



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.

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.

Summer Organ Concert Series

Wednesdays in July

- July 8 at 12:15 p.m. Chad Fothergill
Duke Divinity School, Durham, NC
- July 15 at 12:15 p.m. Sam Backman
Holy Cross Catholic Church
Minneapolis, MN
- July 22 at 7 p.m. Tigran Buniatyan
Christ Church of the Ascension
Mountain View Lutheran Church
Phoenix, AZ
- July 29 at 7 p.m. Celina Kobetitsch
St Philip the Deacon, Plymouth, MN

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 spdcl.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.

Dwelling in the Word: Psalms

Wednesday, June 10, 24, July 8 and 22 at 10 a.m.

Dwelling in the Word is a welcoming, discussion-based gathering where we engage Scripture in community. Together, we'll read and reflect on a Psalm, allowing space for conversation and prayer. You're welcome to attend as many sessions as your schedule allows. No prior preparation or experience is required. Register at spdcl.org/register.

Family Wednesday Night Light

Wednesday, June 17, July 15 and Aug. 19

5:30–7 p.m.

Gather around the campfire for food, fellowship and fun in the church backyard. There will be games and activities for the whole family, ending with a vespers service at 6:30 p.m. Youth are invited to stick around after 7 p.m. with Charlie and Olsen for more activities. Questions, contact Pastor Makayla at mdahleen@spdcl.org.

Radical Hospitality:

The Benedictine Way of Welcome

Monday, June 22 at 6:30–7:30 p.m.

When people think of Benedictine spirituality, one of the qualities they name first is their central orientation toward hospitality. Join Amanda Berger, who is a Benedictine oblate at St. Paul's Monastery, for an evening of teaching, reflection and conversation about this radical orientation toward welcome. Register at spdcl.org/register.

Sarah Circle—A Women's Summer Circle

Tuesday, June 9 at 12:30 p.m.

Have you thought about being part of a Women's Circle at SPD but that you are either gone for much of the winter, or your schedule is particularly busy during the program year.

Last summer we started a new circle, which meets twice a month on Thursday afternoon through mid-September. They will resume meeting in June (the first gathering is on a Tuesday, due to schedules.) You are invited to join the Sarah Circle, it is a wonderful opportunity for fellowship and community, study, and service. Contact Cindy Carlson at ccarlson@spdpc.org.

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 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@spdpc.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 spdpc.org/egiving](https://www.spdpc.org/egiving), to the [Angel Fund](#), noting LWR Kits.

SPD Ploggers

Saturday mornings at 9 a.m.

May 30, 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 [spdpc.org/register](https://www.spdpc.org/register) or contact Renee Putnam at 763-475-7162 or rputnam@spdpc.org.

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@spdpc.org.

SPD Builds Workshop

Thursday, July 9, 6–8 p.m.

Join us for an SPD Builds Workshop—a beginner-friendly, hands-on introduction to Habitat for Humanity building projects. In a welcoming and supportive environment, participants will learn basic construction concepts, practice using simple tools, and build confidence for future volunteer build weeks. No experience is necessary—just curiosity and a willingness to learn alongside others.

Over the course of 2 hours, you'll gain practical skills, ask questions freely, and discover how approachable construction work can be when someone shows you the ropes. Dinner is included in our time together, and the first 10 participants to register will receive a starter tool kit to take home, compliments of the Plymouth Home Depot. Hammer On!

Questions? Contact Brian Gilbertson at 612-597-5971 or brianlg123@gmail.com. Register at [spdpc.org/register](https://www.spdpc.org/register).

YOGA OPPORTUNITIES

Embodied Prayer: Yoga @ SPD

Thursdays at 9 a.m. in the CFL

For more information, contact Amanda Berger at aberger@spdpc.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.

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 spdcl.org/register**

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. There are four spots remaining. Questions, contact Pastor Mark Schmid at mschmid@spdcl.org.

Play and Pray at Parker's Lake Playground

Sunday, June 21 at 4–5 p.m.

Throughout the summer and fall, families with young children are invited to Parker's Lake on the 3rd Sunday of the month. Children can play on the playground equipment, or you can stroll along the lake. There will be a time to share prayer requests and praise reports. No registration needed. Questions, contact Pastor Makayla at mdahleen@spdcl.org.

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! Register at spdcl.org/register.

Monday, Giant Day
Tuesday, Color Day
Wednesday, Creativity Day
Thursday, Movement Day

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 spdcl.org/register.

Youth Serve 'n' Sun Days

9:30 a.m.–4:30 p.m.

Middle School and High School Students are invited to join us for *Serve 'n' Sun!* Each day will look different but our main focus is all about service, learning, and community building. We will do various service projects as well as a fun activities around the Twin Cities! Register at spdcl.org/register for the day(s) that work for your schedule. Questions contact Charlie Olson at colson@spdcl.org or Olsen Pancoast at opancoast@spdcl.org.

June 16 Shady Oak Beach
June 30 Valley Fair
July 23 Bunker Beach
Aug. 4 Escape Room

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](http://spdcl.org/contact), or call the church if you need assistance at 763-475-7100.

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 spdcl.org/life-events. To schedule a baptism, please complete our [Baptism Information Form](http://spdcl.org/life-events), which is available online at spdcl.org/life-events. If you have questions, please contact Nancy Bixby at nbixby@spdcl.org, or 763-475-7166.

New Online Giving Platform

SPD members can check out our new online giving page at st-philip-the-deacon.churchcenter.com/giving. If you have set up recurring giving previously, you should have received an email with instruction to walk you through how to move your recurring giving to our new system.

2026 Updated Church Directory

You are welcome to pick up a copy of the directory 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.

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.

GARDENING@ SPD

Flower Watering

We need help watering flowers at church throughout the growing season. If you can help this spring and summer please contact Tom and Jackie Reinke at tomreinke@gmail.com to schedule a time. Instructions are provided.

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 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@spdlc.org.

Black Shoe Blitz

Children in Haiti are required to wear **black dress shoes** with their government required uniform to attend school. The dress code is strictly enforced. Donations may be dropped off in the Fellowship Hall until **Sunday, June 28.**

- New or gently used black dress shoes.
- **No tennis shoes or sandals.**
- All sizes, for ages 3-18 (children -adult sizes)
- For both boys and girls.
- Girls' shoes must be flats and closed toe.
- The shoes must be sturdy since the children walk a great distance on dirt paths to school.

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. 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 during the summer are being held at Mount Calvary Lutheran Church, 301 County Road 19, Excelsior, MN 55331.

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.