



# the vinebranch

a monthly publication of Abiding Savior Lutheran Church

April 2023

## in this issue

Growing Through Loss	2
Special Events	3
Children/Youth News	4
Financial Updates	6
April Calendar	7



*Who is it That You Say I Am?*

### Musical on Palm Sunday during worship

Musicians of all ages from Abiding Savior Lutheran Church, along with musicians and friends from the community will present the musical "Who Is It That You Say I Am?" The presentation does not assume to answer the question for you, it simply asks, and leaves it hanging in your heart for you to draw your own conclusions. Come and celebrate with us. Palm Sunday is also called Passion Sunday. Come experience the Passion like it was meant just for you.

## Easter & Holy Week Worship Services

### Palm Sunday 10:00am



Worship begins with a procession of palms, singing of All Glory Laud and Honor, and we will hear the gospel of Jesus entering into Jerusalem as the people shouted, "Hosanna!" The second part of this Palm Sunday service will be the musical, "Who is it That You Say I Am?" written by our own Pastor Dave Rogge. A large choir has been assembled to share the moving story of Jesus' passion, resurrection, and deep love for us all.

### Maundy Thursday 4:00pm and 6:30pm



Jesus gives us a new commandment (mandatum) to "love one another". He shows this love by stooping to wash the feet of his disciples. We will share together Holy Communion and celebrate with those children who are receiving their first Communion that evening. At the end of the service we will chant Psalm 22, "My God, my God, why have you forsaken me?" as we strip the altar in preparation for Good Friday.

### Good Friday 4:00pm and 6:30pm



Journey with Jesus toward his crucifixion through the Stations of the Cross as we pray, contemplate, sing, and extinguish the candles and lights as we journey toward Jesus' death on the cross. This service ends with a glimmer of hope as the Christ Candle is returned and shines through the darkness as we anticipate the Easter celebration.

### Easter Sunday 8:00am and 10:00am



Alleluia! Christ is risen!! Easter is the celebration we anticipate throughout the season of Lent. Join us for this festive worship featuring our choir and bells as we rejoice at Jesus resurrection and our own victory over sin and death.

## Easter Breakfast

9:00-10:00AM

Scrambled Eggs - French Toast Bake

Coffee Cake - Bacon or Sausage

Yogurt - Berries - Granola

Milk - OJ - Coffee

Proceeds will benefit our youth.  
Come enjoy a delicious meal and special morning!

Living in God's love,  
Abiding Savior Lutheran Church  
is a *welcoming* and *caring* family  
that *nurtures* spiritual growth,  
*shares* our Christian faith,  
and *serves* all creation.

## Growing Through Loss Series Begins April 17

Below is a portion of a letter written by a person grieving, printed in the book *Life After Loss*:

*I have experienced a loss that is devastating to me. It will take time, perhaps years, for me to work through the grief I am having because of this loss.*

*I will cry more than usual for some time. My tears are not a sign of weakness or a lack of hope or faith. They are the symbols of the depth of my loss and the sign that I am recovering.*

*I may become angry without there seeming to be a reason for it. My emotions are all heightened by the stress of grief. Please be forgiving if I seem irrational at times.*

*I need your understanding and your presence more than anything else. If you don't know what to say, just touch me or give me a hug to let me know you care. Please don't wait for me to call you. I am often too tired to even think about reaching out for the help I need.*

*Don't allow me to withdraw from you. I need you more than ever during the next year.*

*Pray for me only if your prayer is not in order for me to make you feel better. My faith is not an excuse from the process of grief.*

*If you, by chance, have had an experience of loss that seems anything like mine, please share it with me. You will not make me feel worse.*

*This loss is the worst thing that could happen to me. But, I will get through it and I will live again. I will not always feel as I do now. I will laugh again.*

*Thank you for caring about me. Your concern is a gift I will always treasure.*

All of our lives are touched by the experience of grief of some kind. We know the pain of loss, of sickness, of death, of separation, of changes in our lives. Grief is hard. We need to know we are not alone in grief.

Abiding Savior is joining with several area churches to offer an excellent series of grief support called Growing Through Loss. These sessions will be on **Monday evenings, April 17 through May 22 from 7:00—9:00pm here at Abiding Savior**. Each session begins in the Sanctuary with a speaker on an aspect of grief. Then there will be an opportunity to meet in a small group with those experiencing a similar loss (loss of parents, loss of spouse, loss of child, separation or divorce, suicide loss, and transitional loss (empty nest, moving, job loss, broken relationship, financial setbacks)). The sessions will also be posted on YouTube (search for the [GTL North Suburban](#) channel). For more information feel free to speak with Pastor Lisa.

**April 17 Grief: A Journey**

*Linda Cherek* — Licensed Therapist, Educator, Consultant and Author

**April 24 Caring for a Broken Heart**

*Linda Cherek* — Licensed Therapist, Educator, Consultant and Author

**May 1 Understanding the Characteristics of Grief**

*Paul Johnson* — Bereavement Educator

**May 8 Families Coping with Grief**

*Janice Winchester Nadeau, Ph.D.* — Licensed Psychologist, Marriage and Family Therapist

**May 15 Out of the Desert: Isolation or Engagement as One Experiences Loss**

*Bob Bartlett* — Marriage and Family Therapist

**May 22 Where is God in Our Suffering (includes a service of healing and hope)**

*Cheryl Bornhorst* — Parish Nurse & Rev. David Rogge — Abiding Savior Lutheran Church



## Pastor Lisa's Retirement and New Role

April 30 is Pastor Lisa's official last day as our Associate Pastor. We cannot thank her enough for all she has meant to Abiding Savior these past 25 years and wish her the best in her retirement. Fortunately, as she enters retirement this is not goodbye. Lisa and Gary will still be a part of the Abiding Savior community. After taking some time off for the summer, Lisa plans to return as our Pastor for Visitation. She will be working part-time making visits and coordinating pastoral care at Abiding Savior. We are grateful for her caring, wisdom, and leadership these past 25 years and for her continued ministries yet to come.



### Mission

Living in God's love, Abiding Savior Lutheran Church is a *welcoming* and *caring* family that *nurtures* spiritual growth, *shares* our Christian faith, and *serves* all creation.

## WOMEN'S GATHERING Mon., April 10

You are invited to join in on a monthly "meet-up" for the Women of ASLC at Moe's in their main dining room at 5:30pm (come and stay as long as you're able).

The purpose of this meet-up is simply to socialize and get to know our "Pew Sisters" better and may to discuss future activities and gatherings.

## NEW MEMBERS CLASS

### Abiding Savior—A place to belong!

Are you (or someone you know) interested in or curious about becoming a member at Abiding Savior? **Join us for a new members class on Wednesday April 12 at 5:30pm in the Coffee House** to learn more about the ministries of Abiding Savior, what it means to be Lutheran, and get to know one another!

Please contact the church office at 763-784-5120 or speak with one of the pastors if you are interested!

## Wednesday Schedule

4:30—6:30pm Dinner served

- Apr. 6: Various Soups + Beef & Barley Soup
- Apr. 12: Chicken Hot Dish
- Apr. 19: Hamburger Gravy & Mashed Potatoes
- Apr. 26: Goulash

5:00—5:30pm Celebration Ringers

5:30—6:00pm King's Msgrs Choir/POWER Up

6:00—6:30pm WWJD Choir/POWER Up

6:30—7:00pm Wednesday Worship

6:30—8:00pm Confirmation

7:00—8:00pm Adult Choir

EL SALVADOR MISSION TRIP FUNDRAISER

# BROADWAY DINNER & SHOW

**SATURDAY, APRIL 22, 2023**  
DINNER @ 6PM  
SHOW @ 7PM

## Lydia Circle



You're invited to Lydia Circle on **Tuesday, April 11 at 6:00pm!** The Lydia Circle meets in the evening in order to provide access for women with professional duties during the day. The Bible study is taken from the Gather magazine, an ELCA publication ([gather@elca.org](mailto:gather@elca.org) or [gathermagazine.org](http://gathermagazine.org)).

**Community Partners with Youth  
Spring Luncheon**

**Lunch is on us!**

**April 18, 2023**  
12pm - 1pm  
(11:45am Check-in)

**Marcus Pope**  
Youthprise President

## Hebrews Bible Study Wednesdays April 19, 26 and May 3 5:30pm-6:30pm in the Coffee House



Join Pastor Ryan for this look into the book of Hebrews. Hebrews speaks to a first century church trying to make meaning out of the Scriptures and the death and resurrection of Jesus. Hebrews asserts that Jesus was indeed human, but also divine. Jesus sacrifice, the one of himself, never had to be repeated. It was enough for all time. Hebrews addressing the need for faith, especially in the midst of fear and doubt. No previous Bible Study experience necessary, no homework, and no pop quizzes! Come for a time of learning and fellowship. This class can also be available via Zoom if requested.

Mark your calendars now for a night of good food, fellowship and entertainment as the Abiding Savior El Salvador Mission Trip hosts a **Broadway Dinner and Show on Saturday, April 22 at 6pm**. Tickets are \$25 per person which includes a sit down meal followed by a Broadway Review showcasing the talents of members of Abiding Savior and other guests. Tickets are available on Sunday mornings in the Narthex and during the week in the church office. Don't miss this exciting time of fellowship and entertainment supporting the El Salvador Mission Trip. Dinner is at 6:00pm and the show will be at 7:00pm.

## Abiding Savior Preschool

March was a very fast month for preschool! We had several preschool fundraisers this month and I want to say a HUGE thank you for the tremendous support we received! It is hard to believe that in a few short weeks we will be saying goodbye to these preschoolers for the school year!

Please spread the word about our NEW this fall toddler classroom opening! We are very excited to be offering this option to our community! We will also be offering our mixed age preschool program again this fall! We are incredibly blessed to have the two amazing teachers that we have on board! We are definitely the best neighborhood program in Mounds View!

Jen Boog, Preschool Director  
[preschool@abidingsavior.org](mailto:preschool@abidingsavior.org)

**ENROLL NOW**



## POWER Up!

Wednesday Night Kid's Devotions  
*Where faith meets fun In a powerful way.*

If you haven't yet joined us this year,  
we'd love to welcome you.  
Hear God's word, share thoughts and ideas,  
and have fun creating, playing and exploring.

### Highlights in April

April Showers:

Let's make rain clouds!



Celebrate Earth Day!



### SCHEDULE:

April 5—No POWER UP (Holy Week)

**\*\*Resume normal schedule after Easter:\*\***

5:30-6:00 2nd through 5th grade

6:00-6:30 - 4-year-olds through 1st grade

6:30—Family worship for all in the Fellowship Hall

*Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity.*

1 Timothy 4:12

## MS/HS Youth News

**Cinnamon Roll Sale: Palm Sunday, April 2**

Come at 8:30am to bake & stay after church to sell!



**Easter Breakfast fundraiser**

Youth help serve our Easter Breakfast as a fundraiser for our youth activities! Breakfast will be served 9:00-10:00am. We'll be serving Scrambled Eggs, French Toast Bake, Coffee Cake, Bacon/Sausage, Yogurt/Berries/Granola, Milk/OJ/Coffee.



**Youth and Families—Help with Easter Breakfast**

We need help serving and washing dishes at Easter breakfast! Please [email Josh & Alex](#) if you can help!



**Watch for exciting events in the months ahead!**

Alex and Josh have lots of great events for youth planned in the months ahead! Watch for updates!



## SUNDAY SCHOOL

All children 3 years old (and potty trained) through 5th grade are invited to join us for Bible stories, songs, crafts and activities from 9:00-9:50 each Sunday.

### For Your Calendars:

**April 2 (Palm Sunday):** Sunday school children sing during 10:00 worship. They are also invited/encouraged to be a part of the musical being presented that morning—we have been practicing with Pastor Dave during our worship/music time.

**April 9 (Easter): NO SUNDAY SCHOOL**

*There is no fee for Sunday school, but we do ask that you register your child to ensure we have contact information, and are aware of any allergies/medical concerns. Visit our website or complete a registration form at church. Families do not need to be members of Abiding Savior to become a part of our Sunday school program.*



**Mark your calendars for VBS!**  
**August 7th—11th ~ 9:00—noon**  
Registration opening soon!

## Mission

Living in God's love, Abiding Savior Lutheran Church is a *welcoming* and *caring* family that *nurtures* spiritual growth, *shares* our Christian faith, and *serves* all creation.

## Serving Others. God's Work. Our Hands.

**Coat Drive:** Now's a good time to find clearance prices on winter wear or clean out your own closets. New and gently used WARM winter jackets, especially in school-age children's sizes, will be needed for next October's coat give away. You can drop these off year-round in the social concerns trunk. Thank you for caring about your neighbors.



**Quilts:** The quilting group has been busy, and their latest gifts of handmade warmth will be delivered to Lutheran World Relief for delivery anywhere in the world as needed. What beautiful offerings of love and hope!



**March FoodShare Collection:** It's not too late to help fill the shelves at Ralph Reeder Food Shelf. The March campaign runs through April 9, though we'd like to deliver our donations Thursday, April 6. Most needed are pantry basics, pasta and sauces, canned meat/tuna, and personal hygiene items.



**Food Shelf Delivery:** A quick opportunity to lend a helping hand by loading the collected food at church and dropping it off at Ralph Reeder Food Shelf, next door to Speedway in Mounds View. Thursday, April 6 between 9 and 11 am. Please let the office know if you can help. Thank you.

**Growing Through Loss at ASLC:** We're hosting the spring 2023 sessions offering information, care, and support for anyone experiencing grief or loss, Mondays beginning April 17 through May 22 from 6:45—9:00pm. You can attend any or all sessions at no cost. For more information see the article on [page 2](#).



Growing Through Loss  
Grief Support Series

**Growing Through Loss Volunteers:** Each Monday April 17 through May 22, we'll need a few volunteers for registration, hospitality, and light clean up. Please let the office know (or [sign up HERE](#)) if you could bring snacks, serve snacks, tidy chairs and tables, or close up the building. Your help will be very appreciated.

**Gardeners Needed:** It's almost time for planting in our Garden of Grace. If you or your family or group would like to adopt a plot, please let the office know. Your garden bed will receive a sign to identify your good efforts. Thanks to the property committee, water is more accessible this year! You can use the produce you grow in any way you see fit. We hope to see you out in the garden soon.



## Stewardship Corner with Pastor Ryan Sharing as an Act of Faith

Have you ever thought about the connection between what you do with your money and your faith? Have you thought about stewardship as much more than simply paying the bills of the church? In his book, Ask, Thank, Tell, pastor Chick Lane writes, "When the Bible talks about stewardship, it almost always talks about the intimate connection between how a person handles financial matters and that person's relationship with God. In the Bible, all stewardship, including financial stewardship, is an intensely spiritual matter."

stewardship corner

SHARING  
—  
AS AN ACT  
OF FAITH

abiding savior lutheran church

When we share, we do so not out of obligation or guilt. Sharing our financial resources is not like paying our taxes every April 15th. When we share, we are really trusting that God will continue to provide. We are saying that we have more than enough and we want to share something with our church or other organizations that are doing God's work and God's will in the world. Sharing is an outward sign of our faith and trust in a God of abundance, not a God of scarcity.

I encourage each of us to be sharing generously trusting in our gracious God to continue to provide more than enough for us and the world.

### February 2023 Financial Highlights

2023	Monthly	YTD
<b>INCOME</b>		
Current gifts and giving	50,053	88,045
Festival giving	175	175
<b>SUBTOTAL</b>	<b>50,228</b>	<b>88,220</b>
Other income	2,501	6,799
<b>TOTAL INCOME</b>	<b>52,729</b>	<b>95,019</b>
<b>EXPENSES</b>		
<b>TOTAL EXPENSES</b>	<b>54,512</b>	<b>107,880</b>
<b>NET INCOME OVER EXPENSES</b>	<b>(1,783)</b>	<b>(12,861)</b>
Benevolence paid	2,327	6,917

## Giving to the Endowment Fund is Simple and Joyful!

When you make or revise your Will or Trust or review your life insurance contracts or retirement funds, please consider Abiding Savior as one of your beneficiaries using the following language:

*I bequeath \_\_ % (or \$ \_\_\_) of my estate to Abiding Savior Lutheran Church located at 8211 Red Oak Drive, Mounds View, MN, designated for the Mission Endowment Fund of Abiding Savior Lutheran Church.*

Please talk to Pastor Ryan Brodin if you have questions about making a gift to the Endowment Fund.



ENDOWMENT FUND

## Thrivent Action Teams

If you have a qualifying Thrivent policy or investment you are eligible to apply for two Thrivent Action Team Grants up to \$250 each to be used for fundraisers, volunteer opportunities, educational events, or meals. The application is simple and quick. If you would like to apply for a Thrivent Action Team Grant to benefit one of the ministries of Abiding Savior, please contact the church office.



## Mark Your Calendars and Watch Our Website & Facebook For More Information!

Saturday | May 13 | 2023

# Spring CRAFT FAIR



9:00 AM - 3:00 PM | Free Entry

Abiding Savior Lutheran Church

8211 Red Oak Drive | Mounds View, MN

[www.abidingsavior.org](http://www.abidingsavior.org)

[www.facebook.com/abidingsaviorlc](https://www.facebook.com/abidingsaviorlc)

### Mission

Living in God's love, Abiding Savior Lutheran Church is a *welcoming* and *caring* family that *nurtures* spiritual growth, *shares* our Christian faith, and *serves* all creation.

26 MARCH	27 MARCH	28 MARCH	29 MARCH	30 MARCH	31 MARCH	1 APR
9:00 Sunday School & SS Family Fellowship Worship Service <b>11:00 Brunch for Pr. Lisa</b>		10:00 Staff Meeting  12:00 Benedicline Service 6:30 Preschool Open House	4:00 – 4:30 Lenten Service 4:30 – 6:15 Wed. Night Supper 5:00 - 5:30 Celebration Ringers 5:30 - 6:00 PowerUP/King's Msgr 6:00 - 6:25 PowerUp/WWJD 7:00 Augustana Choir Concert	10:00 Women's Bible Study	10:00 Larry Olson visitation 11:00 Larry Olson funeral	Who Is It That You Say I Am? Dress Rehearsal 9:00am
<b>2 PALM SUNDAY</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6 MAUNDY THURSDAY</b>	<b>7 GOOD FRIDAY</b>	<b>8</b>
9:00 Sunday School & SS Family Fellowship 10:00 Worship Service <i>Who Is It That You Say I Am?</i> 11:00 Cinnamon Rolls		8:30 Men's Bible Study 10:00 Staff Meeting  6:30 Committee Meetings	No regular Wednesday evening activities  7:00 Adult Choir	4:00 Maundy Thursday Service  4:30 Soup Supper 6:30 Maundy Thursday Service		Decorate for Easter
<b>9 EASTER SUNDAY</b>	<b>10</b>	<b>11</b>	<b>12 NEW MEMBER CLASS-5:30</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>COMMUNION SUNDAY</b> 8:00 Easter Worship 9:00 Easter Breakfast 10:00 Easter Worship	5:30 Women's Gathering	10:00 Staff Meeting  6:00 Lydia Circle	4:30 - Wed. Night Supper 5:00 - 5:30 Celebration Ringers 5:30 - 6:00 PowerUP/King's Msgr 6:00 - 6:30 PowerUp/WWJD 6:00 - 7:00 Reigning Grace 6:30 - 7:00 Wed. Worship 6:30 - 8:00 Confirmation 7:00 - 8:00 Adult Choir	9:00 Work Crew 10:00 Women's Bible Study  4:30 Private Baptisms	OFFICE CLOSED	Arden Erickson Sovitchea Brown Wedding 2:00pm
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
9:00 Sunday School & SS Family Fellowship 10:00 Worship Service (worship also via Facebook Live)	10:00 LaVerne Gollnick visitation 11:00 LaVerne Gollnick funeral 6:45 Growing Through Loss	8:30 Men's Bible Study 9:00 Quilting 10:00 Staff Meeting  6:30 Council Meeting	4:30 - Wed. Night Supper 5:00 - 5:30 Celebration Ringers 5:30 - 6:00 PowerUP/King's Msgr 5:30 - 6:30 Hebrews Bible Study 6:00 - 6:30 PowerUp/WWJD 6:00 - 7:00 Reigning Grace 6:30 - 7:00 Wed. Worship 6:30 - 8:00 Confirmation 7:00 - 8:00 Adult Choir	10:00 Women's Bible Study	10:00 Phyllis Erickson visitation 11:00 Phyllis Erickson funeral	Broadway Dinner & Show Fundraiser for El Salvador Trip 6:00pm
<b>23 RECEIVE NEW MEMBERS</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29 APR</b>
<b>COMMUNION SUNDAY</b> 9:00 Sunday School & SS Family Fellowship 10:00 Worship Service (worship also via Facebook Live) <b>30 Pr Lisa's Last Sunday</b> 9:00 Sunday School & SS Family Fellowship 10:00 Worship Service (also via FB)	6:45 Growing Through Loss	10:00 Staff Meeting  12:00 Benedicline Service	4:30 - Wed. Night Supper 5:00 - 5:30 Celebration Ringers 5:30 - 6:00 PowerUP/King's Msgr 5:30 - 6:30 Hebrews Bible Study 6:00 - 6:30 PowerUp/WWJD 6:00 - 7:00 Reigning Grace 6:30 - 7:00 Wed. Worship 6:30 - 8:00 Confirmation 7:00 - 8:00 Adult Choir	9:00 Work Crew 10:00 Women's Bible Study	OFFICE CLOSED	10:00 Marianne Peterson visitation 11:00 Marianne Peterson funeral

**Abiding Savior Lutheran Church**  
8211 Red Oak Drive  
Mounds View, MN 55112-5929

Phone: 763.784.5120

Email: [office@abidingsavior.org](mailto:office@abidingsavior.org)

Website: [www.abidingsavior.org](http://www.abidingsavior.org)

Facebook: <https://www.facebook.com/abidingsaviorlc/>

Non-Profit Organization  
US POSTAGE  
**PAID**  
TWIN CITIES MN  
PERMIT NO. 4987

## April Vinebranch Newsletter Volume 23 Number 04 Date 2023



### Go Paperless

If you want to go paperless,  
call the Church office at 763.784.5120  
or email us at [office@abidingsavior.org](mailto:office@abidingsavior.org).

Reduce waste.  
Reduce mailing costs.  
Receive information faster!

RETURN SERVICE REQUESTED

### Upcoming Events in April

- Apr. 1 Musical Dress Rehearsal
- Apr. 2 PALM SUNDAY  
Sunday school & fellowship  
Worship with Musical
- Apr. 4 Men's Breakfast Bible Study & Cmmt Meetings
- Apr. 6: MAUNDY THURSDAY Worship at 4:00 & 6:30  
Soup supper between services
- Apr. 7: GOOD FRIDAY Worship at 4:00 & 6:30
- Apr. 9: EASTER SUNDAY  
Worship with Communion at 8:00 & 10:00  
Easter Breakfast between services
- Apr. 10: Women's Gathering
- Apr. 11: Quilting & Lydia Circle
- Apr. 12: New Member Class  
Wednesday Night Activities
- Apr. 13: Work Crew & Women's Bible Study
- Apr. 16: Sunday school & fellowship  
Worship
- Apr. 17: Growing Through Loss
- Apr. 18: Men's Bible Study and Council Meeting
- Apr. 19: Wed. Nite Activities and Hebrew Bible Study
- Apr. 20: Women's Bible Study
- Apr. 22: Broadway Dinner & Show
- Apr. 23: NEW MEMBER SUNDAY  
Sunday school & fellowship  
Worship with Holy Communion
- Apr. 24: Growing Through Loss
- Apr. 26: Wednesday Night Activities (last nite of Conf.)
- Apr. 28: Work Crew & Women's Bible Study
- Apr. 29: Pastor Lisa's last Sunday

### Pastors & Staff

**Ryan Brodin**, Senior Pastor

**Lisa Richardson Engen**, Associate Pastor

**Josh & Alex Ertz**, Interim Youth Mentors

**Patty Mesenbring**, Dir. of Children's Ministries

**Janelle Schauer**, Organist

**Mary Larew**, Senior & Children's Choir Director

**Paul Weller**, Bell Choir Director

**Katie Brouillard**, Office Manager

**Connie Clausen**, Office Assistant

**Trisha Bourassa**, Office Assistant

**Jen Boog**, Preschool Director

**Gene Herman**, Custodian

## UPDATE

CONTACT INFORMATION

Help keep our contact information up-to-date! If you have a new home phone, cell phone or new email address, please call the church office at 763.784.5120 or visit <http://abidingsavior.org/OutreachPro/update-my-contact-information/>.