

Lutheran
Building
Men in
Men for
Mission
Christ

foundations

Our vision is for every man to become a bold, daring follower of Jesus Christ.

At the intersection of faith & health



Team LMM got an incredible workout riding across Iowa with over 25,000 other bicyclists in the RAGBRAI bicycle ride.

By Kyle Pedersen

Discipling men means bringing healing and freedom to broken lives. “Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness.” (Matthew 9:35 NRSV)

Men who follow Jesus realize healing is a vital part of ministry with men. Biblical healing encompasses physical, mental and spiritual health. All three aspects are often interrelated.

A problem in one area of our health usually impacts the other two areas. We are “fearfully and wonderfully made” (Psalm 139:14 NRSV) – an interplay of body, mind and spirit. Understanding this interplay means changing

Talk openly about all three facets of men’s health: spiritual, physical and mental. Encourage men – of all ages – to regularly evaluate all three areas and seek out professional care when needed.

some practical aspects of our approach of discipleship.

Physical, mental and spiritual healthcare

Church leaders are keenly aware of the high percentage of men who stop participating in spiritual formation in their late teens, but perhaps it’s not just their spiritual health that men are ignoring. Interestingly enough, the 2014 Bureau of Primary Health Care UDS Report*, shows an almost identical trend with men and their use of physical healthcare.

Looking at 22 million patients, it shows that men as teenagers use the same amount of healthcare as women, but from ages 18-40, men’s utilization of healthcare drops to less than 50% of their female counterparts. As men get into their

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This newsletter is sent to all who contribute to the ministry of Lutheran Men in Mission.

Your contribution ensures that foundations will continue to be sent to you.

It is our desire that foundations will be a source of personal spiritual growth, as well as a source of information for those involved in congregational men's ministries.

Please drop us a line or email us, and share your stories of men's ministry that we can use in this newsletter. We're also interested in knowing what topics and issues you'd like to see featured.

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*“...encourage
one another
and build up
each other,
as indeed you
are doing.”*

1 Thessalonians 5:11 (NRSV)

The birth and growth of One Year to Live

When I first met Lyman Coleman I was a young youth worker just out of college. I was attending one of his events where he was teaching me and others how to do small group ministry by, well, letting us experience small groups as we never had before. I never dreamed that more than twenty-five years later he'd be serving me lunch in his home and we would be having this conversation.

If you have ever been involved in effective small group ministry, chances are great that Lyman had something to do with it. He was the founder of Serendipity Publishing House. He taught over 300,000 people in over 60,000 congregations how to develop caring Christian communities through small group ministry. He was the editor-in-chief of the Serendipity Bible for Groups (also known as the *Master Builders Bible for Men*). He had accomplished all this and more, but now he was telling me about the “train wreck” in his life, and what God was using to put the pieces back together.

The train wreck was that his wife had died, his son had been killed in an accident and he retired out of the publishing ministry he had founded – all within a short time. There didn't seem to be a church that could help him. But a pastor friend invited Lyman to a secular men's weekend. It was a weekend that men attended to deal with various life issues, not necessarily in a Christian context. Here he found trusting relationships.

He began to dream about the power that experience could have with a Christian emphasis. I experienced a little of that dream at a retreat that Lyman lead that I had just attended. It had changed my life and I wanted to see how we could bring this to others. That lunch conversation was the birth of One Year to Live.

This would be a retreat like no other. This would be a retreat where men would be free to share the deepest issues in their lives be empowered to be the men God called them to be. It would be a retreat where if guys from your church attended and “got it,” they could take on leadership at another retreat down the road. It would be a retreat where as you experienced the sacraments in a different way, they would take on new meaning in your life.

We figure about 1,000 men have experienced this incredible weekend designed by this gutsy man and those who have dared to follow him. And it's spreading now to new parts of the country. Isn't about time you thought about attending? Go to lutheranmeninmission.org and check for upcoming retreats – then mark your calendar!

Doug Haugen, executive director
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BUILD YOUR KINGDOM HERE

*"Come set your rule and reign
In our hearts again
Increase in us we pray
Unveil why we're made
Come set our hearts ablaze with hope
Like wildfire in our very souls
Holy Spirit come invade us now
We are your Church
We need your power
In us"*



Lessons from the Greatest Leadership Role Model of All Time," a book written by Ken Blanchard and Phil Hodges. Leadership appears a bit easier when you look at Jesus as a role model.

Secondly, we spent a long time focusing on relationships and how to properly form and keep them. Too often we enter into them with ulterior motives. We also abandon relationships too frequently when things get stressful and strained.

Now with the MMS program we are looking at different ways to work with larger groups and communities with differing styles. Not every conversation during these past several months has been bonfire of inspiration. However, there have been some amazing moments where just one comment has shown that these men are on fire. They are living each day with an attitude of serving the man next to them.

I'm gathering another round of men wanting to learn the tools with a Men's Ministry Specialist for this fall and the coming year. Will you step forward and offer your skills so that the men in your area will be better served? Maybe you know the man who is already on fire for ministry. Encourage them to talk with me, and together we will see if this program is meant for them.

We all dream and vision for a brighter tomorrow for broken men. Let's use your light to create a wildfire – apply to become a Men's Ministry Specialist.

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These lyrics come from the song "Build Your Kingdom Here" by the band Rend Collective. I encourage you to look them up on YouTube and get a feel for their folk/worship music. Their style has a distinct energy that connects faithful thoughts to a strong beat.

In this first stanza, they sing about hope catching our hearts on fire. This is such powerful imagery! That was part of the reason I chose a quote similar to this to tag with the Men's Ministry Specialist Program. I want such words to spark passion and action in the lives of all our men. "Be who God meant you to be and you will set the world on fire" is a quote from St. Catherine of Siena. Each one of us has a skill and a passion that is truly our own. God gifted each of us with such gifts so that we could serve others. Leaders use these gifts to "set the world on fire" around them.

Since last September I've been working with the first round of men learning the tools to become a Men's Ministry Specialist (MMS). First they looked at themselves and identified whose and who they are. We are created by God and we show that by putting him first in everything we do, and then we figure out what God wants to do through us. That material came from "Lead Like Jesus:

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Lutheran Men in Mission Heritage Club

These members of the Lutheran Men in Mission Heritage Club have helped to secure the future of this ministry by remembering Lutheran Men in Mission in their will or estate planning. If you would like to know more about including LMM in your will, please contact us at 800-638-3522, ext. 2566.

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(continued from cover)

50s, utilization goes up, but women still consume healthcare in a 3:2 ratio. Sounds pretty familiar to our churches.

A variety of factors help contribute to this lower utilization of spiritual and physical healthcare. American culture encourages younger men to live with an attitude of invincibility. Most have not dealt with significant illness or injury, or wrestled with their mortality. They know God and healthcare providers are there when they need them, but they just don't think they need them now. Add the lack of close male friends with whom to process life events and mental health concerns begin to arise.

With our physical, mental and spiritual health being intertwined, our discipleship models must find ways to go beyond just Bible study and sitting in circles to ensure that our men are as healthy as they can be – in every way! It can start with getting men active.

Ideas for getting men active

- Talk openly about all three facets of men's health: spiritual, physical and mental. Encourage men—of all ages—to regularly evaluate all three areas and seek out professional care when needed.
- Find alternatives to sitting in circles and providing sugary, fatty foods. Incorporate active options like walking Bible studies or prayer walks. Instead of 1:1 meetings over coffee or a beer, talk as you bike, walk or play racquetball.
- Teach and model the importance

of men meeting together in groups of 2-3 outside of scheduled events. Equip men to ask each other the tough questions and to walk into a brother's life when they are going through a stormy season.

- Create activity affinity groups within your men's ministry. Encourage and publish when the bikers bike, when the runners run, and when the hunters or snowmobiles are going out. Extend the invitation outside of the congregation's circles; be the community affinity group that just happens to be made up of mostly Christians.
- Find community events that men can show up and experience holy recreation. Be the group of guys that are always showing up outside the walls of the church and letting people witness healthy faithful friendships!

Example of men and men's ministry on the move

What happens when a men's leader gets an idea for incorporating the physical and spiritual health of men? Take a look at what happened in Iowa this past July.

As a leader in the Western Iowa Synod LMM, Mark Juhl was preparing to ride RAGBRAI, the annual 7-day bicycle tour across Iowa. Seeing the opportunity for engaging men, he invited local and state leaders to ride with him as a way to raise both awareness and funds, and also as a physical challenge. As a result of this

invite, 14 riders plus five support team members pedaled their way across the 460 miles of Iowa.

It was more than just a bike tour. There were hundreds of conversations about men's ministry with riders. The team was approached by dozens of pastors who were thrilled to see Godly men out being active and willing to talk about faith and health. The team engaged with local congregations and families in each host town.

One guy had a vision and made the invitation. Other men stepped up with gifts of organization and planning, and the guts to pedal all those miles.

Details about July's bike ride, including more photos, can be found at ReachingMen.BlogSpot.com. Additionally, The Lutheran magazine published a spotlight on this team in the September 2015 edition.

Sometimes becoming healthier – in every sense of the word – begins with an idea and a simple invitation.

* LMM is evaluating research like the U.S. Department of Health and Human Services' data and is working to find or create resources and events to enhance men's discipleship efforts.

Kyle Pedersen is a brother, a son, and walk-along-sider who is journeying to the foot of the cross with an amazing crew! Kyle is the Director of Training at the Iowa Primary Care Association, but also serves as an Emerging Ministries Consultant with Lutheran Men in Mission.





Writing stories and articles people will love to read

Writing a story or an article that communicates well and that people will want to read is hard work.

If you are enthused about your men's ministry and how it is changing lives you're probably eager to share your excitement with others. You want to share the spirit of what's happening in the lives of men, stir some interest and curiosity, and hook readers with a sense that there's something valuable in it for them. To do so, it has to feel personal for the reader – that often means moving details and statistics to the side or minimizing them in the interest of getting to the heart of the story.

Which of the following two stories is most likely to catch your attention or that of someone new to your congregation?

1. An article that describes in great detail 19 men and four spouses – all names listed – showing up in the fellowship hall on August 4 at 6:30pm for a two hour chili cook-off and business meeting with a brief prayer by Bill, an LMM update report by LMM president Todd, a list of those cleaned up afterwards, etc., etc. Or...
2. An article that describes the intoxicating smell of simmering chili and baking cornbread filling the church; people being drawn to the noise of a kitchen filled with apron-clad men talking and laughing while stirring pots and swapping "secret recipes," and others greeting arriving guests with a welcoming smile and serving the gathering crowd – proving that men love to gather around a stove, meal and conversation at church as much as they do a TV and football game.

All in favor of the tone of the second story, raise your hand.

Information and statistical details are never as engaging or interesting as imagery that appeals to the senses, arouses curiosity, sets imaginations in motion or causes readers to pause and reflect.



Here are some tips for writing articles about men's ministry that will better connect with most readers:

- Use short paragraphs and appeal to the senses – sound, sight, touch, smell and taste.
- Avoid using acronyms or church jargon.
- What did men experience and what was the personal impact?
- Weave in quotes of participants – something more descriptive than just, "It was great."
- Talk about impacts that go beyond the activity, retreat or the congregation's walls. How does something reach into relationships, families, strangers, communities, work or unexpected places?
- We live in a very visual culture! Ask someone with photography experience to take photos capturing action, relationships, facial expressions, etc. They should be sharp, well lit and help tell the story. Set cameras or phones to the "fine" or "super fine" setting – high resolution – so photos can be used in print materials or reduced for use on web pages or in email.

Next time you read a book by your favorite author or a men's ministry article that you find interesting, note what appeals to you and captures your attention. Note how sentences are crafted, how ideas or images take shape through words and what stirs emotion or causes you to connect the story with something in your life. Begin to incorporate your observations into your own writing. Your readers will notice the difference and hunger for more!



ELCA Mission Builders need your help

Are you looking for an opportunity to travel and put your ability to swing a hammer, scrape paint, wire an outlet, frame a wall or just lend a hand with a meaningful building project? Then you need to explore what Mission Builders is doing for the church around the country.

Mission Builders, a ministry within the ELCA churchwide unit of Congregational and Synodical Mission, have built or remodeled over 200 congregations, camp structures, retreat centers and other ministry related structures. Mission Builder involvement in a project ranges from doing the rough framing to complete construction management and turn-key completion.

Dedicated volunteer workers and their spouses become part of the community where the construction project is taking place helping to establish Christ-centered outreach initiatives. Projects may last from a few months to over a year. Mission builders typically live on the construction site in RV's, and some live with congregation members, furthering their witness of what God can accomplish through people sharing their skills, talents, lives and faith.

Volunteers are being sought to work on projects across the United States for a minimum of a week. Individuals working for periods of over a month receive minimum wage and workman's compensation coverage. Projects are currently underway in Chaska, Minn., Garrison, N.D. and Great Falls, Mont., with a project anticipated to start in Southern California this November.

No experience is necessary, volunteering may involve travel to new communities; benefits include spiritual growth, sense of accomplishment, Christian fellowship, developing life-long friendships, and helping further Christ's mission in the world. If you are interested in sharing your time and God-given talents, want to discover and live a new life or would like more information, please call or email Bill Graves, Director of Mission Builders, at 1-800-643-5295 or msnbuilder1@gmail.com.

The ministry of Lutheran Men in Mission continues to grow thanks to the creative, dedicated and generous work of our staff, board, volunteer leadership and donors. We would not be experiencing this growth without – by God's grace – your generous financial support. Listed below are the donors who contributed through July 31, 2015. Please refer any additions or corrections to this list to Kimberley Moseley-Cannon at Kimberley.Moseley@elca.org or 800-638-3522, ext., 2595. Thank you for your support!

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COMMUNITY (NOUN) ...

- a. a unified body of individuals
- b. the people with common interests living in a particular area
- c. an interacting population of various kinds of individuals living in a common area
- d. a group of people with a common interest or characteristic living together in a larger society

These are some of the various definitions for the word community as found in the Webster's Dictionary. Since last April when I attended the North Carolina LMM Annual Gathering, I have heard the word community used frequently in sermons, print media articles and online social media postings. The common theme has been that each of us needs to be actively involved in the communities in which we are members: 1) the community in which we live, 2) our faith community, and 3) our social communities such as a golf league or book study club.

My wife and I are currently watching the 2001 award-winning HBO miniseries "Band of Brothers." It depicts the daily life and death struggles of the community of 140 men of Easy Company of the 101st Airborne Division as they landed on the Normandy beaches on D-Day, fought their way through the Battle of the Bulge at Bastogne, Belgium, and ultimately ended up with occupation duty at Berchtesgaden, Germany, the home of Hitler's Eagle Nest retreat.

In a somewhat ironic twist, my men's small book study group at church is reading the book "Bond of Brothers" by Wes Yoder. This excellent book provides wonderful insights on connecting with other men beyond work, weather and sports. The common thread



between both of these is that they describe the ways in which men of the same community can work and share together the highlights, lowlights and delights of life, and how, over time, they develop a common bond.

Jesus' disciples were members of a community – the community of early Christians. They were guys with a common interest (Jesus) and common mission (spreading the teachings of Jesus). They traveled together and apart to share the good news of Jesus Christ, but they always shared a common bond.

It is imperative that we too are active members of Jesus' community – not by just attending worship every Sunday,

but by being active in a small group of men; that is, guys that we can be close to, share our experiences with and share a mutual accountability. One of the worst feelings in the world is the feeling of being alone when tough times descend on us, which inevitably happens to each of us at some point in life. Having a small group of guys to talk with, pray with and for mutual support is extremely important and a key tenet of an active faith life.

Guys who attend a One Year to Live retreat find that they develop this sense of community with their fellow attendees. If you have never attended this retreat, please consider doing so sooner rather than later. You will find that your band of brothers will share a bond of brotherhood for the rest of your lives.

Your servant in Christ,

Rich White
President
rwhite743@aol.com

LMM Events

Go to lutheranmeninmission.org for updated events, program information and registration details, or to submit LMM events to be posted.

2015

Building Men for Christ Workshops
(A one-day workshop to help church leaders develop a life-changing men's ministry for their congregation.)

October 3

Good Shepherd Lutheran Church
Somerville, N.J.

November 7

Emmanuel Lutheran Church
Vienna, Va.

One Year to Live Retreats

(A retreat and follow-up sessions designed to be a life changing, lay led event.)

October 23-25

Camp Chrysalis
Kerrville, Texas
Presented by the Southwestern Texas
Synod of Region 4

November 6-8

MacKenzie Environmental
Education Center
Poynette, Wisc.

2017 Lutheran Men's Gathering

July 21-23, 2017

LMM Assembly business meeting:

July 20-21
Minneapolis, Minn.



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2017 Lutheran Men's Gathering Minneapolis, Minnesota July 21-23, 2017

Lutheran Men in Mission Assembly is July 20-21

- Mark your calendars.
- Make a list of guys and young men to bring with you.
- Watch for more details. See you in Minneapolis!

