



# ALL SAINTS

## LUTHERAN CHURCH

# NEWSLETTER

**February 2026**

### YOUR LENT EXPERIENCE

When Maria and I served churches in the Milwaukee area, there was a celebrated tradition on Fat Tuesday, the day before Ash Wednesday and the start of Lent. Everyone craved and clamored for Pączkis (poonch-keys), which were jelly-filled Polish donuts. It seemed that there was one bakery in particular that had universal recognition as the official Pączki provider! For various scheduling reasons, I never got around to participating. It often required an advanced order or standing in a long line. But, I admired the excitement from afar.

The season of Lent has historically encouraged “fasting, prayer and almsgiving.” It was a time to train adults in faith to participate in baptism and to enter the community of faith. For some, it is a time to adopt a new spiritual practice, or commit to avoiding habits or practices that diminish faith or our neighbors in some way. Setting aside time for daily prayer, refraining from sweets, volunteering to serve in some way... these have all been typical Lenten practices. Don't get caught up in external practices themselves, but simply embrace a practice that has meaning for you and provides an opportunity to grow in your faith, or live out your faith somehow.

Taking time to splurge on a Pączki prior to Lent, or to sing a final “Alleluia” (churches generally refrain from singing “Alleluia” during Lent) helps us experience this season with our entire being. I encourage you to lean into (or begin) some new practice this year that is meaningful to you and helps you get into tune spiritually. Make weekly worship a priority, join us for our beautiful Holden Evening Prayer Wednesday

services and the meal that precedes them. Look for other ways to serve or volunteer. Develop your own personal devotions. Faith is something that permeates our whole lives. It doesn't fully make sense as simply an add-on, or one of countless priorities. Lent is a fixed time to restore the centrality of faith in our lives.

This Lent, I'll be offering the Bonhoeffer class again that I led back in Fall 2024 which was appreciated by so many. My hope is that some of you who didn't have a chance to participate previously will be able to make it. Perhaps you've heard references to Dietrich Bonhoeffer over the years and wondered more about him beyond the quotes. We'll explore the history and Christian theology of this Lutheran pastor and theologian who gave voice to the heart of Christian faith in WWII era Nazi Germany and in defense of those who were suffering. During this study series, you'll learn about Bonhoeffer's life spanning from his childhood, early years in ministry, to inspiration gained from his time in the United States including in Harlem. We'll follow his life up to his decision to resist fascism, and his execution in the final days of the war as a member of the resistance. But, importantly, this study also sets aside time to reflect on your own life story, reflecting on experiences that have shaped your own beliefs and interests. In the course of the series, you'll grow in your understanding of Christian faith and a critical point in history. Come and reflect on your own unique purpose and deepen your understanding of faith.

Make this Lent a new and transformative experience this year.

*Be well,  
Pastor Jon*

### FEBRUARY EVENTS

- |      |  |
|------|--|
| 1st  | AED Orientation,<br>11am                     |
| 1st  | Adult Study: The Cost of<br>Ambition, 11am   |
| 5th  | Clean Water 2026,<br>7pm                     |
| 5th  | Moms Group,<br>7pm                           |
| 8th  | Rosie Daze Band in Worship,<br>10am          |
| 8th  | Souper Bowl of Caring<br>Collection          |
| 8th  | Adult Study: The Cost of<br>Ambition, 11am   |
| 15th | AED Orientation,<br>11am                     |
| 15th | Adult Study: The Cost of<br>Ambition, 11am   |
| 18th | Ash Wednesday Supper,<br>5:45-6:45pm         |
| 18th | Ash Wednesday Service,<br>7pm                |
| 20th | Wacky Olympics,<br>6-8pm                     |
| 22nd | Dads Group,<br>11am                          |
| 22nd | Bonhoeffer, Faith and Purpose<br>Study, 11am |
| 24th | Moms Group,<br>7pm                           |
| 25th | Lenten Supper,<br>5:45-6:45pm                |
| 25th | Holden Evening Prayer Service,<br>7pm        |

For up to date info, visit  
[AllSaintsMtka.org/events](https://AllSaintsMtka.org/events).



### JOIN THE MUSIC PROGRAM THIS SPRING

You're invited to help lead and enliven Sunday worship this spring. We are looking for singers, handbell ringers, and instrumentalists. Lent is the perfect opportunity to share your musical gifts with the community. Find more information on adult music opportunities and sign up at [AllSaintsMtka.org/adult-music](https://AllSaintsMtka.org/adult-music).



### NEW AED ORIENTATION

All Saints has recently purchased a new AED. If you are an usher, medical professional, or interested in learning about it, we will be having a brief 5-minute orientation on February 1st and 15th. Join Aaron by the east sanctuary entrance immediately following the service.

### LOST AND FOUND

Are you looking for something you might have left at All Saints? We have a lost and found in the church office with items that were found after a service or event. These include several pairs of gloves, hats, scarves, kids shoes, and more.

If you are looking for a lost item, email the main office at [aslc@allsaintsmtka.org](mailto:aslc@allsaintsmtka.org) or call 952-934-3550.



**tacklehunger.org**

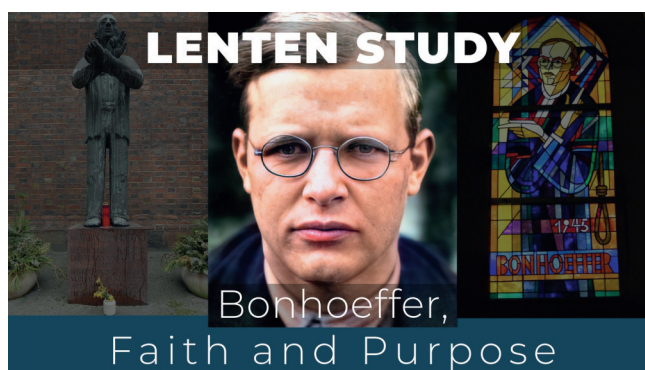
## SOUPER BOWL OF CARING

Each year during the Big Game, thousands of groups and food charities across the country come together to tackle hunger through the Souper Bowl of Caring. This year, we will be collecting food for ICA. On Sunday, February 8, bring in your non-perishable donation and leave it by the sign for the team you want to win.



## WACKY OLYMPICS

The winter Olympics are happening this month. People from all of the world come together to compete in their sport of choice. At All Saints, we decided to have a friendly competition of our own. On Friday, February 20 from 6-8pm we will be hosting the wacky Olympics where families and friends will compete against each other in silly games that they may or may not have tried before. The wacky Olympics are for all ages and you don't need any special skills to compete. Just bring your family or friends along and join in the wacky fun! Don't feel like participating? That's okay! The Wacky Olympics are sure to provide lots of laughs and entertainment for spectator and competitors alike.



## BONHOEFFER STUDY

This spring, Pastor Jon will again be leading the Bonhoeffer class he led back in fall 2024, which is an exploration of the life and ministry of Dietrich Bonhoeffer. This is a free, accessible course that explores the history and Christian theology of this Lutheran pastor and theologian who gave voice to the heart of Christian faith in WWII era Nazi Germany and in defense of those who were suffering.

During this study series, you'll learn about Bonhoeffer's life spanning from his childhood, early years in ministry, to inspiration gained from his time in the United States including in Harlem. We'll follow his life up to his decision to resist fascism, and his execution in the final days of the war as a member of the resistance. So come and learn about the real Bonhoeffer!

This study sets aside time to reflect on your own life story, reflecting on experiences that have shaped your own beliefs and interests. As many of us experience life transitions, this will provide you with opportunities to gain clarity and develop your own unique sense of purpose at this moment in life. In the course of the series, you'll grow in your understanding of Christian faith and a critical point in history.

We will meet in-person on Sundays after the service starting February 22. If you didn't have a chance to participate previously, we hope you will be able to make it! Please join us. Register online at [subspla.sh/yvrywjm](https://subspla.sh/yvrywjm) or contact the church office.





### LENTEN SUPPERS AND HOLDEN EVENING PRAYER

Join us for our Wednesday evening suppers in Lent, beginning on Ash Wednesday, February 18. New this year, we are expanding our supper options with ready to serve meals. Food will be served from 5:45–6:45pm, with the Holden Evening Prayer service beginning at 7pm.

We need 2-3 volunteers for each Wednesday to help with light-duty set-up, serving, and clean-up. Meals are served starting at 5:45pm, so plan to arrive 15-20 minutes before then for set-up. If you can help, sign-up at the Welcome Center.

All Saints has a long tradition of inviting members and participants at All Saints to share a brief message at the Wednesday evening services during Lent. Countless people have shared over the years. It's a wonderful way to create a greater sense of community and become more familiar with each other's unique perspectives on faith and life.

Many people wonder if they have anything worth sharing, but often your own seemingly ordinary joys and struggles and perspectives on faith can be inspiring and resonate with others. We have chosen NOT to broadcast Wednesday Lenten services online in order to provide a more personal environment and allow speakers to share more freely. If you're considering it or want to chat with Pastor Jon to explore the idea, reach out to him. The first speaker will be February 25. If it's been a while since you shared a talk, you're welcome to do so again!

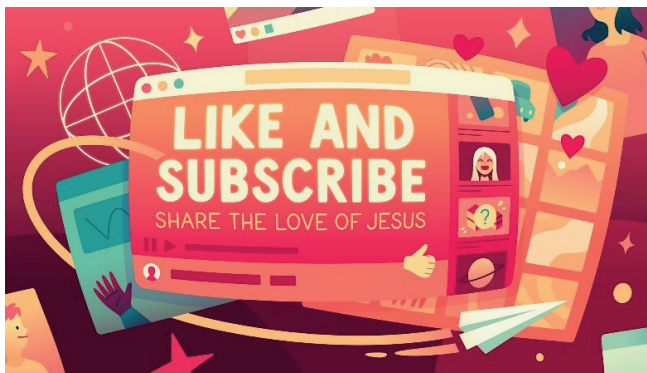


### FREE LENTEN DEVOTIONAL

*Love Outpoured: Devotions for Lent 2026* focuses on portions of the apostle Paul's letter to the Romans. In words that continue to speak to us today, Paul lays out foundational beliefs for a life of faith in Christian community.

The daily devotions for each day from Ash Wednesday to the Vigil of Easter begin with evocative images and brief scripture texts. The writers then bring their diverse voices and pastoral wisdom to the texts with quotations to ponder, reflections, and prayers.

This pocket-sized book is for readers of all ages. Children, teens, adults, seniors and anyone in-between can find a moment of reflection in its pages. Perfect for a bedside table, tote bag, or backpack. There is space in every corner of the world for God's love to be outpoured. Pick up your copy at the Welcome Center.



## KIDS CONNECTION: LIKE AND SUBSCRIBE

Share the Love of Jesus

When Jesus was asked what the greatest commandment was, he responded with a two part answer. He said the greatest commandment is to love God with all your heart, mind and soul. He quickly followed it up with the second one, which is to love your neighbor as yourself. All month long at Kids Connection, we will be talking about how we can love God and love others just like Jesus did!

## MOMS AND DADS GROUPS

Moms and Dads meet together every month to talk about faith and life. The Dad's group has been going over a study which talks about theology in popular culture such as movies and TV shows. The mom's group started a new study about Ruth. You do not have to have attended a previous group to join us this month! The Dads group will meet on Sunday, February 22 after the service. The moms group will meet Thursday, February 5 at 7pm and Tuesday, February 24 at 7pm.



All Saints Lutheran Church

Available in App Stores



## SPRING PLANT FUNDRAISER

Orders available starting on February 16!

This year, get your spring plants from Gertens and a portion of your money will go to support All Saints youth and families that are going on the All Ages Mission Trip to Medora, ND and to Shores of St. Andrews Bible Camp.

Order on our fundraising site on or after February 16. Go to [gertensfundraising.com](http://gertensfundraising.com), enter our store ID code (389) into the text field and click 'Enter ID to Continue.' The last day to order spring plants for this fundraiser is April 2nd.

Anyone who orders flowers can pick up their order at All Saints in the afternoon of April 9th. More detailed pick up information will be given to you after you submit your order.





Our February Wellness focus is  
**Emotional Wellness**

### EMOTIONAL WELLNESS FEBRUARY WELLNESS FOCUS

February's wellness focus is on Emotional Wellness. Emotional Wellness can be described as an awareness, understanding, and acceptance of feelings and an ability to manage effectively through time of change or challenge. Look to explore the importance of emotional well-being and things you can do to improve wellness. Follow the weekly social media posts, or check out the Emotional Wellness page for more information and resources:  
[AllSaintsMtka.org/emotional-wellness](https://AllSaintsMtka.org/emotional-wellness).

### AI AND MENTAL HEALTH

AI is becoming part of how people look for information and support, including around mental health, but the quality of what they receive can range from helpful to confusing to unsafe. New polling highlights how urgently clarity and safeguards are needed. A recent NAMI/Ipsos survey shows that 12% of adults are likely to use AI chatbots for mental health care in the next six months, with 1% of adults saying they already do.

As AI does not represent clinical expertise, it is important for people to understand how these tools behave so they can make informed decisions about their own care. Check out the NAMI website on How NAMI is Helping Push for Clarity and Safety in AI Mental Health Tools:  
[nami.org/ai-and-mental-health](https://nami.org/ai-and-mental-health)



### MENTAL HEALTH CONNECT OPPORTUNITY

**I Am Safe: Mind-Body Practices for Promoting Mental Health**

**Tuesday, February 10, 2026, 7:00 PM - 8:30 PM  
(Zoom only)**

In the midst of today's public mental health crisis—and with many communities facing reduced access to traditional supports—sharing simple, accessible mind-body coping skills is an act of community care. Strengthen your ability to support mental well-being in your community using practical, science-backed mind-body strategies.

- Explore the neuroscience and physiology behind mind-body practices and why they effectively support nervous system regulation.
- Understand how breathing techniques, gentle stretching, and relaxation practices reduce stress, release tension, and support emotional balance.
- Practice simple, accessible strategies to use throughout the day to manage stress and promote mental health.
- Know how to develop an action plan for sharing mind-body skills that will improve the mental well-being of yourself, your family, and others.

Presenter: Chrissy Mignogna, Director of Education and Lead Trainer, *movemindfully*, St. Paul and Owner, *Winged Heart Yoga*, St. Paul

Find the link to the Zoom meeting on the Mental Health Connect website: [mhconnect.org](https://mhconnect.org)



## PHOTOS FROM OUR FMSC VOLUNTEER NIGHT



## LOOKING AHEAD TO MARCH

There is a Parents Night Out on Friday, March 13 from 5:30-8:30pm and the Bonhoeffer Study will continue to meet on Sundays through the 29th. Keep an eye on the weekly E-News for more events.

## PEACE MOMENT

"Power to the People.  
Power to the Peaceful."

— from a community gathering sign

"For God has not given us a spirit of fear, but one of power, love, and sound judgement."

— 2 Timothy 1:7

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