cooking food in his apartment and delivering it to a handful of neighbors living with AIDS who had become too sick to cook for themselves.

Three decades later, the operation has grown into a 21,000-square-foot building with a state-of-the-art kitchen that has allowed preparation and delivery of millions of meals for thousands of clients and their family members. Open Arms has also “opened their arms wider” to include more qualifying illnesses, such as cancer, MS, ALS, ESRD, CHF, COPD, and more.

As a member of Christ Victor for 30+ years my husband Steve and I are always looking for opportunities to share our love of God and spread the joy that comes from serving. We have volunteered at Open Arms throughout the pandemic, and continue to volunteer in the kitchen, bakery, shipping department or delivery areas. If you want more information about Open Arms and what they do, please reach out to Steve or me. Some CV members we know that also volunteer at Open Arms; Barb Damlo, Michele Iaria, Gary Wittnebel, Jennie Rice, and Karin Ilg have experienced the joy of giving back with us.

**Their Mission:** Providing food as medicine, they nourish clients and build community.

**Their Purpose:** to create an inclusive and joyful community to provide high-quality medically tailored meals, nutrition education, and hope to our clients.

**AT OPEN ARMS THERE’S ALWAYS ROOM FOR ONE MORE AT OUR TABLE.**

<https://www.openarmsmn.org/>

for more information or talk to any of the above members for more information.

## FROM THE WORSHIP COMMITTEE

In a continued effort to be all inclusive we are now serving gluten-free communion bread for everyone. When you approach the Altar of our Lord it is much easier now to focus on the true meaning of partaking in the Lord’s Supper. For those who have inquired, the recipe is listed below.

God’s Peace – Worship Committee



### Ingredients:

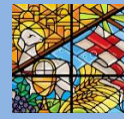
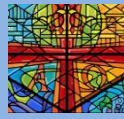
- 4 large eggs
- 2 Tbsp Olive Oil
- 1 Tbsp + 1 tsp Honey
- 1 Tbsp + 1 tsp Molasses
- ½ cup water
- 1 ½ cups Pamela’s Bread Mix – firmly packed (very important to pack)
- ½ tsp salt
- ½ tsp gluten-free baking soda (Bob’s Red Mill Baking Soda)



Yield: 8 - 6” rounds (Each round serves about 20 people)

### Directions:

- Heat oven to 350 degrees
- Line cookie sheet with parchment paper. *[Use a dessert plate (about 6” diameter) as a template to draw four circles on the parchment paper.]*
- Whisk eggs in large bowl. Add and whisk with eggs the olive oil, honey, molasses and water.
- Sift dry ingredients together (I use a strainer over a bowl). Add to wet ingredients a quarter at a time. Whisk well after each addition. *[Can use a stand mixer to mix ingredient for about 3 minutes].*
- Spoon 8 equal amounts of batter onto each circle.
- Spread to about ¼ inch thickness. The dough will rise slightly when baking. (they will not spread while baking – desired size is about 6 inches across)
- Bake 14 minutes (may have to add 1 more minute if not done). When done use a spatula to transfer the rounds to a wire rack or a cookie sheet lined with three layers of paper towel.
- Wrap cooled rounds individually in plastic wrap. Place 3-4 wrapped rounds in large baggie. Put a piece of paper inside the baggie with date of baking on it.
- Store in refrigerator for 1-2 days or freeze until ready to use. If possible, set out for an hour or so before using.



## FROM THE GREEN TEAM

### **Food waste drop-off opens in Apple Valley and Inver Grove Heights Aug. 1**

Dakota County residents can bring food scraps to the sites for free after signing up to participate in the organics drop-off program.

All residents are invited to learn more at 1 of 3 informational sessions hosted in July. All signed up participants receive helpful tips and free compostable bags to use at home.

- Monday, July 24, 6-6:45 p.m., Virtual
- Tuesday, July 25, 6-6:45 p.m., Galaxie Library, Apple Valley
- Wednesday, July 26, 6-6:45 p.m., Inver Glen Library, Inver Grove Heights

Signing up is free and easy:

[Online](#)

Email [organics@co.dakota.mn.us](mailto:organics@co.dakota.mn.us)

Call 952-891-7557

### **We're in a drought — save water and your lawn**

1. Water your lawn the right amount – it only needs 1 inch of rain each week.
2. Check and fix irrigation or automatic sprinkler system leaks by looking for wet areas along your system and broken heads.
3. Raise your mower height to at least 3 inches – this allows grass roots to grow deeper and reach more water creating a healthier and stronger lawn.
4. Aerate your lawn and add a compost top-dressing to improve water infiltration and increase the moisture-holding capacity of soils.

Learn more tips on the [University of Minnesota Extension website](#). For more water conservation tips, visit the [Dakota County website](#).



### **Twin Cities metro solid waste policy plan released for public comment**

The Minnesota Pollution Control Agency (MPCA) revises the Metropolitan Solid Waste Management Policy Plan every six years. This establishes a framework for managing waste in the seven-county metro area over a 20-year period. The MPCA is seeking public comments on their draft revised [Metropolitan Solid Waste Policy Plan 2022–2042](#), which includes 70 recommendations for reducing waste across the Twin Cities.

Provide comments by:

1. Reviewing the draft plan and [provide your comments directly to the MPCA](#).
2. Attending one of several public meetings across the Twin Cities hosted by the MPCA to learn more, ask questions, and share your feedback with state experts.

[Learn more about the draft plan](#), information on meetings, and opportunities to provide comment.

### **The big, the bulky, the unusual**

Large items, like sofas and mattresses, can be difficult to get rid of because they are hard to move and often have higher disposal costs. If you have tried selling or giving away items through NextDoor or Facebook Marketplace and have no takers, look at donation opportunities and, as a last resort, choose a disposal option. Most trash haulers pick up large items for an extra fee or residents can drop them off at a transfer station. Instead of throwing away bulky household items, consider these alternatives for the four most searched for large items in the [Dakota County Recycling Guide](#):

Mattresses and box springs – Donate to [Bridging, Inc.](#) or choose a mattress recycler.

Furniture – [Get inspired](#) with makeover ideas or donate it to a [secondhand store](#).

Carpet – Try [creative projects](#) to reuse carpet scraps.

Appliances and microwaves – Donate working appliances to [Better Futures](#) or [Habitat ReStore](#) or bring to an appliance recycling business.

Wood and construction materials – Bring items in good condition to [Habitat for Humanity ReStore](#) or [Better Futures](#) for reuse.