September 2025

FIRST CONGREGATIONAL UNITED CHURCH OF CHRIST 319 DOWNTOWN PLAZA FAIRMONT, MN 56031-1776 Nonprofit
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Fairmont, MN 56031



First Congregational UCC 319 Downtown Plaza Fairmont, MN 56031





First Congregational
United Church of Christ
Fairmont, Minnesota

Rev. Cory Germain Minister

Christina Hainy Administrative Assist.

Joyce Jorgenson Choir Director How to reach us....

Church Office 507-235-5382 Hours: Tuesday—Friday 9:30 a.m.—12:30 p.m.

E-mail

uccsecretary319@gmail.com

Web Site Address

www.fairmontucc.org

Rev. Cory Germain Office Hours:

Monday 9:30 a.m.—12:30 p.m.
Tuesday 9:30 a.m. – 12:30 p.m.
Wednesday 12:30 p.m. through
evening meetings & activities
Thursday 9:30 a.m.—12:30 p.m.
Rev. Cory's phone: 507-399-8282

Worship Hours Worship 10:00 AM Sunday school 10:00 AM. Communion the second

Sunday of every month.

fairmontucc.org



September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labor Day Church Closed	2	3 5:30 Mission Board 6:00 Worship Board 7:00 Choir	4 II:30 MRCI (FS/ HH) I:00 TOPS (Ch)	5 II:00 REM Exercise (HH)	6
7 10:00 Worship with Blake Potthoff	8 Pastor's office closed	9 6:00 Facilities Board	5:30 Diaconate Board 5:45 CE Board 7:00 Choir	11 II:30 MRCI (FS/ HH) I:00 TOPS (Ch) 5:30 Hospitality Board	12	13 I0-noon King Korn Day for kids I-3 Retire- ment party for Mike True
14 10:00 Worship with Blake Potthoff Sunday school begins!	9:00 Council agenda items DUE	16	5:45 Church Council 7:00 Choir	18 II:30 MRCI (FS/HH) I:00 TOPS (Ch)	9:00 October newsletter items DUE II:00 REM Exercise (HH)	20 Possible Highway Cleanup
21 10:00 Worship Sunday school Possible Highway Cleanup	22 First day of fall	23	5:30 Free Community Meal 7:00 Choir	9:30 Bible Study 11:00 Newsletter assembly 11:30 MRCI (FS/ HH) 1:00 TOPS (Ch)	26	27
28 10:00 Worship Sunday school Blessing Box	29	30			BACK TO SCHOOL	

The Reverend's Ruminations - September 2025

As summer is winding to an unofficial close, August provided a couple chances for me to get away. The first was a combination of learning and relaxation in the Blue Ridge Mountains outside of Asheville, North Carolina. As a Presbyterian Federal Chaplaincies training and credentialing event, current and former chaplains led presentations around topics such as common trauma responses, causes and responses to personal or group conflict, and how our varied worldview, core values, identity, and character can influence our personal and spiritual resiliency. We also participated in small group discussions around the components/types of leadership and the ways chaplains can help leaders maintain appropriate accountability within their organizations. It was an excellent time of fellowship and networking with fellow chaplains from not only the various military branches, but also those endorsed for ministry within the Veterans Administration and the Federal Bureau of Prisons.

There was also some time allotted each afternoon for personal devotions and exploration in the surrounding area. I didn't do any serious trail hiking, but did take one extended walk through the mountain neighborhood surrounding the conference center, marveling at the beautiful homes precariously built into the steep, heavily wooded hills — often three stories on the downward side while appearing to be only a single level from the upper. The western North Carolina area (and Montreat Conference Center itself) experienced horribly destructive flash flooding as a result of Hurricane Helene's stall over the region in late September last year, but intense rebuilding and recovery has been ongoing ever since and things are nearly back to normal.

After returning in time to help lead and play music with our ecumenical partners at the "Worship By the Water" service in Ward Park, Ellen and I also took a short tent camping vacation to Tettegouche State Park near Silver Bay. The weather was much cooler than southern MN, so we spent a day riding my motorcycle from Silver Bay to Grand Marais via gravel forest and logging roads, took some gorgeous sunset photos of the unique Black Beach in Silver Bay, and enjoyed a day hiking to waterfalls along the Baptism River. While you may not have travelled quite as far as North Carolina or Lake Superior's North Shore, I hope that amid our many special activities in Fairmont and the surrounding area, you and your families have had a chance to enjoy some well-deserved moments of rest and relaxation this summer.

As September arrives and children return to school, please pray for all the students, teachers, administrators, and parents for continued success and safety in our area school districts! The calendar change also means that Sunday School at First Congregational UCC will be resuming — this year on September 14th — including a return to their timeslot midway through our worship service (after the children's sermon) for kids age 3 through 6th grade.

Christian Education is not just for kids though; EVERYONE is invited to be a part of additional learning opportunities. We will have regular Adult Sunday School classes after worship 1-2 times a month, continue our monthly Bible study on the last Thursday morning each month, and if there is interest, I may offer an all-ages viewing and discussion of the popular Christian historical-fiction series, *The Chosen*. After all, being a Christian doesn't just mean showing up regularly for worship services; it's a life-long learning and growth process that can be both challenging and fun! If you'd like to see another study opportunity get started, please let me or a member of the C.E. Board know!

During our September worship services, lectionary epistle readings will include the first chapter of Philemon and the first, second, and sixth chapters of 1 Timothy, while our gospel journey with Luke will continue until the end of November. Sunday sermons this month will examine the Old Testament lectionary passages from Jeremiah, a young prophet coming into his own during a particularly difficult time in the history of Israel.

Yours in Christ's service,

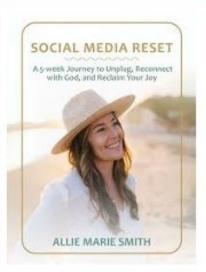
Rev. Cory Germain

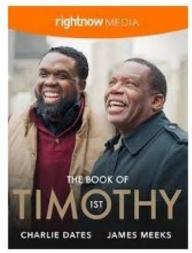
rightnow MEDIA

Worship services from First Congregational UCC are available & searchable by date alongside the other great content on the <u>free</u> **rightnow** MEDIA website & app!

Almost all of us use social media, but studies have shown it to be physically addicting — and particularly so for <u>women of all ages</u>. Do you wonder how your life (or new schoolyear) could be different without a constant digital connection? Ladies, I encourage you to gather your family members or a group of friends to check out **Social Media Reset: A 5-Week Journey to Unplug, Reconnect with God, and Reclaim Your Joy:**

While the thought of a social media break can feel daunting, Allie Marie Smith, a compassionate guide who has overcome a social media addiction, will help you evaluate the impact of social media on your spiritual, mental, and emotional health, enabling you to release stress and anxiety as you cultivate a life filled with peace and contentment. You will discover transformative rhythms that enhance your well-being, draw you closer to God, and help you show up for your life with a new level of excitement, joy, and intentionality. Social Media Reset can be experienced individually or alongside your community of women.





Have you ever had a mentor, or someone you looked up to at your job or in the community? These can be very influential relationships that help mold your life. In his two letters to Timothy, the Apostle Paul shared some much-needed mentorship with a young friend, as Timothy was beginning in ministry. Our sermons during September and October will examine several passages from both letters, so why not familiarize yourself with **The Book of 1 Timothy:**

What does a healthy church look like? What does it mean to be a member of God's family? And who should lead the church? These questions are essential for us to answer if we want the church to thrive. Thankfully, we don't have to guess the answers.

The apostle Paul wrote to his young protege, Timothy, just as Timothy was stepping in to lead the church at Ephesus. His letter shows us how the church should function and gives a special glimpse into the maturity, trust, and love that mentorship can produce in our lives. Join Dr. James Meeks and his protege Dr. Charlie Dates in this 7-session series as they explore the major themes in Paul's first letter to Timothy.

*Do you still need your own <u>FREE</u> rightnow MEDIA account, OR would you like to share this great resource with a friend?

There are 3 convenient ways: Go to https://app.rightnowmedia.org/join/FCONG
Text FCONG to 49775, or scan this QR code with your smartphone camera or code reader—>



Once logged in to your FREE account, you can click directly on "First Congregational UCC" near the top of the page to access the "Fairmont Worship Services" channel, or "Pastor Cory's Picks"—which is where you'll find videos I've recommended here, as well as others that interest me. Stay tuned... the list grows as I discover new picks! If you've found a show or video on **rightnow** MEDIA that you think others would enjoy, email me and I'll promote it in next month's column.

~ Pastor Cory



FIRST CONGREGATIONAL UCC FAIRMONT, MN

CHURCH COUNCIL MINUTES FOR 8-20-2025

Members Present: Kay Campe, Amanda Forstrom, Christina Hainy, Catherine Johnson, Sue Kruse, Larry Lasch, and Terri Luetgers Members Absent: Carol Barrick, Cynthia Celander, Cindy Huset, Abby Shoen. Ex-officio Members Present: Pastor Cory. Ex-officio Members Absent: Dara Bliesmer, Asst. Treasurer.

The Council met in Heritage Hall at 5:45 PM. Moderator Kay Campe called the meeting to order, and Pastor Cory led in prayer.

Motion to approve the minutes from the meeting on 7/16/25, was M/S/C. (Amanda Forstrom/Larry Lasch)

Treasurer's Report Catherine Johnson reported that by the end of July, we have 52% of budget received which is lower than it should be. Giving has been down. The investment advisory committee recommends that we create a new Edward Jones account that seeks more growth. A motion was M/S/C (Catherine Johnson/Amanda Forstrom) to create a 4th (unnamed) fund at Edward Jones to seek more aggressive investment returns over time.

Pastor's Report: Pastor Cory reported on his activities for the month, including 2 hospital visits to Sioux Falls and 3 Legion Honor Guards in one day for funerals.

BOARD REPORTS:

Christian Education: No representative/summer meetings, but Sunday school will begin on Sunday, September 14th right after the children's sermon during worship. Serving spaghetti at the September free community meal.

Hospitality: No meeting this month, but Terri Luetgers reported that they are working at Creation Justice Sunday's potluck.

Facilities: Larry Lasch said facilities says not to put doors on the lawn, because of potential issues between mowing and safety. Other possibilities for welcoming signs were discussed. Facilities insurance will be increasing \$1200 this year.

Diaconate: No summer meetings, but Sue Kruse reported that they are serving the October free community meal.

Mission: Amanda Forstrom stated they are looking for hosts for the November and December free community meals. There's discussion on which day works best for the fall highway cleanup.

Worship: Kay Campe said that there are no confirmation students at St. John's UCC this year. Council is hoping to meet with St. John's in September. Stacy Thompson will speak with the congregation about Habit for Humanity possibly on August 31.

COMMITTEE REPORTS:

Stewardship: The Stewardship Ingathering will be on Sunday, November 9th with a letter going out to the congregation before that time.

Budget: All budget proposals are due to Church Treasurer on November 14th. The budget meeting will be on December 2nd, and council will vote on the proposed budget on December 17th.

Personnel: Staff reviews need to be in late October.

Creation Justice: August 24th is Creation Justice Sunday work and potluck.

Funeral Committee: Cynthia Celander and Terri Luetgers will meet with Marilyn Forstrom and Jane Kotewa at some point.

OLD BUSINESS: Council goals for the year were discussed. Kay Campe has sent emails about the Cookie Walk, a Cribbage tournament and a progressive dinner. A possible fundraising concert may be coming. Church usage for counseling and for a REM exercise class have not happened yet.

NEW BUSINESS: The administrative office's computer is out of storage. We will contact JL Computer for work on cleanup/moving data over or for purchasing a new computer. Christina Hainy will make an outline of documents for a committee to decide what should be continued to be stored on the computer. We will be providing treats & beverages for King Korn Day on September 13th for a kids' event. A treasurer duties list was provided by Catherine Johnson for review.

Respectfully submitted, Christina Hainy, Church Clerk

MEMORIALS Date Memory/Honor of Designation From Honor of Conrad & Lorie Zoeller's Anniversary Margo Weaver 22-Jun Honor of Cory & Christina Hainy's Anniversary 29-Jun Margo Weaver Honor of Everett & Lela Hanning's Anniversary 6-Jul Margo Weaver Honor of Dolores Gronewald's Birthday Starfish 6-Jul Les Heinrich Honor of Dolores Gronewald's Birthday 27-Jul Starfish Kay Campe Honor of Eric & Catherine Johnson's Anniversary 27-Jul Margo Weaver Honor of Margo Weaver 17-Aug Eric & Catherine Johnson Honor of Jeff & Renae Vetter's Anniversary 24-Aug Margo Weaver



Hy-Vee & Fareway Report as of Report as of 24 August 2025

During the last 5 weeks, \$15,352.05 (7.68%) worth of Hy-Vee slips were received. After 37 weeks, Hy-Vee is at \$149,079.91 (74.54%) toward the 18th goal which is \$200,000 and maybe reached around the end of November 2025.

During the same time, \$4,240.76 (2.83%) worth of Fareway slips were received. After 124 weeks, Fareway is at \$133,310.84 (88.87%) toward our 5th \$150,000 goal. It could take 21 weeks to reach the 5th \$150,000 goal and maybe reached around the middle of December 2025.

Any Fairmont Fareway and Hy-Vee food store register slip or deliver pages can be used. Slips from Hy-Vee Fast & Fresh (Gas), Coffee Shop, Food Service, and Pharmacy help us toward the goal. Thanks to all who are turning in their slips.

Reported by; Jim Bock



Let's Get to Know Our Church Family... Question #6: What was your favorite game or activity when you were a child?

Everett Hanning	Riding bike, fishing, horseback riding
Zach Ashland	Cribbage
Pastor Cory	Legos, riding bicycles
Sandi Smith	Riding horses
Tim Campe	Football
Marcia Musser	Monopoly & being outside on farm
Cheryl Ashland	Playing outside and gardening with my dad
Cynthia Celander	4-H was a big part of my time and interests. It was where I made my life-long friends.
Kay Campe	Camping, hiking, volleyball, music
Ellen Germain	Playing pretend church. You can baptize cats with water guns. Thank goodness we didn't immerse!
Carol Barrick	Croquet, jigsaw puzzles, softball, night time outside games
Lela Hanning	Marbles, cards, hide & seek, fishing
Margo Weaver	Jumping rope, riding bike, listening to stories (read by my father)
BonnieSue Bennett	Harvesting firewood
Christina Hainy	Swimming, playground games (jumping rope/Jacks/4 square), reading
James Bock	Playing with my American Flyer Train or riding our horse

Our goal for 2025 is to grow stronger, closer & more supportive as a church family!! There's still time to turn in your questionnaire!

Get one from the table by the office.



About Us

Our congregation is excited to welcome you and your family to our church! We strive to provide your children with the best learning experience while incorporating a lot of fun!

Call us

+1 507 235 5382 www.fairmontucc.org



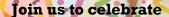
MISSION MINUTE:

*The September Blessing Box is Neighbors in Need. "Neighbors in Need (NIN) is a special mission offering of the United Church of Christ that supports ministries of justice and compassion in the United States. The Neighbors in Need offering supports ministries of justice and compassion, with one-third of the offering given to the Council for American Indian Ministries and the remaining two-thirds supporting UCC justice ministries. In 2025 the Neighbors in Need Offering supported 26 grant recipients across the UCC who were engaged in projects of direct service and advocacy.

*Fall Highway Clean-up: We'll be gathering a group the weekend of September 20th/21st to pick our section of Highway 15 by Northrop. We meet at the church and carpool to our section. We have 3 options for time: Saturday at 11am, Saturday at 2pm, or Sunday at 2pm. If you are interested in helping this year, please let us know ASAP of your preference and we'll pick the time. We'd like to do that sooner than later so please respond right away by emailing ajforstrom1@gmail.com, text 507-279-1607, indicate your choice on the bright pink paper on the table in the back of the sanctuary or contact anyone on the Mission board.

*The Free Community Meal in September: please bring family or friends on Wednesday, September 24 for spaghetti. Thank you to the CE board!

If you would like to provide treats and coffee after a church service, please sign up in the binder on the back table of the sanctuary. Please ask a hospitality board member (Terri Luetgers, Rebecca Lunz, Sherry Larson, Donna Grotte, Jon Neitzel or Tara Thedens) if you have any questions.



Retirement part

In honor of

MIKE TRUE

Saturday, September 13, 2025 1 -3 PM

First Congregational Church

RSVP to Erin by Sept 1st mikenerin2015@gmail.com Or text 507-399-6187



September Treats:

7th: Amanda Forstrom

14th: OPEN (as of printing newsletter)

21st: Sherry (Hospitality Bd)

28th: Cynthia Celander

September Partners in Ministry:

Diaconate: Tom Barrick
Usher: Ellen Germain
Readers:

7th: Carolyn Thompson 14th: Ace/Deb Adams

21st: Cynthia Celander 28th: Abigail Anderson

October Partners in Ministry:

Diaconate: Tom Barrick
Usher: Michael Rowan

Readers:

5th: Kay Campe 12th: Carol Barrick

19th: Sandra Smith

26th: Amanda Forstrom





























CREATION SUNDAY WORKDAY 2025

fairmontucc.org



Please submit good news to the newsletter to share with our church family! Honor roll, Dean's list, participating in club or team activities, etc. We **love** to hear what is happening in each other's lives! Email the office at uccsecretary319@gmail.com, call (507) 235-5382, or stop in!

Happy 100th birthday to Ginny Riedesel on Thursday, September 25th!!! Greetings can reach her at: 610 Summit Dr. #124.



BRAD STINE

WHILE ILEGA

Saturday September 27th, 2025 7:00 p.m.



Thank you, Joanne Eisenberger and Kathy Jorgensen, for watching the office while I was on vacation!

Thank you, Catherine Johnson, Margo Weaver, Lorie Zoeller & Kathy Jorgensen for assembling the August newsletter!

> You are very appreciated! :) Christina

Clean Comedy with "God's Comic"-Brad Stine

E-tickets Advance Sale only

Purchase at www.martinlutherhs.com Special Events

VIP Tickets \$60 Includes meet & greet with Brad 6:00-6:45 p.m. & reserved front row seats

General Admission \$30 Doors open at 6:30 p.m.



Come at 5:30 for Supper in the Parking Lot Pork Chops on a Stick-\$5 Mac 'n Cheese Bowl-\$5 O Scoops Ice Cream Coke Products



A benefit for the ministry of:



Martin Luther Jr/Sr High School, 315 Martin Luther Drive Phone: 507-436-5249 November 1 5 Martin Luther Drive Northrop, MN
none: 507-436-5249 www.martinlutherhs.com
north of I-90 Exit #102 and 1/4 miles west on Cty Hwy 38

> Sponsored by Nick Cress **Gemini Studios** & MLHS





The next Martin County **Humane Society bake** sale is on Saturday, September 20th, from 9 AM—1 PM, at Fleet & Farm.

Promo Video:



Please send 10 second video clips of church events to Abby Shoen at her email, abby.shoen43@gmail.com.

Abby is graciously planning to compile them into a promotional video for our church!

Honoring Christ...Welcoming All

September Treasurers Note

Giving is down over summer. This is not unusual but---Our necessary monthly spending is more than the giving we have received over the summer. Please keep active in your giving to our church and its ministries. A great way to give even when you are out of town is to sign up for Churchtrac giving. You can schedule regular giving or give at any time. You can also give to special offerings using this method. Scan the code (below) in the newsletter or in the bulletin. The code and a link are also on our church website home page.

Current Financial Situation:

YTD total income: \$91,711.90 YTD total expenses: \$104,651.57 YTD budget: \$106,775.41

Setting up online giving to First Congregational UCC, Fairmont

See the links on our church website, fairmontucc.org, or Scan the QR code



Or use this web address:

https://firstcongoucc.churchtrac.com/give

You will be taken to our ChurchTrac page where you will be asked to sign in or create an account. ChurchTrac will link you to Stripe, the secure payment system.

Giving can be done through your checking account or by credit card.





UCC Conference News:

Rev. Dr. Tanya Sadagopan to Serve as Conference Minister



Pictured: Search Committee members with Rev. Dr. Tanya Sadagopan; left to right, Jeff Palmer, Dennis McKee, Jean Chagon, Tanya Sadagopan, Lisa Lindesmith, Emma North, Kim Shaffer, Jerry Locula

With the greatest of pleasure and with the affirmation of 63 congregations in the Minnesota Conference, this past Tuesday the Minnesota Conference UCC approved Rev. Dr. Tanya Sadagopan to serve as our settled Conference Minister.

We are deeply grateful for the work of the Search Committee over the past year. They hosted listening sessions throughout the Conference, developed a comprehensive Conference profile, brought forth several excellent candidates, facilitated an innovative panel interview process, and ultimately recommended Tanya. Thank you to Jean Chagnon, Lisa Lindesmith, Rev. Jerry Locula, Rev. Dennis McGee, Rev. Jeff Palmer, Emma North, and Kim Shaffer.

The search process has allowed us to tap into our deep sense of love, pride, commitment, and call that is felt and expressed throughout the many ministries of our conference. We look forward to Tanya joining us later this fall!

Because of technical difficulties with Tuesday's session, we regret that our online delegates could not fully participate in the events of the day. Many did persist and we were able to hear both comments and votes from those who were not able to be in person. In response to a question about technical accessibility, Tanya responded, "I see you, and I am committed to accessibility for all." We are grateful our new Conference Minister is beginning with the understanding that accessibility is a priority and justice issue.

We'll be serving treats & beverages for children at King Korn Day from 10 AM to noon on Saturday, September 13th on 3rd St. & Downtown Plaza. Call the office, 507-235-5382, if you'd like to provide bars (uncut, please) or serve that day!



Pig Alley by Day

A special Kids Event is happening in Pig Albey on 3rd St. (Downtown Fahrmont) from 10 AM to 12 Noont Get ready for an aink-tastic morning filled with hands-on fun, laughter, and creativity. Step through the straw-covered entrance and discover the ultimate kids' zone packed with activities, games, and burnyard surprises!

- Haystack Quarter Hunt
- Fig Clip Art Station
- Creative Rock Painting
- . Sever testy treats & drinks



A Hometown Throudown for Grown-Ups on 3rd St. (downtown Fairmont) from 2 PM to 1 AM, When the sun sets on Pig Alley, the party fires up for the adults! Join us for a boot-stompin; beer sippin; music-fitted flam flash under the stars-because King Corn Day lon't just for kids!

- 3PM SPM Square Dancing
- with Lake Promenaders SPM-TPM Salsa Dancing
- SPM-LAM Dance Party Oneio with Tracy and Lie









girl scouts









LAST Community Worship at the Park is Wednesday, September 3rd at 6:30 PM. This will be rain or shine at the Sylvania Park Bandshell. There will be a live worship band with meaningful messages from area pastors.

Church Treasurer Needed:

Would you like to serve our congregation in a new and interesting way? Do you like paying attention to \$ and Cents while someone else does the actual math?

Consider being nominated for the Church Treasurer position starting in 2026. It takes about 6 hours a month to do the tasks. The Treasurer signs checks, tracks on the monthly financials, reports and participates on Church Council, and leads the budget process. Access to the internet to use online programs is needed. The Assistant Treasurer does the accounting and writes checks.

If you are interested talk to Cynthia Celander, Catherine Johnson, or Kay Campe.

1st Congregational UCC

FREE COMMUNITY ——— MEAL ———



1st Congregational UCC Church

319 Downtown Plaza, Fairmont MN +1(507)235-5382 www.fairmontucc.org Meal Served 5:30PM

Chicken Flatbread Pizza with Salsa Verde, White Beans and Corn Recipe

Ingredients:

Quick flatbread dough (or 1 package 12-inch thin pizza crust)

- l cup drained white beans, mashed
- l cup store-bought salsa verde
- 2 cups shredded cooked chicken breast
- 1 cup frozen corn, no need to thaw (or canned)
- 1 cup (3 ounces) reduced-fat shredded Monterey Jack Cheese
- 3 medium scallions, thinly sliced
- 2 tablespoons chopped fresh cilantro leaves

Instructions:

Adjust an oven rack to the lowest position and heat the oven to 500F degrees for flatbread dough (or 450F degrees for packaged pizza crust).

Roll the flatbread out into one large 12×16-inch rectangle or 4 individual 12×4-inch rectangles and place on a cookie sheet. (Or place the prepared pizza crust on the cookie sheet.)

In a small bowl, mix together the mashed beans and 1/2 cup of the salsa. Spread evenly over the dough.

In a medium bowl toss together the remaining 1/2 cup salsa, chicken and corn. Top the flatbread(s) evenly with the chicken mixture.

Bake until the pizza is spotty brown, 10 to 15 minutes. Remove from the oven and top the hot pizza with the cheese, scallions, and cilantro and place back in the oven. Continue to bake until the cheese melts, 2-3 minutes more.

Serve individual flatbreads or cut the large flatbread/pizza into 8 pieces.

Nutrition: Serving: 1/4 of recipe

Calories: 434kcal, Carbohydrates: 46.9g, Protein: 36.1g, Fat: 10.1g, Saturated Fat: 3g, Polyunsaturated

Fat: 1g, Monounsaturated

Fat: 2g, Cholesterol: 58mg, Sodium: 636mg, Potassium: 613mg, Fiber: 5.4g, Sugar: 6g, Vitamin

A: 667IU, Vitamin C: 6mg, Calcium: 168mg, Iron: 3mg

From: simple-nourished-living.com



HAPPY BIRTHDAY!

Sept 1	Daniel Moller	Sept 19	Joanie Maday
Sept 7	Abby Miller	Sept 21	Sarah Gerhardt
Sept 8	Eric Zoeller	Sept 22	Dave Huset
	Barbara Young	Sept 25	Virginia Riedesel
Sept 9	Tom Barrick		Jan Cone
Sept 10	Marian Buchan		Amanda Jaskulke
Sept 12	Don Marks		Zach Ashland
Sept 13	Mike True	Sept 26	Cameron Germain
Sept 15	Oliver Thedens		Chad Thate
Sept 16	Evie Wenz		Tyler Goerndt
Sept 17	Polly Mosloski	Sept 28	Jon Neitzel
	Jeff Vetter		Patti Norman
Sept 18	Dean Grotte		Dustin Bicknase
	Marie Stoeckman		

