



St. Thomas Lutheran Church News

St. Thomas Lutheran Church is a Christ-centered community that lives, shares, and celebrates God's grace with all people!

August 2025

XLVII Issue 7

From the Senior Pastor

I few years ago, I picked up a poetry anthology called *How to Love the World: Poems of gratitude and hope*. I think, actually, it was my first purchase from those enablers at Morgenstern's (it is a rare day to walk out of there with just one book). The poems are, of course, lovely. They are truthful, and do not turn away from the world's great sorrows—the pandemic, climate change, dementia, death, but they also teem with hope and gratitude for gift of being alive, the company of others, the wonder of the natural world. One of scripture's great love passages is, of course, John 3:16: "For God so loved the world that God gave God's only Son, so that everyone who believes in him may not perish but may have eternal life." How does God love the world, and how ought we love it, in turn? Following God's example, loving the world involves bearing witness, giving, and gratitude.

Scripture records, again and again, that God sees the needs of the world, that God hears the cries of God's people. God doesn't set the world in motion and then check in on it from time to time. God is involved; God is moved. We, too, are called to see—to be witness. A witness is someone who saw something happen and is called on to tell the truth about it.

In the New Testament, the witness that is given is about what God is doing in the world. Everything that is wrong in the world is tangled up with God's work of setting the world to right. How do we love the world? We bear witness. We tell the truth about what is wrong, and we tell the truth that we believe God will make it right.

What the Senior Pastor is Reading

[How to Love the World: Poems of Gratitude and Hope; edited by James Crews](#)

A fantastic anthology featuring the work of current poets. Every page of my copy is dog-eared. The poems are thoughtful and layered, but none are difficult to understand. The editor also includes "reflective pauses" to explore the works more deeply. The second volume, *The Path to Kindness: Poems of connection and joy* is also fabulous.

Scripture makes clear, too, that God's way of loving the world is self-giving. God gives God's own son; God as the Son gives his own life. God gives food to the hungry, rest to the weary, justice to the victim, hope to the hopeless. God's giving isn't conditional—either on the worthiness of the one who receives the gifts nor on the amount or lengths God is willing to give for the sake of the world. This isn't a stewardship article per se, but loving the world is stewardship. Methodist theologian Ann Michel notes that it is "giving, not acquiring, that gives meaning to our lives." Because it is giving, not acquiring (praise, sacrifice, etc.) is God's meaningful work. Giving, too, Michel says, isn't a transaction, but "a transformation." After all, it is in giving God's self that the world is reconciled to God. If we wish to love the world, to be reconciled to one another, to living meaningful lives in community with the cosmos, then we, too, must be givers.

Jesus regularly gives thanks—before distributing bread to the multitudes, before raising Lazarus from the dead. I'm generally very careful when I save things to note where they came from—those who think and write and carefully consider deserve the gratitude of a citation, in my opinion—but I have this little scrap, unmoored from its context and its author which is titled, coincidentally, "A Gratitude Practice." The practice invites us to have a snack, mindfully considering its history: "the land where it was grown or raised," and the people behind it—growers, but also our own labor. The practice suggests:

Try to feel a connection to all those people taking care of you.

The love of strangers fills this bowl in front of you.

We are never really alone. We're in this together.

John never tells us Nicodemus's reaction to his evening meeting with Jesus. But, at the end, it is Nicodemus who prepares Jesus's body for burial and lays in the tomb. What other gratitude is there than careful attention and gentle, loving action?

I suppose I'm writing this, Beloved, because I'm deeply concerned about the world—about the condition of the planet and the needs of its inhabitants. Yet I can get so taken up in getting my way—even about these things—that I sometimes forget to love the world. When Paul writes to the Corinthians, he writes to them about love, and as he closes the letter he tries one more time to remind them what it is all about: "Let all that you do be done in love." Would that be so in our own lives, in our own time.

In peace,

P.r. Adrienne

Pastor Adrienne

One more thing—I am always happy to meet with you! You can schedule an appointment to meet with me [here](#) or by [contacting the church office](#).

From the Pastor of Youth and Christian Nurture

Where do you belong?

Most of us would say that we belong to St. Thomas, though we don't often think of what that means. We don't feel the word in the same way as when we say a car or a book belongs to us. What if we understood our belonging in the same way things belong to us?

In *Christianity After Religion*, Diana Butler Bass wrote, "If we think of belonging only as membership in a club, organization, or church, we miss the point. Belonging is the risk to move beyond the world we know, to venture out on pilgrimage, to accept exile. And it is the risk of being with companions on that journey."

When we belong, we are not just individuals who are part of an organization, but we belong to each other. We rejoice with those who rejoice, and we mourn with those who mourn. We are co-workers in the mission of giving thanks and praising God, bearing God's creative and redeeming word to all the world. And in joyful response to our own belonging, we create space for others to belong as well. We share the gift of belonging with others in gratitude for our belonging.

As the beginning of the school year brings members back from summer break and new people into our midst, let us create a place where they too can find belonging.

One simple way to do this is to wear your nametag. Nametags are a sign of belonging. When anyone has been worshipping with us regularly, we make a name tag for them on the welcome desk. (If you have lost your name tag, changed your name or for any reason you need a new one, [email the church office](#) to request a new one!)

And as you see people you don't know, welcome them to this place. Help them find what they need and connect them with other people. And if someone mistakenly greets you as if you are new? Compliment them on their welcoming skills! It is better for a member to be welcomed as if they are new than for us to miss a new person who is longing for connection.

In a disconnected world, the church is a gift when it becomes a place for connection and belonging, a place to be seen and felt, to gather companions on our way. May we know what it means to belong, not just to St. Thomas, but to each other.

Your partner in ministry,



Pastor Lecia

From the Finance Committee

We are grateful to those who have made additional gifts to support our congregation and its ministries. Please note that gifts offered for specific ministries or mission partners are held in our congregation's restricted funds for their specified purpose and do not affect the general fund nor our congregation's daily expenses.

Financial status at the end of May (41.67% of the year):

	Amount	Percent	2024
Income	\$228,364.39	48.47%	38.59%
Expenses	\$212,093.39	44.95%	42.06%
Net Income	\$16,271.00		-\$15,989.27

Click [here](#) to give to St. Thomas.



Celebrating Our Ministry

Thank You

The May fund drive for our Pastor's Discretionary fund raised almost \$2,700! That is more than we gave in the first quarter of 2025. Funds are still needed year-round to continue to provide aid for local families. Click [here](#) to give to St. Thomas.



St. Thomas Represents at Indiana-Kentucky Synod Assembly

Opening worship at the Indiana-Kentucky Synod was planned by a team that include Debbie Witt, Pr. Lecia, and Pr. Adrienne. Choir Director Ben Wagner led a band in a jazz-inspired *Liturgy of Joy* (the "band" is pictured). Moriah Reichart also got a shout-out for her role on the Churchwide Committee on Discipline.

Vacation Bible School: Filled by the Spirit

We had such fun learning about who the Holy Spirit is! We laughed and played, sang and prayed through our three days together. Thank you to all our many volunteers: Kris Stewart (coordinator), Eve Arnold, Joseph Arnold, Lydia Arnold, Rebekah Arnold, Jennifer Garl, Debbie Lemon, Judy Louise, Claire Marsh, Gretchen Moehlmann, Arno Risner, Ila Risner, Allison Ward, Jim Ward, Alex Westphal, Toby Westphal, Pastor Adrienne, and Pastor Lecia.



Outdoor Worship

On Sunday, July 13, St. Thomas gathered at Lower Cascade Park for worship and fellowship. Pamela Smith caught this picture of Communion as we sang the invitation to "break bread together."

Caring for One Another

Funeral Services for Paula Ionescu

Funeral Services for Paula Ionescu, who passed away on Wednesday, July 23, will be held at St. Thomas on **Saturday, August 9 at 10 a.m.** Visitation begins at 9 a.m. The congregation will provide food during the visitation and a brief time of fellowship after the service. If you wish to contribute muffins, cookies, or breakfast breads, contact Kathleen Boggess or Jaydene Laros.

Funeral Services for Elif Ogan

Funeral Services for Elif Ogan, daughter of Chris and Pekin Ogan, who died on Wednesday, July 2, will be held at St. Thomas on **Saturday, September 20 at 10 a.m.** Visitation begins at 9 a.m. The congregation will provide a luncheon after the service. If you wish to contribute to the meal, contact Kathleen Boggess or Jaydene Laros.



Upcoming Events

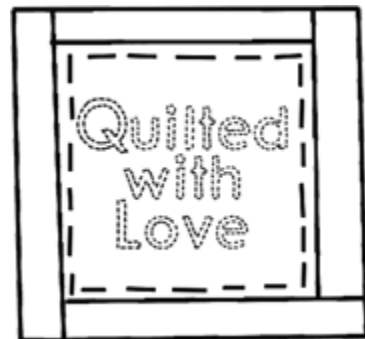


The Wholeness Project: Lunch and Learn Series

What does it mean to be a community of care? Explore mental health and the role of the church in healing, hope, and hospitality. Each session includes free food and a guest speaker. On **Sunday, August 3 at 1:30 p.m.**, Amy Bartleson-Balcam will present "Envisioning Trauma-Informed Congregations" and participants will enjoy an ice cream sundae bar. On **Sunday, August 10 at 11:45 a.m.**, Dr. Sarah Ragonese will present on the Basic of Trauma and Trauma-Informed Care. Lunch will be a grain bowl bar.

St. Thomas Piecemakers

St. Thomas Piecemakers are putting together simple quilts to be distributed by Lutheran World Relief to war and disaster victims. Quilts are going to places like Texas and North Carolina as well as to Africa and Ukraine. Most of our quilt tops are being made at home as time permits according to instructions furnished by LWR, then we assemble and tie some of them when we get together. If you'd like to help, please join us for our next meeting on **Saturday, August 9 at 11 a.m. in Community Hall.** We'd love to have you join the fun!



Come Together: News from the Outreach and Community Care Committee

St. Thomas at Bloomington Pridefest, Saturday, August 23.

Sign up at the Welcome Desk to host the St. Thomas table at this great celebration in downtown Bloomington. If you enjoy meeting people and telling them about our congregation, sign up for a two-hour shift (under a shady tent with comfy chairs). Stop by the blessing writing table in the Narthex on August 10 and 17 to write or draw blessings to be shared at the Pridefest table.



Labor Day Weekend Potluck Brunch, Sunday, August 31. Bring a dish to share for brunch in between services on Sunday morning.

Student Grab and Go Brown Bag Lunches begin Sunday, September 14. We're bringing back our lunch cart (every second Sunday) for another year of showing our support for students at IU and Ivy Tech. Look for the sign-up on the Welcome Desk (available later in August) for details on the donations we need. And **please sign up to host the cart one month**—a few minutes of set-up and the chance to chat with students and welcome them to St. Thomas.

Coming Up in September and October: Outdoor movie night, a group outing to an IU Field Hockey game, and on the last weekend of October a Pumpkin Decorating Party.

Next Outreach and Community Care Meeting, August 18, 7:30 p.m. We're still planning events for the fall and winter. You are warmly invited to join in and share your ideas. We meet via Zoom. [Contact the church office](#) for a link.



Worship Time Change

Beginning **Sunday, August 24**, St. Thomas worship will be held at **8:30 a.m. and 11 a.m.**, our regular schedule.

Worship Leader Training Conference

New and experienced worship leaders are invited to a Worship Leader Training Conference **between worship services on Sunday, August 24**. The morning will be divided into workshops—choose one, two, or three to grow in your ministry and connect with fellow worship leaders! The training conference will feature workshops for all ages! Watch the bulletin and eNews for a full slate of workshops and times.

Save the Date! Advent Fundraiser for Sister Parish

What: St. Thomas Sister Parish Advent Fundraiser

When: Sunday, December 14, before & after services

Where: St. Thomas Lutheran Church, Narthex

Featuring local craft items from Chichipate, Jim Halvorson's Pottery, Kent Unger's Wooden Crosses, **and other donated handcraft items from our congregation's members & friends.**

That's where we need you! What is your passion? Can you knit, crochet, weave, sew, embroider, hook rugs, bake, make holiday candy, make candles, wreathes, ornaments, holiday cards, take photographs, do calligraphy, paint, work with metal or wood? Now is the time to START projects!

Come for the last-minute gifts, stay for the Children's Christmas Program!

Questions: Contact [Carol Seaman](#) or [Suzanne Halvorson](#).



Christian Nurture

Sunday School

Continue to grow in faith! Sunday morning faith formation will begin for all ages on Sunday, September 7 from 9:45 a.m. to 10:45 a.m. School-aged students must have a completed [student information form](#). These forms must be updated each year so we have current information and permission. If you are interested in volunteering with children's Sunday School on a regular or occasional basis, please contact [Pastor Lecia](#) or Sunday School coordinator, [Leah Iversen](#).

Young Children: From birth through pre-school, children are invited to bring a parent to the nursery for play time between services with a story and activities from 10:00-10:15.

Elementary: Students in kindergarten through fourth grades explore Bible stories following our lectionary used in worship using Spark: Activate Faith.

Pre-confirmation/Confirmation: Fifth through eighth grade students will dig deep into the biblical story using *Echo the Story* as they begin to ask Luther's question "What does this mean?"

High School & Adults: Learners can come every week or drop in at any time as we explore various topics through the year, including the Bible, ELCA social statements, faith in life and work with our mission partners. Watch the bulletin or newsletter for upcoming class topics. We'll kick off the year with Climate Ambassador Training.

Back to School Blessing

On **Sunday, August 3**, we will bless all who return to school - students, teachers, administrators, and school staff. All students can stop in the narthex and create a backpack tag to remind them of this blessing through the year.



Prayer at Noon on Zoom

It can be hard to find time to pray, especially when there is so much to worry about—so much to pray for. You are invited to a calm, quiet moment in the middle of the week to share requests and pray together—we gather for about 20 minutes. Our next gathering will be **Wednesday, August 6 at 12 p.m.** on [Zoom](#).

Word in the Woods

Connect with God and each other in nature. Join us on **Wednesday, August 13** for Word in the Woods. We will gather at Griffy Lake boathouse parking lot **at 6 p.m.** for a 2-mile hike with contemplation, conversation and Holy Communion. Please let [Pastor Lecia](#) know if you plan to join us.



Pastor's Bible Study

Join the pastors for Bible Study on the upcoming Sunday readings on Monday afternoons at 1 p.m. in the Conference Room. There is no need to prepare ahead. We read the text together and explore what interests us and what it means for us today. Questions encouraged!

- August 4: Ezekiel 14:12-22a; Psalm 124:1-8; Hebrews 11:29---12:2; Luke 17:26-37
- August 11: Ezekiel 19:1-3, 10-14; Psalm 20:1-12; Romans 12:14-21; Luke 6:17-25
- August 18: Ezekiel 22:18, 12; Psalm 50:1-16; Hebrews 10:26-31; John 5:19-24
- August 25: Obadiah 1:1-4; Psalm 7:8-11, 17; James 4:5-11; Luke 17:1-4
- September 1 (no Bible Study): Isaiah 40:6-11; Psalm 43:1-5; 2 Thessalonians 2:13-17; John 11:1-6, 17-27

Ice Cream Meet Up *new date*

Meet up with Pastor Lecia for conversation and ice cream at Jiffy Treet (223 S Pete Ellis Dr) on **Sunday, Sunday, August 10**. Students in 5th-8th grade are invited to come 6-7 p.m. and students in 9th-12th grade 7-8 p.m. Please RSVP to [Pastor Lecia](#) if you plan to come!

Worship at Redbud Hills & Bell Trace

St. Thomas members and friends at Redbud Hills are invited to join us in the chapel for worship on **Monday, August 11 at 10 a.m.** Members and friends at Bell Trace are invited to join us in the Chapel for worship on **Monday, August 18 at 9:45 a.m.**



Ministry Opportunities for Getting Involved

Save Those Coats!

Are you shuffling through your winter clothes and doing a purge? Save those coats! St. Thomas will participate with Trinity Episcopal in a Coat Drive in October.



Property Committee Work Days

Help with manual tasks such as decluttering, painting, occasional cleaning, or tasks that require special expertise such as electrical, plumbing, or drywall work. Join a work day on the second Saturday or third Tuesday every month.



Altar Flowers

Flowers bring the beauty of creation to our worship. To reserve an arrangement, contact the church office [via email](#) or sign the sheet on the bulletin board by the coat room by Wednesday each week. The Flower Guild makes the arrangements, and you may take the flowers home after the second worship service and then return the vase later. Each arrangement costs \$20, with "flowers" in the check memo line.

Prayer Chain

The Swiss theologian Hans Urs von Balthasar once said, "the most we can do through genuine prayer, is to make as much room as possible, in ourselves and in the world, for the kingdom of God, so that its energies can go to work." We invite you to be part of a little group making room in the world for God to work in people's lives. When prayer requests come, we receive an email and pause to pray. Occasionally we receive an update about those we hold in prayer. If you are interested in joining us, [email](#) Susan Colston.



Prayer Requests

Martin Luther said, "Pray, and let God worry." When something worries you, others can carry you along in prayer. Send requests for prayer to Susan Colston [via email](#).

Lutheran Campus Ministry at IU



The beginning of a new academic year is upon us. Here at Rose House LuMin we are excited to welcome new and returning students to join us for what we hope will be a meaningful year exploring faith and life connections through the study of the ELCA Wholeness Wheel. In addition to the return of our weekly Tuesday evening gatherings for dinner and devotions beginning August 26, this fall we will be introducing a *new* once a month Bible Study Brunch open to the community (more details to follow in the September newsletter). Also on the fall schedule for LuMin is the continuation of our participation in some tailgates at IU home football games, crafts on campus, field

trips, service project opportunities, and listening sessions on campus. If you wish to follow along with LuMin's monthly save the dates and weekly schedule, please follow us on [Instagram](#) or [Facebook](#).

To help us celebrate the start of the new school year and the changes that were made to Rose House this summer, on **Sunday August 24, we will be hosting an open house from 3 p.m. to 5 p.m.** where anyone from the church, university, and/or community is welcome to come tour Rose House. At 4 p.m. we will have a rededication of the newly revitalized "sanctuary" space. Then at 5 p.m. we will host a cookout inviting new and returning students to share a meal and fellowship with us. No sign up is needed to attend the open house. If you wish to stay for the cookout please sign up by letting [Tim Smith](#) (LuMin Board President and St. Thomas Member) or [Pastor Amanda](#) know by Thursday August 21 so we may purchase enough food.

Thanks again for everything you as a congregation and as individuals do to support this outreach ministry and welcoming of college students into the worshipping community. We appreciate you.

God bless you all and give you peace,
[Pr. Amanda Ghaffarian](#) (She/Her)
Rose House LuMin Campus Minister

Restock the Rose House Wish List

Donate items to welcome students to Rose House; the donation basket is behind the Welcome Desk:

- Beverages like Bottled Water and Capri Sun
- Paper products like Paper Towels and Toilet Paper
- Cleaning Products like Dishwasher Pods and Hand Soap
- Miscellaneous Craft Supplies (i.e. friendship bracelet supplies, random items left over from other projects, craft kits)
- Take Out Containers/deli containers (gently used are fine)
- Individual Sized Snacks like Popcorn, Chips, Fruit Snacks, or Trail Mix
- Baking Mixes for Brownies, Cakes, or Muffins

Caring for Our Neighbors

New Hope for Families

New Hope for Families is helping to change lives one story at a time. Here is Ana Maria's story shared on the [New Hope for Families website](#).



NEWHOPE
FOR FAMILIES

A Fresh Start

Ana Maria and her baby arrived at New Hope urgently in need of a fresh start. After Ana Maria had already ended the relationship, her abusive ex discovered where she was living, entered her home and again became physically violent. Ana Maria bundled up her newborn child and fled, too afraid to return or disclose her new location to anyone. Her landlord assumed abandonment of property and filed a formal eviction against her.

New Hope provided Ana Maria and her baby with emergency shelter and individualized support services, including legal guidance to overcome the eviction on her record. Today, Ana Maria and her child are safely housed, with a lease in her name that she can afford.

Your gift to New Hope will help more families find the stable home and fresh start they deserve.

[Immediate Needs](#) to help families like Ana Maria's: Kroger gift cards, baby care items (rash cream, lotion, shampoo, body wash), diapers (sizes 3-8) and pull-ups (any size), over the counter medicines (children and adult), body wash

Donations can be placed on the shelving unit in the narthex, or money can be given via check made out to St. Thomas with "New Hope for Families" in the memo. Sincere thanks for your prayers and generosity.



Pathways

Pathways is currently seeking volunteers to help us create a warm, welcoming environment for families visiting our on-site pantry. We're looking for individuals who can commit to 1-2 hours a week between 3:30 p.m.-5:30 p.m., Monday through Friday.

This opportunity will begin on Wednesday, August 6.

Volunteers will greet families as they arrive and help guide them to the groceries, cleaning supplies, and hygiene items available that day. On days with fewer visitors, volunteers may also help with organizing donations, tidying the pantry, or assisting staff with other small projects. This is a great opportunity to make a meaningful impact in just a short amount of time each week—and to be part of a team that's working to support families in our community. If you're interested or have questions, [email Jacky](#). Please include day(s) and time(s) when you are available.

August 2025

St. Thomas Lutheran Church

Regular Sunday Schedule*

8:30 a.m. Worship/Livestream Worship

10:15 a.m. Worship through Sunday 8/17

11 a.m. Worship starting Sunday 8/24

*see each Sunday for additional events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All dates and times are subject to change. Please confirm via the online church calendar: https://stlconline.org/about/news/						1
3	4	5	6	7	8	9
1:30 pm Lunch & Learn	1 pm Pastor's Bible Study 6 pm Mission Committee Meeting	6:30 pm Worship Committee Meeting	12 pm Prayer at Noon on Zoom		Office Closed	9 am Visitation 10 am Celebration of Life for Paula Ionescu 11 am St. Thomas Piecemakers
10	11	12	13	14	15	16
11:45 am Lunch & Learn 6 pm Ice Cream Meet Up for 5 th to 8 th graders 7 pm Ice Cream Meet Up for 9 th to 12 th graders	10 am Worship at Redbud Hills 1 pm Pastor's Bible Study	7 pm Finance Committee Meeting	6 pm Word in the Woods			Council Retreat
17	18	19	20	21	22	23
11:30 am Beacon Dessert Potluck 11:45 am Council Meeting	9:45 am Worship at Bell Trace 1 pm Pastor's Bible Study	10 am Property Committee Work Day				Bloomington Pridefest
24	25	26	27	28	29	30
9:45 am Worship Leader Training	1 pm Pastor's Bible Study			7 pm Adult Choir Rehearsal		
31		All dates and times are subject to change. Please confirm via the online church calendar: https://stlconline.org/about/news/				
9:45 am Potluck Brunch	Labor Day Office Closed					

Prepare



in a
Year

Step 6: Water



Water quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main house valve so that you don't lose clean water which you could use. The effects of gravity may drain the water in your hot water and toilet tanks unless you trap it in your house by shutting off the main house valve (not the street valve in the cement box at the curb). Label this valve with a tag for easy identification, and make sure all household members know where it is located. In addition to storing water, be aware of your surroundings and where you can find other sources of water. Available water sources include hot water heaters, toilet tanks, streams, lakes, rivers, etc. **Consider adding a water filter to your kits so that you can safely use water you find.**

How much water should I store?

For your household, we recommend at least two weeks' worth of water. That's one gallon per person per day to take care of drinking, cooking and hygiene needs. You might need less depending on your cooking methods and if you're using wet wipes for hygiene. Plan to drink at minimum one quart of water per person per day. Remember to have water for your pets, too!

Which containers should I use?

Plastic containers with a screw-cap lid, such as two-liter soda pop bottles or food-grade plastic jugs, work great. Don't use glass bottles or old bleach bottles (or any container that has held a toxic substance). Avoid the use of plastic milk jugs. (They are difficult to seal tightly, and their plastic becomes very fragile and brittle over time).

Storing Water

We know storing 14 gallons per person is difficult, especially for large families. Having food that will not use water is one way to minimize water storage. Consider multiple locations to store water, especially if in an apartment or small house. Thoroughly rinse out the container and the lid with water and fill it to the very top of the container.

- Seal the container tightly.
- Label it "Drinking Water" and date it.
- Store it in a cool, dark place.

Distillation

This is one method of purification in addition to filters and purification tablets.

1. Fill a pot halfway with water.
2. Tie a cup to the handle on the pot's lid so that the cup will hang right-side up when the lid is placed upside-down on the pot (make sure the cup is not dangling in the water).
3. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled. This method allows the vapor resulting from boiling water to collect in the cup. This condensed vapor will not include salts or other impurities.



Chefs' **CHALLENGE**

Bloomington's premier culinary showdown
featuring local chefs

ADAM NOFFSINGER
UPTOWN CAFE

ERIC BUENO
IU DINING

MICHAEL WORDEN
STORY INN

SUNDAY, AUGUST 3

WOOLERY MILL
COMPETITION BEGINS AT 5 PM



\$100 TICKETS INCLUDE
A CHEF-PREPARED DINNER

RESERVE YOUR SEAT AT
MONROECOMMUNITYKITCHEN.COM



You're invited to New Hope for Families [14th Anniversary Celebration Picnic](#). **Saturday, August 16**, 4 p.m. to 6:30 p.m. **Lion's Den Shelter, Upper Cascades Park** 514 W Club House Dr, Bloomington.

Thanks to the partnership of this community, New Hope for Families has achieved some exciting things in the past year, and we are excited to tell you about what we have planned for the future.

- Free food, including hot dogs and Chocolate Moose ice cream!
- Brief remarks and recognitions at 5 p.m.

If you are able to join in, [please RSVP by Wednesday, August 13](#).

BLOOMINGTON MULTIFAITH ALLIANCE
FAITH FOR RACIAL EQUITY
PRESENTS

CRACKING THE HEALER'S CODE

SUN, SEPT 7 @ 3-5 PM

Join us for an educational and empowering seminar and conversation with author Milagros Phillips as we kick off our **community-wide book read** of her book "Cracking the Healer's Code: A Prescription for Healing Racism & Finding Wholeness."

This session will cover:

- The 5 dimensions of racial conditioning
- How racial conditioning affects our lives, relationships, and even how we raise children
- Lesser-known ancient and modern laws that affect us today
- How historic trauma impacts implicit and explicit bias
- Understanding how our experience with race influences our day-to-day lives and work
- The groundwork for healing and transformation



MAIN SPEAKER: MILAGROS PHILLIPS

AKA, the race healer, is a keynote speaker, TED Talk presenter, five-times author, artist, certified coach, and recipient of the 2021 NEW THOUGHT WALDEN AWARD for Interfaith/Intercultural Understanding. Forbes has named her one of Today's Innovative Leaders. Milagros is a multitasking artist, who has spent more than 30 years consulting, designing, and facilitating strategic race literacy and race healing programs to enhance Diversity Equity & Inclusion initiatives. Milagros has touched thousands of lives with her signature *Race Demystified* program, a compassionate approach to healing from racial conditioning, she delivers life-transforming experiences using history, science, research, and storytelling. Milagros is an columnist with Inc.com.

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Melissa de Graaf
Children's Choir Director

**St. Thomas Lutheran Church and LCM-IU
are Reconciling in Christ Ministries**

**We are a Christ-centered community that lives,
shares and celebrates God's grace with all people!**