

Kunéix Hídi Northern Light United Church

No matter who you are, no matter where you are on life's journey, you are welcome here.

Sunday Worship

10:00 am in person and via Zoom

<https://zoom.us/j/398434443>

By phone +1 253 215-8782 Meeting ID: 398 434 443

Scan this code to donate now



The mission of Kunéix Hídi Northern Light United Church is to make disciples of Jesus Christ through God-centered worship and people-centered ministry.

400 West 11th Street
Juneau, AK 99801-1512
(907) 586-3131
office@khnLuc.org
Christina's office hours
Monday - Friday
8:00 am - 3:00 pm
Minus lunch hour

Rev. Dr. Charles Ensminger, Pastor
pastor@khnLuc.org
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Such a Word as This

Often, when we speak of grief, we utilize it around terms of loss. Loss can certainly trigger grief. This is a point I will be addressing in two sermons this month.

Yet grief doesn't always come from *direct* loss. The experience of grief can come from realizing that someone *else* is experiencing loss or, perhaps more to the point, engaging in what would appear to be obviously destructive behavior.

That kind of grief grows out of the fact that 1) you *know* the behavior could have been avoided, 2) you are having to watch someone else's life unravel, and 3) you have the knowledge that there was nothing else *you* could have done about the situation.

That grief can be interpersonal, familial, or even general: when we watch the news, the protests, the finger pointing, the blame, the anger, the outrage, and so on, we might very well find that we feel a deep grief within our hearts as we witness people, perhaps even institutions that we love move in ways we cannot comprehend.

We feel our hearts break at the realization that there is nothing we can say, do, or offer that can bring anyone to reason; there is noth-

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Special points of interest

- Ketchikan Presbyterian Church's 100th Anniversary
- Sign up to be a Greeter
- JAMM Chamber Music Concert
- Instant Church Directory
- Eagle River United Methodist Camp News

Sermon Series

For the second and third Sundays in September, I will be speaking on the topic of grief, something with which we all must contend at some point, and yet something with which the church often neglects to deal.

9/7 Ketchikan Presbyterian Church 100th Anniversary Service

9/14 Psalm 31:9-1
Allowing for Grief

9/21 Ruth 1:19-21
Small Wounds

9/28 Luke 16:19-31
What Will it Take?

Ketchikan Presbyterian Church's 100th Anniversary

We will have the opportunity to share in the 100th Anniversary of Ketchikan Presbyterian Church! The first Sunday, September 7th, we will be sharing in their service via Zoom and in person. Pastor Charles will be preaching in Ketchikan, and our congregation will be adding to the celebration with our voices and with the Tlingit Gospel Singers. It is a joy to be able to be a part of this celebration!

Such a Word as This continued

ing that can change the course of the actions decided upon in the heat of the moment. It is frustrating and grievous to see that the paths could have been different, but apparent irrationality seems to have won out.

This kind of grief is not the same as, for example, the grief over losing a family member. Instead, what we feel a deep sorrow at the sense of brokenness that permeates the situation. That may not bring tears, but it can hollow us out just as much. We find ourselves withdrawing, shaking our heads, and either not wanting to talk about the situation at all or finding that all we can do is talk, talk, talk with the same effect as simply spinning our wheels. We get nowhere. We find ourselves grieving and exhausted.

There is what is called “emotional fatigue.” It is defined as follows: “the state of feeling emotionally drained and overwhelmed due to prolonged stress, leading to symptoms that can significantly impact daily life and mental health.” There is also what is called “compassion fatigue” which, while quite similar, is this: “a form of stress that arises from frequent contact with traumatized individuals, leading to emotional exhaustion and diminished ability to empathize with others.”

Both of these things can lead to emotional withdrawal, anxiety, and a sense of helplessness. They are both what we

might call vicarious trauma. We are exhausted, grieving, and broken.

It is a hard moment to come to this realization. It is, however, something we find repeatedly in the Bible. In Isaiah 48:18 we hear God speaking through the prophet lament, “O, that you had hearkened to my commandments! Then your peace would have been like a river, and your righteousness like the waves of the sea.” The prophet is declaring that the people had an opportunity for a different path, but they did not listen.

In Jesus’ approach to Jerusalem, Jesus declares the following: “O Jerusalem, Jerusalem, killing the prophets and stoning those who are sent to you! How often would I have gathered your children together as a hen gathers her brood under her wings, and you would not!” (Matthew 23:37) Likewise in Luke 19:41-42: “And when he drew near and saw the city, he wept over it, saying, ‘Would that even today you knew the things that make for peace!’”

The point being that, as Jesus’ words attest, there are moments when all we can do is look on in grief as people close the doors to hope, opportunity, and love.

Why is it the way it is? The answer is the curse of free will. Someone always has the opportunity to choose between love and hate. Hate promises

continued on next page

Such a Word as This continued

immediate results. Hate promises quick fixes. Love must endure. Love will hold hands with the young child infected with AIDS. Hate looks at that child and says, “You deserve to die.” Love grieves at division, hate seeks to widen the gulf. Love works for amicability. Hatred keeps tabs on how much things cost, who deserves what, and how much we hope to get when it falls apart, as we assume it will. Love moves us. Hatred kills us.

You and I can choose. We can choose whom we like, we can choose with whom we will forever remain angry. We can choose. We can stand with the crowds at Pentecost and hear the Good News proclaimed in our own language and wonder at what God can do. Or, we can stand, hearing the same words and say, “It is a trick. They are drunk. It’s all a lie.”

We grieve because we believe that there can be a better way. There *is* a better way. If only...

Peace.
Pastor Charles

Bible Study Resumes

We will be resuming our study times again on Sunday, September 14th in person at 4:00 and on Wednesday, September 17th at 6:30 via Zoom.

As a follow-up to our “Introduction to the Bible” series, Pastor Charles will be leading a class on an “Introduction to the Christian Faith,” or, as Pastor Charles calls it, “Theology 101.” This is a series that will look at the development of the church, basic Christian beliefs, and where we may (or may not) fit into those various traditions.

Here is a list of the topics we will be covering:

1. Scripture
2. God
3. Creation and Humanity
4. Christology (how do we understand the nature of Christ? Human? Divine? A little of both? 30%? 50%? 200%?)
5. Theodicy (the question of why people suffer), Sin
6. Free Will or Predestination
7. Soteriology (what do we mean by the term “salvation”?)
8. The Trinity
9. Ecclesiology (the study of the church and its development)
10. Creeds

Children's moment on Communion Sunday. Pastor Charles explaining about the communion symbols on his stole



Community of Christian Women

We met on Sunday, August 10, 2025.

Attendees: Carol Barril (president), Karen Dillon (treasurer), Melody Millard, Karen Lipson, Rosemarie Alexander-Isett, Carol Burrows, Marianne Mills, Janet Kussart, Susan Bus, Jane Ginter, Patsy Wright (secretary), and Peggy Metcalf

Karen Dillon shared the bank statement. Leaving funds to cover monthly bank fees, it was decided to allocate \$850- to causes. Many worthy causes were discussed and narrowed down to two causes.

Motion made by Patsy, seconded by Marianne, and approved, funds to Moaiad's family for food security in the Gaza strip. Total \$350-
Motion made by Peggy, seconded by Rosemarie, and approved funds to the Polaris House for a refrigerator, \$500-

Further business:

The 2025 CCW Bazaar and Luncheon will be dedicated to Marion and Don Gotschall in appreciation of their continued support of CCW and the bazaar.

Dates for the bazaar are as follows:

October 1-27 ALL items are to be posted during this time to the auction website.

November 1-16 Auction website is open for bids, beginning at 7 AM and concluding at 4:59 PM on Sunday, November 16.

Luncheon tickets can be purchased for \$20- which includes homemade soups, breads, and pies.

Please consider donating gently used items, baking, or volunteering. Thank you!

Preschool Mats

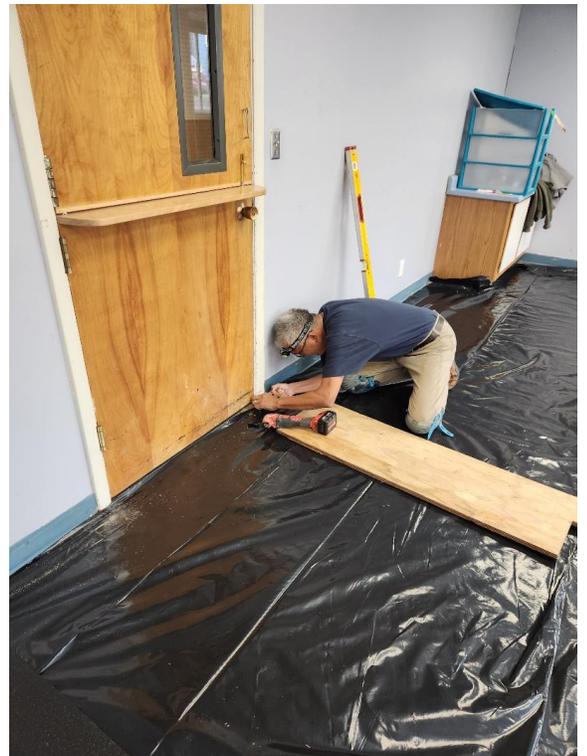
We had a busy Committee on Property Management today as we laid out the mats for one of the preschool rooms. A lot of work with a lot of help. Charles early this morning. Mike and Ryan prepping the mats and doing a lot of the heavy work...and then Matt Bell coming in to do the interior cutting work and fine tuning the cuts on the Mats, and Karen and Steve helping clean up and the finishing touches.

It was good to see Matthew after all he has been through. I do not know about everyone else, but I had a good nap this afternoon after a workout.

The floor looks nice and time will tell if this will work out. The preschool will put rugs over the mats and will lay throw down carpeting on the other side of the room. They will make it work.

Have a great rest of the weekend,

Duff Mitchell



Serving Meals at the Salvation Army Thrift Store

As many of you are aware, there are great challenges for the staff and community of the Glory Hall and those around the Teal Street area. We are hoping to have an informational session here at the church in the coming weeks.

In the meantime, there is an effort being spearheaded by members of the communities of faith to work to provide meals for those who are without shelter. This will take place on Mondays, Wednesdays, and Fridays beginning on August 29th and continuing until October 13th (or until another option is available).

Our church will provide the facilities for cooking and preparing meals which will be served at the Salvation Army Thrift Store parking lot in their mobile canteen according to the following schedule:

Mondays 12-1 pm
Wednesday 6-7 pm
Fridays 6-7 pm

All supplies and food needed for meals will be provided as will recipes (see the below schedule). What we are asking for is groups of **at least four** to sign up to prepare a meal and then transport it to the Salvation Army Thrift store to serve (the people preparing will be serving, too).

If you cannot donate time, you can certainly donate money to this. You can make a donation to the church for outreach or contact Shepherd of the Valley Lutheran to donate for supplies.

The instructions are as follows:

Cook/s
Arrive 1½ hours before serving time, 4:30 pm. All supplies and recipes will be present. Team is responsible for cleanup in kitchen.

Transport food to Salvation Army Thrift store 15 minutes before serving time. Do not start serving early. The teams will be provided with a combination for the Thrift Store fence and the key for the food truck/canteen will be kept in our kitchen.

Teams will close the canteen when the food runs out OR at 7 pm.
One meal per person. No “to go” meals for others.

Support staff and volunteers from service agencies will be present. They will assist in closing and locking up time. We will have hand sanitizer the first week and then hope to add hand washing station and port-a-potties if viable.

If you would like to sign up, get a team together and go to [Sign up for Food truck.docx - Google Docs](#)

Dates, times, and menu items are visible on this document.

When you sign up, please sign up as KHNLC.

Thank you very much for your help in this endeavor!

Sincerely
Pastor Charles, Pastor Tari Stage-Harvey, the Salvation Army, and many, many others.

JAMM Chamber Music Concert

Meg Rosson served on the faculty of the Juneau Alaska Music Matters (JAMM) Chamber Camp Faculty. Two members of our KHNLUC Youth Group, Rachel and Katie Rosson, participated. The director, Meghan Johnson, thanked K̄unéix̄ Hídi Northern Light United Church for funding assistance from the Ruth and Louis Eugene Anderson Music Education Endowment Grant.

Here's what Meg reported on the camp:

This week I helped to run a chamber music camp. Over 30 Juneau kids came each day to learn from an incredible team of teachers.

My kids have had a busy summer and some weeks it feels like I only see them to drop off and pick up from various camps and social activities, so it was nice to spend a week with the girls! Here they are with their quintets, and Rachel with her chamber orchestra (I love this venue and backdrop, but I haven't totally figured out how to take photos here).

We are super thankful for the grant funding! All JAMM's classes and camps are tuition free, and getting support from the Anderson Grant was vital to being able to run this camp and create these opportunities for all kids in Juneau.

Chamber Music Concert
August 1, 2025
Featuring musicians
from JAMM's Chamber
Music Camp 2025

Thank you to our 2025
camp host: Chapel by the
Lake. Thank you to out
sponsors: Hecla, the
Ruth and Louis Eugene
Anderson Music Educa-
tion Endowment Grant,
The Juneau Arts and Hu-
manities Council, and
the City and Borough of
Juneau.





Sign Up to be a Greeter

This is one of the most important and rewarding opportunities in the church. You get to meet and greet those arriving for worship. We are no longer asking folks to "check-off" their names on the check off sheet, so the usher job is a lot easier!

Look at your calendar and see when you can serve as usher. Sign up once a month if you can!

You can sign up online at <https://khnluc.org/worship/https://signup.com/client/invitation2/secure/605641402083/false#/invitation>

The usher arrives about 9:30 a.m., one-half hour before the service is scheduled to begin, 10 a.m. year-round.

The usher should: Welcome worshippers,

especially those who appear to be new to KHNLU. Mention to people with children that there are crayons, coloring books, and books available. There is a nursery downstairs. If they are visitors, invite them to sign the visitor card or sign-in sheet. Provide a bulletin. The usher should remain towards the back of the church during the service to assist late arrivals.

During Joys & Concerns, the usher will pick up the microphone from the back, making sure it is turned ON, and take it to those who wish to speak. The Worship Leader or the usher will read Joys & Concerns from Zoom Chat. Those on Zoom will be asked if they want to unmute and speak. Rather than reading all the Zoom requests together, the congregation should reply to each one: "Lord, in your mercy, hear our prayer."

Summer Picnic at Sandy Beach Log Cabin

We enjoyed a glorious sunny, summer day at our church picnic on Sunday, August 24.

Thanks to Mary Becker, the Council, and all the workers who made this event happen!

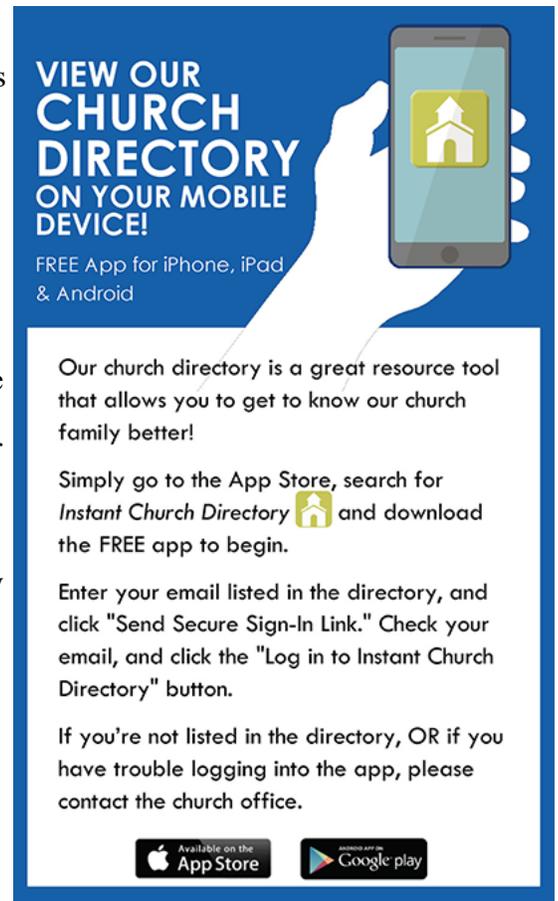
We even enjoyed a 50th anniversary cake in celebration of Margaret & John Pugh.



Instant Church Directory

Do you wonder who is sitting next to you at church? Do you wonder who serves on the church's committees? We have a CHURCH DIRECTORY available on your computer or on your smart phone. If you prefer a printed copy, just ask! You can download the FREE member app or log in. Our church directory is available to view on your computer! Instant Church Directory - the program we use to build our church directory - has a member website. Go to <https://members.instantchurchdirectory.com/> You will be asked to enter your email address as it's listed in our directory. If your email address isn't listed in the directory, let Jane Ginter (ginteralaska@gmail.com) know so it can be added. Once you enter your email address, follow the directions on-screen to complete the create log-in process. After you sign in, you'll see the most up-to-date directory for our church. Any time updates are made, they will show on the Online Members' Website, too. online to view your church directory. Our church directory is also available to view on your mobile device! Instant Church Directory - the program we use to build our church directory - has a free app for church members to download on their Apple and Android devices. Go to Google Play or Apple Apps to download Instant Church Directory. You will be asked to enter your email address as it's listed in our directory. If your email address isn't listed in the directory, let Jane Ginter (ginteralaska@gmail.com) know so it can be added. Once you enter your email address follow the directions on screen to complete the login process. After you login, the directory will be downloaded to your device. Anytime updates are made, they will update on your device too. In the app you will be able to search for families and members and call, email and text right from the app. Our church directory is available on your iphone, ipad, and android devices as well as on the internet.

If you need any help please contact Jane Ginter at ginteralaska@gmail.com or 907 209-8185.



VIEW OUR CHURCH DIRECTORY ON YOUR MOBILE DEVICE!

FREE App for iPhone, iPad & Android

Our church directory is a great resource tool that allows you to get to know our church family better!

Simply go to the App Store, search for *Instant Church Directory*  and download the FREE app to begin.

Enter your email listed in the directory, and click "Send Secure Sign-In Link." Check your email, and click the "Log in to Instant Church Directory" button.

If you're not listed in the directory, OR if you have trouble logging into the app, please contact the church office.

Available on the App Store 

Summer Lunch Program

We had another successful summer of serving hot lunches to kids, and a few parents, at Geneva Woods Housing Complex – our 10th year! With 51 days of service, we provided lunch to 698 kids and 94 adults (parents and volunteers) for a total of 792. This required 102 volunteer segments to cook and serve at approximately two hours each.

Freda and Deb would like to extend a huge thank you to all our volunteers plus our paid coordinator Talia Eames. Talia texted “Thanks for a wonderful last day of service. These kids and the volunteers are just wonderful. It’s been such a joy to reconnect with youth and KHNLC.” Talia easily bonded with the kids and provided time for activities after lunch. She is hoping to return next summer.

Consider Serving on an Elected Committee!

As 2025 approaches its end, the Kunéix Hídi Nominating Committee begins to look for members to be on various elected committees. The combination of new and experienced members serving on these committees allows our congregation to function in a responsible, fulfilling manner. However, this combination also requires everyone to take a turn at being on a committee. Below is a list of our congregation's various committees and their responsibilities. Please look these over and decide on which of these you would be willing to serve. If you have questions, concerns, or just need more information, obtain that information from a member of the Nominating Committee (listed below).

Church Council

Kunéix Hídi's Board of Directors. Responsible for Church finances, policies and procedures; generally overseeing the overall functioning of our Church (as advised by the various standing committees) as well as our Church's relationship with the Presbyterian Church, USA and United Methodist Church.

Committee on Property and Management

The physical well-being of the church building, grounds, and manse.

Deacons

Hosting church events, especially when food and/or beverages are required; as well as preparing communion. Providing members with individual support and assistance when requested.

Social Justice and Service

Creating awareness and support for church programs of social justice and outreach.

Staff-Parish Relations Committee

Serve as a link and liaison between the pastor and congregation.

All of the above committee members serve for 3-year terms. Committees typically meet once a month for an hour or so and often involve follow-up activities of a volunteer nature, as appropriate.

Each of the above committees have a half to full-page detailed description in the KHNLUC Bylaws. Thus, the above descriptions are "bare bone."

You can contact members of the Nominating Committee: Barbara Searls, Marianne Mills, Margaret Pugh, Elizabeth Wheeler, Jenny Pursell, Jim Alter, Jane Ginter, and Pastor Charles.

You can view more about the committees, check out GROUPS:

<https://www.instantchurchdirectory.com/members/groups>

You can see who is on the committees at STAFF:

https://www.instantchurchdirectory.com/members/staff_member.aspx

ERUMC & Michigan volunteers

Here is some of the work done by the Michigan volunteers:

- **Remodel Lodge Kitchen** - Remove sanitizer, update plumbing, drainage and electrical, as needed, replace any rot found in floor, re-floor using existing LVP flooring. This is the highest priority project for the Michigan work crew.

The LVP flooring was installed and the floor repaired as needed. They improved the plumbing and drainage and moved the sanitizer sink by the wall. Not sure what the status of the dishwasher is as last I saw it they had it by the toolshed

- **Replace front porch posts on Crowberry and Wild Cucumber cabins.**

Tasks completed!

- **Remove oil tank and heater from Nagoon Berry cabin** and replace with two space heaters.

Tasks completed!

- **Chapel - mud and taping.**

This was started and some work got done

Thank you Pastor Julia and all of her volunteers for the gift of your time and talents.

In appreciation!

Nico Bus

ERUMC Board



CHOP- A-THON!

Eagle River United Methodist Camp

Saturday, October 18, 2025, starting at 9 am

Come help prepare firewood for the winter! Help with other chores at camp. Enjoy Lunch!
Earn a coupon for a discounted rental at camp!

This is our fall work party to refill the wood shed before winter. We usually have several hydraulic log splitters working and need folks with muscle to move logs and folks with finesse to run the splitter lever.

Activities Planned:

- Wrangling Tree Rounds
- Splitting Tree Rounds into Firewood
- Stacking Split Firewood into the Woodshed
- Fixing Lunch
- Come help with other chores around camp!



Thank you for helping to support the camp!



If you'd like to make a donation:

ERUMC Treasurer
PO Box 20272
Juneau AK 99802
<https://www.methodistcamp.org/>

Eagle River United Methodist Camp

Mile 28 "Out the road"
27500 Glacier Hwy
manager@methodistcamp.org
(907) 789-3734 manager

Thank yous

Many people and groups are involved in making sure things happen at KHNLUC. Each month we would like to recognize some of those individuals and groups for their special services. Special thanks to:

*those who served as Liturgists: Betsy Brenneman, Patsy Wright, Dori Germain, Sharon Denton, Jane Ginter

*those who served as Greeters/ushers: Karen Dillon, Jane Ginter, Kristy Germain, Laura Doogan, Sharon Denton

*Those who provided flowers: Janet Kussart, Jean Ann Alter, Nancy Jones, John and Margaret Pugh, Paul and Philis Beran

*Mary Borthwick, Karen Dillon, Marianne Mills, John Pugh, Carol Barril, Pat Gorman, Jan and Don Kussart, April Rezendes, Patsy Wright and Jim Alter for their help in counting and recording financial gifts received by Kunéix Hídi Northern Light.

If you have a suggestion for a thank you, call Christina at the church office, 586-3131 or e-mail her at office@khnluc.org.

Sign Up!

You can be an important part of what makes our worship together a good experience.

Our web site, <https://khnluc.org/>, offers a section where you can help with worship. You can also tell Christina to sign you up if you prefer not to use the computer.

Everyone is invited to be part of our worship service.

The liturgist reads the scripture and helps lead the service with the pastor. Sign up to be a liturgist on the sign-up sheet in Memorial Hall or call the office.

You can serve as liturgist even if you worship with us via Zoom.

The ushers greet people before the service, pass out bulletins, pass the offering plate, and assist with the prayers and announcements from the congregation. [Sign up to be an usher.](#)

The altar flowers are provided by the congregation. [Sign up to provide flowers for worship.](#)

You can provide flowers even if you worship via Zoom. Flowers can be brought to the church before Sunday if that is more convenient for you. Ask Christina for the new key code to enter the side door on A Street.

We encourage you to think ahead and plan to help out. Pick a special day for providing flowers to honor a loved one. Maybe sign up once a month to be liturgist or usher.



3	Don Kussart
4	Deborah Reifenstein
	Marie Beierly Wilson
	Denali McGuire
7	Minuet Cryderman
9	Monica Buettel
10	Marion Gotschall
	Gail O'Dell
11	Mark Millea
	Richard Doogan
12	April Rezendes
	Rachel Rosson
18	Susan Bus
	Nancy Lehnhart
20	Scott McHenry
21	Mary Gramling
23	Rebecca Easton
	Nadine Hope
25	Margaret Pugh
26	KJ Metcalf
30	Frances Graham
30	Lori Posey

SEPTEMBER 2025

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Church Office Closed for Labor Day 12:00 Glacier Delights	2 12:00 Al-Anon 2:30 Violin Lessons	3 10:00 Finance Committee 5:30 Chancel Choir 6:00 Caring Canteen	4 12:00 Pastoral Group	5 7:30 Men's Breakfast 2:30 Violin Lessons	6 8:00 Vets for Peace
7 10:00 Worship 5:15 Youth Group	8	9 12:00 Al-Anon 2:30 Violin Lessons Glory Hall Chili	10 5:30 Chancel Choir 6:00 Caring Canteen	11 5:30 Council	12 7:30 Men's Breakfast 2:30 Violin Lessons 6:00 Caring Canteen	13
14 10:00 Worship 3:00 Mudrooms Workshop 4:00 Bible Study 5:15 Youth Group	15 6:00 ERUMC Board	16 12:00 Al-Anon 2:30 Violin Lessons	17 5:30 Chancel Choir 6:30 Worship Committee 6:30 Online Bible Study	18 5:00 Committee on Property Management	19 7:30 Men's Breakfast 2:30 Violin Lessons 6:00 Caring Canteen	20
21 10:00 Worship 4:00 Bible Study 5:15 Youth Group	22 12:00 Caring Canteen	23 12:00 Al-Anon 2:30 Violin Lessons Glory Hall Spaghetti	24 5:30 Chancel Choir 6:00 Caring Canteen 6:30 Online Bible Study	25	26 7:30 Men's Breakfast 10:00 Healing Task Force 2:30 Violin Lessons 6:00 Caring Canteen	27
28 10:00 Worship 4:00 Bible Study 5:15 Youth Group	29 12:00 Caring Canteen	30 Newsletter Deadline 12:00 Al-Anon 2:30 Violin Lessons				