

2026-2027

LIFEU

LIVING IN FAITH EVERYDAY

**PREMIER
ADULT
EDUCATION**

**WEDNESDAY
NIGHTS**

DINNER
4:45-6:15pm

LIFE Talks
6:30pm

LIFE Groups
7:25pm



ST. ANDREW'S
LUTHERAN CHURCH

Welcome to LIFEU!

Our premier adult education ministry includes inspiring weekly LIFE Talks and small group connections through LIFE Groups. The goal of LIFEU is to inspire you to “Live In Faith Everyday” (LIFE).

Join us Wednesday evenings for a season of thought-provoking conversations, inspiring stories, and practical ways to live out our faith. This year’s lineup explores what it means to be ONE—one church, one community, and one people of God—and discover new ways to live with purpose, courage, and joy.

LIFE TALKS

September 30 • That They May All be ONE

October 7, 14 & 21 • Church History: The Good, The Bad & The Ugly

October 28 & November 4 • ONE in Christ

November 11 & 18 • Living Out Our Faith

January 6, 13, 20 & 27 • Introduction to Islam & Christianity

February 3 • Centering Prayer

March 31 & April 7 • Faith in Action

April 14, 21 & 28 • Abundant Life: Heart, Mind & Soul

LIFE GROUPS

LIFE Groups, led by a trained facilitator, are built around our weekly Wednesday LIFE Talks. They provide opportunities to dive deeper into the topic, and connect with others as you engage in meaningful conversations, share, and pray together.

Most LIFE Groups meet Wednesday evenings immediately following LIFE Talks, though other options are available.

VISIT saintandrews.org/LIFEU

To join a LIFE Group, register online or contact Sue Lennartson at slennartson@saintandrews.org.

For more information, go online or contact Cheryl Peterson-Schurke at 651.762.9105 or cpeterson-schurke@saintandrews.org.



That They May All Be ONE

September 30

The One Capital Campaign

REV. MICHAEL CARLSON

Pastor Mike Carlson kicks off the 2026–27 LIFEU season by exploring the vision behind St. Andrew's One Capital Campaign. What does it mean to be one church with one shared mission? Together, we'll consider how our collective generosity, commitment, and faith can help shape the future of our congregation and its ministry.

Church History: The Good, The Bad & The Ugly

October 7

The Early Church and Medieval Church

DR. JENNIFER WOJCIECHOWSKI

How did the Christian Church become what it is today? Our presenter takes us back to the beginnings of Christianity, exploring the people, movements, triumphs, controversies, and challenges that shaped the Church from 100 to 1350 AD. This engaging look at our history will help us better understand where we came from and how it shapes our faith today.

October 14

The Reformation

DR. JENNIFER WOJCIECHOWSKI

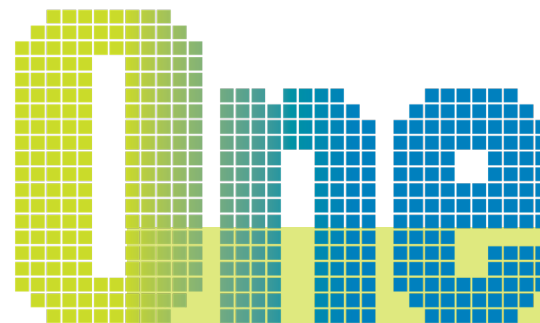
The Reformation changed Christianity—and the world. Continuing our journey through Church history, we'll explore the dramatic events, personalities, conflicts, and theological questions surrounding the Reformation from 1350 to 1700 AD. Discover how this pivotal era shaped the Lutheran tradition and the many expressions of Christianity we know.

October 21

The Modern Church

DR. JENNIFER WOJCIECHOWSKI

Our journey of Church history comes into the modern era, exploring the major developments, movements, challenges, and changes that shaped Christianity from 1700 to present. Take an honest look at the good, the bad, and the ugly and consider what history can teach the Church today.



REV. MICHAEL CARLSON'S studies at U of M Duluth, and his MDiv from Wartburg Theological Seminary gave him the educational foundation needed for ministry work. Various roles have led Mike to where he is today—youth work, training other youth workers, and Associate Pastor. Mike moved from northern Minnesota to Birchwood when he answered the call to be Executive Pastor at St. Andrew's Lutheran Church in 2008. He transitioned into the Lead Pastor role in 2014.



DR. JENNIFER WOJCIECHOWSKI is an associate professor of Church History at Luther Seminary in St. Paul, MN, and she has been teaching at Luther since 2019. Prior to this, she taught in the religion department at Augsburg University. She's the associate editor of the journal *Word & World*. She is the author of *Women and the Christian Story: A Global History* (2022), *Tending the Garden: A History of Christian Mysticism* (2025), and co-author of the upcoming *A World History of Christianity* (Baker Academic, forthcoming).

ONE in Christ

October 28

That They May Be ONE

DR. KAROLINE LEWIS

Jesus prayed that his followers would be one. But what does Christian unity really mean in a world where disagreement and division seem to be everywhere? Dr. Karoline Lewis invites us to explore Jesus' vision for unity and consider what it means for us to live as ONE in Christ—not because we agree on everything, but because we share a common faith and calling.

November 4

A Gospel for EveryONE

DR. KAROLINE LEWIS

The Gospel is not meant just for some people—it's for everyONE. Dr. Karoline Lewis explores the expansive, inclusive nature of Jesus' message and challenges us to consider what it means to be a community where everyone can encounter the love, grace, and healing power of Christ.

Living Out Our Faith

November 11

Faith Connections Between Corporate & Community

TOMMIE BRADDOCK

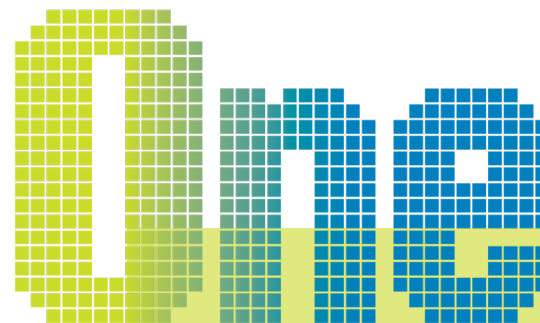
Faith doesn't stay inside the walls of a church. Tommie Braddock uncovers the connections between corporate leadership, community engagement, and faith in action. Together, we'll consider how our values shape the way we lead, work, serve, and show up in the communities around us.

November 18

Wise as Serpents, Innocent as Doves

REV. KATHRYN TIEDE

Jesus calls his followers to be both wise and innocent as we navigate a complicated world. The Rev. Kathryn Tiede explores what this teaching means for Christians today, offering insight into how we can engage the world thoughtfully, faithfully, and courageously while remaining grounded in Christ's call to love our neighbors.



DR. KAROLINE LEWIS is the Marbury E. Anderson Chair of Biblical Preaching at Luther Seminary, St. Paul, MN. Lewis is the author of a number of books, as well as numerous articles, book chapters, and web resources, and regularly presents at conferences, workshops, and retreats internationally. Ordained in the ELCA, Lewis oversees the preaching resource Working Preacher and has co-hosted the site's weekly podcast, Sermon Brainwave, since its inception.



TOMMIE BRADDOCK is President of Venture Solutions Inc., where he combines decades of business leadership experience with a deep commitment to Christian values. Throughout his career, Tommie has been guided by the belief that the best leaders serve others first. He's passionate about helping believers integrate their faith into every aspect of life, offering practical encouragement for pursuing excellence, leading with integrity, and living out a Christ-centered purpose each day.



REV. KATHRYN TIEDE serves as Associate Vice President for Philanthropy at Lutheran Social Service of Minnesota, where she leads fundraising efforts, represents LSS through preaching and teaching, and serves on the executive leadership team. A former parish pastor, she brings decades of ministry experience, ecumenical leadership, and a passion for partnering with congregations to serve neighbors across Minnesota.

Introduction to Islam & Christianity

January 6

An Inter-Religious Dialogue

REV. KATHRYN TIEDE & DR. TAMIM SAIDI

What do Christians and Muslims believe about God, faith, prayer, Scripture, and the human journey? This session begins a three-week exploration of Christianity and Islam through respectful, honest, and meaningful inter-religious dialogue. This evening offers an opportunity to listen, learn, and build understanding across religious traditions.

January 13

Understanding Islam: Tenets of the Muslim Faith

DR. TAMIM SAIDI

Hear an introduction to the foundational beliefs and practices of Islam. Drawing from his own experience and expertise, Dr. Saidi will explore the central tenets of the Muslim faith and help us better understand what Muslims believe, practice, and value.

January 20

Christian & Muslim Dialogue

DR. TAMIM SAIDI & REV. MICHAEL CARLSON

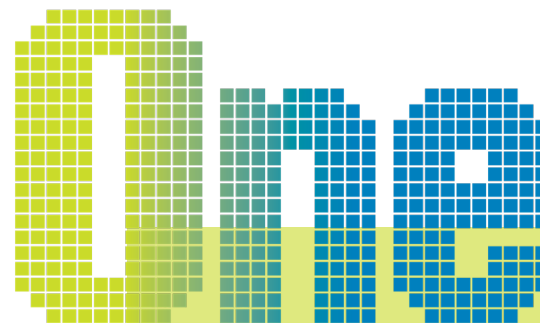
What happens when Christians and Muslims sit down together to listen and learn? Dr. Tamim Saidi and Pastor Mike Carlson will engage in a thoughtful Christian-Muslim dialogue, exploring similarities, differences, questions, and opportunities for greater understanding. Come with curiosity and an open heart as we discover how conversation can build bridges.

January 27

Understanding Christianity: The Tenets of the Christian Faith

REV. MICHAEL CARLSON

We know the Christian story—but how well can we articulate the foundations of our faith? Pastor Mike Carlson explores the central beliefs and teachings of Christianity, providing an opportunity to revisit what we believe, why we believe it, and how those beliefs shape the way we live.



REV. KATHRYN TIEDE serves as Associate Vice President for Philanthropy at Lutheran Social Service of Minnesota, where she leads fundraising efforts, represents LSS through preaching and teaching, and serves on the executive leadership team. A former parish pastor, she brings decades of ministry experience, ecumenical leadership, and a passion for partnering with congregations to serve neighbors across Minnesota.



DR. TAMIM SAIDI is Resident Scholar for the Islamic Resource Group and a pharmacist, educator, and Muslim chaplain. Originally from Afghanistan, he is a nationally recognized interfaith leader who has educated thousands about Islam and Muslim cultures. A Bush Fellow, he serves in numerous community leadership roles while fostering understanding, collaboration, and compassionate service across Minnesota.



REV. MICHAEL CARLSON has been St. Andrew's Lead Pastor since 2014. He attended the University of Minnesota and completed a MDiv at Wartburg Theological Seminary. Prior to St. Andrew's, he served several congregations in northern Minnesota and the Twin Cities as a youth minister and pastor.

Centering Prayer

February 3

Taste and See: Refresh Your Prayer Life

REV. JOHN KELLER

Prayer can be both familiar and surprisingly difficult. Pastor John Keller introduces three contemplative practices designed to help us slow down, become more attentive to God, and experience prayer in fresh ways. Come ready to taste and see how contemplative prayer can refresh your relationship with God.

Faith in Action

March 31

Ninjalike Faith

LEIF SUNDBERG

Come hear Leif Sundberg share about his mother's battle with early Alzheimer's disease, and how that led to his ninja adventures, his pursuit of medicine for a career, and his approach to faith. We'll get a glimpse into his "Ninjalike Faith"—a faith marked by courage, flexibility, attentiveness, and action. This evening will challenge us to recognize God's activity in our lives.

April 7

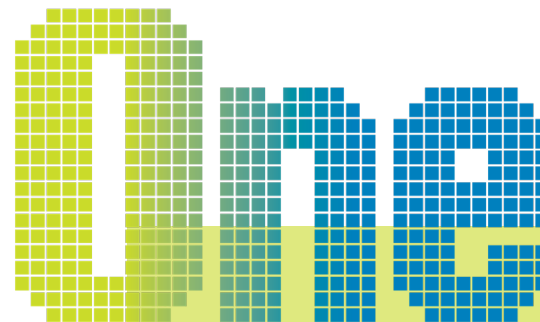
Showing Up: Stepping Out in Faith

MICHAEL STOEBNER, CHRIS NEWHOUSE & KATIE HALL

Faith often asks us to do more than simply believe—it asks us to show up. Michael Stoebner, Chris Newhouse, and Katie Hall share perspectives from the front lines of faith and service, exploring what happens when we step beyond what's comfortable and respond to God's call to serve others.

**"I met a lot of people through LIFEU
and got involved in the life of
St. Andrew's in new ways."**

PAST LIFEU PARTICIPANT



REV. JOHN KELLER served at St. Andrew's from 1981 to 2010. He then led Resurrection Lutheran Church in Woodbury, followed by serving as interim pastor five times before retiring in 2021. Throughout his ministry, John developed a deep passion for silent, receptive prayer, serving as the coordinator for the Minnesota Chapter of Contemplative Outreach where he taught the practice of Centering Prayer. He brings a warm, down-to-earth perspective to prayer.



LEIF SUNDBERG is a Mahtomedi native and been a St. Andrew's member since 2013. For the last five years, he's been working at a local family medicine clinic as a physician assistant. During the day you may find him in the clinic, but at night he takes on his alter ego, "The Swedish Ninja." Leif is a five-time competitor on the hit NBC show, "American Ninja Warrior."



MICHAEL STOEBNER is a multidisciplinary communicator with over a decade of experience in film, photography, and design. He befriends people before filming, then captures stories of hardship and resilience. He leads the creative heartbeat at Revolved.



CHRIS NEWHOUSE is a visionary builder with a unique ability to imagine and then design strategies to make ideas a reality. He has a background in both mental health counseling and organic farming.



KATIE HALL has worked in corporate healthcare, holistic wellness, and global health. She is known for spotting potential in others early on and creating the conditions for it to grow.

Abundant Life: Heart, Mind & Soul

April 14

Seven Practices for a Thriving, Grounded Life

REV. PAUL GAUCHE

Jesus calls us to abundant life—but what does that look like in practice? Pastor Paul Gauche explores seven practices that can help us become more grounded, healthy, and spiritually alive. This practical and encouraging evening will invite us to nurture the whole person—heart, mind, and soul.

April 21

Mental Health & Well-Being

JOY HENSEL

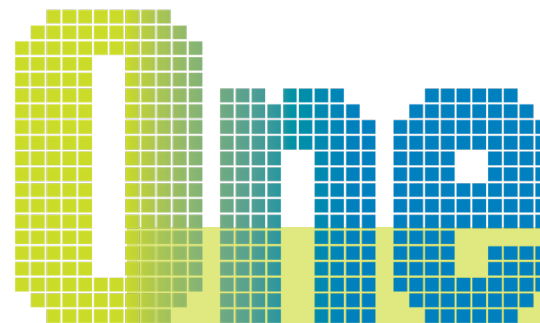
Faith and well-being are deeply connected. You'll learn how in this thoughtful conversation about mental health, emotional well-being, and the practices that can help us live healthier, more resilient lives. Together, we'll explore how caring for ourselves and one another is an important part of living in faith every day.

April 28

The Science of Joy: Blending Mind, Mood & Heart

DR. HENRY EMMONS

What does science tell us about joy—and how can we cultivate more of it? In his practice, Dr. Henry Emmons helps people navigate depression, anxiety, burnout, and stress. Drawing from neuroscience, psychology, mindfulness, and his work in integrative mental health, he'll offer practical insights for rediscovering joy.



REV. PAUL GAUCHE is a pastor, writer, musician, and lifelong learner who helps people move toward a more whole, robust, and hope-filled life. With four decades of pastoral ministry—including nearly 30 years at Prince of Peace Lutheran Church in Burnsville—he brings together theology, practical wisdom, story, Scripture, and lived faith. Paul is the creator of Thriv'era, seven rhythms for thriving in every season.



JOY HENSEL serves as the Bishop's Associate for Care in the Northeastern Minnesota Synod. Based in Duluth, Joy's background includes youth, family, and outdoor ministries; substance use disorder counseling; and collegiate recovery programs. Educated at Luther Seminary, Hazelden Betty Ford Graduate School, and Adler Graduate School, Joy enjoys speaking, teaching, curriculum development, and providing mental health resources to synods, congregations, and communities.



DR. HENRY EMMONS is an integrative psychiatrist, author, and co-host of the Joy Lab Podcast. He is the author of acclaimed books including *The Chemistry of Joy* and *The Chemistry of Calm*, and a nationally recognized speaker and educator.

Wednesday Nights

ADULT EDUCATION & WORSHIP OPPORTUNITIES

All events start at 6:30pm in the Sanctuary Fellowship Hall
(unless otherwise noted)

September 9 • Step In, Step Up: Serving at St. Andrew's
and Learn about LIFE Groups

September 16 • Heart of Worship (for Worship Volunteers)

September 23 • LIFE Group Facilitator Gathering

September 30–November 18 • LIFEU Talks

November 25 • Thanksgiving Eve Worship (7pm, Sanctuary)

December • Watch for Advent Events!

January 6–February 3 • LIFEU Talks

February 10 • Ash Wednesday Worship (6:30pm, Sanctuary)

February 17–March 17 • Lenten Worship (6:30pm, Sanctuary)

March 31–April 28 • LIFEU Talks

LIFE GROUPS

Start September 30

7:25-8:15pm

WEDNESDAY NIGHT DINNER

September 9 through May 5

Served 4:45-6:15pm

Sanctuary Fellowship Hall

A delicious house-made meal open to everyone! For those heading to kids and adult choir rehearsals, Confirmation, and LIFEU... and anyone else looking for a break from cooking. Dinner is "pay-as-you're-able."



ST. ANDREW'S
LUTHERAN CHURCH

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Rev. 09-09-26