

### Sunday Holy Communion Worship

8:15 and 10 a.m. in person and  
livestream on YouTube at 10 a.m.

Join 10 a.m. Online Worship

Stay Connected with Gloria Dei

Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do (call-to-action)?

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"

## Bread of Life Sundays

Jesus calls himself the bread of life, nourishing our bodies and spirits with all for which we hunger and sending us out to feed our neighbors. For five Sundays this summer, we will hear from John 6, which gives us a chance to explore the bread of life theme and have some fun. Plan now to bring bread for one of our upcoming coffee hours after either of our worship services on those Sundays. Bake or purchase the bread of your choice and help us fill our community with joy. What will you bring? Rye, whole wheat, gluten free, sweet bread, cinnamon rolls, zucchini bread? See which week is your chance. Bring bread as individual servings and add to the bread table in the Gathering Place. What Sunday should you bring your favored bread? If your last name starts with:

- **A-F:** July 28
- **G-L:** August 4
- **M-R:** August 11
- **S-Z:** August 18



Watch for something special on Sunday, August 25.

## We Welcome Back Paul Damico-Carper This Sunday

This Sunday we welcome back former Associate Music Director, Paul Damico-Carper for a guest appearance! He will be playing with his father, Dennis Friesen-Carper, and

Andy Wilkowske at both services. He has a really busy schedule, so we're delighted he finally is able to be back with us on a Sunday and lead much of the music this week!



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## July's Second Offering Supports ISIAIH



July's Second Offering will go to **ISIAIH**, a community organizing group that works with people of faith across Minnesota to advocate for racial and economic justice. The in-service offering will be collected this Sunday. But you can give [online](#) any time it is convenient or drop a check in the offering plate with "Second Offering" written on the memo line. So far \$364 has been collected this month for ISIAIH.

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## Come Hear the Next *Gift of Music Recital* July 21

The next Gloria Dei *Gift of Music Recital* will be presented in the sanctuary on Sunday, July 21, at 3 p.m. Please join us for this free one-hour concert featuring the musical talents of Beverly Dretzke, Paul Shaleger, Amy Hinrichs, Kimberly Allmann, Philip Stoyke, Travis Waymon, Andrew Wilkowske, Elizabeth Trites, Brenda Mickens, David Mickens, Dennis Friesen-Carper and Timothy Strand. All are welcome! A post-recital reception will be held in the Gathering Place.



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## A Musical Celebration from Tanzania

When Gloria Dei visited our partner congregation in Tanzania, the congregation showed us their work on a preschool building right behind the church. It needed a roof. We offered to help pay for the roof and transferred funds last fall. The roof is complete, and this video clip, sent by one of the pastors, shows the congregation celebrating our gift and the new roof. Thanks be to God! We are tentatively planning a visit again in 2025.

## Wednesday Coffee with Pastors Continues



There's been an amazing turnout for coffee time with the pastors on Wednesdays. Gloria Dei pastors will be available to sip coffee or another summer beverage with you every Wednesday at 2 p.m. at J&S Bean Factory (1518 Randolph Ave) through July. The focus is to connect with one another. Come, tell stories, meet some new folks, ask the pastors all your hard questions.

## We're Looking for a Wednesday Night Cook

Wednesday nights during the program year are a wonderful time for all generations of the Gloria Dei community to gather and socialize. A key piece of that gathering is the evening meal that's served 5:45-6:30 p.m. in the Fellowship Hall. We're looking for a cook who has a heart for bringing people together around good and nutritious food. Job duties include planning menus; preparing and serving the meals; arranging for purchase and delivery of necessary food and paper products; and coordinating with the administrator regarding costs and other necessary items. The position averages 5-10 hours per week, with an hourly wage. Meals are served September through April. Experience requirements are previous food preparation work within a similarly sized organization and availability during meal times. Contact Church Finance and Administration Director [Beverly Sargent](#) to apply.



## Summer Fitness: Heads Up for Hazards



Thanks to everyone for your minutes and steps reports during our Summer Fitness Challenge! Each team is making gains. However, nothing can interrupt fitness progress like an injury, and no one wants to get hurt. It's a good thing that so many injuries can be prevented. Be proactive and look for potential hazards in your environment, especially in the places where you are active. Uneven pavement, poor lighting, old/failing equipment, rugs, floor mats and slippery surfaces can lead to cuts, trips and falls. Exercise with a buddy; bring your phone with you, too. It's not too late to participate in our summer fitness program! Pick your team: Steps or Minutes. Report your exercise minutes to parish

nurse Jill Stewart, [nurse@gloriadeistpaul.org](mailto:nurse@gloriadeistpaul.org) / 651-699-1378 ext. 3031.

This week's featured Olympic host cities are Stockholm, Sweden, which hosted Summer games in 1912 and 1956 and Helsinki, Finland, the Summer host in 1952. In 1912, Sweden won 65 medals, closely followed by the USA with 64. This was the last Olympics to offer solid gold medals to winners. In the 1952 Helsinki games, the USA won 76 medals, and the Soviet Union won 71.

## Two Service Opportunities for Feed My Starving Children

Anyone age 5 and older is invited to serve together with

others from Gloria Dei at Feed My Starving Children in Eagan this summer. We will help pack food bags that will be shipped all around the world. Children should be accompanied by an adult. This event is free but consider bringing a donation for Feed My Starving Children. You can help pay for a child to eat for a year for \$88. Register to attend with the link below.

- [Tuesday, July 30 from noon-1:45 p.m.](#) This pack has the entire Gloria Dei Staff volunteering.
- [Monday, August 19 from 5-6:30 p.m.](#)



### All Ages Summer Event

Meals packed locally by volunteers.  
Food shipped worldwide by FMSC.  
Open to ages 5 years and up.  
Children must be accompanied by an adult.  
Wednesday, June 12 from 9:30 - 11:15 a.m.  
Tuesday, July 30 from 12:00 - 1:45 p.m.  
Monday, August 19 from 5:00 p.m. - 6:30 p.m.



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## Next Gloria Dei Blood Drive is Monday, July 22, Noon-6



The next Red Cross Circle of Faith blood drive at Gloria Dei is coming quickly. The need for blood is always critical. Each donation can help save up to three people. Both donors and volunteers are needed. To make a blood donation appointment, [click here](#) to sign up via chat or online or call 1-800-RED-CROSS. Want to help out? Volunteers greet donors, help them sign in and serve refreshments. If you are interested in volunteering from 11:30-3:00 or 3:00-6:30 p.m., contact Parish Nurse Jill Stewart ([nurse@gloriadeistpaul.org](mailto:nurse@gloriadeistpaul.org) or 651-699-1378 ext. 3031).

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## Help Build a Habitat for Humanity Projects Aug. 5-9

Join Gloria Dei members and folks from other St. Paul churches in a Twin Cities Habitat for Humanity building project. The work provides affordable housing through Interfaith Builders, a consortium of eight faith communities in St. Paul: Gloria Dei · Holy Spirit Catholic · Macalester Plymouth United · Olivet Congregational · St. Anthony Park Lutheran · St. Paul's UCC · St. Thomas More Catholic · Temple of Aaron. The project



is a new house build like we have done in the past and will be August 5-9. You can participate as much as your time allows. This is a great opportunity to support local families with affordable housing. If you are interested [click here to sign up on the registration page](#). First time doing this? You may have to create an account in order to sign up to volunteer. It's fast, easy [and the instructions can be found here](#). Any questions? Please contact Matt Sherwood at [mgsherwood@yahoo.com](mailto:mgsherwood@yahoo.com).

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## Fresh Sunday Altar Flowers are a Click Away

We appreciate everyone who provides altar flowers to beautify our Sunday worship. Purchasing flowers online is quick and easy. They can be purchased for \$65. Follow this [link](#) to follow the instructions to order flowers for a specific week to commemorate a special occasion or just to brighten worship. And you're always welcome to stop by the church office to make arrangements in person, too.



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## Pop-Up Arts Memory Cafe Starts at Lyngblomsten



A new Pop-Up Arts Memory Cafe program for those living with memory loss and their care partners begins in August at Lyngblomsten. It will offer arts activities led by a teaching artist, resources and much more. The Cafe will be held on second and fourth Wednesdays of the month between Aug. 14 and Dec. 11, 10-11:30 a.m., at the Lyngblomsten Como Campus. Attend as many as you like. Register at [www.Lyngblomsten.org/MemoryCafe](http://www.Lyngblomsten.org/MemoryCafe) or contact Lisa Brown at 651-632-5320 or [lbrown@lyngblomsten.org](mailto:lbrown@lyngblomsten.org). Gloria Dei is a member of Lyngblomsten, a Christian nonprofit providing healthcare, housing and community-based resources for older adults since 1906.

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## Ways to Assist with Worship

In addition to the activities noted above, join Gloria Dei friends in one of these other ways to assist in Worship.

- **Altar Care Team** prepares wine and bread for each communion service, twice each Sunday along with changing altar parameters, setting up and cleaning for communion service. [Contact Amy Hinrichs](#) with questions.
- **Assisting Minister** helps lead worship with pastors, shares prayers and serves communion. [Contact Mark Christianson](#) with questions.
- **Communion Assistants** distribute bread, wine and grape juice during worship. [Contact Mark Christianson](#) with questions.
- **Hospitality Team** welcomes people to worship, collects offerings, assists with seating needs and ensure that worship runs smoothly. [Contact Mark Christianson](#).
- **Lector** reads scriptural lessons during worship. [Contact Mark Christianson](#) with questions.
- **Crucifer** carries the cross in worship processions. [Contact Mark Christianson](#) with questions.
- **Sacristan** assists with the logistics of of worship and guides acolytes. [Contact Mark Christianson](#) with questions.
- **Tech Crew** produces the weekly YouTube livestream. [Contact Tadhg Ferris Wayne](#).

**Next week:** Ways to help with Outreach.

[See all Gloria Volunteer Opportunities at this link.](#)

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## Rooted in Generosity, We Give

Your generosity continues to bless and enrich Gloria Dei's work and ministries of love, welcome, care, healing and justice. For every one of us who can't give more, we trust that someone else will step forward and fill the gap. We are the church together.

### Second Offering – July

As is our custom, on the second Sunday of each month we collect a Second Offering. Any time before the end of the month, you can give [online](#) or mail a check to the church office with "second offering" in the

Online Offering

[Options for Giving](#) as you are able:

- [Electronically through Vanco Payments](#) (a third-party website).
- [Vanco Mobile App](#), a third party, or by text to 833-608-0559 with the amount.
- Mail your offering to the church office at 700 Snelling Ave. S., Saint Paul, MN 55116. Note on the memo line to designate your gift for a specific

memo line. July's Second Offering will go to [ISAIAH](#), a community organizing group that works with people of faith across Minnesota to advocate for racial and economic justice.

fund.

Electronic giving through automatic deductions provides a steady income stream that helps us the most.

Submit News

Click Button to Submit  
Gloria Dei News  
and Events

Reserve a  
Room

Click Button to  
Reserve Rooms  
for Church-Sponsored  
Events/Meetings

Prayer List  
Email

Click Button to Sign Up  
to Receive our Weekly  
Prayer List Emails

Gloria Dei Lutheran Church  
651-699-1378 | [Email](#) | [Website](#)

Gloria Dei is a [Reconciling in Christ](#) Congregation

[Bible readings for this Sunday](#)

**Office Hours**

Monday - Thursday 8 a.m.-4:30 p.m.  
Friday 8 a.m.-2 p.m.

Call our phone number above to reach staff.  
Select option "2" for the on-call pastor.

Gloria Dei Lutheran Church | 700 S. Snelling Avenue | Saint Paul, MN 55116 US

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