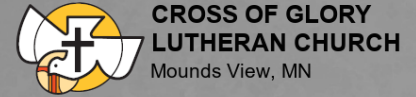


# CROSSROADS



SEPTEMBER  
2023



Atonement Lutheran Church

1980 Silver Lake Rd NW, New Brighton, MN 55112  
651-633-2240

Cross of Glory Lutheran Church

5472 Adams Street, Mounds View, MN 55112  
763-784-2528

Dear Siblings in Christ,

As I write this, we've had quite the summer: worship at 9:30am all summer; S'more Worship, Vacation Bible School, our Youth went out to Bible Camp at Wapogasset, and Summer Stretch for our Middle Schoolers and High Schoolers. Let's not forget the Dog Days of Summer and the Jumbo Sale! Every now and then I hear people remarking how we "don't have any kids" at church--when I add up the numbers, I know that is not the case. Between the different events and worship services we had this summer, we had 37 children and youth participate! That's all fine and good; however we know that it's not all about the numbers. It's about the faith that we are fostering and growing here in our midst.



Over the past couple months, our lectionary (the series of readings we follow for Sunday worship) Bible texts have focused on Jesus' parables. That is, Jesus tells a story as an illustration on how to live out our faith as Christians. We've heard time and time again about weeds choking out the good plants. Weeds can be overwhelming. We are in the season where we see weeds everywhere. Growing up in cracks in the sidewalk, in flower beds, and throughout our lawns. What if instead of focusing on the weeds, we focus on the plants we DO want to grow, watering and nourishing the grass, the corn, the ornamental plants, the peppers, the tomatoes, the berries?

Now what if we did that with our church communities as well? What if we focused on the people who were already here--the sprouting children that are already gathered in our presence? And what if we trusted that our amazing God will do something amazing here in this place? What if instead of grumbling about the problems we have, we focused on what is going well and what we can build upon? If we patiently worked toward the kingdom: listening, praying, and nurturing community where we are planted?

I invite you to pray and to ponder this. What is God up to in this place? Where is God leading us? I look forward to discovering that together!

Peace in Christ,  
Pastor Cassie

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# When Religion Leads to Trauma

By Richard Schiffman from the NY Times

“We think of church as a place of healing and transformation, and it is,” says Michael Walrond Jr., pastor of the First Corinthian Baptist Church in Harlem. But for some, he says, “religion has been more bruising and damaging than healing and transformative.”

Pastor Mike, as he is called, leads services in a renovated art deco movie palace on Adam Clayton Powell Jr. Boulevard. Under his direction, the church has taken a lead in confronting an issue that few other religious institutions have tackled: what some call religious trauma syndrome.

You won't find this condition in the Diagnostic and Statistical Manual of Mental Disorders, which clinicians use to make their diagnoses. But the term has been gaining currency with psychotherapists, counselors and others who work with people who are recovering from the harmful effects of religious indoctrination.

Some churches “weaponize scripture and religion to do very deep damage on the psyche,” he said. Gay, lesbian and trans people are told that God condemns them, unwed mothers that they are living in sin, and many natural human desires are deemed evil.

Scientific research into the consequences of such religious condemnation remains at an early stage. But the potential for harm is clear. Many suffer for decades from post-traumatic stress disorder-type symptoms, including anxiety, self doubt and feelings of social inadequacy.

Marcus Jerry Kaz McNeely, 33, who works in an after school program, came to the Hope Center, a free psychiatric clinic run by the First Corinthian Baptist Church, after leaving a church in the Bronx that prohibited watching TV, going to the movies and wearing jewelry. The leader, who demanded absolute obedience, bullied Mr. McNeely from the pulpit for the slightest infractions. “I became sick because of stress, depressed and paranoid,” Mr. McNeely said.

Kyndra Frazier, a co-pastor of the church who directs the Hope Center, helped Mr. McNeely shed his “religious perfectionism” and “be O.K. with not being O.K.,” as he put it. She also taught him how to meditate and to “spend more quality time with myself,” a luxury that the fundamentalist church he attended had not allowed him.

Pastor Frazier, who struggled with religious condemnation of her sexual orientation as a child growing up in rural North Carolina, tells those who come to her not to blindly believe everything that's taught from the pulpit or that's written in the Bible, but to develop their own capacity to discern God's will for them.

Another congregation that is working with those grappling with religious trauma is the Holy Trinity Community Church in Nashville, with a membership that is over 80 percent L.G.B.T.

Brice Thomas, the lead pastor, says he first grasped religion's capacity for harm when his father, a Pentecostal faith healer, died of a treatable skin cancer because the church did not believe in going to doctors. After a stint in the military, Mr. Thomas, who is gay, became ordained in the United Church of Christ, one of the first denominations to affirm marriage equality, and took up his duties in Nashville last year. Together with Jennifer Strickland, a licensed therapist, he is setting up a “Recovering from Religious Trauma Syndrome” group at the church.

*Continued on next page*

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Pastor Thomas says that releasing feelings of shame and unworthiness takes time and the support of a loving community. He adds, however, that being ostracized by religion can be a blessing in disguise if it pushes one to develop a more authentic personal faith.

“I’m grateful to the religious community that I grew up in because the challenges that they presented have brought me to the place I am today,” he said. “I’m also thankful for my sexual orientation because it has opened me to deeper ways of being in relationship to God.”

Even after people leave religions where they have suffered abuse, they can still harbor the emotional conviction that they are “basically sinful and wrong,” says Marlene Winell, a human development expert who coined the term “religious trauma syndrome” in a series of articles in 2011.

Dr. Winell was raised by missionary parents in Taiwan whose religion, she says, taught her that she was never good enough as a child. She struggled for years “to figure out how to enjoy life,” whose pleasures she had been made to feel guilty about.

Dr. Winell’s group, Journey Free, runs retreats where people suffering from religious trauma share personal stories and engage in nurturing exercises like “the baby wrap,” in which participants are swaddled in a blanket and rocked by the others who read statements like “I love you” and “you are welcome to the world.” “I call it reparenting,” Dr. Winell says.

Another group that works with victims is the Child-Friendly Faith Project, founded by Janet Heimlich, a journalist who has written about religious child maltreatment. The project has worked with those who say they were traumatized by religious groups, including former attendees of Cal Farley’s Boys Ranch, a Christian boarding school for at-risk children located outside Amarillo, Tex.

Brett Higbee, a retired land surveyor who attended the ranch during the late 1970s, said that he was routinely beaten for religious infractions like failing to memorize Bible verses. These experiences made him religion-phobic for years, he said, his pain triggered by entering a church or even hearing Christmas music on the radio.

The gap between religious teachings on compassion and the ways that faith sometimes gets misused inspired Dr. Harold G. Koenig, a psychiatrist, and his colleagues at Duke University to develop “religious cognitive therapy” in 2014. The therapy uses “positive scriptures that focus on forgiveness, God’s love and divine mercy to challenge the dysfunctional thoughts that maintain trauma,” says Dr. Koenig.

The Duke team has developed workbooks that accentuate this positive content for each of the world’s major religions. Clinical trials, published in 2015, showed that religious people who received the therapy had lower rates of depression and reported more positive emotions like gratitude and optimism than those who did not receive it.

The best cure for religious trauma may be a deeper dive into the spiritual core of religious teachings, Dr. Koenig says. “Jesus just gave two commandments to the faithful,” he observed, “to love God and to love your neighbor as yourself. If people remembered this and allowed it to guide their attitudes and actions, they might stop harming people in the name of religion.”



# Faith and a Pint Monthly Fellowship Group

Join Deacon Brad and others for Faith and a Pint—a monthly Fellowship Group—all are invited!

**When:** September 29 @ at 6:30pm at Torg Brewery

**Where:** Torg Brewery in Spring Lake Park - 8421 University Ave NE, Spring Lake Park, MN 55432

**Who:** All ages welcome! Blue Sun Soda and other non-alcoholic options served.

**What:** A social get together with folks from church! Come talk about faith, the world, and your life while sipping a craft brew with your friends.

**Cost:** Bring a few bucks and check out their tap selection at <https://www.torgbrewery.com/>



## ABCD Atonement Book Club Daytime

The Atonement Book Club Daytime meets the first Monday of the month at 1pm in Atonement's Fellowship Hall. Our next discussion is Monday, September 11 and we will discuss *Lessons in Chemistry* by Bonnie Garmus. In October we will discuss *The Paris Apartment* by Lucy Foley. People from both Atonement and Cross of Glory are welcome. You can attend all of the discussions or only those that interest you. Please bring a mask and your own beverage.

## Maui Relief Aid

We are sure that many of you have seen video of the heartbreaking destruction in Maui. The scenes and sounds are haunting. If you would like to donate, the Atonement Charitable Giving Team researched some non-profits that are on-the-ground and supplying food, supplies, and housing. They are all rated highly on the national Charity Navigator site. Thank you! The Charitable Giving Team

Lutheran Disaster Response (P.O. Box 1809, Merrifield, VA 22116-8009 or 800-638-3522)

World Central Kitchen

([donations@worldcentralkitchen.org](mailto:donations@worldcentralkitchen.org))

Hawaii Community Foundation (Maui Strong Fund)

Americares ([americares.org/usdisasters](https://www.americares.org/usdisasters))

## Growing Through Loss Fall Series

This series provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues.

Registration takes place each program night at the Centennial Methodist Church in Roseville. Each session is complete in itself. You are welcome to attend one or all. Donations are accepted. For more information, call Margie Alexander at 763-755-5335.

### HAVE YOU EXPERIENCED

- the death of a loved one
- a broken relationship
- a divorce or separation
- pregnancy or infant loss
- a job loss or change
- a move to a new home or city
- a loved one who needs your support



### DO YOU FEEL

- in need of support, or interested in learning more about grief?

If you answered "yes" to any of these questions, then this series is for you. The first session begins September 11. Brochures are in the narthex at both churches.

# Jumbo Sale Update

The Jumbo Sale was a HUGE success this year! We had volunteers from both Cross of Glory and Atonement and we want to thank everyone who donated items, volunteered during the collection nights, who came in on non-collection days to help sort and clean items, who helped during the sale and those who worked so incredibly hard to clean up and reset the church after the sale!

New this year we used a system which allowed us to take electronic payments which was a huge success. We are still waiting on one last donation amount and for the reimbursements for expenses to be paid, so we do not have a final amount raised as of yet, however preliminary amount is close to \$9,000! We also were graciously given a \$5,000 match for the sale bringing the grand total amount raised to near \$14,000 which makes this our best sale year ever!

Prior to the sale this year the Cross of Glory Council approved a loan to purchase new tables for the sale to replace the old heavy wood ones. Part of the money raised this year is going to repay that loan and then to help update kitchen tools and other items around the church.

## Register For Preschool



King's Kids Preschool, located in the education wing of Atonement Church, will begin fall classes on Tuesday, September 5 for children ages 33 months – 4 years old. Students develop skills in an atmosphere of caring, tolerance, curiosity, and sharing.

The tuition amounts (depending on the days and hours preschool is needed) are on the Atonement website, [Atonementnb.org](http://Atonementnb.org). Please call 651-633-9604 to ask questions or schedule a tour.

Lisa Altomari, Director  
Bonnie Anderson, Treasurer

## Annual Winter Coat Drive

We are collecting warm winter-weight coats for the annual coat drive. Please be sure the coats are clean and in good repair as many of the recipients cannot afford to launder or repair them. Because each person only receives one coat, it needs to be a warm, winter coat. No fall coats, fleece or vests please. They especially need children's coats, all sizes, as they ran out last year.

**Volunteers Needed** - On the day of the drive, people are needed to help hand out coats. From each church, they would like 3-4 volunteers from 9:30am to noon and 2 volunteers from noon to 2:30pm. Afternoon shift includes clean up. Please consider volunteering for this rewarding opportunity.



Welcome back everyone! Please remember to complete a registration form for your child for Sunday School. We will participate in the "God's work. Our hands." service project **Sunday, September 10**. Regular classes will begin the following Sunday.

See all of you soon!

## Anonymity For Domestic Abuse Inquires

Alexandra House, our local domestic abuse shelter, recently created a new method of communication. With "Live Chat" a person can make an inquiry about services/assistance yet remain anonymous. In the past, fear of being identified has deterred some women from calling Alexandra House. Now, one can get real-time communication and receive an immediate response.

*The Atonement Charitable Giving Team*

# HIGHLIGHTS

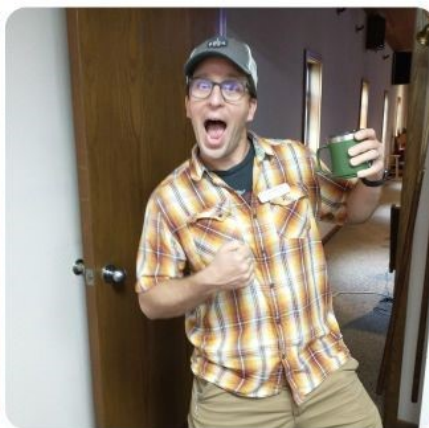


**Festival  
in the Park  
Parade**

## Dog Days of Summer Event



## Helping Survey Guests About Our Community at the Jumbo Sale



# HIGHLIGHTS



**Combined Worship at Atonement August 6**

Just a few of the many helpers at the Jumbo Sale!



# Notes & Care

## Crossroads Birthdays & Anniversaries

Sep 01 Gretchen Davis

Sep 01 Jim Nelson

Sep 01 Jill Thompson

Sep 05 Brian Kaden

Sep 06 Jennifer Schneider

Sep 08 Deb Benson

Sep 08 Shannon Rosas

Sep 10 Doug Lindner

Sep 10 Bernie & Gwen Lentsch (1988)

Sep 11 Madeline Eastham

Sep 11 Kolleen Olsen

Sep 14 Marie Thomalla



Sep 16 Jason & Deb Loesch (2000)

Sep 16 Bruce & Nancy Jahnke (1972)

Sep 17 Ron Evens

Sep 17 Carol & Ron Hoiby (1966)

Sep 21 Tony Houfek

Sep 22 Cheryl & Ryan Lunde (2007)

Sep 25 Azalea Rosas

Sep 26 Hannah Verkuilen

Sep 27 Don & Jennifer Schneider (2009)

Sep 28 Janice Schmidt

Sep 28 Kjerstin Vasel

Sep 29 Bonnie Anderson

## Thanks & Joy—Atonement & Cross of Glory

- ♥ Thank you to Pastor Paul, Karen Christenson, Deacon Brad, Shelly Markham and Cheryl Lunde for planning, implementing & tallying results of a survey to Jumbo Sale guests for feedback about our community! Watch for more information regarding results.
- ♥ Thank you to the many volunteers, from both Atonement & Cross of Glory, for all the hard work preparing for the Jumbo Sale and working during the sale. Thanks to everyone who helped clean up and bring all the remaining items to multiple donation facilities. Thank you to Gwen Lentsch for baking all the cookies for the sale. Special thanks to Marie Thomalla & Paula Reed for coordinating another successful sale!
- ♥ Many, many thanks to the generous anonymous donor who matched \$5,000 of Jumbo Sale earnings!!
- ♥ Thank you to Kevin Gaylor for driving to St. Cloud to pick up a big load of new tables Cross of Glory purchased! Also, thank you for replacing weather stripping to the bottom of our doors.
- ♥ Thank you to Ron & Shelly Markham for providing the s'more fixings for our S'more Worship services!
- ♥ Thanks to our congregations for keeping an open mind for our Holy Experiment in July.
- ♥ The Atonement Council & Property Committee would like to thank Dave Knapp for power washing the Atonement sidewalk and filling the cracks so the weeds don't grow back. This was a great help and a huge improvement!
- ♥ Thank you to Deacon Brad for providing his insurance knowledge to help Cross of Glory secure new insurance.
- ♥ Thank you to our 16 walkers (includes 2 dogs) who participated in the CSC Walk A Mile for Our Neighbors fundraiser. A total of 397 walkers walked 562 miles!
- ♥ And thank you everyone for all you do for Atonement and Cross of Glory every day!



# Notes & Care

## In Our Prayers

† Jeff Kinsel, Dale Tilden, Sally Kline, Virginia Cahow, Wally Billington, Darlene Voxland, Bea Lea, Tom Tilden, Kiera—friend of Carol Tilden, Stacy Nielsen’s sister, Ron Evens

## Prayers for the Grieving

† Please keep Jeff & Shelley Kinsel & their family in your prayers as they mourn their loss of Jeff’s father.

## SEPTEMBER WORSHIP SCHEDULE

We continue with communion on the 2nd & 4th Sunday of each month.

September 3—9:30 Worship at Atonement—Labor Day Weekend

September 10—Service Sunday—Blessing of the Backpacks—Sunday School/Youth  
Worship & Communion—8:30 at Cross of Glory; 10:30 at Atonement

“God’s work. Our hands.” Service Project

**Cross of Glory at 9:30am** in the Fellowship Hall: Write cards of encouragement for First Responders in honor of Patriot Day.

**Atonement at 11:30am** at the Rain Garden at the Northwest corner of the Parking Lot: Help clear out debris and weed the rain garden that surrounds the storm drain, ensuring that only water drains to the Mississippi River and protecting our community’s waterways.


September 17—Regular schedule, no communion.

September 24—Regular schedule, communion Sunday.

## JOIN US FOR CHOIR!

Atonement’s choir will begin its season on September 10! Rehearsal is from 9:15-10:00 every Sunday morning and choir sings roughly 3 times per month. Our first musical offering for worship will be September 17. All voices are welcome! Contact Shannon with questions.



	Sunday, September 3—At Atonement		Sunday, September 24	
	9:30		8:30	10:30
<b>Worship Assistant</b>	Jim Nelson		NA	Steve Klaers
<b>Lector</b>	Carreen Houfek		Shari Waddell	Steve Klaers
<b>Ushers/Acolyte</b>	TBD		Paula Reed	Lindsey Fabian
<b>Greeter</b>	TBD		TBD	Janice Schmidt
<b>Bread Baker</b>	No Communion		Shelly Markham	Andrea Weatherly
<b>Comm Setup</b>	No Communion		Linda Radtke	Carol Hoiby
<b>Comm Servers</b>	No Communion		Linda Radtke, Janice Wikstrom	Steve Klaers
<b>Counters</b>	<b>ALC:</b> Sally Kline, Royce King <b>COG:</b> Jason Emerson, Jeanette Lundgren		Roger Steen Gretchen Davis	Gwen Blomseth Sally Kline
<b>Coffee Setup/Clean</b>	NA		Jeanne Boyle	NA
<b>COG Closer</b>	NA		Dani Gow	NA
	Sunday, September 10		Sunday, October 1	
	8:30	10:30	8:30	10:30
<b>Worship Assistant</b>	NA	Wayne Haselhorst	NA	TBD
<b>Lector</b>	Kolleen Olsen	Bruce Jahnke	Gretchen Davis	TBD
<b>Ushers/Acolyte</b>	Leslie Bjork	Bonnie Anderson	Linda Radtke	Judy Hill
<b>Greeter</b>	Linda Thorson	Carol Hoiby	TBD	TBD
<b>Bread Baker</b>	Shelly Markham	Andrea Weatherly	No Communion	No Communion
<b>Comm Setup</b>	Jeff & Roberta Olson	Lynn Miller	No Communion	No Communion
<b>Comm Servers</b>	Gwen Lentsch Becky Redding	Wayne Haselhorst	No Communion	No Communion
<b>Counters</b>	Jason Emerson, Gretchen Davis	Gwen Blomseth Bruce Jahnke	Bob Reed Jason Emerson	TBD
<b>Coffee Setup/Clean</b>	Dawn Saros-Kirk	NA	Dawn Saros-Kirk	NA
<b>COG Closer</b>	Dawn Saros-Kirk	NA	Dawn Saros-Kirk	NA
	Sunday, September 17		<p><i>Thank you to all the volunteers! If you are unable to serve when scheduled, please find a replacement and let the office know. If you would like to help during Sunday morning worship and are not on the schedule, contact the office.</i></p>  <p><b>MINISTRY</b> <b>ASSISTANTS</b></p>	
	8:30	10:30		
<b>Worship Assistant</b>	NA	Carreen Houfek		
<b>Lector</b>	Monika Cook	Andrea Weatherly		
<b>Ushers/Acolyte</b>	Jeff Olson	Carol Hoiby/Judy Hill		
<b>Greeter</b>	TBD	Nancy Jahnke		
<b>Bread Baker</b>	No Communion	No Communion		
<b>Comm Setup</b>	No Communion	No Communion		
<b>Comm Servers</b>	No Communion	No Communion		
<b>Counters</b>	Bob Reed Jeanette Lundgren	Tony Houfek Sally Kline		
<b>Coffee Setup/Clean</b>	Janice Wikstrom	NA		
<b>COG Closer</b>	Paula Reed	NA		

# September 2023 - Crossroads Parish

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>9:30am - A-Worship</b> <b>12:30pm - A-Faith Comm</b></p>	<p><b>Labor Day</b> <b>Office Closed</b></p>			<p><b>10am - C-Prayer Shawls</b> <b>1pm - A-Game Day</b></p>	<p><b>5pm - C-New Birth</b></p>	<p><b>9am - A-Mount of</b> <b>9am - C-New Birth</b></p>
<p><b>A-Prayer Ministers</b> <b>Blessing of Backpacks</b> <b>GWOH Service Day</b> <b>8:30am - C-Worship</b> <b>9:30am - C-Sunday</b> <b>10:30am - A-Worship</b> <b>12:30pm - A-Faith Comm</b></p>	<p><b>8am - A-Men's Bible</b> <b>1pm - A-ABCD</b> <b>1pm - A-Kitchen Kutups</b> <b>1pm - C-Fellowship Circle</b> <b>6pm - A-Girl Scouts</b> <b>6pm - A-Property</b> <b>6:30pm - C-RIC Meeting</b></p>	<p><b>1pm - A-Elizabeth Circle</b></p>	<p><b>4pm - A-Worship</b></p>	<p><b>9:30am - A-Mary Circle</b> <b>10am - C-Naomi Circle</b> <b>1pm - A-Game Day</b></p>	<p><b>First Day of Hispanic</b> <b>10am - Charitable Giving</b> <b>5pm - C-New Birth</b></p>	<p><b>9am - A-Mount of</b> <b>9am - C-New Birth</b></p>
<p><b>8:30am - C-Worship</b> <b>9:30am - C-Sunday</b> <b>10:30am - A-Worship</b> <b>12:30pm - A-Faith Comm</b></p>	<p><b>8am - A-Men's Bible</b> <b>1pm - A-Kitchen Kutups</b></p>		<p><b>6pm - Councils Offsite</b></p>	<p><b>1pm - A-Game Day</b> <b>6:30pm - Councils Offsite</b></p>	<p><b>5pm - C-New Birth</b></p>	<p><b>9am - A-Mount of</b> <b>9am - C-New Birth</b></p>
<p><b>8:30am - C-Worship</b> <b>9:30am - C-Sunday</b> <b>10:30am - A-Worship</b> <b>12:30pm - A-Faith Comm</b></p>	<p><b>8am - A-Men's Bible</b> <b>1pm - A-Kitchen Kutups</b></p>			<p><b>1pm - A-Game Day</b></p>	<p><b>5pm - C-New Birth</b> <b>6:30pm - Faith and a Pint</b></p>	<p><b>9am - A-Mount of</b> <b>9am - C-New Birth</b></p>

## CROSSROADS

**Atonement Lutheran Church**  
 1980 Silver Lake Rd NW  
 New Brighton, MN 55112  
 651-633-2240

**Cross of Glory Lutheran Church**  
 5472 Adams Street  
 Mounds View, MN 55112  
 763-784-2528

# Contact Us

## Church Office Hours:

Monday—Friday

Atonement 8am—Noon

Cross of Glory 1pm—5pm

Due to appointments, things that come up or schedule changes, please call ahead to be sure someone will be at the church.

## How to Contact Us:

Pastor Cassie Nault

Cassie@Crossroads55112.org

Cell: 612-910-2697

Atonement: 651-633-2240

Cross of Glory: 763-784-2528

Deacon Brad Mills

Brad@Crossroads55112.org

Cell: 612-242-7250

Atonement: 651-633-2240

Cross of Glory: 763-784-2528

Office Administrator—Dawn Saros-Kirk

Dawn@Crossroads55112.org

Atonement: 651-633-2240

Cross of Glory: 763-784-2528

Atonement Minister of Music—Shannon Rosas

Shannon@AtonementNB.org

Cell: 651-387-0662

Cross of Glory Choir Director—Jaime Verkuilen

Jaime@CrossOfGloryMV.org

***Like Us on Facebook!***

***Find us on our websites:***

***Crossroads55112.org***

***AtonementNB.org***

***CrossOfGloryMV.org***

You are welcome to contact the church staff at either site, regardless of where you attend worship.



Please submit newsletter articles by the  
**THIRD MONDAY**  
of the month.

## WE are CROSSROADS



**Atonement Lutheran Church**

**1980 Silver Lk Rd, New Brighton, MN 55112**



**Cross of Glory Lutheran Church**

**5472 Adams St, Mounds View, MN 55112**

**Two churches.**

**One big community in faith.**