



Chapel Hills • *Weekly News* • July 2, 2026

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**Sunday, July 5, 2026**

**Worship Service & Communion @ 10:15 am**

Nursery is available for infants, toddlers, and preschool-age children.

Participating from home on Sunday morning? Join us via live stream...  
Click Here: <http://youtube.com/channel/UCBYMT5pV5dLXGHjX5iaYXYQ/live>

## Contact Information

Rev. Briones can be reached at revcbriones@gmail.com or 952-935-3025.

Christian's emergency line is **612-495-8203**.

In the event of an emergency on a Friday, please call the church (952-935-3025) and leave a voicemail and the message will be passed along to Cristián.

He will be in touch as soon as possible.



## *In Prayer*

- Pam Huey's sister, Paula Fox, passed away and is now in God's eternal care. Please keep Pam, Paul, and their extended family in prayer as they mourn a treasured life.
- Jane Berne asks prayers for two of her dear friends that are on cancer journeys. Karen was just diagnosed and Larry is nearing the end.
- Doug Allen, Sherilyn Aske, Charles Camilli, Loretta Centgraf, Dee Chance, Julie Ford, Louise Ford, Bob Huber, Joann Hunt, Jerry Kerr, Kathleen (Kathy) Molony, The Shermans (Sonny, Ashley & Dakota), Kim Vacanti

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## **Book Group (1:00 to 3:00 pm)**

### **Thursday, July 9:**

Nine Parts of Desire: The Hidden World of Islamic Women (1994) is a non-fiction book by [Australian](#) journalist [Geraldine Brooks](#), based on her experiences among [Muslim](#) women of the [Middle East](#).

### **Thursday, August 13:**

Astor: The Rise and Fall of an American Fortune by Anderson Cooper and Katherine Howe.

The story of the Astors is a quintessentially American story—of ambition, invention, destruction, and reinvention. From 1783, when German immigrant John Jacob Astor first arrived in the United States, until 2009, when Brooke Astor's son, Anthony Marshall, was convicted of defrauding his elderly mother, the Astor name occupied a unique place in American society.

## Chapel Hills Celebrates Midsommar!

Midsommar in Scandinavia is a time of abundance: long hours of sunlight, gardens yielding fresh vegetables and flowers, fruits beginning to ripen, and communities gathering to celebrate the warm days ahead. Chapel Hills hosted its own version of a Midsommar Smorgasbord last Sunday with more than 60 people enjoying a beautiful Scandinavian spread. Many helping hands brought classic summer solstice traditions to life; our tables were filled with open-faced sandwiches, salads, smoked salmon, meats, breads, cheeses, spreads, sweet desserts, and fresh flowers. Although inclement weather moved us indoors (even the rain came in abundance!), our spirits could not be dampened. A heartfelt thanks to all who prepared food, invited guests to join us, helped with set up and clean up, and donated generously to VEAP. Here's to an abundantly joyful summer!

### Mark Your Calendar...

We're hosting our 11<sup>th</sup> Annual Night to Unite neighborhood party on Tuesday, August 4<sup>th</sup> starting at 6:00 pm. Details coming soon!

### July Birthdays...

Rob Norris-Weber – 7<sup>th</sup>  
Eshaan Das – 9<sup>th</sup>  
Emily Gray – 12<sup>th</sup>  
Bonnie Stroessner – 13<sup>th</sup>  
Allii Scudder – 17<sup>th</sup>  
Marion Roschen – 20<sup>th</sup>  
John Roschen – 23<sup>rd</sup>  
Nicole Feest – 23<sup>rd</sup>  
Ann Lempke – 25<sup>th</sup>  
Jon Pearson – 26<sup>th</sup>  
Sarah Lis – 26<sup>th</sup>  
Harriet McDonald – 27<sup>th</sup>  
Eli Norris-Weber – 31<sup>st</sup>



### United Church of Christ

## 5 for 5

Chapel Hills has achieved the 2025 United Church of Christ **5 for 5** standing, supporting these special mission offerings...

- Our Church's Wider Mission Basic Support
- Neighbors in Need
- One Great Hour of Sharing
- Strengthen the Church
- The Christmas Fund

We are proud to achieve this status every year! A church that is **5 for 5** has multiplied their gifts into the world.

**BRAVO and THANK YOU** for your ongoing support of these special offerings!

# Midsummer Smorgasbord

Sunday, June 28<sup>th</sup>





### Looking Ahead

5	JUL, SUN	● 10:15 – 11:15am	Worship Service & Communion
7	JUL, TUE	● 11am – 12:30pm	MnCAN Aphasia Group
		● 1 – 2:30pm	MnCAN Aphasia Group
9	JUL, THU	● 1 – 3pm	Book Group



GIVE Securely Online

### Offering/Donations

- **Online Giving** (convenient & secure) by clicking this link... <https://app.easytithe.com/app/giving/chapelhillsuccedina> or by scanning the QR Code to the left.
- **By Check** (indicate what your donation is for on the memo line)  
Send to: Chapel Hills, 6512 Vernon Ave S, Edina, MN 55436



## **“Chosen Journeys”**

### **Sixth Sunday after Pentecost**

My husband wonders why I make life hard for myself. He especially wonders this when, under the scorching sun, he watches me walk by the hose he bought — the one with the extra-long extension — choosing instead to lug sloshing buckets of water from the house to my out-of-the-way garden.

It is a bit odd. I sometimes question my own sanity, too. But I have chosen this garden journey as a spiritual discipline. For in the arduous act of carrying water buckets, I’m reminded of those who still walk miles for their water. It is a small, prayerful act that keeps my coddled heart conscious of the urgent need for clean, accessible water for all.

Last summer, though, I finally admitted that watering the garden this way was becoming too much for me. My husband smiled, thinking the prized hose he bought would finally be used. He was wrong. Rather, what arrived a few days later in the mail was a 19th-century wooden yoke from a farmer in Lithuania. Its well-worn patina featured ornate notches carved into the wood that kept the buckets from sliding.

I placed the arch of the yoke behind my neck and masterfully balanced the buckets. The yoke did help to distribute the weight of the water, lightening the load a bit, and making my task a bit easier. And it also deepened my spiritual gardening discipline, as feeling the buckets sway with my steps, I heard my Savior’s invitation once again: Come to me, all you who are weary and are carrying heavy burdens, and I will give you rest.

I thought about the heavy burdens I carried that no one knew of — the worries that sloshed around in my spiritual buckets. I had grown weary by their weight. I had a tiredness in my bones that no sleep could cure. It was a tiredness that came from the constant buzz of stress keeping my nerves on high alert.

How many times would I ignore Jesus’ help? Why did I insist on carrying all of life’s burdens alone?

It is no wonder Jesus told the people of his time to take his yoke, for his was an easy one. Before modern machinery, farmers would use a wooden yoke on their animals. The frame that joined two beasts of burdens would mean they would share the weight of a load, making it easier to keep moving forward.

What a beautiful invitation we have as well. This is our opportunity, this day, to finally give our burdens to the one who will make them lighter. Will you embrace Jesus’ yoke? I have. The garden hose, though? That I still ignore.

*Patient God, how tiresome it must be to watch us struggling with the burdens and stresses and worries that we insist on carrying by ourselves. Help us to finally accept Jesus’ invitation to take his yoke. May we stop being crushed by the weight of this world. May we know that all we struggle with is now in Jesus’ capable and loving hands. In Jesus’ name, we pray. Amen.*

(Rev. Donna Frischknecht Jackson is a communications specialist for the United Church of Christ and author of today’s *Sunday Bulletin*.)