

Salem Lutheran Church

11 West Bernard Street
West St. Paul, MN 55118-1409
SalemLuth.org

Summer/Fall 2025



MAGOME MISSION TRIP!

AUGUST 20 - SEPTEMBER 2

LEARN MORE ABOUT WAYS YOU CAN CONTRIBUTE!

Details on pgs. 10-11

Grounded in Scripture, we seek to Nurture the Faith and to Proclaim Christ's Love in Word and Deed to each other and our neighbors near and far.

ALL ARE WELCOME HERE

Everyone is invited to worship in person Sunday mornings at 9:30 am. Be sure to check your email on Wednesdays for a weekly message from Pastor Aaron and to stay current on everything happening at Salem! Please call the church office at (651) 457-6661 if you have any questions. Thank you!

Sunday Worship - 9:30 am (In person & via livestream)

Adult Forums - Sundays at 10:40 am in the Fireside Room

Tuesday Bible Study - Tuesdays at 10:00 am in the Fireside Room

Faith Formation at St. Stephen's - Wednesdays at 5:30 pm (3rd Wednesday at Salem, Sept.-May)

Elizabeth Circle - Second Wednesday of each month at 10:00 am in the Fireside Room (Sept.-May)

Men's Renewal Group - Every other Friday at 8:00 am (Gallaghers, West. St. Paul)

Jubilee Ringers - Rehearsals on every Wednesday of each month at 6:00 pm in the Sanctuary (Sept.-May)

Chancel Choir - Rehearsals on every Wednesday of each month at 7:15 pm in the Sanctuary (Sept.-May)

Learner Bells - Rehearsals on every Wednesday of each month 7:15 pm in the Choir Room (Sept.-May)

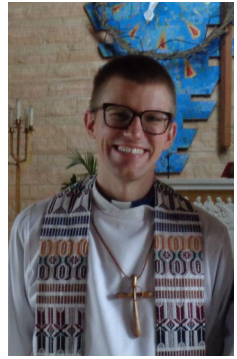
Centering Prayer - Every other Saturday at 9:30 am in the Fireside Room

To stay current on all events/programs at Salem, please visit the church calendar at: www.salemluth.org/calendar-2

A message from Pastor Aaron:

John 17:22-23

[Jesus said] “The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me.”



Dear Salem Church,

Having just celebrated Pentecost and Holy Trinity Sunday we are now fully into the Season of the Church. This time within our church year is surrounded by the color green, standing for our growth and church together, just as the spring leads into a flourishing of greens throughout the summer.

This year in particular, the Spirit seems to be leaning heavy on my heart to work towards unity in mission and ministry, not just here at Salem, but for the believing body of Christ in all its many lovely and life-giving formations. What I mean by that is, I have had too many fruitful ecumenical and intra-congregational conversations to simply call it all a coincidence. From brainstorming and collegial discussions with our ELCA siblings in West St. Paul (Augustana and St. Stephen's), to lively conversations with people from the Antiochian Orthodox and Acts 29 over coffee there has been a sense of curiosity and collaboration that I really want to embrace. To top it all off, when at our last Advancement Committee meeting for Neighborsinc., I (being a pastor serving in West St. Paul) was asked to help organize local church participation in a new Hunger Walk event Neighborsinc. is organizing for October 11 at Two Rivers High School along Warrior Drive. So, let us get ecumenical!

I recently saw an observation and question that has really stuck with me. When encountering things in the world and thoughts/actions within us, we may ask “Is it Christian?” when perhaps the better question could be “Is it Christlike?” Christianity is a human construction with a whole host of forms, traditions, taboos, practices, creeds, liturgies, leaders, and cultural influences over the centuries, meaning there are things that are sometimes thought of as “Christian” that are far removed from “Christlike”.

When we return to the question “What is Christlike?” We meet these stories from the Gospel anew, seeing a God who showed us incredible love through a Son who walked among us. We see that Christlike love through a Savior who fed the hungry, prayed for others, welcomed the outcast, honored the ostracized, challenged the wealthy and powerful, and brought new life and healing wherever he went. Ultimately, this sacrificial love, which led to the cross, is revealed to be the most glorious achievement through the revelation of the resurrection.

So as followers of Christ, we can and should find every opportunity to be united in these Christ-centered activities of service and prayer. We can recognize and celebrate the things that are good and healthy for the church are good and healthy for Salem and vice versa, because we are all united in our shared confession of Christ our Savior, through the work of the Holy Spirit. There is never a better time or worse time, there is always time to love as Christ has loved us. This summer, I want to encourage us all to look for Christlike activities in the communities we inhabit. How can we join in those works for love? How can we magnify the glory of our God in works that unify and give new life to all folks? How will we as Salem continue our mission to nurture the faith and proclaim Christ’s Love in Word and Deed to each other and all our neighbors near and far?

I am excited to continue to embrace this prayer of Jesus that seeks unity in God’s glory shown through love. There are so many wonderful ministries happening in our neighborhoods, that we provide, take part in, or could join. I think of Loaves and Fishes with St. Matthew’s Catholic Church or Feed My Starving Children which is a Faith based organization, and now Neighborsinc. with their Faith community meetings and invitation to take part in this new walk. Perhaps hunger is one thing we can all agree on? And what a perfect place to start!

Your sibling in Christ,
Rev. Aaron Holmgren





SOCIAL DETERMINANTS OF HEALTH

Have you heard the term Social Determinants of Health (often abbreviated SDOH?) In the past few years, health experts have identified many “social determinants” of health and well-being. These factors are so powerful that, in many parts of our country, Minneapolis and St. Paul included, research has demonstrated that persons living in a neighborhood just a few miles from another neighborhood have significantly shorter life spans due to their SDOHs. As a faith community, learning more about the situations that make our neighbors vulnerable can help us focus our outreach efforts. Often, we don’t understand the reasons why others struggle with life until we really look at the barriers they face.

Social determinants of health include:

Food insecurity: Lack of access to healthy food affects a person’s nutrition and diet.

Race: Systemic inequality leads to worse health outcomes for minority communities.

Lack of access to health care: When someone can’t afford to see a health care provider or doesn’t have transportation to one, their health risks increase dramatically.

Income: A lack of money decreases access to healthcare, healthy food, education and safety.

Education: A lack of quality education from early childhood on, increases a person's chances of poverty, substance misuse, insufficient housing and employment.

Violence: Living in communities where violence is common or being a victim of violence, trauma or abuse significantly increases health risks and often shortens life by a decade or more.

Support: Without a strong support network, people are at greater risk of depression and other mental health challenges.

Inadequate Housing: Not having a safe, stable home affects physical and emotional health.

Being a member of a marginalized group: Research demonstrates that persons in the LGBTQ population; immigrants, refugees and persons of racial, ethnic diversity often experience more of the social determinants of health because of discrimination.

Imagine how even one of these social determinants could impact a person's life. In reality, many people experience several of them at the same time. It's tough to be physically, emotionally or spiritually healthy when you face these kinds of headwinds.

When we better understand the factors that impact a person, we can develop a greater sense of compassion and determination to help reduce these SDOHs and promote caring for all of God's people.

Resource: <https://www.cdc.gov/about/priorities/why-is-addressing-sdoh-important.html>

Submitted by,
Debbie Lee, Parish Nurse
(Article provided by Faith Community Nurse Network)



DEBBIE LEE, PARISH NURSE YOGA TEACHER CERTIFICATION

Our Parish Nurse, Debbie Lee, has completed her Yoga Teacher training and will be working to share some of the practices she's trained in with the Salem community. Keep an eye out for more information this fall and join us in giving her a huge congratulations on this accomplishment!

NEWBORN KITS - SUPPLY DRIVE

Our Parish Nurse, Debbie Lee, will be putting together newborn kits for families in Magome. They will be sent with the Salem members who will travel to Magome this fall. Please look for a sign-up sheet in the Narthex of needed items. Items must be turned in by Thursday, July 31. Thank you in advance for your contributions!



I am a Child of God. I know it.
I live it. I love it.

JULY BIRTHDAYS

- 1 Richard Fenton
- 1 Emily Nelson
- 1 Vincent Nesdahl
- 2 Julie Burket
- 2 Judy Hedger
- 7 Beverly Kroll
- 9 Kory Atkinson
- 9 Lawrence Gibis
- 10 Kenneth L. Hanson
- 10 Craig Vincent
- 11 Floyd DeHate
- 12 Johanna Nelson
- 12 Terry Stein
- 15 Donna Pederson
- 16 Elizabeth Gaines
- 17 Lori French
- 17 Mary Heath
- 17 Norma Johannsen
- 18 Elliott Magnuson
- 21 Beverly Momberger
- 25 Clarence Berg
- 29 Carmella Peterson



AUGUST BIRTHDAYS

- 5 Russell Emeott
- 13 Mary Ann Horner
- 15 Jared Pixley
- 16 Arlyn Larson
- 18 Judith Bartel
- 18 Kenneth French
- 19 Kathleen Hanson
- 19 Carol Olson
- 22 Mark Chapple
- 24 Arthur G. Lemke
- 25 Roxanne Olson
- 29 Frank Nesdahl
- 31 David Thomas

SEPTEMBER BIRTHDAYS

- 3 Johni Wilczyk
- 9 David Johannsen
- 10 Elizabeth Fenton
- 10 Peter Hueller
- 10 Janet Sell
- 13 William Scibora
- 19 John Nesdahl
- 21 Jeannie Schmidt
- 23 Valerie Ruth Elling
- 26 Rosanna Barker
- 29 Nancy Wyatt

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I live it. I love it.



JULY ANNIVERSARIES

- 16 Scott and Julie Reed
- 29 Donald and Judith Nelson

SEPTEMBER ANNIVERSARIES

- 1 Floyd and Sandi DeHate
- 9 Constance and Edward Williams
- 10 Lana and Jonathan Pemberton

AUGUST ANNIVERSARIES

- 7 Julie and David Boldt
- 17 Pastor Aaron & Abbe Holmgren
- 19 JR and Mary Lou Berg
- 24 Jack and Judith Schluebier

Salem at WSP Days Parade



Love these pics? Check
our more at
[www.salemluth.org/
life-at-saleam-2/](http://www.salemluth.org/life-at-saleam-2/)

2025 MISSION TRIP SALEM RETURNS TO TANZANIA!



**WEDNESDAY,
AUGUST 20, 2025 -
TUESDAY,
SEPTEMBER 2, 2025**

Salem members will be traveling to Magome, Tanzania this fall to visit our companion congregation and carry out various missionary activities. We ask that you keep the following travelers in your prayers as they prepare for this amazing opportunity: Pastor Aaron Holmgren, Judy & Jack Schlukiebert, Lana Pemberton, Carol & Keith Olson and Debbie Lee. You can help support this mission in many ways! We are accepting both monetary donations and donations of much needed items (details on page 11).



Food delivery to the village



Families receiving quilts from the Salem Quilters



Visiting students at the elementary school



**The Water Project
A huge access! 25 water points
now in the village**



Magome Lutheran Church - Built with donations from Salem

DONATIONS NEEDED BY THURSDAY, JULY 31, 2025!



There is a collection bin available in the back of the sanctuary for donations. Please reference the list below. For monetary donations, please write “Magome Mission Trip” on the memo line of your check or donate online at using the QR code below and choosing “Magome Mission Trip 2025”.

SCHOOL SUPPLIES:

Pencils
Pens
Rulers
Glue
Crayons
Sharpeners
Small Notebooks
Scissors

MEDICAL SUPPLIES:

Bandages
Wraps
Aspirin

OTHER:

Soaps
T-Shirts
Sweatshirts
Baseball caps
Soccer Balls
Hand Towels
Blankets



UPCOMING EVENTS

SALEM BOOTH AT WSP PRIDE IN THE PARK

**SATURDAY, JULY 12, 2025
11:00 AM - 4:00 PM**

Salem will be hosting a booth at WSP Pride in the Park this year on Saturday, July 12 from 11-4. Please speak with Pam Wakeen if you are able to volunteer! Join us in representing the wonderful and welcoming community at Salem!



**WSP SPORTS
COMPLEX
11AM - 4PM
JULY 12, 2025**



“JESUS CHRIST SUPERSTAR” WEDNESDAY, JULY 16, 2025 - 6:30 PM FIRESIDE ROOM

Everyone is invited to another church movie night event on Wednesday, July 16 at 6:30 pm in the Fireside Room. Popcorn and beverages will be provided. We will be watching “Jesus Christ Superstar” (1963) and leave time for discussion afterwards. All are welcome!



FEED MY STARVING CHILDREN FRIDAY, JULY 18, 2025 - 5:00 PM - 6:30 PM

Everyone is invited to participate at the Feed My Starving Children event (990 Lone Oak Rd., #136, Eagan, MN., 55121) on Friday, July 18 from 5:00 pm to 6:30 pm. We will reserve 15 volunteer spots. There will be a sign-up sheet available in the Narthex soon. Please sign up by Friday, July 11. Thank you!

UPCOMING EVENTS!



O.W.L.S. (OLDER WISER LUTHERANS AT SALEM)

No meeting in July

THURSDAY, AUGUST 14, 2025

1:00 PM - FELLOWSHIP HALL

“GRACE HOSPICE 101”

Everyone is welcome to attend the August OWLS meeting where guest presenters from Grace Hospice and Care Builders at Home will be presenting on hospice care and home care. Our church secretary, Michelle Rodriguez, interned at Grace last spring and loved her experience! We hope to see you all there so that you can learn more about both of these wonderful organizations!

MORELAND ELEMENTARY SCHOOL SUPPLY DRIVE MORE INFORMATION COMING SOON!



Salem will be holding a school supply drive for students of Moreland Elementary this fall. Information on the dates will be coming soon! There will be a collection bin available in the Narthex along with a list of the most needed items. Thank you for helping to support the families in our community!



NITE TO UNITE - TUESDAY, AUGUST 5, 2025
6:00 PM - 7:30 PM

Everyone is invited to “Nite to Unite” at Salem! Come and share in an evening of fellowship with Salem friends, neighbors and other guests from the community. Enjoy free ice cream and lawn games!

UPCOMING EVENTS!



VACATION BIBLE SCHOOL

NEW 2025 VBS WEEKEND MODULE! **FRIDAY, AUGUST 8 - SUNDAY, AUGUST 10**

Salem and St. Stephen's will be offering a new weekend module for VBS this year from Friday, August 8 through Sunday, August 10. It will be held at St. Stephen's. There will be a kick off event on Friday evening, activities, games, music and more on Saturday and a final worship gathering on Sunday morning (details below). Registration information coming soon!



JOINT OUTDOOR WORSHIP SERVICE **SUNDAY, AUGUST 10, 2025 - 9:30 AM** **MARTHALER PARK - WEST ST. PAUL**

Everyone is invited to a joint worship service by Salem and St. Stephen's at Marthaler park on Sunday, August 10 at 9:30 am. Come and enjoy a lovely, outdoor worship service that will include the celebration closing of Vacation Bible School and a send off commissioning of members of both Salem and St. Stephen's who will be traveling to Tanzania this fall for mission trips.

"JOSEPH AND THE AMAZING **TECHNICOLOR DREAMCOAT"** **WEDNESDAY, AUGUST 13, 2025 - 6:30 PM** **FIRESIDE ROOM**



Everyone is invited to another church movie night event on Wednesday, August 13 at 6:30 pm in the Fireside Room. Popcorn and beverages will be provided. We will be watching "Joseph and the Amazing Technicolor Dreamcoat and leave time for discussion afterwards. All are welcome!

UPCOMING EVENTS!



SUNDAY, AUGUST 31, 2025 - 9:30 AM

Salem will be having an outdoor worship service on Sunday, August 31, 2025 at 9:30 am on the lawn facing Hall Ave. (weather permitting). Folding chairs will be available but you're encouraged to bring lawn chairs too!

FAITH FORMATION 2025

Be sure to look for sign-up information for Salem/St. Stephen's Faith Formation in August. Start up will be in mid September! Faith Formation is for individuals and families of all ages! It takes place on Wednesday evenings and offers a time for worship and learning! All are welcome!



**God's work.
Our hands.**

SUNDAY, SEPTEMBER 7, 2025 - 9:30 AM

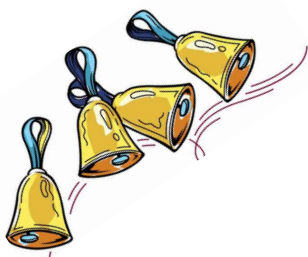
Everyone is invited to participate in the "God's Work, Our Hands" service project following the 9:30 am worship service. We will be assembling care bags for local distribution to people struggling through homelessness.

BEER, BURGERS & HYMNS
MONDAY, SEPTEMBER 8, 2025
6:00 PM - 7:30 PM



Everyone is invited to Gallagher's (888 Ohio St.) on Monday, September 8 from 6:00 pm - 7:30 pm for an evening of Beer, Burgers and Hymns! Bring your family out for a fun evening with Pastor Aaron, Salem members and St. Stephen's folks in what has become a well-loved community outing!

RESUMING IN SEPTEMBER!



CHANCEL CHOIR AND HANDBELL CHOIR REHEARSALS WEDNESDAY, SEPTEMBER 3, 2025

Do you love to sing and/or play music? Would you like to learn? You're invited to join the Salem Chancel Choir, Jubilee Ringers (handbell choir) and/or the Learner Bells (beginner handbell choir). If you are interested in learning more, please contact the church office to be connected with Carl Lipke (Choir Director) or Keith Irwin (Handbell Choir Director).

WEDNESDAY EVENING REHEARSAL SCHEDULE

JUBILEE RINGERS - 6:00 PM

CHANCEL CHOIR - 7:15 PM

LEARNER BELLS - 7:15 PM



ELIZABETH CIRCLE WEDNESDAY, SEPTEMBER 10 - 10:00 AM

The Elizabeth Circle will resume meeting on Wednesday, September 10 at 10:00 am in the Fireside Room. The group is open to anyone wanting another place to study the word of God in a small setting. We use the magazine called *Gather* for our studies. The group meets on the 2nd Wednesday of the month. All are welcome!

LOOKING AHEAD!

2025 ANNUAL SCHOLARSHIP DRIVE FOR STUDENTS IN SAN LUCAS GUATEMALA AND MAGOME, TANZANIA



The scholarship drive for students in San Lucas, Guatemala and Magome, Tanzania will be happening throughout the month of September. Your gifts and support give students in both countries the opportunity to go on to secondary school. One full scholarship for a student in Magome, Tanzania is \$450 and one full scholarship for a student in San Lucas, Guatemala is \$250. Any amount is greatly appreciated! Designated envelopes will be available in the pews during September and a scholarship giving tab will be available on the “Give” page of the website during that time as well. Please include “scholarship for Magome and/or Guatemala” on the memo line of your check. Thank you!

MEMBERSHIP

INFORMATIONAL MEETING SUNDAY, OCTOBER 12, 2025 10:40 AM - FIRESIDE ROOM

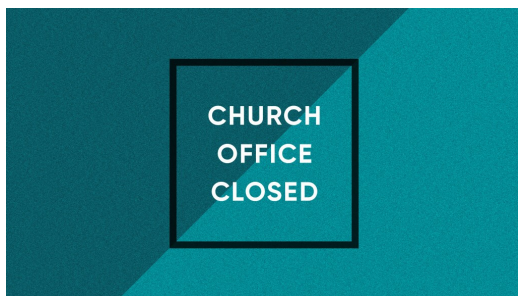
Have you wondered about new ways to be involved, observe, learn, grow in faith, and strengthen our sense of a church community?

How did Salem start and where might we be going together?

Have questions around membership and what that entails?

You are invited to the Fireside Room to learn more and get answers to your questions!

Hope to see you there,
Rev. Aaron Holmgren & Diane Hueller (Membership)



OFFICE CLOSED & STAFF OUT OF OFFICE

The office will be closed on **Friday, July 4** for the Independence Day holiday and on **Monday, September 1** for the Labor Day holiday. Michelle will be out of the office on **Monday, July 7**.

Pastor Aaron will be attending the ELCA Churchwide Assembly from **Monday, July 28 through Saturday, August 2**. If you have a pastoral emergency during that time, please reach out to Debbie Lee (Parish Nurse) or Pastor Tim Thompson at St. Stephen's. You can also reach out to Debbie or Pastor Tim during Pastor Aaron's time in Magome (**August 20 - September 2**).

GETTING MORE INVOLVED!



If you would like to get more involved with the Sunday morning worship services as a Lay Reader, Communion Server or Coffee Hour server, please reach out to our Church Secretary, Michelle Rodriguez. She will be drafting the 2026 schedule later this fall. Mary Lou Vining-Berg sets the schedule for coffee hour servers. Sharing God's message of love through Scripture, the Holy Meal and fellowship is a wonderful way to become

more involved and create new connections at Salem! All are welcome! *Accommodations are available for anyone unable to stand to read and/or serve communion.*

TAKE ADVANTAGE OF WONDERFUL RESOURCES THROUGH OUR PARTNERSHIP WITH LYNGBLOMSTEN!

Salem has a long standing relationship with Lyngblomsten and they offer great programming that we want to make sure everyone knows about and takes part in! Listed below is information about an upcoming event in July. Their website is listed below so that you can learn more!



Caregiver Education: How & Why Talk Therapy Can Be Beneficial While Caregiving

WEDNESDAY, JULY 23, 2025 - 4:00 PM - 5:30 PM—ZOOM

Learn how talk therapy can help on your caregiving journey. Family caregivers are invited to a presentation organized by Lyngblomsten Community Services on talk therapy. Learn how this approach may benefit you, how to find the right therapist, and how to overcome barriers in accessing therapy. Jennifer Finstad, MSW, LICSW, of Healing Canvas Counseling will lead this virtual session on Wednesday, July 23, from 4–5:30 PM. There is no fee to attend, but there will be an opportunity to make a contribution. Please contact Lisa Brown, MSW, LISW, by July 21 to register at (651) 632-5320 or caregiving@lyngblomsten.org.



Salem Evangelical Lutheran Church

11 West Bernard Street, West St. Paul, MN 55118-1409

(651) 457-6661 • FAX: (651) 457-6693

E-mail: secretary@salemluth.org • Website: www.salemluth.org

✝ NEED PRAYER ✝

Diane Hueller.....651-451-0307

Louise Nesdahl.....651-280-9678

Church Office651-457-6661

If you or a member of your family are in need of prayer and would like us to pray for you, please call the prayer chain coordinator or the church office and we will place you on the prayer chain. *All calls are kept confidential.*

Ministers: All Members of Salem

Pastor.....Rev. Aaron Holmgren

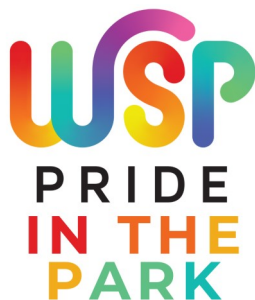
Choir Director.....Carl Lipke

Handbell Director.....Keith Irwin

Organist.....Judy Belland

Parish Nurse.....Debbie Lee

Admin. Secretary.....Michelle Rodriguez



**WSP SPORTS
COMPLEX**
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JULY 12, 2025

Details on pg. 12



FRIDAY, JULY 18
5:00 PM - 6:30 PM
Details on pg. 12

The *Salem Newsletter* is a publication of Salem Evangelical Lutheran Church, a congregation of the Evangelical Lutheran Church in America. We are located on Bernard Street, three blocks west of Robert Street between Humboldt and Hall. ***Deadline for the Fall/Winter newsletter is noon, Monday, September 8.*** Please submit articles typed or printed clearly, by mail or email, including your name and phone number.