

SPD New Member Orientation

Tuesday, May 5 at 6:30 p.m.

If you would like to learn more about this faith community and our mission and ministry, join us for our next new member class. You may register at spdcl.org/register. The class is an hour, with childcare available. If you have questions, contact Pastor Tim Westermeyer at twestermeyer@spdcl.org or Cindy Carlson at ccarlson@spdcl.org. We will receive new members on Sunday, May 17 at the 9:30 a.m. service.

2026 Updated Church Directory

The updated church directories have arrived. You are welcome to pick up one at the Hospitality Desk on the upper level (Atrium). We ask that you only take one per household.

Help us keep the church records up to date. If you have a correction or update to the published information, please send the information to Nancy Bixby at nbixby@spdcl.org.

Women's Spring Event: *The Art of Neighboring* **Wednesday, May 27 at 6:30–8 p.m.**

Join us for an inspiring evening designed for women (of all ages) celebrating that each of us is a masterpiece - uniquely designed to reflect God's love in the world as no one else can. Through Scripture and engaging conversation, we'll discover simple, practical ways we can respond to Jesus' call to love our neighbors. The evening will also include a service project and a time of worship. Dessert will be served. The cost is \$15 per person, and you may register at spdcl.org/register. Questions, contact Cindy Carlson at ccarlson@spdcl.org.

The Six Needs of Mourning **Wednesdays, June 3, 10, 17, 24 and July 1** **Choose class at 3–4 p.m. or 6:30–7:30 p.m.**

The death of someone we love changes our lives forever. How can we journey through the grief we feel inside in a healing and meaningful way? The journey requires mourning—expressing our thoughts and feelings in a variety of ways.

Dr. Alan Wolfelt identifies six basic human needs around mourning, which we will explore together. These sessions are more about learning and less about support, but we will be tender with each other's experience of loss. Led by Pastor Valerie Strand Patterson, vstrand@spdcl.org or 763-475-7126. The class will be offered at two different times, on the same day. Register at spdcl.org/register.

The Healing Letter

Tuesday, May 12 and 19 at 6:30 p.m.

In this two-session workshop, we'll explore letter writing as a structured practice for processing emotions and experiences while deepening connection with God, yourself, and others. We'll guide you through the elements of several types of letters and offer space for prayer, reflection, and writing. No prior writing experience is necessary.

During Week Two, participants will have the option to share one of their letters in a supportive setting. Sharing is completely voluntary. The instructors will be Pastor Valerie Strand Patterson, Jen Galley, and Jim Carlson. Register at spdcl.org/register.

Try Softer: A Fresh Approach to Move Us out of Anxiety, Stress, and Survival Mode and into a Life of Connection and Joy

Mondays, June 1, 8, 15, 22 and 29 at 6:30 p.m.

In a world that tells us to try harder, it's time for something different. It's time to try softer. Join us for a 5-week journey and discussion of the book by Aundi Kolber. Please bring the book to our first meeting on June 1. The book or audio book are available on Amazon, Hoopla, etc. Register for the class at spdcl.org/register.

All-Congregation Band

Sunday, May 31 at 9:30 a.m.

Do you play an instrument? Perhaps it has been some time since you've played? Well, dust off that old saxophone—we're seeking musicians of all ages to help lead worship in our All-Congregation Band. There is no age limit, although a basic proficiency and ability to read music is expected. All musicians should supply their own instrument. All band and orchestra instruments are welcome. To make the experience accessible for all, there are only two required rehearsals:

Register at spdcl.org/register. If you have any questions, please contact Samuel Grace, Director of Music Ministry at sgrace@spdcl.org or 763-475-7142.

Rehearsals

Saturday, May 30 (2–3:30 p.m.)

Play for Worship:

Sunday, May 31 (Worship at 9:30 a.m.—Call time at 9 a.m.)

St. John's Summer Retreat:

Receiving the Gift of Sabbath

Thursday, June 18–Sunday, June 21

The theme for this year explores the practice of Sabbath and how we integrate this ancient practice into modern life. We will explore four elements of Sabbath-keeping: Stop, Rest, Delight and Worship. Held at St. John's Abbey and University in Collegeville, Minnesota. Beautifully situated on Lake Sagatagan, there are trails for walking and beautiful art and architecture ready for exploring. This retreat provides a well-rounded experience of learning, spiritual practice, quiet time, worship and connection with others. Questions, contact Pastor Valerie Strand Patterson at vstrand@spdcl.org. Register at spdcl.org/register. The cost is \$250 per person.

Lutheran World Relief—Fabric Kits

LWR Kits are specifically designed to help people coping with poverty, disaster, conflict and more. Sewing is a valuable skill that can help men and women earn reliable income. Lutheran World Relief Fabric Kits provide fabric and thread for vocational training programs teaching sewing and for newly trained tailors to launch their sewing business. LWR Fabric Kits are highly regarded throughout the world because of their quality and consistency.

On **Thursday, July 16 at 2 p.m.**, you are invited to help cut fabric and assemble the LWR Fabric Kits. (Please contact Pastor Valerie at vstrand@spdcl.org if you would like to do this.) In the meantime, we are collecting the following items:

- **Spools of matching or neutral-colored, general purpose thread 250–300 yards each**
- **Cotton or cotton-blend fabric** (no knits)
*Fabric should **NOT** have religious symbols, messages, US flags, patriotic or military symbols or camouflage.*

Each piece should be **at least as large** as the following dimensions. We will cut the fabric to the appropriate size.

60" wide fabric	2.25 yards
44" wide fabric	3 yards
36" wide fabric	4 yards

We welcome financial support to assist with shipping of the LWR Kits. Checks may be made payable to SPD, with LWR Kits in the memo line, or [online at spdcl.org/egiving](http://spdcl.org/egiving), to the Angel Fund, noting LWR Kits.

SPD Ploggers

Saturday mornings at 8 a.m.

May 9, 16, 30 and June 6, 13, 20 and 27

Meet at SPD East parking lot

What is *Plogging*? The word plogging is a combination of the Swedish verb plocka upp, which means to "pick up." Now is your chance to be a part of the movement to intentionally exercise and pick up trash as a group! SPD Ploggers will gather at SPD to walk or jog and clean up the grounds on-site and at Oakwood Elementary School. Register at spdcl.org/register or contact Renee Putnam at 763-475-7162 or rputnam@spdcl.org.

GARDENING@ SPD

SPD Gardening

Would you like to tend to the gardens and help with spring garden clean-up around our church building? We are hoping for a team of several people who will work together to tend to the gardens. Pastor Valerie at vstrand@spdcl.org.

The Giving Garden

Do you miss gardening but not the stooping down on your hands and knees? We have an option for you: help with our raised bed gardens! You can help to plant, tend and harvest vegetables that will be donated to the food pantry at Interfaith Outreach. Contact Trish Arndt at tarndt@spdcl.org.

Spring Garden Clean-up at Mission Nursing Home

Thursday, May 14 at 9–11 a.m.

Help spruce up the garden beds for the residents at Mission Nursing Home in Plymouth. It is located near Medicine Lake. You may register at spdcl.org/register. Questions, contact Renee Putnam at serve@spdcl.org

KEEP CONNECTED AT SPD

Help us keep our contact information up to date.

Please let us know using our [online Update Contact Information form at spdcl.org/contact](http://spdcl.org/contact), or you may contact our membership coordinator, Nancy Bixby, with any changes at 763-475-7166 or nbixby@spdcl.org.

Prayer Requests

You can make a prayer request online by visiting our information request form at spdcl.org/contact. All requests will be held in prayer and kept in confidence. If you would like a pastor to call you please include your contact information.

Altar Flowers

You are invited to sponsor altar flowers throughout the year to beautify our sanctuary for worship. Cost is \$75 per bouquet. Your commemoration (for instance, to celebrate an occasion or remember a loved one) will be shared in the worship folder and on the livestream slideshow before worship at 9:30 a.m. [Sign up online to sponsor flowers](#), or call the church if you need assistance at 763-475-7100.

The Conversation—Lutheran World Relief

Tuesday, May 12 at 1 p.m.

The Conversation is an opportunity for community and connection with others from SPD. At the May gathering we will welcome Brian Scott from Lutheran World Relief. He will tell us about the mission and ministry of LWR, including goals for the Fabric Kit project. We will meet in Fellowship Hall—please use the west parking lot on the upper level (Door A). No registration is needed.

Children, Youth and Family Programs

Weekly Programs for Children and Youth

You are invited to join any of our children's and youth programs: Sunday School, Children's Choirs, the Childcare Center, Grade 5 Gathering, Confirmation and High School ministry.

Childcare Center

Childcare is available during the Sunday morning worship services (8:15, 9:30 and 10:45 a.m.)

Baptism at SPD

We welcome baptisms of infants, older children and adults at St. Philip the Deacon. It is in the waters of baptism we are named and claimed as God's own. This sacrament is gladly offered for you and your family, regardless of membership status at SPD.

In preparation of a baptism, we have created a baptism video at spdlc.org/life-events. To schedule a baptism, please complete our [Baptism Information Form](#), which is available online at spdlc.org/life-events. If you have questions, please contact Nancy Bixby at nbixby@spdlc.org, or 763-475-7166.

Growing Families

Have you recently found out you are expecting? Or are you adopting a child into your family? Let us share your joy and walk beside you as a faith community. At St. Philip the Deacon, we want to support you and your family as it grows and develops. Let us know your big news! [Get in touch with us online](#) or Contact: Kathy Hagedorn, Early Childhood and Children's Ministry at khagedorn@spdlc.org or 763-475-7138.

YOGA OPPORTUNITIES

Embodied Prayer: Yoga @ SPD

Thursdays at 9 a.m. in the CFL

For more information, contact Amanda Berger at aberger@spdlc.org, or by phone at 763-475-7139.

Chair Yoga

Mondays and Thursdays

11:30 a.m.–12:15 p.m. in the CFL

Chair Yoga is a program for folks with limited flexibility or anyone who needs to take it easy on their joints. Questions? Contact Kathy Hagedorn at 763-475-7138.

Spring Chair Yoga Retreat

Thursday, May 7 at 9 a.m.–3:30 p.m.

Join us at the MN Arboretum for a chair yoga practice on "Joy." Take time for yourself to enjoy a chair yoga practice, a walk in the arboretum, box lunch, tram ride, and time with friends. Cost: \$60 per person.

The retreat cost includes transportation, practice, box lunch, and tram ride.

SPD Summer Programs and Activities

For more summer programs, pick up a *SPD Summer brochure* at the Hospitality Desk. There are programs and activities for all ages. **Registration is open at spdlc.org/register**

Vacation Bible School (Kids age 3–4th grade)

June 8–11 from 8:45–11:30 a.m. daily

Kids from age 3 through 4th grade are invited to enjoy four days of adventure-filled learning! This year's theme is, *Rainforest Falls—Exploring the Nature of God*. Beneath a canopy of chattering birds, kids plunge into a lifelong adventure of discovering the nature of God. Each day will be filled with music, stories, experiments, learning, snacks, games, friends, laughter, and more! We will be both indoors and out. Cost is \$35 per student with a max of \$80 per family. Register at spdlc.org/register.

Adults and youth are also invited to [sign up to volunteer](#) as a helper or group leader! It's a fun way to participate, learn, and guide our kids in their faith journey.

Kids Adventure Week

July 20–23 from 8:30 a.m.–3:30 p.m. daily

A jam-packed week of outrageous adventures. Each day will have a theme. We will do some things at church, and take a bus to other adventures. Each day will include a devotion, friendships, adventure, new experiences, and all-around fun!

Children's Summer Music Camp

Aug. 10–13 from 9 a.m.–12:30 p.m. daily

St. Philip the Deacon children's summer music camp, led by Celina Kobetitsch and Samuel Grace. Activities will include singing, games, musical guests and a field trip. The event will culminate with a talent show (family invited) on Thursday, August 13 prior to our closing lunch. Registration is open at spdlc.org/register.

Minnesota Twins vs. Kansas City Royals

Thursday, June 4. Bus depart SPD at 5:15 p.m.

Join us to watch the Minnesota Twins take on the Kansas City Royals at Target Field. Our seats are in the Legends Landing. The cost is \$57 per person, for your game ticket, all-inclusive ballpark fare (in the Legends Landing—which includes hotdogs, burgers, chicken tenders, popcorn, chips, soda, water, juice, and milk) and transportation. Register online at spdlc.org/register. Questions, contact Cindy Carlson at ccarlson@spdlc.org.

Summer Fishing Retreat

Thursday, June 25–Sunday, June 28

Join SPD Outdoors for a time of faith, fellowship, fun and fishing at 10th annual Summer Fishing Retreat on Lake of the Woods. Registration is open. Questions, contact Pastor Mark Schmid at mschmid@spdlc.org.

SERVING OTHERS

Interfaith Outreach Food Pantry Needs

The food shelf is a valuable resource to families in our local community. The Interfaith Outreach Food Shelf serves over 250 households per week and 44% of the people served are children. The food shelf is a safety net and supplemental resource for families and seniors who live on low and fixed incomes. The full list of food shelf donation needs can be found at iocp.org/outreach-services/food-shelf.

Healthy snacks (granola bars, trail mix and dried fruit), **Baby food and formula, diapers, cooking oil, hearty soups, papers bags** (for packing food shelf goods), **paper towels, toilet paper, toiletries, and feminine hygiene products.**

Collecting Used Eyeglasses

You can bring used eyeglasses to the church office entrance, Door B. You'll find a collection bucket on the coat rack inside the door. They will be recycled by the Lions Club International. They will be happy to receive **used hearing aids, too!**

Hospitality Ministry: Funeral Reception Team

The ways to help with this ministry include: baking cookies or bars, or helping with set-up or serving of the reception. There are options to help during the week, as well as weekends. Contact Cindy Carlson at c Carlson@spdlc.org if you would like to help with funeral receptions.

Give Blood!

Blood Mobile at SPD—Tuesday, May 19 11 a.m.–5 p.m.

Memorial Blood Center is your community blood donation center. As a blood donor, you are a vital part of a team of individuals working together to save the lives of hospital patients in our area. That means the blood supply collected from our donors directly serves the needs of patients in our local community. An hour of your time can mean a lifetime to someone. Sign up to donate blood at mbcherohub.club.

Habitat for Humanity Summer Build Monday, Aug. 10–13

You are invited to join us as we use our gifts to make a difference in our community by participating in our 10th Annual Habitat for Humanity Summer Build.

Dates: Monday, Aug. 10–Thursday, Aug. 13
Time: 8:30 a.m.–3:30 p.m.
8:30 a.m.–2:30 p.m. (Wed.)
Location: Minnetonka Mills
Build Type: New build, single-family home

Save the date, and watch for the coming registration information. Questions? Contact Pastor Mark Schmid at 763-475-7127 or mschmid@spdlc.org.

CARE AND SUPPORT PROGRAMS

Alcoholics Anonymous (AA)

Tuesday evening at 6:30 p.m.

There is an AA chapter that meets at St. Philip the Deacon in the CFL on Tuesday evenings. Park in the lower level parking lot, and use Door E. For questions, contact Matt Geurink at mdgeurink@yahoo.com.

Caregivers Support Group

Wednesday afternoons at 1 p.m.

This is a weekly meeting of people who are currently the primary caregiver for another adult. In many cases, members are spouses or adult children of someone who is living with dementia or other long-term illness, though the group is not specifically aimed at any single care scenario. Members gather to take a break from their setting, share ideas and support one another. Contact Susan Path, Parish Nurse, for more information: spath@spdlc.org or 763-475-7168.

Thrive: Cancer Support Group

1st and 3rd Tuesday afternoons at 1 p.m.

Thrive is a support group for those who have been diagnosed with cancer. We will be addressing our fears and journey for hope. You will find support, emotionally and spiritually, in a confidential environment. The group **meets the 1st and 3rd Tuesday of each month from 1–2 p.m.**

Contact Susan Path, Parish Nurse spath@spdlc.org or 763-475-7168 with questions or zoom link.

Sanctuary of Survivors (SOS)

1st and 3rd Thursday evenings at 7 p.m.

Sanctuary of Survivors is a faith-based support group for those who have lost a loved one by suicide. All emotions, all questions will be heard and honored by this group. All are welcome, wherever you are on your faith journey, including questioning or having a crisis of faith. Please contact Pastor Valerie Strand Patterson at vstrand@spdlc.org for information on how to join the group, including on Zoom.

Mental Health Connect

If you need help finding appropriate mental health care, there are resources available to help at Mental Health Connect. www.mhconnect.org Call or text 612-642-1220.

West Suburban Grief Coalition

Thursday afternoons, 4–6 p.m.

The West Suburban Grief Coalition is an extension of 15 area churches to help provide caring support and education for persons who are grieving the death of a loved one.

The West Suburban Grief Coalition meetings are being held at Oak Knoll Lutheran Church, 600 Hopkins Crossroads, Minnetonka, MN 55305.

All individuals are welcome, and no registration is needed. There is a brochure with more information available at the Hospitality Desk. For more information about Grief Coalition, contact Harley Feldman at harleyfeldman@gmail.com.