



# ALL SAINTS

## LUTHERAN CHURCH

# NEWSLETTER

**November 2025**

## LIGHT FOR THIS MOMENT



Growing up, I loved laying down and looking up at the stars in northern Minnesota. The vast expanse of stars always opened my imagination. Paul seemed to share this perspective in Ephesians 3 when he wrote: *"I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God."*

All Saints Sunday is a moment to reflect on all the saints who have gone before us, our place in the Church around the world... and our place in the cosmos! Jesus said in Matthew 5 that we are now "the light of the world." Our light is kindled by the love and grace of Jesus.

Our new series "Light for This Moment" is a word of hope and encouragement for us to be the light that we are for this moment in time. Jesus doesn't say that if we try really hard we can be the light of the world. In faith, it is already a reality. We simply need to show up to places in need of it.

It's easy to become overwhelmed by the needs we see and the darkness that seems to prosper. But, we gather together every week to rekindle the light of Christ in our own hearts and in all who gather along with us. By coming together we amplify God's message of love and grace. It's a message that is as relevant as ever, and yet timeless in its impact. It renews our spirits even as it calls us to share this in real and tangible ways in our relationships, community and world.

Dietrich Bonhoeffer wrote: *"Our relationship to God is a new life in 'being there for others'... The transcendent is not the infinite, unattainable tasks, but the neighbor within reach in any given situation. God in human form!"*

And so, we are letting our light shine as we serve our neighbors through partners like ICA, Urban Ventures and now Relate Counseling Center. This month, you will be invited to reflect on how you can support this mission personally and financially. Please pray about how you can help us continue to expand our witness and this message of hope. Most of you will receive a mission resource brochure and statement of intent card that will provide you with a way to make plans for giving in the coming year. Please complete that and make response.

Thank you for your personal and financial generosity and the ways that you bring light to this moment at All Saints and beyond!

*Be well,  
Pastor Jon*

## NOVEMBER EVENTS

- 1st Breadmaking for First Communion, 10am-12pm
- 2nd All Saints Sunday Service, 10am
- 14th Parents Night Out, 5:30-8:30pm
- 21st Moms Group, 7pm
- 23rd Commitment Sunday Service, 10am
- 23rd Dads Group, 11am
- 26th Thanksgiving Eve Service and Pie Fest, 7pm

For up to date info, visit  
[AllSaintsMtka.org/events](http://AllSaintsMtka.org/events).

## LIGHT FOR THIS MOMENT

### New Sermon Series

Our experience of darkness is profoundly human and spiritual. To kindle a small light in a place of darkness with a lantern or candle warms our spirit. It comes as a gift. Jesus says in Matthew 5 that his followers are now “the light of the world” and to “let your light so shine.” Our own light is kindled by Christ’s love and grace. We are called to be light for this moment. And so, we seek to bring that light and grace into any place where there is despair, loneliness or scarcity because of Christ’s generosity and selflessness for us.



All Saints Lutheran Church

Available in App Stores



# PARENTS NIGHT OUT

**Friday, November 14**  
**5:30pm - 8:30pm**

Register by November 12!



## PARENTS NIGHT OUT

**Friday, November 14 • 5:30-8:30pm**

Parents Night Out gives parents of young kids the opportunity to have a night with friends, go out to dinner, go on a date, or just have a night to themselves while knowing their kids are well taken care of and get a night at All Saints filled with games, crafts, snacks and a movie.

Parents Night Out is open to all kids ages 2-10. We just ask that they are potty trained as our volunteers do not have diaper-changing training. Parents Night Out is a fundraiser for various family ministry programs at All Saints such as camp and day camp scholarships and the All Ages Service Trip, so consider what amount is right for your family.

Register at [AllSaintsMtka.org/events](http://AllSaintsMtka.org/events) by November 12.





## THANKSGIVING EVE SERVICE AND PIE FEST

Join us for our Thanksgiving Eve service on Wednesday, November 26 at 7pm. We will thank God for all of the blessings in our lives. Then stay afterwards for fellowship and pie!

Members are invited to bring a pie to share. Please cut your pie before bringing it to church and make sure your pie contains no peanuts or tree nuts. If you can bring a pie, sign up at the Welcome Center or email the church office.



*We welcomed over 170 kids and their families at Trunk or Treat! We had 19 trunks, hot chocolate, and a very popular game of Bingo going on. Thank you to everyone who hosted a trunk or volunteered.*



## REGISTRATION OPEN FOR THE ALL AGES SERVICE TRIP

All Saints is headed to Medora, North Dakota for the All Ages Service Trip, July 21-26, 2026. Not only will we be doing a variety of volunteer work throughout the long weekend, but we will also be staying in the beautiful badlands of North Dakota and get to experience the fun of Historic Medora.

The service trip cost is \$700 per adult, \$500 per kid, with a family maximum of \$2100. Kids under 5 are free. Kids under 18 need to be accompanied by at least one adult. There is space for 8 family units, so reserve your spot early!

Register today at [AllSaintsMtka.org/servicetrip](https://AllSaintsMtka.org/servicetrip). For family units larger than 3, contact Chelsea for a discount code.





### KIDS CONNECTION: BEDROCK

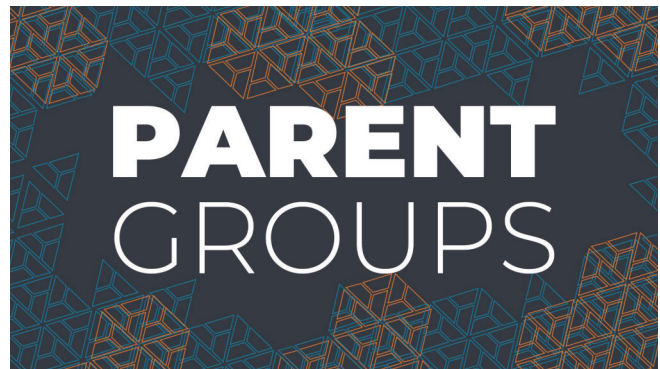
#### **Building Confidence in God Block by Block**

Confidence is the feeling or belief that you can rely on something or someone. We can build confidence in all kinds of things: our intelligence, our skills and abilities, how many friends we have, or our sense of humor. While all those building blocks are good things, on their own they don't have a strong foundation. However, if we build our confidence in God, we will build a strong and firm foundation.

All November long in Kids Connection, we will be hearing stories from people in the Bible who chose to trust God and how that choice changed everything about the way they lived their lives. When we hear stories about people who put their confidence in God, we can learn to do the same.



*Crossroads youth packed 41 personal care kits for Lutheran World Relief.*



### MOMS AND DADS GROUPS

Every month, moms and dads meet at All Saints for an evening of conversation and fellowship. Not only do moms and dads have the opportunity to connect with each other each month, they can talk about all things from parenting to faith. Parent groups meet once a month and are following a study. New moms and dads are welcome any time.

The mom's group is talking about influential women in church history. Their next meeting is on Friday, November 21 at 7pm. The dads group is discussing theology in Popular Culture. The dad's next meeting is on Sunday, November 23 after the Sunday service.





## PHYSICAL WELLNESS

### NOVEMBER WELLNESS FOCUS

Although we've barely felt a chill in the air this Autumn, it's undeniable that wintry weather is not that far away. I don't know what credibility my sources have, but I've read that this winter, unlike the last several, is supposed to be extra cold and snowy. As the weather turns colder, opportunities to move our bodies can easily diminish as the idea of going outside becomes less and less appealing.

I've been actively working to increase my physical wellness over the past 6 months or so, and for the first time in years, I've gained a little traction. Two of the things that have helped me the most so far are accountability (I track the intentional movement I do and send a picture to a willing friend every Monday morning) and scheduling movement as though it were a meeting or an event. Look for the November Facebook posts on physical wellness, and check out our All Saints Physical Wellness page if you haven't yet!

— Erinn Frees



## MENTAL HEALTH CONNECT EVENTS

Check out the Mental Health Connect Events for November on the MHC event webpage ([mhconnect.org/find-mhc](https://mhconnect.org/find-mhc)), including:

- Skills for Disagreeing Better - Tuesday, November 11, 6:45 to 8:30 pm, only on Zoom
- Gratitude and Mental Health: Nurturing Resilience & Joy – Wednesday, November 12, 6:30 to 8:00 pm at Bethlehem Lutheran Church in Minneapolis
- Well-Being in Uncertain Times - Tuesday, November 18, 6:30 to 8:00 pm (dinner at 6 pm) at St. Joan of Arc Catholic Community in Minneapolis
- 2024 Online Faith and OCD Conference - Wednesday, November 19, 11 am to 4:45 pm



## The Nutrition Source

## PHYSICAL WELLNESS RESOURCE

A good physical wellness resource is The Nutrition Source:

[nutritionsource.hsph.harvard.edu](https://nutritionsource.hsph.harvard.edu). The Harvard T. H. Chan School of Public Health offers evidence-based information about nutrition, reviews research on popular diets, and includes recipes.



### DONATE A CHRISTMAS POINSETTIA

Help us beautify the sanctuary for the Christmas season by making a donation for a poinsettia in honor or in memory of someone special to you. The suggested donation is \$25. Please donate by Sunday, December 14.

Donate on the **Make a Gift page** and select "Christmas Poinsettia" as the Fund type (see below). You may also donate using the form at the Welcome Center. Make checks out to All Saints Lutheran Church, and write "Poinsettia" in the memo line.

If you have any questions, contact Chris by email at [cheiberg@allsaintsmtka.org](mailto:cheiberg@allsaintsmtka.org) or call 952-934-3550.

\$25

Fund

Select Fund

Select Fund

General

Christmas Poinsettia

All Saints Memorial Fund

Sunday Treats

+

Add another fund

Give to more than one fund

Continue to give \$25.00



### SING FOR ADVENT AND CHRISTMAS

Bring the spirit of Advent and Christmas to our worship with your musical gifts! All Saints has a strong music tradition and you can be part of it this year. If you are interested in singing with the choir for our Lessons & Carols or Christmas Eve Services, reach out to Meg Redmond at [medmond@allsaintsmtka.org](mailto:medmond@allsaintsmtka.org)



*Thanks to all of the musicians who led the Reformation Sunday Service. You can join them for Advent and Christmas!*

### LOOKING AHEAD TO DECEMBER

Camp Registration opens on December 11. Our annual Service of Lessons & Carols is Sunday, December 14 at 10am. The Kids Christmas Program is during the service on Sunday, December 21 at 10am. Keep an eye on the weekly E-News for more events.

### PEACE MOMENT

"Thankfulness creates gratitude which generates contentment that causes peace."

— Todd Stocker

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