



Twentieth Sunday after Pentecost: October 11, 2026

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

—Philippians 4:6-7

This week at Shalom:

WORSHIP AT SHALOM: Enjoy treats and fellowship afterward in our Community Room! Every Sunday, we are ready for guests!

SERMON: When Paul wrote from a Roman prison cell, there was a lot he could have been anxious about. He was due to appear before the emperor to answer for charges including sedition, heresy, and insurrection. He knew the most likely outcome was death. Yet in his suffering, Paul shares the secret for remaining non-anxious. What is this secret? How can it possibly apply in a world where we are kept anxious 24/7? Pastor David preaches “Letting Go” based on Philippians 4:1-10 and Matthew 22:1-14.

PASTOR DAVID will be out of the office October 12-18. If you need pastoral assistance, contact Pastor Dennis Preston at (320) 491-2422.

BAZAAR SIGN UPS

Please sign up to help with the many tasks the day of the Bazaar or set up and clean up. And of course any baking or crafts you can contribute are much appreciated. If you have questions please contact CJ or CH. (😊)

If bringing a pie for the lunch 8-9 inch pies are the best so the pieces fit in the pie box. Thank you.

REMINDER to bring your estimate of giving card to worship service on “Empowered by God-Responding by Grace” Sunday October 11, 2026. Our offering is in thankful anticipation of what the Lord will do for us in 2027. AND please stay after service for a complimentary “Thank You” breakfast.

SHALOM has the opportunity to sponsor a table at the 26th Annual Domestic Abuse Awareness Luncheon at 11:45 am on Wed, Oct 14, at Broadway Ballroom. Tickets are \$25 each for a table of eight. Talk to Catherine S Kiewer if interested.

TRANSPORTATION NEEDS: Sometimes our members need transportation to our Sunday service. If you are available to provide transportation, please provide your name and phone number to the church office. To request transportation to church services, please contact the church office. This service can help people stay connected to Shalom. Carol Hedlund is available if you need a ride.

HOSPITALITY: Grant & Cami Pexsa, Gavin & Jaiden Pexsa, Dave & Joyce Rogosheske.

DO YOU WANT to delve deeper into your faith? Do you have questions about what Lutherans believe and why? Ever wonder why there isn't something for adults on Wednesday nights? Come join us for a laid-back study group called “Catechism for Grown-Ups” on Wednesday, September 16 at 6:30 pm in the conference room. We promise—no memorization!

JEREMIAH 29 UPDATE: Last summer, the Jeremiah 29 Project began with a series of one-to-one conversations. At the time, you may have wondered what the project would become, whether it would move forward, and how it might benefit our congregation and community. You may also have been concerned that we were taking on more than we could manage.

I'm happy to report that the project has borne fruit: the Runestone Kids Chorus begins regular rehearsals on Tuesday,

October 6 at Shalom. On Tuesday, September 22, and Thursday, September 24, we registered 39 children for the chorus.

The adult Runestone Chorus has also nearly doubled in size, with about 50 people attending its first rehearsals this September. This is a wonderful use of our space and will enrich both congregational and community life.

We began to see these benefits last year, when several Runestone Chorus members joined the Shalom Singers for the Easter cantata. Through these partnerships, Shalom continues to build its reputation as a congregation open to the community and to live into our stated value: “Shalom encourages a life of worship through music.”

The project has also expanded through the creation of the Runestone Music Community, a new organization that will administer both the Kids Chorus and the adult Runestone Chorus. Four of its nine board members are Shalom members.

If you’d like to help, we need volunteers at Kids Chorus rehearsals to help children find the bathroom, get water, and meet other needs as they arise. If you’re interested, please talk to Sam.

Most of all, thank you for supporting the Jeremiah 29 Project at Shalom.

Pastor David

ATTENTION COMMITTEES:

Please submit budget request for 2027 to Grant Pexsa by September 30th.

Submit annual reports to Geri in the Office no later than October 20th as she has to have the Annual Report out two weeks prior to the Annual Meeting which will be held on Sunday, November 22.

SHARED MINISTRY & CALENDAR: [Here is the link to our shared ministry sign-up.](#) You can find the [monthly calendar here.](#)

Shared Ministry

<u>Shared Ministry</u>	<u>10-11-26</u>	<u>10-18-26</u>
Acolyte		
Audio/Visual	Brian C/Dan R	Brian C/Dan R
Assisting Minister	Dan Hermanson	Sharon Hermanson
Communion Assist	Carol Hedlund	Judy Hoffman
Communion Assist	Corrine Iverson	Grant Pexsa
Greeters	Sherri Endreson	Dave Rogosheske
Greeters	Amy Schlosser	Joyce Rogosheske
Lector	Sarah Fleener	Susan Pletcher
Musicians	SOS Band	Shalom Singers
Proclaim/FB Live	CJ/Kim/Julie	CJ/Kim/Julie

Ushers Ushers	Cheryl Burbank Renae Hills	Al Anderson Todd Zarbok
Counters Counters	Derek Navratil Arvin Pletcher	Vic Dale Dean Kliewer

THIS WEEK AT SHALOM

Sunday	10-11	9:30 am 10:30 am	Worship in-person or online Hospitality
Monday	10-12	6:30 pm	Garden Club
Tuesday	10-13	9:00 am 11:15 am 5:00 pm 5:30 pm 6:30 pm	Dart Ball Outreach Y/ED Runestone Kids Chorus Runestone Chorus
Wednesday	10-14	5:00 pm 5:30 pm 6:30 pm	Meal Family Night Shalom Ringers
Thursday	10-15	8:00-9:45 am 10:00-11:00 am 6:00 pm 6:30 pm	Shalom Piecemakers Bible Study Shalom Singers Vintage Car Club
Sunday	10-18	9:30 am 10:30 am	Worship in-person or online Hospitality

Community Opportunities:



OCTOBER
NATIONAL DOMESTIC VIOLENCE
AWARENESS MONTH

*Upcoming
Events*

20th Annual Take A Stand Against Domestic Violence

Tuesday, October 13, 2026

5:00 P.M. at The Church of St. Mary

420 Irving Street, Alexandria

Speaker: Nikie Roen, Domestic Violence Survivor

Free Event,
T-Shirts,
& Food!

26th Annual Domestic Abuse Awareness Luncheon

Wednesday, October 14, 2026

11:45 – 1:00 P.M.

Broadway Ballroom

Speaker: Kari Kerr

Tickets: \$25 (individual) or \$200 (table of 8)

For Tickets or Questions

Email: peaceinalexandria@gmail.com



Group Gatherings

**1ST AND 3RD TUESDAYS
5:30-7:30PM**

- Activities, conversations, and encouraging support
- Free meal and child care
- Free diapers and wipes (as available)



**PARENT
LIFE[®]
FOR TEENS**

YOUTH FOR CHRIST

911 MN-29

Alexandria, MN 56308

HEIDI CHRISTENSEN

Parent Life Director

320-527-9834

heidi@yfcminnesota.com



**PARENT
LIFE[®]
FOR TEENS**



Online Connections



**IMPACTING THE LIVES
OF TEEN PARENTS
AND THEIR CHILDREN
THROUGH MENTORING
RELATIONSHIPS**





A ministry of Youth For Christ, Parent Life provides educational, social, and spiritual resources designed to meet the specific needs of pregnant and parenting teens. Through mentoring relationships, we empower teen parents to achieve their goals, complete their education, move toward self-sufficiency, develop positive parenting skills, and build healthy connections with peers.



PARENT LIFE OFFERS:

- Fun evenings with delicious food, useful information, creative outlets, and friends
- Opportunities to meet with mentors or other teen moms, sharing the joys, fears, and frustrations unique to teen parenting
- Education including Bible-based life lessons, guest speakers, parenting tips, life skills, and small group discussions
- Special events, seasonal activities, and celebrations
- Resources and referrals to community programs

PLEASE KEEP IN YOUR PRAYERS

*John Carlberg, *Bob Hildebrandt, *Dave & Mary Owen, *Skeeter & Gerry Kingsberg, *Delores Martin, *Evie Raguse, Teri Market (Pastor David's friend), *Jeanette Priebe, *Bonnie Anderson, *Dave Burbank, Joan Searles (Pastor David's aunt), *LaTelle Bailey, *Kim Casavan, *Amy Schlosser & family, JP Phelps (nephew of John & Nola S), , Brian Lein (Son-in-Law of Dave & Barb B) *Family of Dave Beyer, *Dan Rooney, Family of *Diane Koranda, *John Smith, Nikki (Roy & Deb Kramer's daughter), *Ed Arneson, Rick Heike (brother of Linda Fenelon), Family of *Carrie Carlberg, Family of Ben DeLong (Chrissy Oaches's brother) Family of *Lloyd Berger. **Shalom member*