



September 2014

# Eastside News

Eastside Community Lutheran Church

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[eastsidelutheran.com](http://eastsidelutheran.com)

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Faithful Worship

WORSHIP IS THE MOST IMPORTANT THING WE DO!

### Faithful in Worship

"To worship God is the supreme duty of any child of God. To learn to worship is our greatest need. To worship in spirit and in truth is our ultimate privilege. That's the bottom line. We're saved to worship. You would be better if you worshiped better. Why? Very simply, we become like what we worship."

-Adrian Rogers

Welcome back to Sunday School!

## Open House, Rally Day and Registration Sunday, September 7, 2014

All Children and adults are invited to join us for a new year of fun and faithful education classes at Eastside Lutheran Church.

Our fall program registration for the kids begins Sunday, September 7, 2014 at 9:00 am in the Sunday School room. You can pre-register your children at any time for Sunday school classes by completing the attached form and sending it back to the Church email address

[Eastsidelutheran@gmail.com](mailto:Eastsidelutheran@gmail.com)

# TEACHERS WANTED

We are in need of Sunday School teachers and helpers. Lesson ideas and plans will be provided. All teachers and aides are on a rotation so you wouldn't teach every Sunday. If you are interested in joining our education team please see Ray Staffa for more information.





Hi, everyone! It's time once more to get a cup of coffee and meet in the Luther room for Bible study. Mary will be guiding us to a deeper understanding of what the sermon text means. Bible study will begin on September 7th, at 9 AM; bring your thoughts and ideas and join the group.



**September 7th** - Matthew 18: 15-20 speaks about different ways to settle our differences with others, from the simplest method of talking it over privately to seeking help from the whole congregation. The text also includes the passage that tells us that where two or three are gathered, God is there.

**September 14th** - Matthew 18: 21-35 Jesus relates the parable of the unforgiving servant, who, although his debt is forgiven by his master, does not forgive those who owe him money. It reminds us that we should forgive 70 X 7.

**September 21st** - Matthew 20: 1-16 tells us the parable of the workers in the vineyard who start at various times, but are all paid the same wage. It is a lesson about grumbling about how God treats people unequally but ignores God's grace that He bestows on us all.

**September 28th** - Matthew 21: 23-32 talks about how the religious leaders challenge Jesus' authority. Jesus asks them if John's baptism was from heaven or from men? They realize that they have to declare Jesus is God or else deny John's authenticity. So they do not answer Him.



# Halls of Magic

## Coming soon to ECLC!

Join Us for a Family Fun Event!  
September 21, 2014 at 11:30 am  
Following church on Sunday.



**Kevin Hall of the Halls of Magic Inc.** - Although he is known for his comedy magic productions he also has a extensive background in dance, music and corporate sales/engineering. Yes, It is an unusual combination!

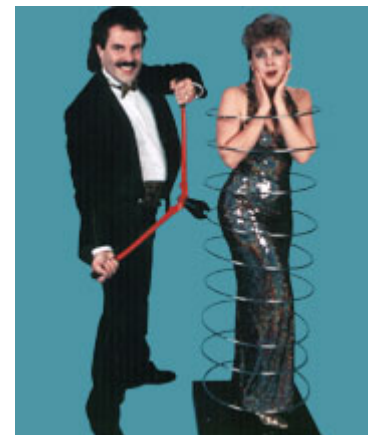
**Dance/Music** - He has performed as a MC, Stand up comedian and featured dancer with "The Accent" and "The Dance Sensations". He performed as a singer in the "Sophistications" singing group and has performed with his own DJ and Karaoke company for over 15 years. He and his partner were chosen by Merv Griffin Productions to perform in a Hollywood TV dance special and had a top selling Aerobics Album with K-Tel corporation.

**Corporate Sales/Engineering** - Starting out as a computer design engineer he quickly graduated to one of the top technical presenters at Cadnetix and Intergraph corporations. He spent 9 years presenting to Fortune 500 companies across the US and Canada winning several awards and accolades but more importantly, learning to deal with all manner of corporate cultures.

- You get a full-time performer with an incredible variety of experiences to draw from.
- We have our own professional choreographer and music director/arranger.
- We can customize our show for your group, message or event theme.
- We purchase mostly custom illusions. You won't see them exposed on TV!
- We are members of International Special Event Society (ISES) and know how to work with your caterers, event planners etc. to make your life easier.
- We have packages that combine dinner music, show and DJ dance for a whole evening of entertainment.

### And most important ...

Our backgrounds let us combine music, dance, illusion and humor into a high-energy comedy & magic extravaganza you won't soon forget!







by Paula Staffa

## Items we need!



Canopies



Donations



Signs

We are planning a one day rummage sale in the church parking lot . As most of you know these type of fundraisers are difficult to do with little help. If you would like to donate items they must be clean and in good shape, also all items will need to be priced to sell, if items are too pricy they won't sell. We are asking that you hold your donations till the morning of the sale, bring your donations (pre-priced) to the parking lot and set them up between 7 am and 8 am. I you need to make other arrangements let us know. Please let us know that you are planning to contribute to the sale, if we do not have enough we will not hold the sale. We will need volunteers to help with set up, hang out for the day, clean up, and folks to load up their vehicles and take items up to Arc Value Village on White Bear Ave at the end of the day. There will be a sign up sheet in the fellowship hall near the announcements

board. We will attempt to set up clothing inside the church and direct people to check it out. Clothing must be clean, undamaged and "in style". Clothing will be sold for \$1 per piece unless you mark it otherwise. We are asking that you bring these items the night before or the morning of the sale and set them out on the tables. We will also need some canopies to set up in case the weather doesn't cooperate with us, but if weather is too bad we will postpone the sale til the next Saturday. Sale signs would be helpful if you have any. See Paula or Barb for more information.



# Meet A Member(s)

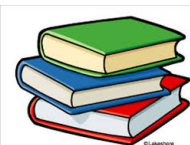
by Paula Staffa



Nesta was born in London, England and moved with her mother and brother to Minnesota in 1951. Allyan is from Ellsworth Wisconsin and came to St. Paul in 1963. Nesta graduated from Johnson High School in 1963, while Allyan attended high school in Ellsworth graduating in 1961. Nesta work for US Bank in customer service for 42 years and Allyan was Executive chef at various restaurants throughout the Twin Cities for more than 40 years. They retired together in 2007. Nesta and Allyan met while he was a the new chef at the Golden Rule in St. Paul. Nesta and her mother (also an employee) were in for dinner, the food was so good that she (Nesta mother) tipped the chef, he (Allyan) came out to thank them and they were married awhile later in 1968 at ECLC by pastor Bjorile. Nesta's brothers family also lives here in Minnesota. Allyan met Pastor Bjorile while at a local service station for car repairs, they struck up a conversation and Pastor Bjorile invited them to ECLC, then Memorial Lutheran Church. That was 48 years ago! They have been busy here over the last 48 years. They were involved in the choir for 18 years, financial secretary for about 18 years (before computers), they planned and cooked for church dinners, they have served on the church council several times, and they are currently ushers. When not in church Nesta enjoys embroidery and Allyan likes to do puzzles and genealogy, working on the family tree. Together they enjoy traveling, cards, reading, and dinner parties with friends.



## Allyan & Nesta Keller



# CHILDREN IN CHURCH

submitted by Nesta Keller

Work Hard, Do Your Best, Keep Your Word,  
Never Get Too Big For Your Britches,  
Trust In God and Never Forget a Friend



A little boy was attending his first wedding.  
After the service, his cousin asked him,  
"How many women can a man marry?"  
"Sixteen," the boy responded.  
His cousin was amazed that he had an answer so quickly.  
"How do you know that?"  
"Easy," the little boy said.  
"All you have to do is add it up, like the pastor said,  
4 better, 4 worse, 4 richer, 4 poorer."



A little girl became restless as the preacher's sermon dragged on and on.  
Finally, she leaned over to her mother and whispered,  
"Mommy, if we give him the money now, will he let us go?"

A boy was watching his father, a pastor, write a sermon.  
"How do you know what to say?" he asked.  
"Why, God tells me."  
"Oh, then why do you keep crossing things out?"



A 6-year-old was overheard reciting the Lord's Prayer at a church service,  
"And forgive us our trash passes, as we forgive those who passed trash against us."



A little girl was sitting on her grandfather's lap as he read her a bedtime story.  
From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek.  
She was alternately stroking her own cheek, then his again.  
Finally she spoke up, "Grandpa, did God make you?"  
"Yes, sweetheart," he answered, "God made me a long time ago."  
"Oh," she paused, "Grandpa, did God make me too?"  
"Yes, indeed, honey," he said, "God made you just a little while ago."  
Feeling their respective faces again, she observed, "God's getting better at it, isn't he?"



Ms. Terri asked her Sunday School class to draw pictures of their favorite Bible stories.  
She was puzzled by Kyle's picture, which showed four people on an airplane, so she asked him which story it was meant to represent.  
"The Flight to Egypt," was his reply.  
Pointing at each figure, Ms. Terri said, "That must be Mary, Joseph, and Baby Jesus. But who's the fourth person?"  
"Oh, that's Pontius - the pilot!"

The Sunday School Teacher asks,  
"Now, Johnny, tell me frankly do you say prayers before eating?"  
"No sir," little Johnny replies,  
I don't have to.  
My mom is a good cook."



After a church service on Sunday morning, a young boy suddenly announced to his mother,  
"Mom, I've decided to become a minister when I grow up."  
"That's okay with us, but what made you decide that?"  
"Well," said the little boy, "I have to go to church on Sunday anyway.  
And I figure it will be more fun to stand up and yell, than to sit and listen."



## Trouble

we shall steer safely through every storm,  
so long as our heart is right,  
our intention fervent, our courage steadfast,  
and our trust fixed on God.

-St Francis De Sales



## Kitchen Tips

### Microwave rumors.....

*submitted by Barbara Prokosch*



**Q:** Is it true that heating food in a microwave oven destroys most of the nutrients while creating byproducts that affect your brain and hormones?

**Answer :** In fact, says Irwin H. Rosenberg, MD, editor of the Tufts Health & Nutrition Letter, the opposite is true: "Foods cooked in a microwave oven may keep more of their vitamins and minerals, because microwaves can cook food more quickly and without adding water—nor do you have to add fat. At worst, microwave cooking reduces nutrient levels in food no more than conventional cooking." As for supposed dangerous byproducts from microwave cooking, this is an urban legend spread by the Internet. The US Food and Drug Administration says cooking with microwaves is safe: "Microwaves cause water molecules in food to vibrate, producing heat that cooks the food. That's why foods high in water content, like fresh vegetables, can be cooked more quickly than other foods. The microwave energy is changed to heat as it is absorbed by food, and does not make food 'radioactive' or 'contaminated.'" The chief caution about microwave cooking concerns the containers you use in the microwave oven. The FDA warns, "Some plastic containers should not be used in a microwave oven because they can be melted by the heat of the food inside. Generally, metal pans or aluminum foil should also not be used in a microwave oven, as the microwaves are reflected off these materials causing the food to cook unevenly and possibly damaging the oven." Microwave ovens should not be used in home canning, because they don't produce or maintain temperatures high enough to kill the harmful bacteria that occur in some foods while canning. Similarly, frozen foods cooked in the microwave must be carefully prepared according to manufacturers' directions, to make sure raw ingredients are thoroughly cooked.

-Tufts Health and Nutrition



# INFORMATION

## Upcoming Dates

9/7 Rally Day!

9/9 Church Council

9/21 Family Fun Event -

Magic Show



## Art Work



### Resources:

[http://www.nutritionletter.tufts.edu/issues/8\\_12/ask-experts/ask-tufts-experts\\_1207-1.html](http://www.nutritionletter.tufts.edu/issues/8_12/ask-experts/ask-tufts-experts_1207-1.html)  
<http://www.oneplace.com/ministries/love-worth-finding/listen/faithful-in-worship-363977.html>

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