

# foundations

Our vision is for all men to become bold and daring followers of Jesus Christ.



## Miles of Mission

## Team LMM rides RAGBRAI 2018

By Kyle Pedersen

**F**ew annual events are as eagerly anticipated in Iowa as the influx of 15-20,000 bicycle enthusiasts from all over the world who journey to the state to test their prowess and participate in RAGBRAI. For the uninitiated, RAGBRAI is an acronym for the *Register's* Annual Great Bicycle Ride Across Iowa, so named because it was first proposed in 1973 by two columnists for the *Des Moines Register*, John Karras and Donald Kaul, who made it their mission to ride across the state and write about it. RAGBRAI is

considered one of the ten "must do" cycling events in the world.

Clad in matching team jerseys, twenty-five members of Team LMM set out with a common mission of riding

428 miles and engaging in faithful conversations with fellow cyclists and members of the communities through which they passed. If you ask Team LMM, each rider can recount stories of faith and fun in each pass through and overnight community. Each rider also

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## Bold Gathering

Saturday, October 27

11 am to 2 pm, Central Time

## Streaming Online

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RAGBRAI, continued on page 3





The **foundations** 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.

Our vision for **foundations** is that it be a source of personal spiritual growth, as well as a source of information for those involved in congregational men's ministries. Please contact us to share your stories of men's ministry that we can use in future issues, or to let us know what topics and issues you're interested in seeing featured in **foundations**.

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## Connections make for healthier men

*I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father.*

—John 15:15 (NRSV)

**H**e said the four guys from the church he came with were waiting for him but he just wanted to tell me he couldn't name any friends. I had just spoken to a group of church men and

challenged them. It will take six guys to carry you out of this world someday, I said, who are the six guys that carry while you are here? Sadly, like many men, this man had many acquaintances, but no friends.

As we have been focusing on men's health this summer with the RAGBRAI ride, I have become more convinced than ever that the greatest issue facing men is isolation. Being alone even while surrounded at times by many. Statistics tell us that lack of significant social relationships has close to the same amount of risk directly related to mortality and premature death as alcohol abuse and smoking.

According to recent research done at the University of York, poor social relationships were associated with a 29% increase in congenital heart disorders and a 32% increase in strokes.

Does this mean we need to start new men's groups? Does this mean we need to find ways to meet new guys? Not necessarily. We are all a part of networks where we work, play or worship. So here is the challenge. Think of the guys in those networks. Who are those you could learn from? Who's the great fisherman? Mechanic? Great family man? Man of faith?

I encourage you to take the next step — let that guy know what you admire about him and ask if you can spend some time learning about what he's excited about, how he has dealt with trouble or what he does well. Who knows where this will lead? An acquaintance has the opportunity to become a friendship. And one, or two, more guys might just be a little healthier and live longer.

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*The greatest issue facing men is isolation.*

*An acquaintance has the opportunity to become a friendship.*



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had their own personal mission and motivations for this event. Some rode to experience it and prove to themselves they could ride 428 miles, others were riding as a testament to overcoming a health

condition, and others were riding alongside a friend, family member or spouse to experience the bond and camaraderie of doing something together!

Along the way, Team LMM pedaled with other ministries that were riding to glorify the kingdom of God, such as Ends of the Earth Cycling which partners with youth ministries in developing countries, and groups of men and women connected with churches and ministries in Iowa and neighboring states who rode to support and encourage each other.

Each evening in the overnight towns, civic organizations, booster and 4H clubs, and churches were on their own mission of providing amazing hospitality to 30,000 new friends who are riding or support-



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**RAGBRAI,** *continued on page 7*



## Team LMM Facts

- 25 riders, 6 support crew
- 3 women riders, 2 riders under 18
- 9 states: Iowa, Nebraska, Minnesota, Illinois, Michigan, Colorado, Texas, Vermont, Maryland
- Over 60 years of age between youngest and oldest rider
- 4 riders rode the Karras Loop (100+ mile Century ride on Thursday)

## RAGBRAI 2018 Facts

- 46<sup>th</sup> year
- 428 miles, 12,576 feet of climb
- In 2018 there were more riders in the 55-59 age division than any other. They make up 16.7% of the riders. Meanwhile the 60-64 age bracket made up 14.0% of the field.

## Iowa Host Churches Organizations

- Onawa Evangelical Free, Onawa
- Trinity Episcopal, Denison
- Christ Lutheran, Jefferson
- St. Andrews Lutheran, Ames
- Holy Trinity Lutheran, Newton
- Bethel United Methodist, Sigourney
- Zion Lutheran, Iowa City

## Team Sponsors – (alphabetical)

- FSB Premier Wealth Management – Waterloo, Iowa
- Liberty Group – Maryville, Tennessee
- Miecher CPAs – Middleton, Wisconsin
- Portico Benefit Services – Minneapolis, Minnesota
- Rhonda & Mark Vaughan – Waverly, Iowa
- Sticky Construction – Thompson, North Dakota

# Go Up 'Stream' for Bold Gathering

*Second Online Event Slated for October 27*

By Kevin Burke

**A**fter the success of last spring's first-ever Streaming Bold Gathering, Lutheran Men In Mission will host a second completely online event from Fargo, North Dakota. Mark your calendar for Saturday, October 27 and register for what promises to be a fun, informative and spiritually fulfilling event. LMM got great responses from all over the country the first time out, and we are eager to grow and expand this type of ministry venue.

Similar to the Streaming Bold Gathering we had last April in Omaha, this Bold Gathering will feature speakers back-to-back starting at 11 a.m. Central Time. It will last until 2 p.m.

**The theme is Endurance.** Each speaker will offer insights from their experience and training. How has Endurance been a factor in their faith lives? Challenges will surely come up, but so will accomplishment.

One speaker that has committed to that weekend is Matt Cordes who is an Associate Pastor at Hope Lutheran Church in Fargo. The long history he has of ministry and passion for walking alongside men will definitely shine through at the Bold Gathering. He has a story of his journey and how faith framed that for him. This congregation is the host site for this event, and LMM is excited to partner with the everyone from this community of faith.

Another speaker will be Pastor Dan Carlson who is also a retired police chief. I imagine a few tales of serving the public in Eden Prairie, Minnesota, will frame how his presentation focusing on Endurance.

## Meet some of our six featured speakers:



**PASTOR MATT  
CORDES**

Matt Cordes has been in ministry for over 20 years, serving as a youth minister, coach, director of Campus Ministry and pastor. He believes that life should be lived on the edge of our seats and has a love for adventure. He loves man stuff, like Fleet Farm, grilling, ESPN, Saturday morning fishing shows and building stuff, and has a passion for the outdoors.

Men have a higher calling than just taking the garbage out, changing furnace filters and making sure the lights are turned off. Men, and especially fathers, can have the greatest impact by passing on our faith to our children and families. Matt believes the Good News is to be proclaimed in churches, in fishing boats, in corporate offices, at hunting camps, and in our homes. Matt and his wife Raea have three adult daughters:

Madeline, Anna and Lilly. They live in Fargo where Matt is pastor at Hope Lutheran Church.

**PASTOR DAN  
CARLSON**

Pastor Dan Carlson retired as police chief of Eden Prairie, Minn., in January 2007. After serving 25 years as a police officer, he has transitioned to a new role serving as a police chaplain. He currently serves as the chaplain for the Minnesota Chiefs of Police, Hennepin County Chiefs of Police and the Minnesota Law Enforcement Memorial Association. Pastor Carlson is also the founder and president of Public Safety Ministries Inc., a nonprofit ministry with the mission: "serving those who protect – promoting spiritual fitness in the public safety professions."

Dan was ordained as a pastor in 2010. He has been called and deployed to be a mission pastor serving Public Safety Ministries, Inc. Dan's home base and office is located in Excelsior, Minn., but he serves public safety professionals throughout the entire state.



**... a fun  
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## PASTOR ROLLIE JOHNSON

Rollie Johnson has worked with youth of all ages for more than 35 years. He is currently a lay pastor at First Lutheran Church, where he has served for 23 years. His current duties include leading worship, preaching and men's ministry. A motivational speaker,

Rollie provides high-energy inspirational messages and team-building retreats to organizations, schools, and businesses. His wife, Ady, is an associate professor at Concordia College-Moorhead, where she teaches Spanish. They have been richly blessed with three wonderful children: Karina, Marissa and Shane. Rollie has many interests and passions



**Rollie provides high-energy inspirational messages and team-building retreats.**

including bow hunting, bow building, sewing, flintknapping, and canoe building. He is an accomplished writer and has had dozens of articles published in national outdoor and hunting magazines. His first book, "Paying Attention," has recently been published. The Johnsons make their home in Moorhead, Minnesota.

## Register NOW!

To register for the October 27 Stream Bold Gathering, visit [www.boldgathering.com](http://www.boldgathering.com). We're asking for men's groups to gather and watch this event together. Share what you hear and discuss how the speakers are challenging you. Depending on your time zone, maybe you gather over breakfast or lunch. This is an LMM event, and they are always more impactful when experienced in community with other men.

For some reason you can't make it to a group to watch, register as an individual and watch from your own living room. A few days before the event you will be sent instruc-

tions on how to connect from your electronic device, anywhere you have internet access.

The last option is to come and see the speakers live if you're close to the Fargo area. We're gathering at the south campus of Hope Lutheran Church. With your registration for on-site, you will get to meet the speakers and will be provided a lunch.

Mark your calendar, register online and get a group of men together for Streaming Bold Gathering — Fargo. Our six speakers will entertain, teach and challenge you to be a bold and daring follower of Jesus Christ.

# Bold Gathering

Saturday, October 27

11 am to 2 pm, Central Time

Streaming Online

Register NOW

[www.boldgathering.com](http://www.boldgathering.com)



# Growing Our Ministry

**W**e've enjoyed a productive year in 2018 thus far and your LMM Board and leadership team are working to grow our ministry in new and exciting areas. We held the very first national, video telecast of our **Bold Gathering** in April and our next one is set for Saturday, October 27. Several more Bold Gatherings are being planned for 2019 and we encourage everyone to join us in being a part of these inspirational events. We are reaching

*We are reaching more men in all different parts of the United States through these streaming video events.*

more men in all different parts of the United States through these streaming video events and all of the Mantalk sessions from the initial Bold Gathering are available to everyone on our LMM YouTube channel. Therefore, each of these sessions is free for your use in holding meaningful programs and discussions in your local men's group. To date, over 300 individuals and/or men's groups have accessed these Bold Gathering video messages.

Another first this year was the initial **LMM Annual Meeting**. It was held in May and your board gave the official report from all facets of our ministry through a national streaming video telecast. We will hold this meeting each year in the future and the election of your LMM officers will be conducted at the 2020 Annual Meeting. Further, any changes or revisions to the LMM bylaws and charter will be addressed and acted on at the Annual Meeting.

We continue to grow and expand our ministry through [projecttwelve.net](http://projecttwelve.net). A new website editor, Mason Cook, was hired in June to oversee all resources being provided through **Project Twelve**. These resources are current and meaningful lessons for men of all ages, so please visit the website and use these guides to help you and other men live life to its fullest while staying true to our Christian faith. The latest resources on leadership were posted in August, so this very current material is available on the website for your use either in growing your own personal ministry or in leading a small group ministry.

The **LMM Ambassador program** has started this year and video meetings with this group of LMM leaders have been held under Board Member Sean Forde's direction. Former

LMM Board Member Lon Buss has joined with Sean to provide additional leadership of this program. We plan to continue growing the number of our LMM Ambassadors to help provide more direct support and leadership at the local, state and synod LMM level. Please feel free to contact either Sean ([sean.forde@lutheranmeninmission.org](mailto:sean.forde@lutheranmeninmission.org)) or Lon ([lonabusso406@gmail.com](mailto:lonabusso406@gmail.com)) for more specific information regarding LMM Ambassadors.

Finally, through the leadership provided by Vice President Tom Lucas, the board has initiated the first **LMM Disaster Recovery Effort** to help the folks in the U.S. Virgin Islands recover from last year's disastrous hurricanes. We sponsored two Peter Mayer benefit concerts in the Seattle, Washington area in June to raise awareness of this effort. We are working closely with Lutheran Disaster Response and Lutheran Social Services in the Virgin Islands to help get volunteers from the U.S. mainland to the islands to provide direct help with these recovery efforts. Please see our LMM website for more information on this effort and learn how you can help.

*Each of these ministries and programs is the tangible fruit of living out our vision to help all men become bold and daring followers of Jesus Christ.*

and your financial support as we move forward together. Your Brother in Christ,

**Hal Derrick**, President, Lutheran Men in Mission  
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**Lutheran Men in Mission Online**

You can find us online at our website [lutheranmeninmission.org](http://lutheranmeninmission.org), or on:



and the **Reaching Men blog** at [reachingmen.blogspot.com](http://reachingmen.blogspot.com)





## RAGBRAI, *continued from page 3*

When you ask the average RAGBRAI participant why they were riding RAGBRAI, many shared about someone who invited them on a crazy week-long adventure, dare we say mission, to accomplish something great, and enjoy pie, turkey legs, and build friendships! Once they did it, it became an annual mission to trek across the state!

What crazy adventure have you been asked to be a part of? Did you go? What made you say yes or no? What about your journey to the foot of the cross? Was that started with an invitation from a friend or family member?

God has wired each one of us in unique ways to represent God in this world. Consider what gets you excited and meet God there in your own missional way. Find



a place to serve. Invite others to come along and join you. If you are all in on the mission God has called you to, it's easy to say "I'm in!" just as many in the LMM family might say, and it will be visible and contagious to those around you!

Lutheran Men in Mission desires that



each man discovers the mission that God has placed inside you. We know that to be truly healthy, men need to focus on spiritual health, physical health, and mental health. Be bold and ask a man you know to join you in your mission to be healthy. Invite a man to church or a men's event. Invite a man to do something active with you. Check in with the men you know who are hurting.

May you become a bold daring follower of Christ in your community.

## UPCOMING LMM EVENTS & programs



### One Year To Live Retreats

- |                      |   |
|----------------------|---|
| <b>October 26-28</b> | <b>Camp Shaw, Manteno, Illinois</b>           |
| <b>November 2-4</b>  | <b>EWALU, Strawberry Point, Iowa</b>          |
| <b>November 2-4</b>  | <b>Emmanuel Pines Camp, Prescott, Arizona</b> |

Visit <http://www.lutheranmeninmission.org/events/one-year-to-live/> for more information



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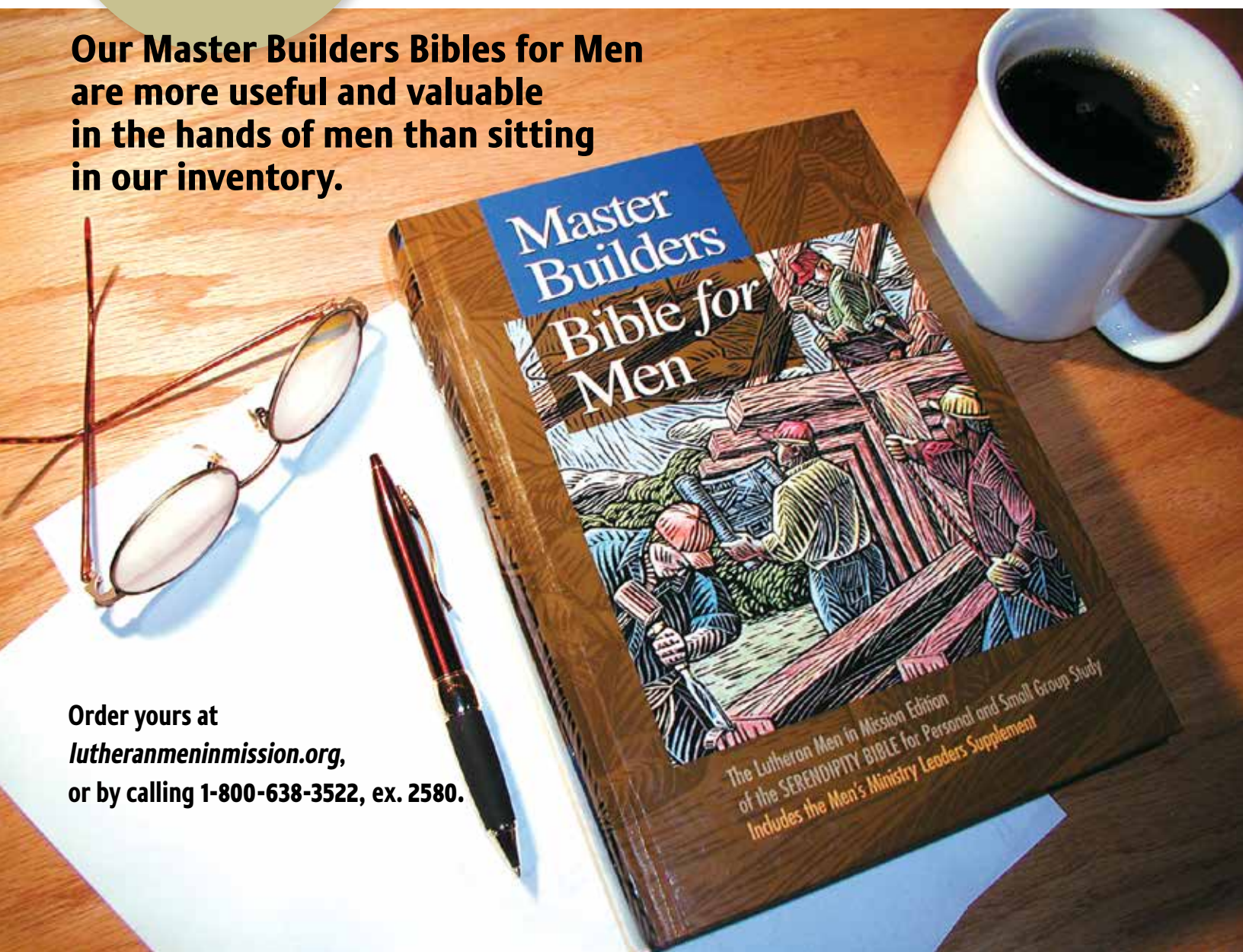
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