



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!

September 2025

XLVII Issue 8

From the Senior Pastor

When I took my basic college writing class, I was taught a simple thesis statement formula, "It seems to be about X, but is really about Y." I liked it because, at the time, I thought I was going to major in math education (spoiler: I majored in English,) and it looked like an algebraic expression. I thought about that thesis formula a lot this summer: I thought this series was going to be about prophecy, but really it was about lament. I thought this would be about speaking truth to power, but it was really about speaking the truth of our broken-open hearts.

I'm not really sure I wanted to spend the summer in lament. Summer is supposed to be sunny, fun, refreshing. Yet, lament seems a language that many of us need: we are lamenting the fact that we feel like we can't talk to one another anymore. We're lamenting the changes that we see in our country and our world. We're lamenting our own realities. More than five years from the pandemic, many of us have only begun to name—to lament—what was lost, what was changed.

It can seem in moments like this that we just need to pick ourselves up by our bootstraps, slap a smile on our faces, and "move on." But, it is okay—healthy, even—to admit that one physically cannot pick one's self up by the bootstraps, if you even have them to begin with. It is okay—healthy, even—to name the sadness and sorrow and suffering encountered in our lives.

Walter Brueggemann says, "sadness over loss that is unvoiced, unembraced, and unacknowledged a) turns to

What the Senior Pastor is Reading

[Everything is Tuberculosis: the History and persistence of our deadliest infection](#) by John Green

I confess I haven't read any of John Green's best-selling fiction, but I have loved his non-fiction (especially for listening). *Everything is Tuberculosis* traces the history of the disease but, more importantly, exposes the global inequalities in health care. Tuberculosis treatment is easy to obtain and less expensive in countries that do not have the disease, and notably difficult to obtain and expensive in countries where it is prevalent. Green masterfully narrates what he witnessed in hospitals in Sierra Leone. You'll want a tissue for the end.

violence and b) precludes movement toward new possibility.” It is easy to rush to doing, to rush toward whatever we think might make us feel better, to rush toward retribution and vengeance. Brueggemann also says, “Sadness unvoiced leads to a backward wish for recovery; as a result, no energy is left for the pursuit or practice of new social possibility that lies beyond our old comfort zones.” But if we do not take the time to name what we have lost, what is painful, what is fearful, we will never be in the place for the new thing God promises to do in our midst (see Isaiah 43:19).

I had thought, Beloved, that I might write this as a how-to column—how-to write a lament—but the other thing about this summer that didn’t turn out to be about prophecy was how much of what we read set God up as the primary lament-er. We certainly ought to embrace—ought to incorporate—into our prayers the psalmists’ refrain: “How long, O Lord?” But we are also free to trust that God’s own heart breaks open along with ours.

When I was in high school, an apartment building in my neighborhood was set on fire. The person who set the fire thought the building was unoccupied and he could use the fire as cover to rob a nearby convenience store. But there was a family in the upstairs apartment. It took a whole day to put the fire out, and, in the end, there was nothing left but ash. We hadn’t met the family before that, but my mom brought out just whatever she could from our house—cups of water, an old pair of glasses, socks and shoes. But mostly we just watched, our lament could take on no words. It wasn’t our home, but our hearts broke open just the same. The prophets tell us this is true for God.

Admittedly, I was surprised this summer how much prophecy was lament. I guess I always thought of prophecy as “speaking truth to power,” but now I see that prophecy can also be speaking truth about power and powerlessness, speaking truth about the conditions of life on earth, speaking truth about God’s own broken-open heart.

Lutheran theologian Marva Dawn notes that approaching God with our lament keeps God as “the subject and object of our worship.” When we embrace lament, “God’s presence assures us that we are heard, that something will change—both in ourselves and, through us, in our world.” Lament, perhaps ironically, is confident that things are not the way they should be. Lament open us to the grace of God that things may not always be as they are right now. Lament opens the possibility that a seed of hope might be planted within our broken-open hearts, that God’s new thing might grow within us.

In peace,

Pr. 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

When we gathered for Narcan training this summer, one of our instructors said that doing this training, discussing addiction, and having Narcan available were all ways we can say to our community that there is a place for everyone here—addictions and all, brokenness and all. These programs help us show others that you do not need to pull yourself together and pretty yourself up in order to be in this place.

For many of us here, we may feel like we belong and can bring our whole selves to church, but there are many others who don't. They may have been in a church and been told that there were parts they needed to leave aside to belong. They may have been in a church and had to leave to protect themselves from harm. They may never have been in a church and not sure they want to because of how they hear people use Jesus' name.

With our presenters Dr. Sarah Ragonese and Rev. Amy Bartleson-Balcam, we envisioned what it might be to create a trauma-informed congregation. In *The Body Keeps the Score*, Bessel Van Der Kolk wrote, "Trauma is not what happens to you, but what happens inside you as a result of what happens to you." There are many adverse events that could cause a person to experience trauma, so it is impossible to list all of the possibilities, but trauma results in overwhelming an individual's ability to cope, leading to an impairment in function. We don't know who coming into this space may have experienced trauma, but the church at its best can be a place of comfort and healing.

We learned five principles for creating a trauma-informed church:

1. Safety (physical, emotional and spiritual)
2. Trustworthiness and Transparency
3. Peer Support
4. Collaboration and Mutuality
5. Empowerment, Voice and Choice
6. Cultural, Historical and Gender Responsiveness

In some ways, we are well on our way to creating a trauma-informed church. We prioritize our children's safety through our Child Protection Policy and background checks on all volunteers. Our worship is predictable with clear directions for participation and minimal surprises. We encourage people to honor boundaries in how they share the peace. We lead collaboratively through the work of committees and church council. We seek to be transparent by sharing information (including financial) in our newsletter.

As always, there are still ways in which we can grow. Not all of this can be done through policies or programs. In fact, at the center of being trauma-informed is prioritizing people and relationships over programs. The heart of this work comes from the people: sharing their hearts, being open and curious about others, creating spaces so that all people may be known, loved, and, ultimately, healed.

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 July (58.33% of the year):

	Amount	Percent	2024
Income	\$295,565.88	62.73%	53.73%
Expenses	\$281,856.80	59.73%	57.83%
Net Income	\$13,709.08		-\$18,885.40

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

Celebrating Our Ministry

The Wholeness Project Lunch and Learn Series



St. Thomas welcomed Rev. Grace Pardun, Mr. Glenn Mason, Rev. Amy Bartleson-Balcam, and Dr. Sarah Ragonese, in addition to hosting QPR Suicide Prevention training led by Pr. Lecia. The presenters shared about addiction, recovery, trauma, and being a trauma-informed congregation. Participants were also trained in the use of Narcan, and St. Thomas now has Narcan in the building to assist anyone in need. Thank you to our presenters, participants, and everyone who brought in something to share for lunch.

Bloomington Pridefest

Many thanks to our Bloomington Pridefest volunteers: Spencer Anspach, Ian Bensberg, Tuurn Gage, Sharon Fawbush, Johnathan Frank, Helen Kane, Nancy Nye, and Eliot Smith. Visit us at Spencer Pride Festival in downtown Spencer on **Saturday, October 4.**



Caring for One Another

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

B-Town French Fry Crawl for Young Professionals

Who has the best french fries in town? Join other young professionals and graduate students for a French Fry Crawl on **Tuesday September 9** to sample fries from some of our favorite spots along Kirkwood and Downtown. We'll start our culinary quest at St. Thomas at 6:30 p.m. Please RSVP with [Matt Marsh](#) or [Matt Meier](#) to let us know to expect you!

Come Together: News from the Outreach and Community Care Committee

Please Wear Your Name Tag on Sundays! We have many new folks joining us for worship in August and September. Help them get to know us by picking up your name tag as you enter the building.



Student Grab and Go Brown Bag Lunches begin Sunday, September 14

We're bringing back our lunch cart (every second Sunday of the month) for another year of showing our support for college students. Look for the sign-up on the Welcome Desk 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.



St. Thomas Meet-up at IU Field Hockey, Friday, September 19, 4 p.m. You're invited to join other St. Thomas folks to support IU's field hockey team. We'll meet up (no sign-up or ticket purchase necessary) at Deborah Tobias Field (1606 N. Fee Lane) to watch IU take on Iowa.

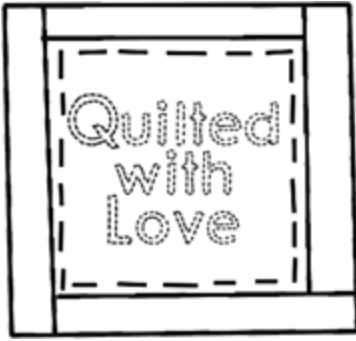
St. Thomas at Spencer Pride, Saturday, October 4.

Sign up on the Welcome Desk to host the St. Thomas table at this great community celebration around the downtown square in Spencer. If you enjoy meeting people and telling them about our congregation, sign up for a three-hour shift (a bit longer than the shifts at Bloomington Pride, but still under a shady tent in comfy chairs and with cooler temps).



Save the Date: Pumpkin Decorating, Saturday, October 25, 7 p.m. We supply the pumpkins and art supplies, as well as the cider, donuts, and other goodies. You supply your imagination and your artistic skills and leave with a decorated pumpkin for Halloween.

St. Thomas Piecemakers



The St. Thomas Piecemakers are preparing to send our first set of finished quilts to Lutheran World Relief at the end of September. These quilts will be distributed to victims of disaster and war throughout the world as well as people struggling with poverty, famine, or disease. If you would like to help with creating quilt tops, cutting squares, tying knots to keep layers together, or binding, we'd love to have you join in at our next meeting on **Saturday, September 13 at 10 a.m.** in Community Hall.

Packing Lunches for the Hungry Folks

We will gather again on **Saturday, September 27 at 10 a.m.**, to pack 110 lunches for the hungry folks who gather each Sunday for a free breakfast at First Christian Church. It usually takes just an hour with lots of hands and smiles. Children are always welcome to help. Come be a part of the blessing St. Thomas sends out into our community. Home baked cookies or bars are also needed. There will be a sign-up sheet on the Welcome Desk for attending the packing event and for bakers. For more information, contact [Allison Ward](#).

Pie with the Pastors

Have you been worshipping at St. Thomas and wondering what the next step might be? If you've been curious about becoming a member—or just want to get to know the pastors and learn more about the life of the congregation—we'd love to invite you to Pie with the Pastors on **Sunday, September 28 at 4 p.m. in Community Hall**. This is a relaxed and friendly gathering with *actual pie* and good conversation. Pastor Adrienne and Pastor Lecia will be there to share a bit about what membership at St. Thomas means and to hear your stories, questions, and hopes. Whether you're ready to take that step or still exploring, you are already part of the life of St. Thomas just by being here. The ministries of this church are for everyone—but becoming a member is a way to help shape where we're headed, together. New members will be received in worship on **October 19**.



Celebrating Creation and Blessing Pets

2025 marks the 800th anniversary of St. Francis's composition of "Canticle of Creation," which, in *Evangelical Lutheran Worship*, is hymn 835. The hymn celebrates all aspects of creation – creatures, planets, elements, even death. We'll celebrate the hymn, and, with it, all of creation, at the end of September and the beginning of October. **On Sunday, October 5 at the 11 a.m. service**, well-behaved pets are welcome to worship with us and receive a blessing.

Worship and the Arts Concert Series: Bloomington Bach Cantata Project

Members of the St. Thomas community are warmly invited to the sixteenth season's performances by the Bloomington Bach Cantata Project. They present cantatas by Johann Sebastian Bach in performances modeled on his own; each concert includes a performance, a short talk about the day's cantata, and a second performance in which everyone can hear new and different things.

Performances take place on **Sundays at 2:30 p.m.** Please join us; this season's dates are below.

- September 14, "O Ewigkeit, du Donnerwort" BWV 60. Gabriel Fanelli, director.
- October 12, "Meine Seel erhebt den Herren" BWV 10. Miranda Zirnbauer, director.
- November 9, "Was Gott tut, das ist wohlgetan" BWV 100. Luke Conklin, director.
- January 18, "Am Abend aber desselbigen Sabbats" BWV 42. Dana Marsh, director.
- February 8, "Christen, ätzt diesen Tag" BWV 63. Daniel R. Melamed, director.
- March 15, "Ich habe meine Zuversicht" BWV 188. Anastasia Chin, director.
-



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.

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, September 3 at 12 p.m.** on [Zoom](#).



Word in the Woods

Encounter God in creation and in each other. Join in on **Wednesday, September 10** and **Wednesday, October 8** for a worshipful hike at the Griffy Lake Nature Preserve. The hiking trail is approximately 1.7 miles and begins with a steep hill, though we take it at a relaxed pace. Throughout our hike, we will stop periodically to contemplate scripture and share prayer requests. The hike closes with Holy Communion. **We**

will begin at the east end of the boathouse parking lot at 6 p.m. Please let [Pastor Lecia](#) know if you plan to join in!

Save the Date! Elementary and Middle School Family Picnic

Walk or drive over to the Iversen's after church on **Sunday, September 14** for a potluck picnic and weather permitting, cookout. More info to come!

High School Youth

Connect with each other and caring adults over coffee. On **Sunday, September 7**, high school students are invited to get coffee at Verona Coffee House (3105 S Sare Rd.). You can meet the group at STLC at 9:45 a.m. or join us at Verona. Please make sure you have a [completed Student Information Form](#) for this school year. We will meet for coffee again on **October 12 and November 16**. After worship on **Sunday, September 28**, all high school students are invited to join Pastor Lecia for a make-your-own grilled cheese lunch and time for conversation. We will meet approximately 12:30 p.m. to 2 p.m. Please let [Pastor Lecia](#) know if you plan to attend either event.

5th-8th Grade Youth

After worship on **Sunday, Sunday, October 5**, all 5th-8th grade students are invited to join Pastor Lecia for lunch, games and conversation. We will meet approximately 12:30 p.m. to 2 p.m. Please let [Pastor Lecia](#) know if you plan to attend.

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, September 8 at 10:15 a.m.** Members and friends at Bell Trace are invited to join us in the Chapel for worship on **Monday, September 15 at 9:45 a.m.**

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!

- September 1 (no Bible Study): Isaiah 40:6-11; Psalm 43:1-5; 2 Thessalonians 2:13-17; John 11:1-6, 17-27
- September 8: Numbers 21:4b-9; Psalm 98:1-4; 1 Corinthians 1:18-24; John 3:13-17
- September 15: Amos 8:4-7; Psalm 113; 1 Timothy 2:1-7; Luke 16:1-13
- September 22: Amos 6:1a, 4-7; Psalm 146; 1 Timothy 6:6-19; Luke 16:19-31
- September 29: Habakkuk 1:1-4; 2:1-4; Psalm 37:1-9; 2 Timothy 1:1-14; Luke 17:5-10
- October 6: 2 Kings 5:1-3, 7-15c; Psalm 111; 2 Timothy 2:8-15; Luke 17:11-19

Ministry Opportunities for Getting Involved

Property Committee Work Days – new dates and times!

The Property Committee sends thanks to outgoing chair Sam Eichmiller for his long-standing leadership and stewardship. The Committee is now co-chaired by Jim Ward and Ian Bensberg. The Committee is working on ways to make participating in our twice-monthly work days more accessible and approachable. As part of that effort, **the work days will now be held on the second and fourth Saturdays of every month between 10 a.m. and 12 p.m.** Please contact [Jim](#) or [Ian](#) if you'd like to participate or have any questions, comments, or suggestions.



F4RE Book Read at St. Thomas: Cracking the Healer's Code

Ellen Mills will be leading a book group for St. Thomas and others by Zoom on *Cracking the Healer's Code: a Prescription for healing racism and finding wholeness* on selected **Wednesday evenings from 7 p.m. to 8:30 p.m.** The schedule is below. The first two sessions cover the first half of the book, "A Deeper Understanding." This sets the topic within history, history you may or may not be familiar with. The remaining 4 sessions are about awakening, grieving, healing, and taking action. The chapters are shorter and invite self-reflection on how we are and have been affected by internalized racial conditioning.

- September 10
- September 24
- October 8
- October 22
- November 5
- December 3

If you are interested, [please email Ellen.](#)



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.



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



Introducing Bible Study & Brunch hosted by Rose House LuMin. Beginning in September and running through the school year (except for winter break in January), on the **first Thursday of each month at 10 a.m.** students and community members are all invited to join us for a light meal and conversation about the Bible. Most sessions will begin with a brief video from the Bible Project then lead into selected readings followed by conversation about those texts. Doors will be open by 9:45 a.m. Parking around Rose House (314 S Rose

Ave) is limited so carpooling is encouraged. All levels of Bible curiosity are welcome. If you have any additional questions, please feel free to reach out to Pastor Amanda at lutheran@iu.edu.

Bible Study & Brunch Schedule 2025/2026 School Year

- Thursday, September 4: Pancakes & Psalms
- Thursday, October 2: Egg Bake & Ecclesiastes
- Thursday, November 6: Muffins & Mark
- Thursday, December 4: Loaded Waffles & Luke
- January: No Bible Study & Brunch due to Winter Break
- Thursday, February 5: French Toast & Esther
- Thursday, March 5: Breakfast Sandwiches & Song of Solomon
- Thursday, April 2: Homemade Bread & Hosea
- Thursday, May 7: Pancakes & Phillipians

Thank you to everyone who helped make our open house/dedication/cook out a success. The various church members who helped get the space prepped, collected snacks for our students, and participated really make us feel positive about the year ahead for campus ministry. We really appreciate your continued prayers and support.

[Pr. Amanda Ghaffarian](#) (She/Her)
Rose House LuMin Campus Minister



Community News



Beacon Center Groundbreaking

Thanks to your amazing support, we are ready to begin building the new Beacon Center! You are invited to celebrate with us as we break ground on **Tuesday, September 23rd from 3-4PM** at 1201 W 3rd St. Join us for a short ceremony, refreshments, and remarks from Forrest Gilmore as well as other local leaders. We could not have come this far without your belief in

Beacon Center's potential to transform services for people experiencing homelessness in our community - we hope you will celebrate with us! To learn more about Beacon Center, click [HERE](#).

Faith in Place's Annual Environment & Spirituality Summit Keynote to Livestream

Please join members of Earth Care Bloomington to a live-streamed talk by [Robin Wall Kimmerer](#), renowned native American botanist, educator, and author of *Braiding Sweetgrass*, who will discuss her latest book *The Serviceberry: Abundance and Reciprocity in the Natural World*. This is the keynote address for Faith in Place's [Annual Environment & Spirituality Summit](#) (AES).

Tuesday September 30, 7 p.m.* to 9 p.m.

Unitarian Universalist Church, 2120 N. Fee Lane, Bloomington
Fellowship Hall, off the courtyard

***6 p.m. to join our Vegetarian Potluck!**

7:15 p.m.: Welcome and sign in for keynote address

7:30 p.m. to 9 p.m.: Livestream talk with Q&A at 8:30 p.m.

Dr. Kimmerer will guide us toward a future where gratitude shapes our relationship with each other and the living world. She will invite us into a deeper contemplation of the reciprocal support and strength shared between humans and the natural world. Our faith teaches us to care for those in need. What can we learn from the natural world, indigenous societies, and a world view based on abundance and interdependence?

To attend the potluck at 6 p.m., [please email here](#).

To attend the keynote address, [please register with Faith in Place here](#).

To attend all four AES sessions on September 29 & 30 [register here](#).

2025 Fall Book Read – *Cracking the Healer’s Code* by Milagros Phillips

During their March meeting, the Bloomington Multi-Faith Alliance (BMA) chose Racial Justice as a priority focus area for the year ahead. As a concrete way to live this out, the BMA Faith for Racial Equity (BMA-F4RE) group is inviting faith communities and others in the Bloomington area to join with open minds and open hearts in a shared read of the book “Cracking the Healer’s Code – A Prescription for Healing Racism & Finding Wholeness” by Milagros Phillips.

In addition to the book read, there will be community events with the author from **3 p.m. to 5 p.m. on Sunday September 7, 2025** and Sunday January 18, 2026. Community members will come together at the Unitarian Universalist Church of Bloomington for these events, and the author will join remotely.

BMA-F4RE chose this book because of its emphasis on healing and wholeness. Based on her decades of experience creating safe spaces for engaging in difficult conversations, Ms. Phillips gives historical context for our present racial conditioning and takes us through the stages of healing, which require awareness, connection, and action.

Through a combination of individual reading, end-of-chapter questions to consider, and shared discussions, BMA-F4RE members who previewed the book found insights, hope, and concrete actions we can do today to change our collective tomorrow.

As restrictions are placed on publicly funded entities, it is more critical than ever that faith communities stay engaged with the work of racial justice learning and transformation. Please join us in this effort.

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 multitalented 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.

UNITARIAN UNIVERSALIST CHURCH

2120 N. FEE LANE,
BLOOMINGTON, IN

**FREE AND OPEN
TO ALL!**

Get connected:
bmaf4re@gmail.com

Thriving Connections Poverty Simulation and Discussion Panel

Featuring:

Long time Bloomington community members with lived experience of poverty and local systems and resources



Why?

Poverty is a reality for many individuals and families. But unless you've experienced poverty, it's difficult to truly understand. The Community Action Poverty Simulation (CAPS) bridges that gap from misconception to understanding. CAPS is an interactive immersion experience. It sensitizes community participants to poverty.

Promote Poverty Awareness:

During the simulation, role-play a month in poverty and experience low-income families' lives.

Increase Understanding:

After the simulation, you will unpack your learning and brainstorm community change, refreshments will be provided.

Inspire Local Change:

Together, you can be a voice to end poverty in your family, friends and community.

Transform Perspectives:

Shift the paradigm about poverty away from being seen as a personal failure and toward the understanding of poverty as structural, a failure of society.

Spots are limited, book on Eventbrite by scanning the QR code below!



Saturday, October 4, 2025 |
12:30-4pm

St. Mark's
United Methodist
Church



September 2025

St. Thomas Lutheran Church

Regular Sunday Schedule*

8:30 a.m. Worship/Livestream Worship

9:45 a.m. Sunday School

11 a.m. Worship

*see each Sunday for additional events

Pastor Adrienne Out of Office

Thursday September 4

Pastor Lecia Out of Office

Thursday September 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ Office Closed	² 6:30 pm Worship Committee Meeting	³ 12 pm Prayer at Noon on Zoom	⁴ 5:30 pm Brown Bag Choir Dinner 7 pm Adult Choir Rehearsal	⁵	⁶
⁷	⁸ 10 am Worship at Redbud Hills 1 pm Pastor's Bible Study 7 pm Mission Committee Meeting	⁹	¹⁰ 6 pm Word in the Woods 7pm Book Read on Zoom	¹¹ 5:30 pm Brown Bag Choir Dinner 7 pm Adult Choir Rehearsal	¹²	¹³ 10 am Property Committee Work Day 10 am St. Thomas Piecemakers
¹⁴ 9:45 am LuMin Grab & Go Lunch 12:15 pm LuMin Grab & Go Lunch 1 pm Elementary & Middle School Students & Families Potluck	¹⁵ 9:45 am Worship at Bell Trace 1 pm Pastor's Bible Study	¹⁶ Office Will Open Late 1:30 pm Altar Guild Meeting 7 pm Finance Committee Meeting	¹⁷	¹⁸ 5:30 pm Brown Bag Choir Dinner 7 pm Adult Choir Rehearsal	¹⁹ 4 pm Field Hockey Game	²⁰ 9 am Visitation 10 am Celebration of Life for Elif Ogan 11 am Luncheon
²¹ 12:30 pm Council Meeting	²² 1 pm Pastor's Bible Study	²³	²⁴ 7pm Book Read on Zoom	²⁵ 5:30 pm Brown Bag Choir Dinner 7 pm Adult Choir Rehearsal	²⁶	²⁷ 10 am Property Committee Work Day 10 am Lunch Packing
²⁸ 12:30 pm High School Youth Lunch 4 pm Pie with the Pastors	²⁹ 1 pm Pastor's Bible Study	³⁰	All dates and times are subject to change. Please confirm via the online church calendar: https://stlconline.org/about/news/			

Prepare



in a
Year

Step 7: Get 2 Weeks Ready



Prepare to be on your own for two weeks

When a large disaster happens, it may take two weeks for resources to help us. You may be on your own. Coping with the impacts of a disaster is never fun. However, by planning alternative ways to take care of your needs, you can reduce much of the inconvenience and discomfort. Take things one step at a time. You can buy items at discount or dollar stores over multiple trips.

Lighting

- Flashlight and extra batteries.
- Camping lanterns: (battery-operated only for inside use. Candles are not recommended and may cause fires).
- Light sticks: These can provide light for 1-12 hours and can be purchased at many department stores.
- Solar lights: Lights that can be recharged using the sun (still works to a degree when cloudy, too).

Shelter

Having an alternate means of shelter will help you and your family be as comfortable as possible.

- Tent or waterproof tarp.
- Sleeping bags or blankets and pillows.
- Rain gear.
- Emergency/space blankets (compact and easy to store).
- Newspapers or magazines provide insulation from the cold or heat.
- If you have a van, camper or RV, it can be used as your alternate shelter.

QUICK TIP: Being 2 Weeks Ready is as simple as adding one can of food to your cart every time you go grocery shopping to add to your disaster supplies. Don't forget about your pet, too!

Cooking

*Never burn charcoal or use camp stoves indoors. This could cause carbon monoxide poisoning.

- Camp stoves, sterno or butane stoves, barbecues – gas or charcoal.
- Fireplaces – do not use if the chimney and flue have not been inspected for cracks. Sparks may escape into your attic through an undetected crack and start a fire.
- Since a lot of emergency food options are “Just add water/hot water,” use clean or filtered water or boil for appropriate time when cooking.
- Washing dishes won't be easy, but it's still doable. Warm water over a stove. Otherwise, use disposable utensils, cups and plates.

Protecting food when the power is out

- Keep refrigerator and freezer doors closed as much as possible. A full refrigerator will maintain safe temperatures for up to 6 hours.
- A full freezer will maintain safe temperatures for one or two days; a half-full freezer one day.
- Discard at-risk refrigerated foods that are warmer than 40 degrees F. If in doubt, THROW IT OUT.
- If the power will be out for several days, find some ice to pack inside the refrigerator and freezer.
- Remember to keep your raw foods separate from your ready-to-eat foods.

Prepare



in a
Year

Step 7: Get 2 Weeks Ready



When do I save and when do I throw out food?

Refrigerated foods should be safe as long as the power is out no more than a few hours and the doors have been kept closed. Frozen foods which are still frozen are not a problem. If potentially hazardous foods are thawed but still have ice crystals, you should use them as soon as possible.

How do I know if the food is unsafe to eat?

You cannot rely upon appearance or odor. Never taste food to determine its safety. Some foods may look and smell fine, but if they've been warm too long, food poisoning bacteria may have grown enough to make you sick.

What happens when the power comes back on?

Allow time for refrigerators to reach the proper temperature of lower than 40°F before restocking with all fresh foods.

Foods are categorized into groups. The **potentially hazardous foods** are the most important to know. These include meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked potatoes, cooked pasta, custards, puddings, etc. Some food may not be hazardous, but the **quality may be affected**. These include salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, etc. Lastly, some foods are **safe**. These include carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauces, etc.

Sanitation

The lack of sanitation facilities following major disasters can quickly create secondary problems unless basic guidelines are followed. If the water lines are damaged or if damage is suspected do not flush the toilet. Avoid digging holes in the ground. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases. Store a large supply of heavy-duty plastic bags, twist ties, disinfectant and toilet paper. A good disinfectant that is easy to use and low cost is a solution of one-part liquid bleach to ten-parts water. If the toilet is not able to be flushed, it can still be used. This is less stressful for most people than using some other container:

1. Remove all the bowl water
2. Line bowl with a heavy-duty plastic bag.
3. Add a small amount of deodorant or disinfectant.
4. Securely tie the bag and dispose of it in a large trash can with a tight-fitting lid. This large trash can should also be lined with a sturdy trash bag.

Portable camp toilets, small trash cans, or sturdy buckets lined with heavy-duty plastic bags can also be used. Those with tight fitting lids are best. Large plastic bags and toilet paper should be kept at work and in the car for use if you are away from home.

Kit supplies

Your Grab & Go Kit can be a starter kit for home; add to it to be 2 weeks ready at home.

Food:

- Canned Meats, Fruits, and Vegetables
- Canned Juices and Soups
- High Energy Foods- Peanut Butter, Granola Bars, Trail Mix
- Comfort Foods - Cookies, Hard Candy, etc.
- Dry Meats like Beef Sticks and Jerky
- Freeze dried "emergency food." Meals Ready to Eat.
-

First Aid Supplies:

- Sterile 4" Adhesive Bandages
- Sterile 4" x 4" Gauze Pads
- 4" Rolled Gauze Bandages
- Large Triangular Bandages
- Butterfly Bandages
- Adhesive Tape
- Scissors & Tweezers
- Moistened Towelettes
- Bar Soap
- Latex Gloves
- Aspirin
- Antacid
- Anti-Diarrhea Medication
- Instant Cold Packs
- Antibiotic ointment to dress wounds
- Safety pins
- Needle & Thread
- Sanitary Supplies
- Splinting Materials

Prepare



in a
Year

Step 7: Get 2 Weeks Ready



You likely already have many of these supplies at home. You don't need to go shopping and spend lots of money on supplies. Start with collecting what you have at home. Some communities recommend you have supplies for even longer than 2 weeks. Check with your local emergency managers.

More kit supplies Miscellaneous:

- Paper cups, plates, and plastic utensils
- Battery-operated NOAA Weather Radio
- Extra batteries
- Flashlight, Head Lamp or Solar Lantern
- Non-electric Can Opener
- ABC Fire Extinguisher
- Whistle
- Insect Repellent & Sunscreen
- Toilet Paper
- Toothpaste, toothbrush and other hygiene items
- Feminine Supplies
- Roll of Plastic and Duct tape to seal broken windows
- Plastic bags for waterproofing
- N95 Air Mask
- Cell Phone Charging Cord
- Portable Cell Phone Battery
- Pocket Knife/Multi-Tool u Extra Eyeglasses
- Prescription Drugs and Medications
- A Family Picture
- Games and Books
- Contact Lens Solution
- Backups for assistive devices
- Wheelchair Repair Kit

Pet Kit

- Sturdy leashes and harnesses
- Blankets & towels
- Printed photos to identify lost pets and prove ownership
- Medications and medical records stored in waterproof container
- First aid kit
- Food and water
- Bowls, cat litter, litter box and a manual can opener
- Information on feeding schedules, medical conditions, name and number of veterinarian
- Supplies to manage dog waste and grooming

Sanitation:

- Bucket toilet
- Heavy-duty garbage bags
- Bleach and Liquid Soap
- Baby Diapers Clothing & Bedding:
- Multiple changes of clothes depending on the season (cold or warm)
- Blankets or Sleeping Bags
- Mylar (Emergency / Space) blankets
- Sturdy Shoes
- Warm Socks
- Hat and Gloves
- Poncho
- Waterproof jacket

Important documents:

- Copies of Insurance Policies
- Bank Account Numbers
- Inventory of valuables
- Family Records

QUICK TIP: Choose significant dates 6 months apart from each other as reminders to rotate emergency supplies. Your birthday and half-birthday are one idea.

ST. THOMAS EVANGELICAL LUTHERAN CHURCH

3800 East Third Street
Bloomington, Indiana 47401
Office Hours 9 a.m. - 4:30 p.m.
Phone: (812) 332-5252
stlconline.org

Partners in ministry with
**Lutheran Church of
the Living Waters**
Cherokee, North Carolina

Linked with
Sister Parish
Iglesia Santo Domingo
de Guzman, Chichipate
Parish of San Pedro, El Estor,
Izabal, Guatemala

In covenant with
**Lutheran Campus Ministry
at Indiana University**
Rev. Amanda Ghaffarian
Campus Pastor
lutheran@iu.edu
Phone: (812) 333-2474
lcmiu.org

Rev. Adrienne Meier
Senior Pastor
pastor@stlconline.org

Rev. Lecia Beck
Pastor of Youth
and Christian Nurture
christiannurture@stlconline.org

Erica Whichello
Parish Administrator
parishadmin@stlconline.org

Matthew Benkert
Director of Music and Organist
directorofmusic@stlconline.org

Ben Wegner
Adult Choir Director
choir@stlconline.org

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!**