

# Inspire Uplift Renew

JULY 2007

I am sitting outside on my deck, early in the morning, enjoying the sounds of God's wonderful creation. The birds are singing and the squirrels are playing. The wind is blowing lightly through the leaves of the trees. They are doing what they are meant to do: give glory to God. Entering July, I pray your heart is focused on God and bringing Him glory. This month can get busy with family trips, sending the kids off to camp, going to sports games. How about the 4th of July- all the planning that can go into that fun day! I hope each of us stop for a moment and thank God for the freedom we live in every day. How many of us wake up each morning fearful of being arrested or beaten for telling someone about Christ, reading our Bible (if we have one) or meeting in a church to worship our God? I hope we stop and thank God this month (and always) for all the freedoms that we have in this country we live in.

"May none of God's wonderful works keep silence, night or morning... May all these break into song as I sing to Father, Son, and Holy Spirit.... Power, praise, honor, eternal glory to God, the only giver of grace, Amen, Amen, Amen." May our hearts be filled with praise like this!

*Sheri*

## Cooks for Kids

Cool Water Ministries is signed up to provide a crew of "Cooks for Kids" and a hearty autumn dinner on Tuesday, October 23, 2007 for the guests of the Ronald McDonald House in Minneapolis. The "Cook's for Kids" program arranges for meals to be provided through various volunteer groups that sign up to purchase the ingredients, prepare the menu items, serve, and clean up after a meal for the 48 families who are staying at "Ronald's House" at any given time.

One might expect it to be a sad place, or to see lots of raw nerves and anxiety. But one might find, instead, that exhaustion dilutes every emotion the family members are having, whether sadness, fear or even hope. There is sure to be real gratitude for the service performed, but there might not be much energy to express it.

Each of the families are at least 60 miles from home and are staying at the Ronald McDonald House while their child receives medical care for a life-threatening medical condition. Even with the mini-kitchens that



are provided for their use, cooking three meals a day can be impossible during the taxing periods of medical testing and treatments. Eating out too often would quickly drain the families' budgets. Any mom might wonder how easy it would be to simply forget to eat under such trying circumstances. Our service will be very meaningful to these tired and tried families.

Why are we telling you about this in July? Well, we have 17 Sundays until October 23, and this project is expected to cost between \$250 and \$300. We are praying that 17 women will set aside \$1 a week to help cover the cost. The last Sunday to collect is Sunday, October 21st. Who's in?

## Great Job, Val!

Once again, our valiant Valerie Ruiz fearlessly lead the hard-working crew of our Free Yard "Sale" on Saturday, June 2nd. As always, the day was busy from the start! And like every year, many "patrons" got the blessing of some great stuff and the pleasant surprise of hearing, "It's all free." What an amazing thing it is to have open hands to God!

## Getting to Know You: Sheri Pope!

### 1. *How long have you been at Redeemer?*

Chad started coming here in 1996, and we met a year later. We were married at Redeemer in 1998 and came to Wednesday night Bible studies while attending Sunday morning service at my parent's church in Anoka. We started coming here to worship on Sundays in Sept. 2001 and we love it!



### 2. *Born when and where:*

May 22, 1973 in Oak Park, Illinois

### 3. *Family:* Chad and Victoria, Krystal the dog, and Allie the cat.

### 4. *Occupation:* A stay at home mom and a cashier in the lunchroom at Royal Oaks Elementary in Woodbury (during the school year).

### 5. *Favorite form of exercise:* Curves!

### 6. *What are your Secret Dreams:* Hosting a cooking show on TV; Making sure every orphaned child would have a home and every child in America would be fed 3 good meals a day.

### 7. *Describe an all-time favorite date you've had with your husband:* Going to the monster truck shows.

### 8. *Describe a challenge that seemed impossible to overcome:* A challenge for me has been trusting God with my life. He is constantly reassuring me that He is faithful.

### 9. *Favorite way to unwind:* Reading a book at a coffee shop or taking pictures.

### 10. *What scares you even though you know it shouldn't?* Dying young.

### 11. *Share about one of your pet peeves:* People clipping their nails in church

### 12. *What is your most recent, most embarrassing moment?* Opening an unlocked door to a ladies restroom in Dunn Bros. & seeing a lady sitting there looking back at me very wide eyed!

### 13. *Hobbies:* Photography, Baking, Scrapbooking

### 14. *Favorite things:*

Book: "Hope Rising" by Kim Meeder

Color: Yellow

Verse: Ephesians 2:1-10

Hymn: "Just as I Am" by Charlotte Elliot

### 15. *Favorite place to spend time with God:* Outside early in the morning (in the summer) and in my office in my pink chair (in the winter)

## Chick Flick!

How often do you get out of the house for no other reason than to have fun? Wednesday, July 11 at 7:00 pm you will want to be at Joanna Lerud's house for a night of comedy as we get together to watch Anita Renfroe's video, "Purse-onality."

If you're not familiar, rest assured Anita Renfroe is a hoot!

The plan is to enjoy a somewhat organized potluck of salads and appetizers, while we hang out in the "movie house" that is better known as the Lerud's lower level!

Let's get together and laugh like we mean it. There's nothing like it!

## July Birthdays & Anniversaries

- 1 Doris Patet
- 9 John & LaVonne Forster
- 14 Kelly Reck
- 15 Margaret Reck
- 24 Marge Jahn
- 29 Vern & Carole Herum
- 31 Frannie Funches



# Healing

By Wendy Haugen

Two years ago, I experienced something I never would have imagined. I started having stomach pain, nausea and significant weight loss. After many weeks and medical tests, I was diagnosed with a bacterial infection in the lining of my stomach called h-pylori.

There had been some very stressful things going on in my life at that time: Diagnosis of a rare medical condition for my daughter, medicine that was hard to find, a first-grader who cried before school each morning, and the general fear for my own health. In the midst of the tests that were being performed, anxiety was waging war within me.

It sounds sinful; as Christians we know we are not to worry about anything, but to submit all things to him in prayer. I really did that. I was on my knees in prayer. I read Scripture. Others prayed over me. I woke up my husband in the middle of many nights to pray for me. But it was more than worry. I couldn't eat or sleep and I had continuous panic attacks throughout each day and night for weeks. I was immobilized to the point where I couldn't function, and this led my mom and her husband to move in with our family for several weeks to help. I couldn't picture myself being "normal" again.

Meanwhile, my husband's father was dying. He had been ill for several years with Parkinson's disease, but his health had declined quickly. One day my husband came home from work and asked, "How was your day?" I knew he expected my usual answer that I had given him every day during this time which was something like, "Pretty bad". I asked him about his day, and he said, "My dad's dying." At that point, I thought, "Wendy, you have to get it together."

Never did I think I would be in a psychiatrist's waiting room with other mental health patients. Never. But getting professional help was definitely a step in the right direction for my healing. Over the next year, I met with a Christian counselor who helped me understand what was going on with me physiologically. It was a slow and long healing process, but I could feel God's presence in a way I never had experienced before. During that time, I clung to this verse from Jeremiah 31:3: "I have loved you with an everlasting love; I have drawn you with loving-kindness. I will build you up again."

He has fulfilled the promise of that verse in me. Last summer, as a way of proving to myself that I was healed, I decided to rollerblade a marathon. I had trained since the spring and the marathon was in August. The marathon was so symbolic to me. The course was two big loops along the Mississippi River in St. Paul and there were significant hills going up and down. As I was journeying up those hills, I remembered the pain and suffering of the previous year. On my final downhill trek I knew I was healed. God had healed me. I had my own personal celebration with God. I raised my hands in thanks, and with tears streaming down my face I said, "Thank you God! We did it!"

## Fireworks!

There's no shortage of great places to view fireworks. If you're getting tired of the same old spot, try one of these displays:



Central Park - Roseville  
2540 North Lexington Avenue

Oakdale - Tanners Park,  
Granada Ave. and 5th Street

Hazelwood Park - Maplewood  
1663 E County Road C

## Other Fourth Fun!

Ojibway Park - Woodbury  
7-10 p.m. - Concessions sold  
7-10 p.m. - Swing Band  
10 p.m. - Fireworks display

Taste of Minnesota  
Harriet Island in St. Paul  
25th Anniversary of  
Minnesota's Largest free  
festival. <http://www.tasteofmn.org>

4th of July Parade - Afton  
Starts at noon! Arrive before  
11am for parking!

## Celebrate July!

### National Ice Cream Month

In 1984 Ronald Reagan declared July to be National Ice Cream month. It's your American duty to eat ice cream this month!

### National Picnic Month

Celebrate this by enjoying many picnics in July! Visit several parks or just enjoy your backyard! How about spreading a blanket on your lawn for something different or eating on your patio or deck. Or invite some friends over and have a potluck! There are many different ways to celebrate national picnic month!



### July 4 - Independence Day!

*"A patriot without religion in my estimation is as great a paradox as an honest Man without the fear of God. Is it possible that he whom no moral obligations bind, can have any real Good Will towards Men? Can he be a patriot who, by an openly vicious conduct, is undermining the very bonds of Society?....The Scriptures tell us "righteousness exalteth a Nation." - Abigail Adams*

### July 7 - Father/daughter take a walk together day!

This day is to encourage fathers and daughters to spend time together. Besides taking a walk, try some of these other activities. Go to the ice-cream store and share an extra large sundae or you can bake a cake and decorate it together at home. Then end the special day by laying out a blanket when it's dark, talk about the fun you had and look at the stars together. This will be one day that will not be forgotten!

### July 11 - Cheer up the lonely day

Everyone knows someone who needs cheering up so take this opportunity to make a difference in their day! Put together a "You are Special" basket. Fill it with some homemade goodies, an encouraging book and a card. Let them know they are not alone.

### July 22 - Parent's day

Every day seems like kid's day so why not celebrate and honor the parents!

## Cool Water Ministries' July Calendar



Monday, July 2

*"Natalie Moment"*

Remember to do your self-check! It's so important, and very easy to do.

Wednesday, July 11

7:00 pm

*Anita Renfroe Comedy Night*

Meet us at Jo Lerud's to watch a movie, enjoy potluck appetizers and share lots of laughs!

Friday, July 13

10:00 am to noon

*White Cross*

## Looking Forward

September 21 - 23, 2007

*Minnesota LaCrosse*

*Association Fall Women's Retreat*

The theme will be "Live In Peace" and is inspired by 2 Cor. 13:11:

*"Finally, brethren, rejoice, be made complete, be comforted, be like-minded, live in peace; and the God of love and peace will be with you."*

We sincerely beg for your prayers as we plan this weekend. We would love to give a beautiful weekend of rest and relaxation, and, yes, sweet peace, to the women who attend. We would like to see many join us for the retreat. But above all that we'd like, we truly need to be servants of our Lord and plan the kind of weekend He desires. Please pray we'll get His creative ideas, and grace to carry out His plans.