



July 2026



HILL AND VALLEY PARISH NEWS

Svea and Eidsvold Lutheran Churches

Greetings from the Parsonage,

I was surprised to learn that neurologists have spent considerable time monitoring brain activity during prayer. What they found is that prayer initially leads to a spike in brain activity in the frontal lobe—our center of concentration. This makes sense. At the beginning of our prayers, we scramble to find the words to say, or run through the high and lows of our day, or simply struggle to settle down. However, those who pushed through all this, experienced a drop of activity in the same spot. They entered a prayer state.

If the person continues on to what we might call deep prayer, activity in the parietal lobe which directs our exterior awareness—how we relate to the things around us—starts to decrease. We get so caught up in it, that everything else fades away and we lose ourselves in prayer. Researchers found that folks who used something tactile, prayer beads or a hand cross, found this state far quicker. The same was true for those who chanted, or repeated the same prayer. Even familiar and comforting smells aided in finding this state.

Anything that assisted with turning our brain off and thereby opening it to God—led to a deeper state of prayer. It is in this state of low brain activity that participants in the research reported a Spiritual Experience—some heard God's voice, others knew God was listening, others simply felt at Peace. Prayer is about God seeking us, not the other way around. God is open and ready all the moments of our lives but the same is not true for us. We put up walls, we fill our lives with distractions, we simply do not take the time to pray and pray fully. We do not listen and so we do not hear. But when we do, those who are watching, see it happen.

In the rush and fever of this world, we are wise to carve out sanctuaries for us and God—even if they exist simply in moments of prayer, in moments when we turn to God knowing that this world will not be up to the challenge. Prayer sets our hearts and minds apart for God so our Lord can be heard and felt clearly. Like I said, Prayer is about God seeking us, not the other way around. The Good Lord comes knocking as He does, asking to be let in, and to have fellowship with us. Answering God's call of fellowship is at the heart of prayer. Prayer is when we allow God to enter our hearts and the worries that lie there. When we allow Him to saturate our hearts and leave us changed. Amen.

Al Aakre
Eidsvold-Svea Lutheran Parish
(608) - 799 - 9703

We are excited to announce **electronic** giving through **Vanco!**
Your generosity will help us impact our community with the good
news of the gospel.

Try the QR codes printed below.

Eidsvold



CONTACT INFORMATION

PASTOR AL AAKRE 608-799-9703
AAAKRE002@LUTHERSEM.EDU
CHURCH: BELUTHER@BEVCOMM.NET
OFFICE 715-594-3182
LEAVE A MESSAGE

CHURCH SERVICE INFO

EIDSVOLD LUTHERAN CHURCH
W6111 COUNTY RD EE
BAY CITY WI 54723
JULY SERVICES
9:00 AM

SVEA LUTHERAN CHURCH
N2610 770TH ST
HAGER CITY WI 54014
JULY SERVICES
10:30 AM

Parish Social Media

Facebook
Church Website
<https://www.eidsvoldsvea.com>

Did you know Svea's worship service is on **YouTube** each week?

Check it out at

<https://www.youtube.com/@SveaLutheranChurch>

or simply google Svea Lutheran Church, Hager City WI

Once you're there, click on YouTube.

July Birthdays

Eidsvold

1 - Mary Kvam
2 - Rita Anderson
13 - Jersi Owen
15 - Cheyenne Yotter
16 - Cayden O'Reilly
17 - Loni Johnson
18 - Riley Lacroix
18 - Chloe Kaeder
20 - Jim Anderson
20 - Josh Owen
21 - Casey O'Reilly
22 - Odin Gilbertson
25 - Soren Gilbertson
27 - Elliot Kuesel
29 - Ronny Johnson
31 - Mike Whipple
31 - Levi Franklin
31 - Blake Girdeen



PRAYER LIST

Prayers for Healing

Richard Scharpen
Nate Rieck
Margaret Group
Karl Group
Jim Bostrom
Barry Barringer
Liliah Larson
Gail Gusa
Virgil Hinrichs
John (Butch) Sebion
Sandy Place
Bob Soden
Wendell Manore
Dave Ericson
Elwyn Manore

Prayers for Sustained Strength and Comfort

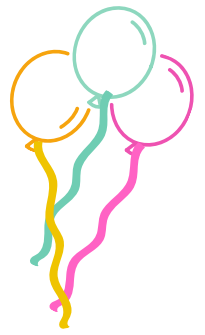
Darrell Schuster
ammy Price
Johnnie Albarado
Norma Hanson
Laura Anderson
Larry Gerdes
Terrence Emery
Chris Larson
Rose Ann Powers
Gerry Hoffman
Julie Patterson
Jim Swenson,
those who mourn Shelly
Bloomtrand
those who mourn J une Olson
all caregivers in our parish

Prayers for those serving in the military

Carson Anway
Tyler Ballman
Nathan Solomon

Svea

7 - Olivia Anway
13 - Russ Oberg
26 - Kaila Anway
28 - Addison Peters
29 - Michelle Girdeen



Please let me know if I missed a birthday or need to make any corrections.



Joint service planned for AUGUST



We are trying a new location!

Worship at Saratoga Park
(Bay City Park)

August 23, 2026

10:00 am

Potluck to follow!



Bring your lawn chair
and invite a guest!



Community Events

Svea Quilters

2nd and 4th Tuesday

July 14

July 28

9 am-noon

No experience is needed.

All are welcome!



Luther Point Bible Camp

Grantsburg, WI 54840

www.lutherpoint.org

Have you ever been to camp?

Luther Point is a place where young people encounter God, build lasting friendships, and discover their faith in ways that shape their entire lives.

Students 1st through 12th grade are encouraged to attend.

Horse Camp, Fish Camp, and Outpost Camp are just a few choices.

See the bulletin board for the appropriate time and age group for your child!

Contact Pastor Al with questions.

Concerned about the cost? Funding from the church is available!

English Lutheran Church is suggesting the **week of July 17-24.**

Arrangements can be made to connect with them!



BETHEL'S BASEMENT BLESSINGS

New Community Outreach

FREE Monthly Shopping

at Bethel Covenant Church

W8405 Cty Rd KK, Ellsworth WI

715-792-2397

Shopping will be held each month on the

3rd Tuesday and Wednesday

11 AM - 6 PM

EUCHRE

No euchre for the summer, we will resume in the fall.



Word in Season

Devotionals

July - Aug - Sept

Are Available on the small table at the back of the church.

SVEA CHURCH HAPPENINGS



Contact Bonnie Hasenberg if you have information you want included in the newsletter **612-720-7411.**

A BIG thank you to **Mary Shaver** for serving as treasurer and on the church council for several years. You always helped and served with a smile and positive attitude.

THANK YOU!!



Russ Oberg has offered his services to being treasurer and filling the vacant spot on council.

Thank you for stepping up and helping out!

Lawn mowing season is here and anyone interested in helping out financially with the cemetery mowing is asked to donate to the Svea cemetery fund.

Any amount is appreciated.



An update on the construction and lift project -

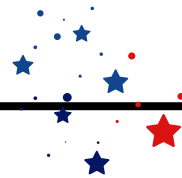
Still planning on getting this done this summer.

Awaiting final bids on the lift from 2 different companies and another permit is needed.

Svea Cookbooks for sale!

THEY MAKE GREAT
GRADUATION, WEDDING
SHOWER OR WEDDING GIFTS.
\$20.00 EACH FOR 2 FOR \$30.00.

EIDSVOLD HAPPENINGS



Thank you for your Time and Talents

July

Readers

July 5 **Mandy Rikli**
July 12 **Michelle Plote**
July 19 **Carol / Angie Peterson**
July 26 **Justin Mandelkow**

Thank you!

Altar Committee

Karen Brostrom

Bake Communion Bread

Phyllis Beastrom

July 5 & 19



Wash Communion Glasses

July 5 & 19 _____

Ushers

July 5 **Mandi Rikli**
July 12 **Kathy Hanson & _____**
July 19 **Kari Schroeder & Lynda Rieck**
July 26 **DeLoris B & Darren Bloomstrand**

**Thank you for volunteering
and being in the rotation!**

STRENGTHS

- active Sunday School
- family confirmation meals
- good friends
- loving one another
- children's message
- being kind to others
- welcoming congregation
- young families
- altar guild volunteers
- awesome communion bread
- fellowship
- great children's message and their participation

SWOT

- **STRENGTHS**
- **Weaknesses**
- **Opportunities**
- **Talents**

WEAKNESSES

Areas we can improve.
Post your thoughts on the board!
What do you want our church to offer?
Expectations and Ideas welcome!

Next....

OPPORTUNITIES

Areas we can get involved in

Pie and Ice Cream Social

Wednesday, July 29

Eidsvold Lutheran Church

4 - 7 pm



Ladies, please make a pie and bring to the church.
If you are able to work, that would be appreciated.
This is one way we can be involved in our community!



Behind the scenes:

Do you know who changes the altar cloths
and fills all those communion cups?

Answer:

Altar Guild: Kathy Sears, Lorna Eidem, Kathy Hanson,
Tracie Esterby, Phyllis Beastrom, Bev Peterson, Karen
Brostrom, Fay Albarado, Mary Williams



4th of July