



Spruce Grove Newsletter

Spruce Grove Apostolic Lutheran Church, Wolf Lake, MN Vol. 30 No. 4 September - October 2025

Run With Endurance

Hebrews 12:1-2 ¹ “Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us, ² Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.”

The Hebrew writer after listing all of the children of God who walked by faith in chapter 11, the chapter often referred to as the Hall of Faith, tells us that we are to lay aside the weights of this life and the sin that clings to us so closely, and to run with patience or endurance the race that is before us. Often when I read this passage in Hebrews, I am reminded of an event in my life that illustrates this running with endurance. I attended the Rindge Memorial School which was the grade school (K-5) in my hometown of Rindge, NH. My buddies and I always enjoyed recess time at school, probably my favorite subject, and we often had foot races to see who the fastest runner was. At the end of the school year there was an event called Track and Field Day in which there was the 50 yard dash, long jump, and other events. The final event was something we called the “Road Race” which took place on the street in front of the school and the whole school would gather on the front lawn of the school to observe the race. The runners would start about ¼ mile from the school and race to the finish line which was roughly about the center of the school yard. There was always a banner stretched across the road that the 1st runner would break through thus winning the race. I always did well in the race, usually finishing 2nd or 3rd, and getting a ribbon as there was a ribbon for 1st, 2nd, and 3rd place finishers. I remember one year in particular, we lined up on the starting line

as usual and when the gun sounded off, I took off in my usual way, I would never take off at full speed but would pace myself as the road we were running on started off flat at first and then climbed uphill to the school, flattening out in front of the school. I would start running at a slower pace at the back of the runners, so that when I got to the hill I would be able to endure the climb and run harder passing the other runners making my way to the front of the pack. That is what happened on that day and as I got closer to the school, I realized I was in the lead. I was in first place and there on the lawn of the school were the students, teachers, and parents cheering us on. They were like the witnesses we read about in the above verses cheering me on toward the finish line. I remember that my uncle was there on the lawn, and he was pointing behind me and telling me to run harder as there was someone gaining on me. As you draw nearer to the finish line of a race, it can be easy to be distracted by the crowds and or the other runners. He wanted me to focus on the finish line and to run as hard as I could in order to win. I am not sure I was able to run any harder, but I was able to endure and win the race. As we run the race of life, we are always in need of those who come along side of us to encourage us. My uncle wanted to see me win the race and was encouraging me to that end. As we run the race of life, we are encouraged not to muster up the last bit of our strength, but to endure by looking to the One who will get us across the finish line, Jesus the Author and Finisher of our faith. Looking unto Jesus we can run with endurance and in Him we will win or maybe better said we have won. As we run the race of life, let us always focus on our Savior the Lord Jesus Christ.

God's Peace, Pastor Dennis Hannu

Birth Announcements

David & Loretta Olson announce the birth of their 14th child.

Jorah Victor Olson was born on June 26, 2025 at Astera Health Hospital in Wadena, MN. Jorah weighed 5 pounds 14 ounces & was 18 inches tall.



Jorah is welcomed by his parents and brothers: Silas, Samuel, Daniel, Mathias, Asher, Joel, Nathaniel & Philip and sisters: Tirzah, Keziah, Talitha, Candace & Elizabeth. His grandparents are Victor Sr. & Lola Aho of Menahga and Wanda Olson of SD.

Reid & Samantha Simonson announce the birth of their 1st child.

Lena Katharine Simonson was born on July 21, 2025 at Essentia St. Mary's Hospital in Detroit Lakes. Lena weighed 7 pounds 4 ounces & was 20.5 inches tall.

Lena's grandparents are Kent Simonson of Menahga and Michael & Amy Heim of WA.



Luke & Kaylee Aho announce the birth of their 4th child.

Ian Michael Aho was born on July 31, 2025 at the Perham Health Hospital. Ian weighed 8 pounds 8 ounces & was 20.5 inches tall.



Ian is welcomed by his parents and siblings: Alaina, Thea & Klay. His grandparents are Deborah Aho of rural Frazee and Dean & Martha Bertram of NH.

Neil & Moriah Meech announce the birth of their 4th child.

Kinsley Ann Meech was born on August 8, 2025. Kinsley weighed 7 pounds 8 ounces & was 21.5 inches tall.



Kinsley is welcomed by her parents and brothers: Bryce, Parker & Paxton. Her grandparents are Reino & Peggy Aho of rural Frazee and Todd & Patty Meech of Nimrod.

Joe & Stacie Olson announce the birth of their 4th child.

Ames Reino Olson was born on August 10, 2025 at Essentia St. Mary's Hospital in Detroit Lakes. Ames weighed 9 pounds 6 ounces & was 21.25 inches tall.



Ames is welcomed by his parents and brothers: Beck, Wynn & Rhett. His grandparents are Reino & Peggy Aho of rural Frazee and Allen & Brenda Olson of rural Menahga.

Logan & Riana Rux announce the birth of their 1st child.

Ronan Cole Rux was born on August 15, 2025 at the Perham Health Hospital. Ronan weighed 7 pounds 8 ounces & was 21 inches tall.



His grandparents are Job & Katie Aho and Mike & Sandy Rux all of rural Frazee.

Birth Announcements

Justin & Miranda Impola announce the birth of their 6th child.

Jacob Henry Impola was born on September 13, 2025. Jacob weighed 10 pounds 8 ounces and was 22.5 inches tall.

Jacob was welcomed by his parents and siblings Ashton, Lanna, Trina, Abner & Ilah. His grandparents are Paul & Esther Impola of rural Sebeka and David & Lori Tumberg of New York Mills, MN



Matthew & Alethea Karlsen announce the birth of their 5th child.

Emmitt Arnold Karlsen was born on September 22, 2025. Emmitt weighed 8 pounds 15 ounces & was 21.5 inches tall.

Emmitt is welcomed by his parents and siblings: Declan, Kamila, Kiara and Barrett. His grandparents are Paul & Esther Impola of rural Sebeka.



Tristan & Bella Aho announce the birth of their 2nd child.

Kenna Joy Aho was born on September 26, 2025 at Essentia St. Mary's Hospital in Detroit Lakes. Kenna weighed 8 pounds 15 ounces & was 20.5 inches tall.

Kenna is welcomed by her parents and brother Finley. Her grandparents are Jared & Jolene Aho of rural Frazee and Matthew and Kate Somero of NH.



Guest Speakers

Rusty Seppanen will be our guest speaker on Friday, October 24th and Sunday, October 26th.

Ryan Kandoll will be our guest speaker on Friday, November 7th and Sunday, November 9th.

Dinner will be served following the Sunday Services.

Weddings

Victor Aho III and Josephine Furlong were married on June 20, 2025 at Spruce Grove Church.

The couple is living in rural Frazee.



Arabella Aho and Drew Seppala were married on July 26, 2025 at Spruce Grove Church.

The couple is living in New Hampshire.

Blaise Anderson and Brooke Seppala were married on August 2, 2025 in New Hampshire.

The couple will be living in rural Menahga.



Baptisms



Tell Franklin Nevala, son of Jared & Kimberly Nevala of rural Sebeka, was baptized on Sunday, July 13, 2025, at the Spruce Grove Apostolic Lutheran Church by Pastor Dennis Hannu. His sponsors are Derek & Layla Borth of rural Menahga, Ross & Trisha Nevala of Hubbard, and Rylan & Lindsay Aho of Menahga. His grandparents are Harvey & Patricia Aho of rural Frazee and Marilyn Nevala of rural Frazee.



Teague Hudson Aho, son of Ryan & Chelsea Aho of rural Frazee, was baptized on Sunday, July 13, 2025, at the Spruce Grove Apostolic Lutheran Church by Pastor Dennis Hannu. His sponsors are Marlin & Ashlyn Aho of rural Frazee, Naaman & Lila Impola of Ironwood, MI, and Robert & Cindy Pinoniemi of Delano, MN. His grandparents are Harvey & Patricia Aho of rural Frazee and Gerald & Martha Pinoniemi of Menahga.



Jorah Victor Olson, son of David & Loretta Olson of rural Menahga, was baptized on Sunday, July 13, 2025, at the Spruce Grove Apostolic Lutheran Church by Pastor Dennis Hannu. His sponsors are Gary & Muriel Seppanen of SD and Daniel Olson of rural Menahga. His grandparents are Victor & Lola Aho of rural Menahga and Wanda Olson of SD.



Willis Matthew Howard, son of Damon & Bethany Howard of rural Menahga, was baptized on Sunday, July 20, 2025, at the Spruce Grove Apostolic Lutheran Church by Pastor Dennis Hannu. His sponsors are Jonah & Andrea Howard of Menahga. His grandparents are Jeremy & Katie Howard of rural Menahga and Brian & Miranda Seppanen of WA. His great-grandparents are Marsha Hanson of Ponsford, Julius & Terrie Aho of rural Sebeka, Victor & Lola Aho of rural Menahga, Curtis & Sarah Howard of Menahga, and Loren & Sandra Seppanen of SD.



Cordelia Katherine Aho, daughter of Charles & Leila Aho of rural Menahga, was baptized on Sunday, July 27, 2025, at the Spruce Grove Apostolic Lutheran Church by Pastor Dennis Hannu. Her sponsors are Bruce & Erica West of SD and Loren & Karla Impola of rural Sebeka. Her grandparents are Victor & Lola Aho of rural Menahga and Daniel & Anne Coponen of MI.



Ian Michael Aho, son of Luke & Kaylee Aho of rural Frazee, was baptized on Wednesday, August 13, 2025, by Pastor Dennis Hannu. His sponsors are Anjalie Aho and Olivia Aho both of rural Menahga. His grandparents are Dean & Martha Bertram of NH and Deborah Aho of rural Frazee.

OCTOBER - NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10/5 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service & Holy Communion 11:00 AM Organists: Mona & Carrie Sound: Tyrone	10/6	10/7	10/8 Family Bible Study 8:00 PM	10/9	10/10 Worship Service 7:30 PM Organist: Sarah Sound: Raul Coffee Grp # 5	10/11
10/12 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service 11:00 AM Organist: Patricia Sound: Neil	10/13 7:30 Board Meeting	10/14	10/15 Family Bible Study 8:00 PM	10/16	10/17	10/18
10/19 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service 11:00 AM Organist: Sarah Sound: Nate Pastor Appreciation Dinner Following Service	10/20	10/21	10/22 Family Bible Study 8:00 PM	10/23	10/24 Worship Service 7:30 PM Organist: Carrie Sound: Tyrone Coffee Grp # 6	10/25
10/26 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service 11:00 AM Guest Speaker: Rusty Seppanen Organist: Deborah Sound: Neil Dinner Following Service	10/27	10/28 GPA Service 2:00 PM	10/29 Family Bible Study 8:00 PM	10/30	10/31 Song Service 7:30 PM Organist: Carrie Coffee Grp # 7	11/1 Youth Grp 8:00 P.M.
11/2 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service & Holy Communion 11:00 AM Organists: Deborah & Patricia Sound: Nate	11/3	11/4	11/5 Family Bible Study 8:00 PM	11/6	11/7	11/8
11/9 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service 11:00 AM Organist: Ramona Sound: Neil Guest Speaker: Ryan Kandoll Dinner Following Service	11/10 7:30 Board Meeting	11/11	11/12 Family Bible Study 8:00 PM	11/13	11/14 Worship Service 7:30 PM Organist: Megan Sound: Tyrone Coffee Grp # 8	11/15 Youth Grp 8:00 P.M.
11/16 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service 11:00 AM Organist: Sarah Sound: Raul	11/17	11/18	11/19 Family Bible Study 8:00 PM	11/20	11/21	11/22
11/23 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service 11:00 AM Organist: Carrie Sound: Neil	11/24	11/25 GPA Service 2:00 PM	11/26	11/27 Thanksgiving Day	11/28 Worship Service 7:30 PM Organist: Ramona Sound: Nate Coffee Grp # 9	11/29
11/30 Sunday School 10:00 AM Adult Bible Study 10:00 AM Worship Service 11:00 AM Guest Speaker Organist: Patricia Sound: Tyrone Dinner Following Service	12/1	12/2	12/3 Advent Service 7:30 P.M. Organist: Deborah Sound: Neil Coffee Grp # 10	12/4	12/5	12/6 Youth Grp 8:00 P.M.

Vacation Bible School 2025

Finding Jonah: You Can Run But You Can't Hide



Held on 4 mornings over 2 weeks in July, with a program on Wednesday, July 23rd.



Almost 100 students participated as well as more than 20 teenage and adult volunteers.



**Thank you
to those who
attended and
volunteered!**

Engagement Announcement



Landon Keranen & Hannah Salmen were engaged on July 5, 2025.

Landon is the son of Andrew & Laureena Keranen of Menahga and is employed by Keranen Dairy.

Hannah is the daughter of Troy & Nora Salmen and is employed by Keranen Dairy.

A December 2025 wedding is being planned.

2025 Graduate



Daniel Olson

Son of

David & Loretta Olson

Central Lakes College - Staples

Diesel Technician Diploma

May 14, 2025

Heritage High School

August 30, 2025

Remember in Prayer

- Family of Martha Aho
- Family of Sirkka Seppala
- Family of Ida Maninga
- Family of Joshua Aho
- Family of Jennie Hanson
- Karen Samuelson
- Knaylor Howard
- Reba Estola
- Jamie Aho
- Marvin Jurva
- Canton Matson
- Mickie Howard
- Hazel Aho
- Shirley Kangas
- Joan Koskela
- Our Church, our Pastor and Church leaders.
- National Leaders
- Our Widows
- Our Missionaries
- Our Children & Youth
- Our Military
- Our Elderly



Grandchild Announcements

David & Loretta Olson announce the birth of 2 grandchildren.

Jude Silas Olson was born on April 29, 2025 to their son Silas and his wife Jo-Lynn Olson from Travelers Rest, SC.

Myles David Olson on September 17, 2025 to their son Samuel and his wife Bethany Olson of Castlewood, SD.

Milestones

Job & Katie Aho

~ 25th Anniversary - 9/16

Knaylor Howard ~ 20th Birthday - 9/20

Ramona Anderson ~ 40th Birthday - 10/1

Victor Sr. & Lola Aho

~ 52nd Anniversary - 10/13

Catherine Aho ~ 10th Birthday - 10/23

Justin Impola ~ 40th Birthday - 10/29

Sadie Anderson ~ 10th Birthday - 10/30

Gloria Juntunen ~ 96th Birthday - 11/2

Armas Aho ~ 82nd Birthday - 11/5

Ellen Tumberg ~ 78th Birthday - 11/10

Chet & Dayna Anderson

~ 25th Anniversary - 11/11

Anden Aho ~ 10th Birthday - 11/12

Reuben Tumberg ~ 88th Birthday - 11/14

Kaitlyn Impola ~ 30th Birthday - 11/25

Sunday, November 2, 2025

FALL BACK



**AT 2 A.M. SET YOUR CLOCKS
BACK ONE HOUR TO 1 A.M.**

Sunday Meals at Church Notice

If you are on a dinner group, but not serving on a Sunday when there is a meal, please bring a dessert and a salad. If you are not on a group and would like to bring either a salad or dessert, please feel free to do so. All meals will be potluck unless announced in church.

Reminder: When there is a funeral at the church, there is usually a need for desserts and bars for after the meal.

Cookbooks For Sale

Spruce Grove Church has 2 cookbooks for sale. Tastes for All Seasons (#1) and Feed on His Word (#2) If you would like to purchase a cookbook, please contact Amanda Aho. The cost is \$12.50 per book; shipping is \$2.50 per book. Make checks payable to Spruce Grove Church Ladies and send to: Amanda Aho, 15610 490th Ave., Menahga, MN 56464. Please specify how many and which cookbook(s) you would like to purchase: cookbook #1 or cookbook #2.

Radio Broadcast

Echoes of Mercy broadcast on Sundays: KWAD Wadena 920 & 1430 AM at 8:30 A.M., Ada on KRJB 106.5 FM at 8:35 am, in Aitkin on KKIN 94.3 FM at 9:35 am, in Fosston on KKCQ 96.7 FM at 10:35, in International Falls on KSDM 104.1 FM at 11:05 am and a NEW STATION has been added KDKK 97.5 FM at 9:30am in Park Rapids.

Sponsored by Spruce Grove, Menahga and New York Mills Apostolic Lutheran Churches

Church Website

You are invited to check out the church website at:

www.sprucegrovealc.org. Services are live online and are also recorded and may be accessed any time.

Telephone Services

The numbers to dial to listen to the services over the telephone are: Wolf Lake: 538-1030 / Menahga: 564-1030 / Nimrod: 472-1030/ Sebekka: 837-1030 The pin number will be 787565# for all services. When you call in, you will be asked for the participant code and that is when you will dial the pin number followed by the #. Press # again or just stay on the line and it will connect you after about 5 seconds.

Spruce Grove Apostolic Lutheran Church
15275 Co. Hwy 45
Menahga, MN 56464

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