

FAITHNOTES

AUGUST 2026

*The Newsletter for Communities of
Faith/Peace United Parish, United
Methodist*

**Clarissa - Clotho - Eagle Bend
Long Prairie - Wrightstown**

Thoughts from Kali . . .

I have been thinking about church lately and what it is that motivates us to attend or to stay home? There are things that come up and summer is an especially fun and busy time of year. The rest of the year is seasonally busy and when sports start, tournaments for our kids are on Saturdays and Sundays. There is always a lot going on....the time to dive into church seems difficult and time consuming. The effort we make to be part of church wanes with all there is to fit in. Yet, the purpose of church.....growing spiritually, communing with one another, worship, praise, understanding, growing in faith and spiritual values, is relevant to our life as well. In the UMC tradition, John Wesley advocated for personal holiness and social holiness, asking one another how it is with our soul. Actually, how are you doing, what is heavy on your mind and heart? The point is the intentionality to actually wonder about one another, reaching out to one another, sharing a greeting and some love with one another. That is also the point of church. Seeking to know and understand. During our celebrations and gatherings this year, we have witnessed folks stepping up over and over to help out. All of that showing up is appreciated. We share that thanks with one another and often we say, it was no big deal, but it is a big deal because every little bit of working together gets a job done. Acknowledging your contribution, your gifts, talents, strengths...all part of the journey. Humility is a wonderful gift and acknowledging your growth is important too. Let me praise you for showing up and for caring for one another.

As I was sharing on Conversations the other day, the gleaning of care for one another is rooted in Wesleyan theology. Let me share a bit of the article I was reading from Kate Bowler regarding the teaching of Wesley.

Let us take a lesson from the reigning king of humility, John Wesley. Wesley's stubborn conviction was that grace does not merely cover us; it changes us. Against the worry that we are only ever forgiven—righteousness credited to an account we never actually touch—he insisted on a holiness genuinely *imparted*, worked slowly into the grain of a person. The Christian tradition calls it sanctification: the slow, unglamorous, gloriously unfinished business of being made someone a little more whole, a little more loving, than you were last year. Wesley thought you were, at all times, *going on to perfection*—which is a very Methodist way of saying you were perpetually up for a promotion.

Wesley did not think you could see any of this alone. “There is no holiness,” he said, “but social holiness.” So he gathered people into small companies—classes and bands—where they watched over one another in love and asked a single, terrifying question: *How is it with your soul?* They were not comparing accomplishments. They were taking inventory of grace, saying aloud what God had quietly been doing, so that no one's sanctification passed unwitnessed.

As Paul promises, “each one will receive his commendation from God” (1 Corinthians 4:5). So maybe we should learn to hear *well done* without flinching.

Complaint does half the work. It drags the wrong done to you out of the swirling chaos of your nervous system and into language, where it can finally be witnessed. But some good and well-timed Commendations do the other half. They drag what it cost you to *respond*—the swallowed fear, the unreturned emails, the forgiveness extended into silence—into that same light, and they let it be seen and named and, *God help us*, praised”.

Perhaps, it is important to think of Wesley and the grace he reminds us of, the ways we can show up and be of assistance to one another. When the referral came in about a young Mom and a newborn without items to settle in from the hospital, your response was tremendous. She was seen and heard and grateful. Those requests go on day after day, sometimes, simply the ability to smile and offer a word of encouragement or a small conversation with someone who is lonely or having a bad day. Well done good and faithful servant is the goal we reach for. When we work together and see the opportunities to be the church....by sending a note,

putting together a care package, serving at a funeral, by showing up. Thanks for a summer filled with many opportunities to grow in grace, to continue on in developing who we are and understanding whose we are. Enjoy this August, celebrate the warmth and the preparation for a change of seasons. Praying fall is a time of gathering to worship, to strengthen our congregational presence, and to be united in the formation of disciples for His purpose. God's peace. Amen



A Heritage of Health: Preparing Our Hearts and Bodies for a New Season

As the carefree days of summer begin to wind down and our thoughts turn toward the upcoming school year, we find ourselves in a season of transition. August is National Immunization Awareness Month, a timely reminder of our collective responsibility to care for one another. In this year of celebrating our nation's 250th anniversary, we can look back with gratitude on how public health advancements have protected generations of families.

As United Methodists, supporting public health is a direct expression of our foundational rule to "do no harm." John Wesley deeply valued preventative medicine, understanding that keeping our bodies strong helps us better serve God. When we ensure our children are vaccinated, well-rested, and properly nourished for the school year, we are practicing a beautiful form of community love that echoes through our history.

Transitioning from summer schedules to school routines can bring physical and emotional stress for children, parents, and educators alike. Let us use this month to intentionally prepare our households—body, mind, and spirit—for the months ahead.

Back-to-School Wellness Checklist: Protect the Community: Ensure your family is up-to-date on routine immunizations and school physicals. Staying healthy protects not only your household but also the most vulnerable children and teachers in our classrooms. Reset the Biological Clock: Don't wait until the first day of school to change

bedtimes. Light levels and sleep schedules heavily impact mood and learning. Shift bedtimes 15 minutes earlier each night during the last two weeks of August to ensure everyone gets the recommended 8 to 10 hours of sleep. Pack God's Fuel: Wholesome food feeds the mind. When prepping school lunches or after-school snacks, focus on whole foods. Pair complex carbohydrates (like whole-wheat crackers) with proteins (like cheese or turkey) to provide steady energy and prevent afternoon brain fog. Practice the "Dinner Pause": Back-to-school anxiety is normal. Dedicate a few minutes during dinner or bedtime to check in on your child's emotional wellness. A simple, "What are you most excited or nervous about?" provides a safe space for them to process their feelings.

As your Faith Community Nurse, I am praying for a safe, healthy, and blessed school year for all our students, teachers, and school staff. May we step into this new season rooted in our heritage of care, watching over one another in love.

In faith and blessings,
Cinnamon Lacaster RN, BSN PHN Nurse
Faith Community Nurse

A little of this and a little of that...

Food Shelf Food Shelf: Is looking like food shelf hours and days will change in September now. In preparation for the fall, consider being a volunteer on a Tuesday evening. It is actually fun!

VOLUNTEERS thanks for those serving at the Summer Fest activities and at the funeral lunches. I so appreciate the way you all show up for each other and for the people we serve.

PRAYER PEEPS we will be praying over the CentraCare prayer requests and our general prayers at CentraCare Chapel on Monday, August 17th, 12 noon. Everyone is invited to join us.

Ministerial Fund We received a gift of 5,000 from one of our parishioners, a gift of 125 dollars from community members. Thanks much! We are still supplying groceries to several people each month and are grateful to be able to do that. The needs have included a homeless person and basic needs of gas and food, an electric bill.

Greater Good remain stable at this time.

Course of Study. Assignments due August 3rd and 10th for Kali's course.

Confirmation students, we will meet up in August!

SPRC, expect gather soon to work out the needed evaluation for the Conference.

Ministerial Team August Schedule:

2...Jennifer and Kali
9...Marlys and Kali
16...Erin, Jennifer, Marlys
23..Kali and Jennifer
30...Kali and Marlys
Team meeting at Buford's, 5:15 p.m. on the 11th.

PLEASE REMEMBER OUR NURSING HOME AND ASSISTED LIVING FAMILY...

Central Todd County Care Center & Assisted Living – Clarissa

Darlene Bodle - Gene Bodle

Meadow Place – Long Prairie

- Darlene Baxter - Jan Miller - Bev Johnson

Long Prairie Memorial Nursing Home

- Orin Baxter – Jane Lunser

Vitality Living of Long

Prairie - Lucy Mazo

Nursing Homes services:

Nursing Home Services at Central Todd County Care Center, August 5th & 12th, 2:30 p.m. Long Prairie Nursing Home Services on August 12th, 9:45 a.m. and service at Vitality Living, Long Prairie at 10:30 a.m.



Meanderings of the Preacher...

There are a few things not mentioned in the newsletter, here are some additional things I will be participating in during August: Gaylord Saetre's

graveside service, Henning, 5 p.m., August 2nd. Hometown Heroes Bootcamp devotions, August 8th; Graveside service for Carol Kroska, August 8th, 10:30 a.m.; Goldstar Family Weekend at Camp Ripley, Friday evening and Sunday morning, August 14 and 16; Carter Meiners and Maggie Jensen wedding, August 21st; Jim Lunemann's celebration of life on August 23rd; wedding of Cindy Wagner and John Clark, August 29th.

Vacation Bible School was a great time. Thanks to Dana, Marlys, and Jennifer for organizing and for all the volunteers and families who participated. Building our foundation on the rock of Jesus!!!!!!



Worship With Us

JOIN US IN CHURCH... Would love to have you join us in church...we are missing you and look forward to connecting at worship services at any of our churches. While the opportunity for social media to keep us connected is beneficial, there is nothing like personal presence. We encourage you to think about how and when you could worship with us. Thanks to everyone who continues to financially, give as they can. Our churches are operating and have a desire to extend our presence in the communities. Your gifts support the mission and operation of our churches. Our winter has left many of our offering plates low on giving. While, nobody is in a panic and everybody knows budgets are tight, please do remember our churches. The programs and needs here are still major and we are called to be stewards of whatever gifts we have been given. Thanks for your generosity and your prayers and care for the churches.

Clarissa, Clotho, Eagle Bend people, feel free to send any monetary gifts to PO Box 158, Clarissa, MN. 56440. Peace United Folks, send your offering to 524 Central Avenue, Long Prairie, MN 56347. Contributions for Wrightstown UMC send to Joan Zirbes, 62172 County Hwy. 40, Parkers Prairie, MN 56361. Hope to see you soon. Feel free to be in touch. You can reach me at 320-808-6301.



BIRTHDAYS

- 1..Char Gamradt
- 1..Brad Mollner
- 2..Ruth Ann Smith
- 4..Marilyn Gibson
- 4..Linda Bokinskie
- 6..Kathy Turner
- 9..Kaeden Beach
- 13..Colleen Kleinschmidt
- 13..Chad Boylan
- 14..Lori Zellmann
- 16..Brooklyn Lux
- 16 Carolyn VanDenheuvel
- 18..Nanci Doroff
- 20..Frank Kunerth
- 21..Barb Szech
- 24..Gavin Kircher
- 25..Kevin Ehnes
- 26..Kali Warner
- 28..Roger Berkness, Jr.
- 30..Tammy Mueller
- 31.. Heston Almendinger

PRAAYER REQUESTS

John Seifert, healing
Family of Dylan Stine
Phyllis Krause, valve replacement/healing
Jason, finishing up chemo and moving to radiation
Mary Miller, upcoming cancer surgery
Heidi, praises for cancer free
Farmers with all the hail damage
Family of Terry Rickbeil
Mike Adamietz, brain cancer, a shift this week
Marlin Hall, surgery
Carolyn VandenHeuvel, back pain
Amber, Tim, and Lainey
David Denny, lost important keys
Lisa Teigland...ICU/St. Cloud
Neil Schlichting
Mark Nelson

Family of Marge Wall
 Family of Brian Zinter
 Family of Jean Eisenbraun
 Donna Pearson
 Roger Berkness, Sr
 Family of Roger Weske
 Betty Kunerth
 Oren Baxter
 Amy
 Pat Kraemer, recovering from heart attack
 Linda Mentele, in church!!! So good to see her!
 Thomas and continued health and wholeness
 Connie Dickinson
 Eric Holmquist
 Joanie and David Zirbes, safe travels and a fun time in Alaska
 Ellen Sibert, making progress
 Carolyn VanDenheuvel sold her home. Joy of house hunting in WI
 Martha, Rose, and Cedar, struggling with family issues
 Kathleen's friend Mary died in February and her daughter, Lorrie is having a hard time getting everything taken care of.
 Family of Deanna Lackmann
 Jacob Hudalla, Cancer treatment
 Grateful for Heidi Masters and cancer free status
 All the people suffering
 Bobbi and Paul's niece, twins born at 34 weeks. They are doing well.
 Bobbi and Paul's niece, ready to deliver.
 Kaeden, Kole, and Friends traveling...safety and fun!!!!It is hard to let go!!!
 Marty Mueller, safe travels from CO home
 Tom Miller, ankle fused, recovery
 Kim Ritter, needing a double lung transplant
 Family of Jim Lunemann
 John Seifert, healing after ankle replacement
 Kris Hetland
 Jody Bebault, healing
 Family of Joe Lorentz
 Babies are here....34 weeks, doing well, one is not on oxygen and is feeding from a bottle. Trinity Jo and Evelyn Jo.
 Cousin was to be here Monday by c-section
 Phyllis Krause, recovering wonderfully from heart valve surgery
 Family of Jerry Casey
 Kris Hetland, extensive surgery Monday, doing ok
 Joy of marriage.....Brandon and Jessie Becker Sogge Hudalla
 Family of Ella Kelsey. 4 1/2 month old baby, she was waiting for a heart transplant. Ella is the granddaughter of John and Kali Greenwaldt Prayers for her parents and sister, and all who loved her as well.



PORCH PONDERINGS Porch Ponderings is filled for August:

6th .Fischer Family from Morris
 13th Fred Vanderwerf, UMC Pastor serving as a missionary connection to Ukraine
 20th .Billy Dinkel
 27th .Jode Freyholtz-London and Wellness in the Woods

September 3rd...Wanda Tepley will share about her diagnosis

We will probably have a few more sessions in September.....



Communities of Faith United Parish

Five Church Meeting....

Next five church meeting at Peace United Church, September 23rd , 7 p.m.

Clarissa Chatter. . .

Summer Fest was a great success. Thanks for everyone who manned the kitchen and served the

pie, ice cream, and root beer floats. It was a fun event. Thanks for those who attended worship at the Park.

Administrative Council will meet on Monday, August 24th, 5 p.m.

Clotho Corner

Ice Cream Making, August 1st, 9 a.m.

Annual Homemade Ice Cream Social, August 2nd, beginning at 12 noon.

Music Jam, Monday, August 3rd, 1 p.m.

Coffee in Clotho, Friday, August 7th, 6:30-9 a.m.

Sunday School Teachers needed for the fall.....lots of support and care for anyone who volunteers!

Eagle Bend Box. . .

Vacation Bible School was a fantastic night of learning and feasting together. Thanks to all who made this possible. Building our house of the rock of Jesus.....pure JOY!!!!!!

Free Supper, Tuesday, August 18th, 4:30-6:30 p.m.
Always a great time!!!!

Thanks to Virginia and Cinnamon for the lemonade and nacho stand this summer. Such a great refreshing offering at our local festivals.

Peace United Update...

Administrative Council will meet on August 2nd to review roofing bids. Meeting after church.

Women of Peace will be on Thursday, August 13th at 1:30 p.m.

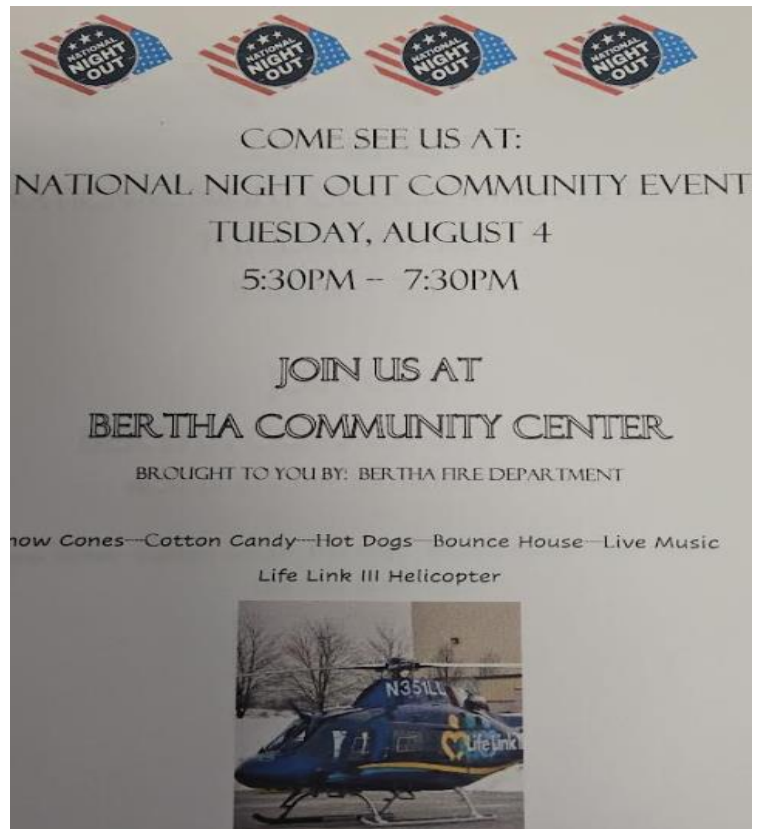
Hot dish Fall Lunch is being planned for September 20th.

Wrightstown...

Potluck Brunch, Sunday, August 2nd, after church. Everyone invited!!!!

Lydia Circle will meet on Thursday, August 6th at 11 a.m.

End of Summer Picnic set for Sunday, September 13th, 12-2 p.m. Everyone welcome and invited!!!!





2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:30 am PUC council after worship Clarissa - 10:30 am Wrightstown - 10:30 am with brunch to follow CLOTHO ICE CREAM SOCIAL NOON	3 1 PM Music Jam at Clotho UMC Kali Course of Study	4 Bertha National Night Out. more info on poster page 5	5 Conversations on Facebook at 7 am Kali Christensen Page 1:30 pm Heritage Apartments 2:30 pm Worship at CTCC National Night out L.P. more info on poster page 5	6 11 a.m. Lydia Circle 7 p.m. Porch Ponderings	7 6:30 am to 9 am Coffee at Clotho	8
9 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am	10 Kali Course of Study	11 Ministerial Team 5:15 p.m., Buford's. 5:15 Food Shelf- Long Prairie	12 Facebook at 7 am Kali Christensen Page 9:45 am Worship at Long Prairie N. H. 10:30 am Worship at Vitality Living in L.P. 1:30 pm Heritage Apartments 2:30 pm Worship at CTCCC	13 7 p.m. Porch Ponderings	14	15
16 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am	17 Noon - Kali praying at Centra Care L.P. Hospital Community Circle at Hilltop Kitchen 5-6:30 p.m	18 Soup and Sandwich Supper in Eagle Bend 4:30 to 6:30 PM	19 Conversations on Facebook at 7 am Kali Christensen Page 1:30 pm Heritage Apartments	20 7 p.m. Porch Ponderings	21	22
23 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am	24 5:00 pm Clarissa admin	25 5:15 Food Shelf- Long Prairie	26 Conversations on Facebook at 7 am Kali Christensen Page. 1:30 pm Heritage Apartments	27 7 p.m. Porch Ponderings	28	29
30 Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am	31	Looking ahead Five Church meeting September 23, 7 P.M., Peace United Church. PUC Hot dish Fall Lunch is being planned for September 20 th . Wrightstown End of Summer Picnic set for Sunday, September 13th, 12-2 p.m. Everyone welcome and invited!!!!				

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