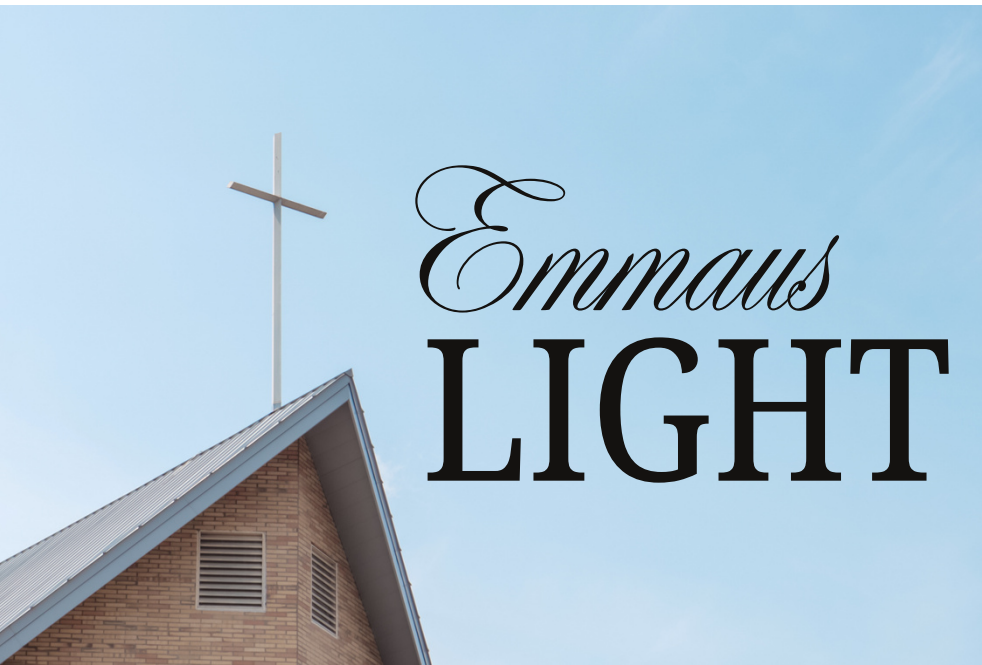




Seeing Jesus More Clearly

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. (Hebrews 12:1-2), ESV

God is directing Emmaus to look to Jesus by focusing on Him rather than focusing on ourselves or the work of the ministry.

We are called to focus on Jesus; that is our first thing. Hebrews 12:1 warns against letting good things become weights that hinder our running toward Jesus. Many good things compete for our attention. This is true personally and corporately as a church. We dare not trade good things (like improving programs or filling staffing needs) for the first thing: focusing on Jesus.

Hebrews also warns us to flee from any disobedience to God's Word that entangles us. We must be quick to repent of pride, divisive conflicts, etc....How can we do all this? By gazing upon Jesus. He is the object of our faith who endured the Cross. We will find mercy and grace to help us in our time of need through His strength alone.

Continued on page 2

Worship with us!

Sunday, September 6th

COMMUNION SUNDAY
8:30a - Traditional Service
10:30a - Contemporary Service

Sunday, September 13th

10:30a - Combined Service

Sunday, September 20th

10:30a - Combined Service

Sunday, September 27th

8:30a - Traditional Service
9:40a - Classes for All Ages
11a - Contemporary Service

Connect with
us online!



@EmmausAFLC



emmaus@emmauslutheran.org

What does that mean for Emmaus?

As a church, we should prioritize meeting with Jesus through time spent in the Bible. We should hold each other accountable to obey what Jesus reveals through His Word in both home groups and one-on-one discipleship.

We should respond to seeing Jesus more clearly through corporate worship. The way forward is not found in self-absorbed worry. Jesus is the way. He will ensure that we are ready for His return. Let us fix our eyes on Him!

Ben Webb
Intern Pastor

A Passing of the Torch

For the past seven years, **Tasha Foss** has joyfully and faithfully served Emmaus as the *Director of Media Ministries*. The Lord has recently called her to move on from this position, and He has guided us as we sought out her successor, **Uriah Cook**.

"It has been an honor and privilege to give back and serve a church that has given so much to me! I have attended Emmaus since 2004, served in some capacity since 2009, and been on staff since 2019. When I first came to Emmaus, I learned what it is to feel safe and loved. This church saved my life in more ways than one. Thank you for faithfully following the Lord and being a beacon of hope in our city. The decision to leave was not easy, but I feel God is calling me to it, and I look forward to what God has in store for both Emmaus and me as we continue to seek and serve the Lord with gladness." -Tasha Foss

"Hello everyone, my name is Uriah Cook. A little bit about myself: I'm 23 years old and married to my lovely wife, Maggie, and we have a 7-month-old baby boy. I graduated from Crown College in May 2025 with a BA in Video and Film Production, and I love making films when I find the time. Jesus Christ has been my savior since before I can remember, and I truly believe He is the one who has put me here with you. I'm absolutely thrilled to be here and look forward to serving the congregation and the Lord at Emmaus!" - Uriah Cook



Celebrating 75 Years

Plan to attend these special events as we celebrate God's faithfulness to Emmaus!

A Night of Worship, Music & Praise – Friday, Sep 18 @ 7p at Emmaus

Remember and celebrate God's goodness through a variety of music through the decades by various ages and groups with videos and performances giving glory to His Name! Coffee and dessert will be served afterward.

Saturday Family Events – Saturday, Sep 19 @ 9a

- Par 3 Nine-Hole Golf for all ages & genders at Birnamwood Golf Course in Burnsville. Cost is \$20 per person, including a light lunch. Preregistration and payment at church by Sep. 6 are required to assure adequate tee times.
- 5K Run at ValleyView Park, 90th & Portland -- all ages are welcome! No cost! Not a runner? You're welcome to walk the easy 5K! Please sign up at the Anniversary table in the atrium or contact Suzanne Sanden at 612-205-3627.
- Disc Golf for all ages – 10 am start at Alimagnet Disc Golf Course, 211 Ridgeview Dr, Apple Valley. Beginner-friendly, FREE, and fun for all player levels; bring discs if you have them -- otherwise provided. RSVP appreciated; text Tom Downs at 952-380-8414.

Emmaus 75th Anniversary Banquet – Saturday, Sep 19 @ 4p at Cedar Valley Church, 8600 Bloomington Avenue South

TICKETS (\$25/person) MUST BE PURCHASED BY SEPTEMBER 6TH at church on Sunday mornings or online. Choice of grilled chicken breast (GF), smothered pork chops, or vegetarian entree must be selected at time of purchase. Children's tickets (ages 3 years through 3rd grade) are \$10 each for a pizza meal, including child care onsite for the evening. To purchase tickets online, go to: emmauslutheran.org/give and choose 75th Anniversary.

Sunday Worship & Open House – Sunday, Sep 20 at Emmaus

- "I Remember When ..." Fellowship Hour @ 9a– Do you have Emmaus memories to share? A time of remembering will be held in the sanctuary from 9 to 10. Coffee and cake will be served in the atrium 9 – 10:15a
- Anniversary Worship 10:30a
- Open House 12:30 – 4p, including a light lunch until 2p. Ministry displays throughout the building. Bars & refreshments served 2–4p in the gym where there's lots of room for reunions!

Host a Guest! Some former Emmaus members will potentially be traveling from out of town, and not having a host home may prohibit them from coming. (Travel is expensive!) If you're willing to host someone for a couple of nights, please contact the Church Office at 952-884-4751.

Is there someone you should invite?

Please share this information with former members and friends, so they have the opportunity to participate in the celebration.

Save the date!

A Night of Worship & Praise

September 18th @ 7p
Free event at Emmaus followed by dessert

Traditional Golf 5K Run

September 19th @ 9a

Disc Golf

September 19th @ 10a

Anniversary Banquet

September 19th 4p @
Cedar Valley Church

Worship & Open House

September 20th
"I Remember When"
Fellowship Hour @ 9a
Worship Service @ 10:30a
Open House @ 12:30–4p



generations
saying yes to Jesus
1951

We Need You to Make the Celebration Great!

Helping hands and hearts are needed for all aspects of the weekend:

- Greeting guests (Cedar Valley & Emmaus)
- Decorating (at Cedar Valley & Emmaus)
- Hosting/serving food (at Emmaus Fri. night)
- Helping set up/tear down Open House
- Providing technical assistance

If you'd like to help with any of these tasks and make the celebration a great experience, please contact the Church Office (952-884-4751) or Mavis Miller (952-431-1132).

And please share what Emmaus has meant to you by sending an email to 75@emmauslutheran.org.

We look forward to celebrating with you and encourage you to share this information with family and friends of Emmaus!



Fall Kick Off

Worship, Ministry Fair & Grillout



September 13th

Worship @ 10:30a
Kickoff @ 11:30a

There's A Place for you!



**Ministry Fair & Grillout in
East Parking Lot**

Learn about & sign up for Bible Studies!
Connect with our ministries!

FAMILY ACTIVITIES | FREE FOOD | GAMES AND MORE!





Please remember in prayer...

Our Emmaus Family:

Praise the Lord for the healing He has already accomplished and pray for continued healing & strength for:

Beth Arneson, Lou Blake, Lea Byboth, Karen Cardwell, Robin Caselius, Marv Christian, LaVerne Fandrei, Clarice Garske, Wade Gibbons, Thomas Glick, Hilde Goebel, Gayle Gottfried, Linda Johnson, Quentin Johnson, Lois Kompelien, Katherine Lange, Candy Lohonen, Lola Lunde, Cheryl Miller, Marge Monson, Thomas Putman, Sue Yarker, Diane Wetherell

Pray for our Military:

1SG Nathan Carlsrud – National Guard

PFC Jerrik Miller – National Guard

SSGT Andrew Johnson – Air Force

Pray for all First Responders and their families in our midst as they serve our communities.

Pray for troubled marriages in our midst, for God's healing, reconciliation, and forgiveness.

Pray for peace in Jerusalem according to God's directive: *"You who call on the LORD, give yourselves no rest, and give Him no rest until He establishes Jerusalem and makes her the praise of the earth."* (Isaiah 62:6c-7)



Need Prayer?

During the week, you can contact the church office by phone during office hours **(952) 884-4751** or visit **emmauslutheran.org/prayer**.

There are over 200 recipients of our prayer chain emails who believe in the power of prayer! We'd love to lift you up in prayer!



Twin Cities Prays

Our Emmaus commitment is to pray for 24 hours on the second Thursday of the month.

This comes up next **September 8th, 2026**



Children & Youth

September 13th: Kickoff Event!

Please join us at the Children's & Youth Ministry table at the ministry fair after our single worship service @ 10:30a where you can chat with Kristin & Jeremiah about upcoming events for these two ministries! We will be hosting our annual Bible Drive, so please support our kids.

Please be in prayer about serving in one of these ministries this fall!

- Preschool teachers – Sundays & Wednesdays
- 1st–6th grade teachers – Sundays & Wednesdays
- Nursery – Sundays & Wednesdays
- Substitutes for all positions!

Children's Choir

All kids are welcome to sing with one of the three kids' choirs we have:

1. Preschool and Kindergarten ages, a fun introduction to group singing.
2. Joyful Sound – 1st through 3rd grade.
3. Sanctified Singers – 4th grade and up.

All choirs can participate in Sunday morning worship and the musical performances (December and Spring). Rehearsals occur on Wednesday evenings: Sanctified Singers rehearse from 5:00 – 6:00pm. The other two choirs will rehearse during the King's Kids programming.



Operation Christmas Child

Much help is needed and greatly appreciated!

There is a lot to do as we prepare for this mission. We currently need:

- Volunteers to sort donated items by age and gender
- Financial donations to purchase more GO Boxes (Gospel Opportunity Boxes)
- More beanies
- Younger, healthy volunteers to help carry on this important mission

Through this ministry, many people have come to know and love Jesus, and we want to ensure it continues for years to come.

Please stop by the OCC table on September 13 to learn more about how you can help, or contact Mary Kaluza at 612-991-4841 or mary4occ4now@gmail.com.



Children Ministry Schedule

Sept 16, 23, 30 // Wednesday King's Kids @ 6:30–8p

Sept 27 // Sunday King's Kids @ 9:40a–10:40a

Sept 27 – Bibles presented to 3's & 1st grade!

Youth Ministry Schedule

Sept 16, 23, 30 // Wednesday Youth Group @ 6:30–8p

Sept 27 // Sunday Youth Studies @ 9:40a–10:40a

Sept 27 // Parent Confirmation Meeting @ 9:40a



Women's Ministries

Upcoming Events

September Women's Ministries Meeting

Join us September 10 at 9:00 a.m. in Room 209 as we prepare for Rally Sunday and Emmaus' 75th Anniversary Celebration.

Rally Sunday!

On Sunday, September 13, stop by the Women's Ministries table for a small gift, learn what is happening in Women's Ministries, preview our Open House, and register to win two tickets to our Christmas Celebration!

Lots of Fellowship – Lots of Fun!

Help with Emmaus' 75th Anniversary Celebration!

Saturday, September 19: Meet at Cedar Valley Church, 8600 Bloomington Ave. S., at 9:00 a.m. to set tables and arrange flowers. After the banquet, volunteers may take home tablecloths to wash—no ironing needed!

Sunday, September 20: Bake bars for the Open House and bring them to the Resource Room on the lower level by 9:00 a.m.

Sign up in the Atrium and help us serve our Emmaus family and guests in honor of our 75th Anniversary.



A Very Special Invitation

Our Women's Ministries Team has uncovered years of wonderful memorabilia!

Visit Room 209 on Sunday, September 20, to stroll down memory lane through photo albums, meeting records dating back to 1957, a slide show, artifacts, posters, and programs from past events.



It is a beautiful testimony to generations of Emmaus women sharing in God's mission together.

Fall Rally—"Rooted and Built Up"

Colossians 2:6–7

The WMF Fall Rally will be held Saturday, October 24, at Minnesota Valley Church in Lakeville, where Pastor Kevin and Pam serve. More information will be included in the October Emmaus Light.

The Women's Ministries Team welcomes your comments, feedback, and ideas for ministries you would like highlighted. Contact the church office at 952-884-4751.

Challenging Women to Say "Yes" to Jesus!



Praying Around the World

We must pray as if our missionaries are climbing down the mountain, held only by the single rope of prayer, and we are the only ones holding the rope. Lord, let it be said of us that we are faithful to pray as individuals and as a church for those we have sent out to do Your work.

- Praise the Lord for Jo Isaac, a recent Emmaus High School graduate, as he begins studies at Free Lutheran Bible College in Plymouth, MN. Pray for him as he studies God's Word and serves on ministry teams this school year.
- Praise the Lord for Elling, Gabe, and Kale, recent Emmaus graduates serving with Journey Missions in Brazil and Paraguay. Pray for them as they study, serve, and share in the mission work of South America.
- Praise the Lord for a new school year in the Twin Cities. Pray for Emmaus teachers, students, school nurses, and staff as they serve in our area schools. Also pray for FCA, CEF, Kidz at Heart, and teacher- and student-led Bible studies and ministries.
- Please pray for needed teachers at Trinity First School as they welcome students in south Minneapolis. Pray for the Lord's direction and protection over the students, families, and staff.
- Praise the Lord for His faithfulness in Albania, where SON Ministries has seen 32 people baptized. Pray for continued growth as families are transformed and new church plants share the Gospel.

Living Stone Ministry Update

Summer offers our family a quieter season to rest, pray, and seek the Lord's direction for the coming semester. This year, we enjoyed traveling with Jia's parents and our children to Yellowstone National Park before returning to Minnesota at the end of July. Since returning, we have focused on welcoming newly arrived Chinese families. Each week, we invite a family into our home for a meal and help with practical needs such as moving, grocery shopping, and finding household essentials. These simple acts of friendship and hospitality often open doors to share the Gospel, invite someone to church, or begin a Bible study.

Please pray for our Living Stone Chinese Fellowship:

- Pray that God would give Jia and me love, compassion, patience, and opportunities to share His Word with Chinese students and scholars.
- Pray for spiritual renewal in God's Church and a greater desire among His people to make Christ known.
- Pray for Stephen, his wife Kelly, and their three children. Stephen has been accepted to AFLTS and will soon apply for his student visa at the U.S. Consulate in China. Please pray for favor in the visa process and for God's wisdom, peace, and guidance.

Thank you for your prayers and partnership. May the Lord use every act of friendship, hospitality, and service to make the love of Christ known.

In Christ's Love, Pr. Holmes

Mission Events:

Missions Committee Meeting

September 10th @ 11a
In the Fireside Room



Mission of the Month: Emmaus 75 Years of Mission!

This September, Emmaus Free Lutheran Church will celebrate a milestone 75 years of proclaiming the Gospel of Jesus Christ. It is an opportunity to look back with thanksgiving for God's faithfulness and to look ahead with confidence in His continued blessings.

Emmaus began its ministry in September 1951 as a mission congregation of the Lutheran Free Church in what was then the Town of Bloomington. At the time, Bloomington was a growing community. In the years that followed, Bloomington would become the Village of Bloomington and eventually the City of Bloomington. As neighborhoods, businesses, schools, and roads transformed the community around us, one thing at Emmaus remained unchanged: our mission.



For seventy-five years, Emmaus has existed to proclaim the saving Gospel of Jesus Christ. Everything we do flows from that purpose. Sunday worship remains the center of congregational life, where God's people gather to hear His Word preached faithfully and to receive His gifts through the Sacraments of Baptism and Holy Communion. Through these means of grace, the Holy Spirit strengthens faith, forgives sins, and equips believers for lives of Christian service.



The work of the Gospel continues throughout the week as members of all ages gather for Bible studies, Sunday School, youth ministry, fellowship groups, and prayer. These ministries encourage spiritual growth, deepen our understanding of Scripture, and strengthen the bonds of Christian fellowship that have characterized Emmaus for generations. One ministry that has touched countless lives over the decades is Vacation Bible School. Every summer, children from our congregation and community hear the good news of Jesus Christ through Bible lessons, music, crafts, and activities.



Continued on next page

Mission of the Month Continued



Emmaus has also remained committed to sharing the Gospel beyond the walls of our church. Mission outreach has always been an important part of our congregation's ministry. In keeping with a long-standing policy, mission support is funded entirely through designated mission offerings. No money from the congregation's operating or general fund supports missions.

As we celebrate this anniversary year, we remember with gratitude the faithful pastors, teachers, missionaries, church leaders, and countless volunteers who have served Christ through Emmaus. We give thanks for the families who established this congregation, for those who have worshiped here through the decades, and for the new generations who now call Emmaus their church home. Most of all, we give thanks to our gracious Lord, who has faithfully sustained this congregation through seventy-five years of ministry. While buildings, neighborhoods, and even the city around us have changed, the message we proclaim has not. Jesus Christ is the same yesterday, today, and forever.

As Emmaus begins its next chapter, we pray that God will continue to bless this congregation as it remains faithful to the mission He first entrusted to it in 1951 to proclaim the Gospel of Jesus Christ until He comes again.

Keith Grinde
Chair of the Missions Committee



The Hospitality Center

The Hospitality Center exists to connect international students with the local Christian Community. Emmaus will sponsor the Monthly Celebration Dinner at the University of Minnesota in October 2026 as part of our mission emphasis month.

Ron and Marsha Navamanie are Emmaus coordinators and would like people who want to connect with international students as a ministry to volunteer. If this sounds like a ministry you would be interested in, please contact Marsha at 612-477-1643. We will hold an information meeting at the end of September for those who are interested.



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Bloomington, MN 55420

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Helping People Say 'Yes!' to Jesus



THE CHURCH IS...

New Series starting Sep. 6th

The Emmaus Light is published by Emmaus Free Lutheran Church: 8443 Second Avenue South in Bloomington, Minnesota. Church Office hours are Monday - Thursday 8:30am - 4:30pm. Phone: 952.884.4751 | Website | www.emmauslutheran.org
Nick Dyrud: Senior Pastor | Ben Webb: Intern Pastor | Holmes Zhao: Living Stone Pastor | Karla Rachac: Business Manager | Kelssee Rubenstein: Office Manager | David Peterson: Bookkeeper | Rachel Bang: Worship Director | Uriah Cook: Media Ministry Director | Jeremiah Bang: Youth Director | Kristin Wolff: Director of Children's Ministry | Vergene Downs: Children's Music Director | Deb Hultengren: Nursery Coordinator | Custodial Team: Glen Halvorsen | Jim Balder | Kathy Connelly | Garrett Barland

SEPTEMBER 2026

Office Hours

Monday - Thursday 8:30a - 4:30p

Office Phone # 952-884-4751

emmauslutheran.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 8:30a Prayer Meeting 7p Adult Choir Rehersal	2 6:30p Sunday/Wednesday Leaders Training	3 9a Pickleball 1p Visitation Team	4	5 8a Men's Bible Study
6 Communion Sunday 8:30a Traditional Service 9:40a Adult Studies 10:30a Contemp. Service 11a Children's Church	7 9a Quilters	8 6:30p Church Council Meeting 7p Adult Choir Rehersal	9 6:30p Youth Group 6:30p Worship Rehearsal	10 TWIN CITIES PRAYS 9a Pickleball 9a WMT Meeting 11a Missions Committee 1:30p GriefShare	11 OFFICE CLOSED	12 7a Men's Breakfast 8a Men's Bible Study
13 10:30a Combined Service 11:30a Kickoff	14 9a Quilters	15 10a Tuesday Bible Study 7p Adult Choir Rehersal	16 5p Childrens Choir 5:45p Simple Supper 6:30p Kings Kids 6:30p Youth Group 6:30p Worship Rehearsal 6:30p Adult Studies	17 9a Pickleball	18 75th Anniversary OFFICE CLOSED 7p Night of Worship	19 75th Anniversary 8a Men's Bible Study 9a Traditional Golf 9a 5k run 10a Disc Golf 4p Banquet
20 75th Anniversary 9a Fellowship Hour 10:30a Combined Service 12:30a Open House	21 9a Quilters	22 10a Tuesday Bible Study 7p Adult Choir Rehersal	23 See you at the Pole 5p Childrens Choir 5:45p Simple Supper 6:30p Kings Kids 6:30p Youth Group 6:30p Worship Rehearsal 6:30p Adult Studies	24 9a Pickleball 6p Women's Salad Super	25 OFFICE CLOSED	26 8a Men's Bible Study
27 8:30a Traditional Service 9:40a Classes 11a Contemp. Service	28 9a Quilters	29 10a Tuesday Bible Study 7p Adult Choir Rehersal	30 5p Childrens Choir 5:45p Simple Supper 6:30p Kings Kids 6:30p Youth Group 6:30p Worship Rehearsal 6:30p Adult Studies			



Fall Bible Studies

Women's Wednesday & Sunday Bible Study: A Study of 1 Timothy, led by Jeanette Berntson, will explore why our beliefs matter and how they shape what we do as a church. Through its six chapters, we will examine the church's responsibility to fellow believers and unbelievers and renew our commitment to biblical instruction.

Wednesday studies begin September 16 at 6:30 p.m.; Sunday studies begin September 27 at 9:45 a.m. Both meet in Room 209.

Men's Sunday Bible Study: Gain victory over evil with this biblically grounded guide! Best-selling author Neil Anderson and Timothy Warner will teach you what spiritual warfare is, who should engage in it, how to use its weapons to protect yourself and your loved ones from Satan's attacks, and more. Meeting in Room 207.



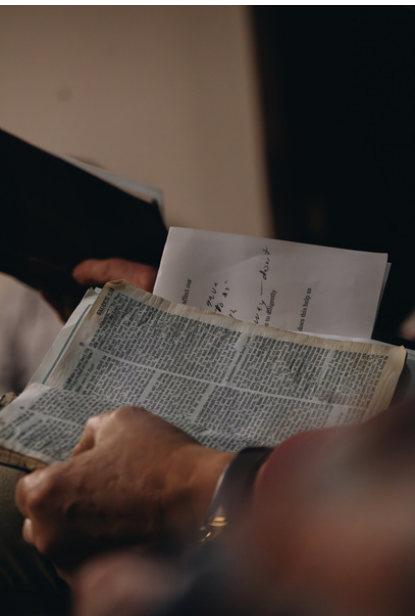
Tuesday Morning Bible Study: The Book of Genesis

Beginning September 15th, join us on Tuesday mornings in the Sanctuary as we journey through the book of Genesis. Together, we will explore creation, the entrance of sin into the world, God's covenant promises, and the lives of Abraham, Isaac, Jacob, and Joseph.

Through this study, we will see God's faithfulness and discover how Genesis lays the foundation for His plan of salvation throughout Scripture. Whether you have studied Genesis before or are opening it with fresh eyes, you are warmly invited to join us for Bible study, fellowship, and encouragement. The study will be led by Mike Anenson, Kathy Wellumson, and Mark Stowman.



Parents of Young Families will be having a Sunday study starting on September 27th. We'll meet in the Fireside Room during the Sunday School hour. We're still finalizing which study we will start the year with so stay tuned for more details! Please contact Tom or Megan Beukhof with any questions. Excited to see you in September!



GriefShare

Thursday, September 10th, 2026 @ 1:30p in the Fireside room

All Emmaus GriefShare "alumni" are invited to our final "reunion" of the summer, featuring Pr. Nick Dyrud addressing the topic of Heaven. There are many perceptions (and some misconceptions) about Heaven, which he will help us clarify. Bring your questions and join us to reconnect with friends who share the common bond of loss. Snacks and beverages provided. Please contact Mavis Miller at 952-431-1132 with any questions.

Register for the fall cycle of Grief Share today. It doesn't matter if your loss was recent or several years ago; you might be surprised at how grief is impacting you. We'll begin the 13-week cycle on Thursday, October 1st at 1:30 p.m. Registration is available online at: griefshare.org/find