



First Lutheran Caller

AUGUST 2011

SUMMER

Come to me, all you that are weary and carrying heavy burdens, and I will give you rest.
Matthew 11:28

This was our Sunday morning Bible reading from Matthew's Gospel one Sunday last month. It is a favorite Bible verse of many Christians. It speaks to our human situation – being weary, carrying burdens, and needing rest. Who can't relate to that?

While the rest that Jesus offers us is often seen in terms of spiritual rest – forgiveness, hope, comfort – it can also refer to the physical rest that we need. We have physical bodies. They need time to recuperate. We all need physical rest.

Hopefully this slow starting summer season has provided you with ample time for rest. For some that means playing softball, baseball, sand volleyball, swimming, biking, or fishing. For others it might mean reading a book, going on a picnic, sitting on a dock, or lying in a hammock. All of these things are ways to tend to the needs of our bodies. And as such, they are pleasing to God.

I also trust that you are finding time in these slower summer days to connect with God. Our Sunday morning worship services have been lively hours of worship this summer. They

have featured great singing, musicians and soloists that have been very special, communion every Sunday, and some pretty good sermons (even if I do say so myself). Midweek services have consistently been joyful as we have celebrated God's blessings in our lives. I always leave the chapel "happy" on Wednesday nights.

Walking by a lake or strolling through a park are other places to talk to God. The quieter rhythm of life in the summer might offer you more time to read a thought provoking book, meditate on God's creation, or ponder the will of God for your life.

Summer is also a traditional time for families to get together. A family picnic, reunion, weekend at the lake, or vacation trip can be an excellent way to build bonds between family members. These activities also create memories that last for a life time.

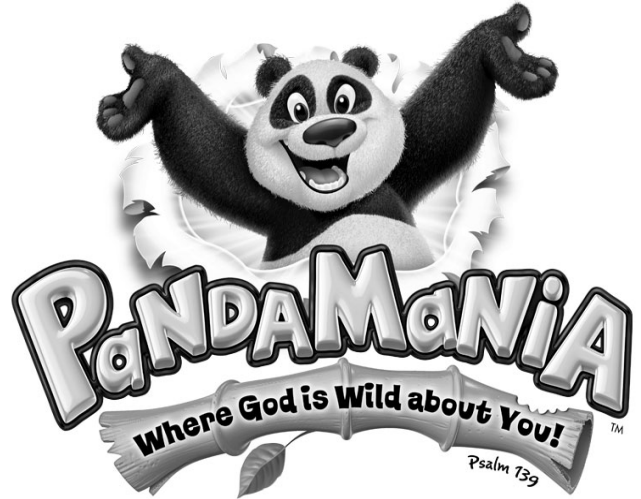
So I hope that you are enjoying your summer. I hope that you will make the best of the summer that is left. Because one thing we all know is true. Summer is never long enough.

Pastor Tom

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PANDAMANIA - where God is Wild About You!



Our 2011 Vacation Bible School PandaMania adventure is waiting for you! Block your calendars for the week of August 8-12, 2011 from 9am – Noon. Follow the trail to our week of fun! This wild time is offered to all kids age 4 by 08-01-11 through those entering 5th grade. Older kids and adults are also needed as Crew Leaders, Station Leaders and overall helpers. Do you have some spare time to give? Do you know some neighborhood kids

who would love to join this wild adventure? Pass along a registration form! PLEASE sign up today so we can get supplies ordered and plan our week! Information brochures and registration forms are available in the church office or can be downloaded on our website at www.flcch.org. Contact Lyn Larson with questions at 763-424-2323 or clarlson@mac.com. We're going to have ONE WILD TIME!



PENNIES FOR VBS

Just a reminder that our loose change jar is awaiting your contributions! If you would like to contribute to our “PandaMania” program and help cover the cost for those attending who might need some extra help, please bring your loose change to church. Pennies, nickels, dimes, quarters, dollars... all are welcome! Look for the container at the information desk on Sunday mornings. Thank you for helping all kids learn that “God is Wild About Them” by supporting this important ministry

LOOKING FOR A SCOUTING ADVENTURE?

Visit our Open House for Cub Scout Pack 132----Boy Scout Troop 132----Venturing Crew 132---Tuesday, August 30 or Tuesday, September 13 from 6:30 - 8:00 pm at Mount Carmel Lutheran Church, 1701 St. Anthony Parkway, Minneapolis, MN.

Lion Scouts: is for boys entering Kindergarten
Cub Scouts: is for boys ages 7-10 or grades 1 thru 5
Boy Scouts: is for boys age 11-17 or grades 5 thru 12
Venturing: is for young men and women ages 14-21

For additional information, please contact

Karen Panning at 651-785-2190 or panningsj@msn.com

Ellen Panning at 612-203-4971 or ellen_legler@msn.com

Or go to www.northernstarbsa.org or Call the Northern Star Council, Boy Scouts of America at 763-231-7201

WORSHIP AND MUSIC

By Peter Carlson, Director of Music



**SENIOR CHOIR AND
CAMPANILE HAVE
A NEW FALL
SCHEDULE!**



The first rehearsals for our Senior Choir and Campanile bell choir will be on Wednesday, Sept. 7. Campanile will begin at 6:00 pm and Senior Choir at 7:15 pm. New members are *always* welcome. If you think you'd like to join in the music making, talk to Peter Carlson or just show up at the first rehearsal!

**END-OF-SUMMER
POTLUCK**

**Wednesday
August 24th**

**6:00 pm Worship - with
Blessing of the Backpacks
6:30 pm Dinner**



Please join us for an evening of food and fellowship, as we say goodbye to another summer and ask blessings upon our students for a successful school year.

All First members are invited, along with family and friends.
Please bring a dish to share.

YOUNG AT HEART

Wed, August 10, 7 p.m.

Tambouritzen's at Moundview H.S.

America's longest-running multicultural song and dance company. A unique ensemble of talented young folk artists dedicated to the preservation of the music, songs, and dances of Eastern European (Hungary, Croatia, Slovakia, Romania, etc.) folk cultures. Spectacular folk and acrobatic dancing in brilliant costumes.

Tickets are \$16 and can be purchased at 651-621-7400. Tickets can also be purchased at the performance, but there is the possibility of a sell-out.

Comin' up:

September
Fort Snelling

October 16-21

A motorcoach trip to Branson, Missouri. The itinerary is posted on our bulletin board and the first payment is due August 1.

Hurry, don't miss the bus!



Tuesday, November 15
Potluck at church

December
Christmas luncheon

LAYETTES

LUTHERAN WORLD RELIEF

Baby Care Kits

Sizes 6 - 24 months

Include the following items in each Baby Care Kit:

Two lightweight cotton t-shirts

Two long-or-short sleeved gowns or sleepers (without feet)

Two receiving blankets, medium-weight cotton or flannel, or crocheted, or knitted with lightweight yarn, up to 52" square

Four cloth diapers, flat fold preferred

One jacket, sweater or sweatshirt with a hood, or include a baby cap

Two pairs of socks

One hand towel, dark color recommended

Two bath-size bars (4 or 5 oz.) of gentle soap in original wrapping

Two diaper pins

Gently used, clean items (no stains or tears) can be substituted for new ones. Wrap items in one of the receiving blankets and secure with diaper pins.



PAINTING PARTIES

We're continuing to work on maintenance projects including lots of painting in preparation for next year's 100th Anniversary festivities. Two more painting parties are planned for Saturday, August 13, 9:00 am to noon and Wednesday, August 3, 8:30am to noon. Please come and join in the fun of working together toward our goal!!



CONFIRMATION: 6th-9th graders

Mark your calendars!

6-7th Graders (and any other new confirmation student):

*August 31st, 6:00pm Orientation with a parent/guardian in the Youth Chapel

*September 17th, 10am – September 18th, 12:30pm Retreat at FLC with offsite adventure

6th-7th-8th Graders:

*September 18, 10-12:30pm First class of Confirmation

9 Graders:

September 11th Confirmation Essay and fee due

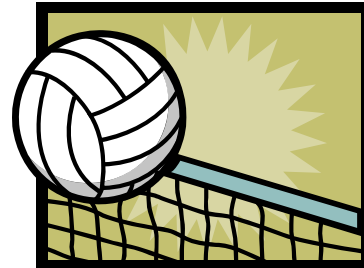
October 14th 5pm – October 16th, 2pm Confirmation Retreat

ADULTS NEEDED

Are you interested in helping out with the Youth and Family Ministry of First and the surrounding community?

We NEED you!

Confirmation: We are looking for one or two men who would be interested in helping out with Confirmation starting this fall. We would love to have a three year commitment of walking through the confirmation journey with the new class. You would not need to teach. You would be asked to be present, participate in our activities and be in relationship with the youth as they take this step in their faith.



OPEN GYM

Mondays-Thursdays, Noon-3pm,

Through August 18

Join Nathan and

Leisha for Open Gym

5 years old - High School

Free lunch and age appropriate

activity provided

WORSHIP ASSISTANTS

10:00 AM

Acolytes:

August 7	Laura Super	Joseph Super
August 14	Catie Miller	
August 21	Allison Olsen	Nasya Marquis
August 28	Jessica Kaliher	Simone Woods

Readers:

August 7	Jane Murray
August 14	Christine Anderson
August 21	Denise Roberts
August 28	Phil Mattison

Bus Driver:

August 7	Scott Arne
August 14	Ron Davidson
August 21	Vance Husen
August 28	Charles Pierson III

10:00 AM

Ushers:

August 7	Einar & Elinor Berg	Rita Schultz
	Roger & Dorothy Anderson	Dave & Karen Mauer
		Nicole Mauer
August 14	Tom Dillenburg	Glen & Betty Krahl
	Mike & Pam Hartel	Janet & Ben Streed
		Erin Johnson
August 21	Len & Jan Casanova	Tom & Sonja Super
	Tom & Bonnie O'Brien	Laura Super
		Dave LaSota
August 28	Fred Edstrom	Erica Edstrom
	Jonathon Edstrom	Larry Larson
	Ramona Wold	Tim Traynor
	Bill Baker	Simone Woods



FIRST LUTHERAN CHURCH 2011 BUDGET - INCOME Through June 30, 2011						
			Total Annual	To Date	To Date	
			<u>2011 Plan</u>	<u>Budget</u>	<u>2011 Actual</u>	
Envelope			\$ 425,000	\$ 122,410	\$ 180,982	
Electronic Fund Transfer Memo				\$ 60,100	\$ 60,050	
Cash			\$ 10,000	\$ 4,093	\$ 5,119	
Children's Globe			\$ 500	\$ 237	\$ 305	
Initial Offering			\$ 1,000	\$ 825	\$ 867	
Thrivent Choice Gifts			\$ 1,000	\$ 500	\$ 5,031	
Special Gifts			\$ 35,000	\$ 16,825	\$ 12,280	
Fundraiser Income			\$ -	\$ -	\$ 684	
Debt Savings			\$ 52,000	\$ 27,144	\$ 23,749	
Total			\$ 524,500	\$ 232,134	\$ 289,067	
ADMINISTRATION			\$ 19,000	\$ 13,258	\$ 50,615	
Rentals, Weddings, Interest						
EDUCATION			\$ 5,000	\$ 776	\$ 1,371	
EVANGELISM & OUTREACH			\$ 7,500	\$ 4,212	\$ 5,688	
Supper Income						
MUSIC			\$ 8,000	\$ 5,409	\$ 5,187	
MINISTRY			\$ 10,000	\$ 4,947	\$ 4,869	
Lent, Easter, Christmas Thanksgiving						
YOUTH MINISTRY			\$ 14,000	\$ 9,659	\$ 9,908	
			\$ 588,000	\$ 270,395	\$ 366,705	
Other Income						
Lutefisk Dinner			\$ 18,000	\$ 18,879	\$ 18,594	
Bazaar			\$ 13,000	\$ 200	\$ 20	
Other: Fundraising, Funerals, etc.			\$ 4,000	\$ 4,437	\$ 1,342	
Men's Club Income			\$ 14,000	\$ 7,000	\$ 23,317	
GRAND TOTAL INCOME			\$ 637,000	\$ 300,911	\$ 409,978	
FIRST LUTHERAN CHURCH 2011 BUDGET - EXPENSES Through June 30, 2011						
			Total Annual	To Date	To Date	
			<u>2011 Plan</u>	<u>Budget</u>	<u>2011 Actual</u>	
PAYROLL			\$ 362,400	\$ 201,218	\$ 183,084	
ADMINISTRATION						
Office Supplies, Insurance, Postage			\$ 60,100	\$ 29,250	\$ 32,119	
OPERATIONS AND MAINTENANCE			\$ 72,000	\$ 43,646	\$ 47,927	
EDUCATION EXPENSES			\$ 7,000	\$ 1,774	\$ 1,899	
EVANGELISM AND OUTREACH EXPENSE			\$ 9,000	\$ 3,456	\$ 5,157	
Advertising, Suppers, Stewardship						
MUSIC EXPENSE			\$ 13,000	\$ 5,898	\$ 4,439	
MINISTRY EXPENSE			\$ 4,500	\$ 2,250	\$ 3,026	
YOUTH EXPENSE			\$ 17,000	\$ 6,055	\$ 7,818	
BENEVOLENCES			\$ 54,000	\$ 22,500	\$ 12,470	
			\$ 599,000	\$ 316,047	\$ 297,939	
Lutefisk Expenses			\$ 9,000	\$ 9,000	\$ 9,791	
Bazaar Expenses			\$ 1,000	\$ -	\$ -	
Kitchen Supplies			\$ 1,500	\$ 750	\$ 709	
WELCA Expenses			\$ 3,500	\$ 1,750	\$ 3,434	
Men's Club Expenses			\$ 14,000	\$ 7,000	\$ 16,806	
GRAND TOTAL EXPENSES			\$ 628,000	\$ 334,547	\$ 328,679	
PERPETUAL RESERVE LOAN					\$ 41,000.00	
		Paid Loan 2/24/11			\$ (41,000.00)	
					\$ -	
PERPETUAL RESERVE LOAN		Taken May 2011			\$ 10,000.00	

ENDOWMENT

"Dollars Forever"

Continuing our focus on assets which can be used for charitable purposes:

LIFE INSURANCE

The benefits of gifting life insurance - can provide the ability to make a meaningful gift, can provide a current charitable tax deduction and should not be subject to estate taxes or fees.

Life insurance is a valuable tool for your family and can also be used to financially support a ministry that has been dear to you. It can be an important component of your life-long stewardship plan. In many cases, giving life insurance is a way in which you can make a significant gift to greatly impact ministry by making smaller payments to support a policy over time. You can commit to making a gift of life insurance at any age. Gifts of life insurance have the benefit of passing to the church without delay and without being subject to probate or administrative fees.

Generally, there are three ways to make a gift of life insurance to a ministry:

1. **Change the beneficiary** - If you already have a life insurance policy you can simply call your representative or the insurance company and ask for a change of beneficiary form. You can name a ministry such as First Lutheran Church as the primary beneficiary or designate a percentage of the proceeds.
2. **Transfer ownership of your paid up life insurance policy.** You may make a gift through a policy that is no longer fulfilling its original purpose (for example, a policy that was established when you were a child.) Through an irrevocable transfer, the ministry will own the policy during your lifetime. You will receive a charitable income tax deduction for making the gift. At your death, the proceeds will be directed to the ministry you have named.
3. **Establish a new charitable life insurance policy.** You can create a new life insurance policy with the ministry as the owner. Instead of paying your premiums to the insurance company, you will make regular gifts to the ministry that will be used to pay the policy premiums. Each time you make a gift to the ministry you will receive a charitable tax deduction. The life insurance proceeds will be directed to the ministry you have named.

PICTORIAL DIRECTORY



Our first photography session for the new pictorial directory was in July. The next photo session will be Monday, September 26 through Saturday, October 1. If you have not yet signed up for an appointment, please call 1-800-866-2263 or you can go on-line at <https://signup.olanmills.com> or call Julie in the church office, 763-788-9653.

Each household that participates will receive a free 8 x 10 portrait and a free directory. The Pictorial Directory program from Olan Mills is available to First Lutheran at no cost to the church budget.

We want to make sure that EVERYONE is in our new directory!! It won't be complete without you.

August 2011

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:30 AM - 1:30 PM Movie Festival - MLH 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:00 PM - 9:00 PM Movie Festival - MLH	2 9:30 AM Staff Meeting - Faith 10:00 AM LaLeche League - Noah's Ark 11:00 AM Columbia Heights GA - Gabriel 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:00 PM Monte Horeb Worship - Sanctuary	3 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 8:30 AM - 12:00 PM Painting Party 12:00 PM - 1:30 PM AA Meeting - Elijah 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 5:30 PM FLC Happy Hour (5:30 - Treats, 6:00 - Worship) 7:00 PM Baptism Orientation - Faith 7:00 PM - 8:00 PM Monte Horeb Prayer Time - Elijah	4 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickers - Elijah 10:15 AM Wiggles, Giggles & Tickers - Elijah 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:30 PM AA Meeting - Gabriel	5 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary 9:00 PM Monte Horeb Worship Team - Gabriel CHURCH CLOSED DURING THE SUMMER	6 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary
7 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship with Communion 11:30 AM Monte Horeb Worship - Sanctuary 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Elizabeth & Faith Food Shelf Sunday	8 9:00 AM - 12:00 PM Vacation Bible School - Sanctuary, Commo- ns, Link, MLH, Youth Room, Faith, Elijah & Gym 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH	9 9:00 AM - 12:00 PM Vacation Bible School - Sanctuary, Commons, Link, MLH, Youth Room, Faith, Elijah & Gym 9:30 AM Staff Meeting - Staff Kitchen 10:00 AM Writer's Group - Peace 11:00 AM Columbia Heights GA - Gabriel 12:00 PM - 3:00 PM Yo... 5:15 PM Memorial & End... 6:00 PM Monte Horeb/... 6:30 PM Men's Club - H... 7:00 PM Monte Horeb Wor...	10 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 9:00 AM Mission Workshop - Lydia & Gabriel 9:00 AM - 12:00 PM Vacation Bible School - Sanctuary, Commons, Link, MLH, Youth Room, Faith, Eli... 12:00 PM - 1:30 PM AA ... 12:00 PM - 3:00 PM Yo... 5:30 PM FLC Happy Hour (5:30 - Treats, 6:00 - Wo... 6:00 PM Young at Heart - Mounds View High Sch... 7:00 PM - 8:00 PM Mo...	11 9:00 AM Intercessory Prayer - Chapel 9:00 AM - 12:00 PM Vacation Bible School - Sanctuary, Commo- ns, Link, MLH, Youth Room, Faith, Elijah & Gym 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:30 PM AA Meeting - Gabriel	12 9:00 AM - 12:00 PM Vacation Bible School - Sanctuary, Commo- ns, Link, MLH, Youth Room, Faith, Elijah & Gym 12:00 PM VBS Lunch - MLH 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary	13 9:00 AM - 12:00 PM Painting Party 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary
14 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship with Communion 11:30 AM Monte Horeb Worship - Sanctuary 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Elizabeth & Faith	15 11:30 AM - 1:30 PM Movie Festival - MLH 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:00 PM - 9:00 PM Movie Festival - MLH	16 9:30 AM Staff Meeting - Faith 11:00 AM Columbia Heights GA - Gabriel 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:00 PM Monte Horeb Worship - Sanctuary	17 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 10:00 AM Book Club - Peace 10:00 AM Seminary Tuition Meeting - Hope 12:00 PM - 1:30 PM AA Me- eting - Elijah 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 3:15 PM Crestview Care Center Communion 5:30 PM FLC Happy Hour (5:30 - Treats, 6:00 - Wors- hip) 7:00 PM - 8:00 PM Mo...	18 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickers - Elijah 10:15 AM Wiggles, Giggles & Tickers - Elijah 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:30 PM AA Meeting - Gabriel	19 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary CHURCH CLOSED DURING THE SUMMER	20 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary 7:00 PM No Experience Necessary Bible Study - Peace
21 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship with Communion 11:00 AM Sunday School Teachers Orientation - Peace 11:30 AM Monte Horeb Worship - Sanctuary 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Elizabeth & Faith	22 5:30 PM Lutheran Night at the Twins	23 9:30 AM Staff Meeting - Faith 11:00 AM Columbia Heights GA - Gabriel 6:30 PM Boards (Bach, Elijah, Gabriel, Hope, Peace, Youth Room) 7:00 PM Monte Horeb Worship - Sanctuary 7:45 PM Council Meet- ing - Faith	24 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 9:00 AM Mission Workshop - Lydia & Gabriel 12:00 PM - 1:30 PM AA Meeting - Elijah 6:00 PM Worship & Blessing of the Backpacks - Chapel 6:30 PM All Church Potluck Supper - MLH 7:00 PM - 8:00 PM Monte Horeb Prayer Time - Elijah	25 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickers - Elijah 10:15 AM Wiggles, Giggles & Tickers - Elijah 7:30 PM AA Meeting - Gabriel	26 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary CHURCH CLOSED DURING THE SUMMER	27 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary
28 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship with Communion 11:30 AM Monte Horeb Worship - Sanctuary 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Elizabeth & Faith	29	30 9:30 AM Staff Meeting - Faith 11:00 AM Columbia Heights GA - Gabriel 7:00 PM Monte Horeb Worship - Sanctuary	31 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 12:00 PM - 1:30 PM AA Meeting - Elijah 6:00 PM Confirmation Orientation - Chapel 7:00 PM Acolyte Train- ing - Sanctuary 7:00 PM - 8:00 PM Monte Horeb Prayer Time - Elijah			

Parish Nurse Notes August 2011

The Benefits of Sleep

It can be hard to get a good night's sleep. Work, household responsibilities, family commitments can take priority over your sleep time. Factor in a spouse that snores, unexpected challenges such as financial worries, job loss, or illness, all affect the quality of a nights sleep. The benefit of sleep impacts nearly every area of your daily life. While it may be obvious how beneficial sleep is, many people do not realize how much sleep they need and why it is important.

According to researchers at the Division of Sleep Medicine at Harvard Medical School studies show that sleep plays an important role in memory, both before and after learning a new task. Lack of adequate sleep affects mood, motivation, judgment, and our perception of events.

Researchers at Harvard have studied the impact of sleep deprivation on learning and performance. This study shows that a lack of adequate sleep has an affect on learning and memory. When we are sleep deprived, our focus, attention, and vigilance drift, making it more difficult to receive information. Without adequate sleep and rest, over-worked neurons can no longer function to coordinate information properly, and we lose our ability to access previously learned information. In addition, our interpretation of events may be affected. We lose our ability to make sound decisions because we can no longer accurately assess the situation, plan accordingly, and choose the correct behavior. Being chronically tired means we are less likely to perform well, neurons do not fire optimally, muscles are not rested, and the body's organ systems are not synchronized. Lapses in focus from sleep deprivation can even result in accidents or injury. (Harvard Medical School-Division of Sleep Medicine)

How many hours of sleep are enough?? According to the Mayo Clinic, the amount of sleep you need depends on your age, pregnancy, aging, previous sleep deprivation, and sleep quality. Current recommendations are:

Age Group:	Recommended amount of sleep:
Infants	14 to 15 hours
Toddlers	12-14 hours
School aged children (5-10 years)	10-11 hours
Teens (11-17 years)	8-9 hours
Adults	7-9 hours

7 Tips to a better night's sleep: (According to Mayo Clinic.com)

- Stick to a schedule. Go to bed and get up at the same time every day, even on weekends and holidays.
- Pay attention to what you eat and drink. Don't go to bed hungry or stuffed. Limit the amount you drink before bed to avoid disruptive bathroom visits in the middle of the night. Eating three hours before bed increases acid reflux, causing nighttime heartburn that can awaken you.
- Create a bedtime ritual. Do the same things each night to tell your body it is time to wind down. (Don't write Caller articles before bed) Warm bath/shower, reading, soothing music, dim lights help transition from wakefulness to drowsiness. Be wary of TV or electronic devices; research suggests screen time interferes with sleep.
- Get comfortable. Create a room that is ideal for sleeping, cool, dark, and quiet. Consider room darkening shades, earplugs or a fan.
- Limit daytime naps. Long daytime naps can interfere with nighttime sleep. Limit naps to 10 to 30 minutes and make it midafternoon.
- Include physical activity in your daily routine. Don't exercise too close to bedtime.
- Manage stress. When you have too much to do and too much to think about your sleep suffers. Restore peace to your life, reduce stress, pray, laugh, set priorities, delegate, jot down what is on your mind and set it aside until tomorrow.

Know when to contact your doctor. Nearly everyone has an occasional sleepless night, but if you often have trouble sleeping, seek help. Don't assume that a good night's sleep is only a dream. If sleep remains elusive, ask your doctor about other treatment options or any other underlying causes such as sleep apnea, (that is another topic for the future to write about) to help you get the sleep you deserve.

I hope I have not put you to sleep with this article, now get to bed!

As Always,
Stay well!

Jane Bugbee, RN, BSN

Coming this fall -

The Marriage Course



How do you or your spouse typically react to conflict? Like a rhino - ready to charge and conquer the opposition - or like a hedgehog - curled up into a protective position, but with lots of prickles for defense? Nicky and Sila Lee point out in session 4 that most of us tend to react like one or the other. Conflict in marriage is natural; the key is how we deal with it. The Marriage Course provides practical tools for not only dealing with conflict, but for using it to actually strengthen a marriage relationship. Each session looks at marriage from a different angle, and gives excellent insights on how to build the husband-wife bond.



Who is it for? - all married couples, whether they have been together 2 year or 62 years, whether their relationship is strong or struggling.

When is it? - Eight Tuesday evenings at FLC over ten weeks, from Sept. 13 through Nov. 15; Sept. 27 & Oct. 25 are off (board & council nights).

What is it like? After a light 6pm dinner together, there will be a DVD presentation on a specific aspect of marriage interspersed with film clips of couples sharing their experiences, and with frequent breaks for couples to chat privately about the topic. Couples will each sit at their own table and talk only to each other; no group discussions. Total time each evening - 6:00 to 8:30 pm.

What's the cost? Study materials are \$5 per person, and there will be a nominal cost for the dinner. Child care will be arranged at FLC as needed.

The course is being piloted this summer by Phil and Karen Mattison. Their impressions so far? "Practical, humorous, eye-opening and definitely worth it."

Questions? Talk to Phil or Karen at 763-571-1806, or email at mattisonpk@comcast.net.



ALPHA RETURNS THIS FALL!!

Alpha

Alpha is an opportunity to explore the meaning of life in a relaxed, friendly setting. At each session people enjoy great food, laughter and learning in a fun and friendly atmosphere where no question about life or God is seen as too simple or too hostile...questions like - Is there a God? Why am I here? Where did I come from? Where am I going?

Who Is Alpha For?

Alpha is for anyone...anyone who thinks there may be more to life than meets the eye.

They come to investigate questions about the existence of God, the purpose of life, the afterlife, the claims of Jesus and more. Some people want to get beyond religion and find a relationship with God that really changes life. Others come for the close, long-lasting friendships that are built during the Alpha course. Many guests have never been to church, others may have attended church occasionally but feel they have never really understood the basics of the Christian faith. Everyone is welcome.

What Happens At Alpha?

Each gathering begins with a meal - a chance to get to know others. Then there is a short talk which looks at a different aspect of the Christian faith each week. This is followed by a time of discussion in small groups, where everyone is welcome to contribute their opinion and ask questions. The emphasis is upon exploration and discovery in a relaxed and informal environment.

When Is Alpha?

The Alpha course will meet Sunday afternoons for 10 weeks, and includes an amazing one-day retreat. The first session will be September 18th and run through November 20th.

To sign up or have questions, visit the display in the Commons.

FAMILIES MOVING FORWARD

A Coordinating Committee from the three cooperating congregations (First, Gustavus Adolphus, and Mt. Carmel) has been formed. Thanks to Paul Christensen and Pat McNabb for representing us on the committee. The committee will make an onsite visit to another hosting congregation on August 11. We have much to learn.

Our first four families will be staying overnight in our building September 18-25. We will need many volunteers to help us host them. Watch for a volunteer sign-up poster on Sunday, August 14. This is a tremendous opportunity to make a difference in the lives of homeless families.



FIRST LUTHERAN WRITERS

Have you ever thought, or been told by your friends or family, "You should write that down"? Writers, both beginning and published, meet at First Lutheran every second Tuesday from 10—12, in the Peace room. They share and encourage each other's writing. Journals, trip or family memories, poetry, opinions, letters to editors, stories: anything goes! Anyone is welcome to visit and see if this activity works for you!

FROM OUR RECORDS

July Baptisms

*Mason Nathaniel Spevacek
Son of Nathaniel & Christie Spevacek 7/17*

THANK YOU

Dearest First Lutheran Church Family,
My heartfelt thanks for your prayers, calls and cards during my recent health problem. It's wonderful to be part of such a caring, loving "family".

Sincerely, Carol Wahlstrom

BOOK CLUB

August 17, 2011

10:00—11:00 am

Meet in Peace

"Copper River"

By Kent Krueger

For information call or E-mail

Char Zarich

763-572-1220

LadyChar@comcast.net

FIRST LUTHERAN CHURCH
1555 40th Avenue NE
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763-788-9653

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Phone: 763-788-9653

Staff

Thomas M. Carlson.....Senior Pastor
Amy OrstadAssociate Pastor
Leisha Tays.....Director of Youth & Family Ministry
Nathan Roberts..Director of Children's & Family Ministries
Peter Carlson.....Minister of Music
Timothy Short.....Associate Organist
Rock Hauser.....Food Services Director
Joline Dittbenner.....Nursery Coordinator
Carol O'Brien.....Assoc. Nursery Coordinator
Julie Johnson.....Business Administrator
Dayle Boyce.....Parish Secretary
Jane Bugbee.....Parish Nurse

Custodians

Roger Johnson, Sheldon Knutson, Don Rosell,
Florian Janey, Ron Boyce, Josh Tays

WORSHIP SCHEDULE

Sunday Mornings

10:00 AM Worship

Wednesday Evening

5:30 PM Treats
6:00 PM Worship



CALLER DEADLINES:

Please have any information for the Caller into the church office by the end of the business day on the **12th** of each month.

E-mail address: firstlutheran-ch@q.com

WEB Address: www.flcch.org