



First Lutheran Caller

JANUARY 2012

100 YEARS OLD AND COUNTING

2012 is the year of our centennial. Many activities have been planned to celebrate the entire year. The big celebration date is Sunday, April 29. Mark it in red on your calendar. You won't want to miss out.

It is good to be able to join together in celebrating 100 years of ministry in Columbia Heights. It is good to reflect on the thousands of people who have come to First to worship and praise God, to learn and grow in their relationship with Christ, and to raise their families in the faith. So many have come to the font and the altar, in joyous times and in sorrowful times. We can never count all of the people who have given of their time and money to serve God by serving other people. We have a wonderful legacy.

Our Century Committee continues to work long and hard at making preparations for this centennial year. We all owe them our thanks. We can show that thanks by responding when they ask for our help.

While this year will surely be one of remembering the goodness of God over the past hundred years, I trust that we will not become stuck in the past. We do not worship the past, but a living God. We can celebrate what has gone before, but we must

remain committed to serving God in our time. I believe that God's Spirit is alive and active in our congregation today. My goal is to use the enthusiasm for our past to propel us into the future God has for us.

I realize how easy it is to think back on the good old days, and to allow that to lessen our appreciation of today. On further review, however, the good old days weren't all that good. And besides, they are long gone.

ELCA Bishop Mark Hanson has said, "Too many of our members suffer from the virus of nostalgia." That is a terrible virus that can weaken our mission today. Let's avoid that virus. Let's celebrate God's blessings in our past, and still be involved in vibrant ministry for today.

One hundred years is quite an achievement. But it's just the start. God has much more for us to do.

Pastor Tom



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This Fall we have been marching through the great stories of faith from the Old Testament. And this winter we will be studying the life of Jesus!

Children's Ministry for January,

Sun. Jan. 8th: All Ages Sunday School begins.
All Classes will be making Quilt Squares for the Centennial Quilt!

Sun. Jan. 15th: All Ages Sunday School

Sun. Jan. 22nd: All Ages Sunday School

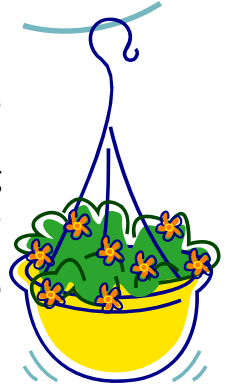
Sun. Jan. 29th: All Ages Sunday School

FLOWER SALES

Youth flower sales are set to begin on Sunday, January 8th!

Youth: pick up your fundraising packets and start earning credits that can be used toward camp, events and trips. You can pick up your packet from the youth information rack in the Commons. This is the best way to raise some money in your youth account!

Congregation: you can start ordering your flowers from one of the youth or from the table in the Commons. Flowers, fruit plants, vegetable plants, herbs, and hanging plants are available for purchase. Pick up will be the week before Mother's Day at First Lutheran.



2012 OFFERING ENVELOPES

Are available for pickup in the Commons. If you would like your envelopes mailed to you or if you would prefer not to have offering envelopes please call Julie in the church office 763-788-9653.

2011 CONTRIBUTION STATEMENTS

will be available for pick up in the Commons by Sunday, January 22, 2012. If you would like to have your statement mailed to you please call Julie in the church office.

WEIGHT WATCHERS

In Peace, weigh in at 8:45 am, meetings at 9:15 am. New PointsPlus+2012, now! Monthly passes are available.

Our FLC members have lost over 140 pounds so far!

PICTORIAL DIRECTORY DELIVERY

The pictorial directory is expected to arrive the end of January or early February.

WORSHIP AND MUSIC

By Peter Carlson, Director of Music



HELP NEEDED!

All good things must come to an end...so we'll be undecorating the sanctuary on Saturday, Jan. 7 at 10:00 am. It's not as fun as putting decorations up, but it still needs to be done! If you can help, please talk to Peter Carlson or Lyn Larson. We appreciate the help!



BE A STAR IN THE ALL-CHURCH MUSICAL!

As a part of our 100th Anniversary celebration, First Lutheran will present a musical on Saturday, April 28. ***ALL First members are invited to be a part of the cast!*** The script will be written by Director of Music Peter Carlson and will feature contemporary Christian music. If you are interested in being a part of this exciting event, plan to attend the informational meeting on Thursday, Jan. 5 at 6:30 pm. If you can't make that date, just talk to Peter for more info.

LUTEFISK DINNER TICKETS ON SALE NOW

Tickets for the annual Lutefisk dinner are on sale starting January 1st at 9:00am. Dining room seating for 12:00, 2:00, 4:00 or 6:00 are \$18 each (children 50 cents per year of age up to 12). Worker tickets for any dinner volunteers are \$9 each. The worker dinner is in Gabriel. Workers are asked to eat between 3:00 and 4:00pm, as that is when the extra fish and meat will be prepared for workers.

If you are unable to purchase your tickets on January 1st, contact
Cheryl Ballingrud at 651-633-0679.

Please check the sign up board in the Commons if you would like to volunteer. There are still a few slots we need to fill and cleanup help at the end of the day is always appreciated!

YOUNG AT HEART

Tuesday, January 24, 1 p.m.

2012 PARTY

Hymnsing: your requests from Great Hymns of Faith and our current hymnal Evangelical Lutheran Worship.

Guest celebrities: big names from around town.

Bunco, bingo, Popcorn, pop, coffee and a Wow!! dessert.

\$5 at the door. **Please sign up so we don't run out of WOW!**

Folks who neglect to sign up will find themselves at the end of the WOW line.

Comin' up:

Tuesday, February 14, noon

Valentine Luncheon

Our entertainment will be Greg Theisen, an outstanding pianist, who will take requests for your favorite romantic and pop songs.

Wednesday, March 21

Church Basement Ladies

'A Mighty Fortress is our Basement'

Tuesday, April 17

Century Celebration

NEW MEMBERS

New members will be welcomed into our community of faith on Sunday, January 29. Anyone interested in finding out more about our congregation is invited to a free Lunch with the Pastors on Sunday, January 8, at 11:45. An orientation meeting on First Lutheran will be held on Sunday, January 15, at 11:15 in the room called Peace. If you know of anyone who might be interested in joining our fellowship please invite them to have lunch with us on January 29 to get the process started.

SUNDAY ADULT EDUCATION

Our Sunday Morning Adult Class is now meeting in Katie Luther Cellar, right off of Martin Luther Hall. It is very convenient to the coffee cart. Help yourself to coffee and a treat and come into Katie's Cellar for class from 11:15 – 12:00.

January 1 – New Years Day – No Class

January 8, 15, 22, 29 – *Sharing Your Faith and Jesus without Fear*

A class to help you share your faith with other people. Taught by Jim and Carol Lilly.

PRAYER SHAWL GATHERINGS

Our next gathering will be Tuesday, January 17th at 1:30 pm in the Link. These lovely, hand-made shawls are distributed by the pastors, parish visitors, and FLC members to anyone that might benefit by receiving this comforting gift.

We welcome anyone to join us in this project. Shawls can be made from a simple knit or crochet pattern provided, or from your own design. We are always in need of Prayer Shawls - keep up the knitting and crocheting.

All are welcome to come!



30 HOUR FAMINE 2012

Come and help overcome hunger!

Friday, February 24, 6pm – Saturday, February 25, 7pm at First Lutheran.

Must be 12 years old by February 24th to participate. Adults needed. If a youth weighs under 100 pounds, please check with your doctor first to see if it is a healthy choice for your young person to fully participate in a fast. Modified fasts are a great alterna-

tive for those under 100 pounds or who need to eat with medications, etc. Fast for 30 hours to raise money for starving children around the world. Get together with youth from Mt. Carmel, Wooddale Lutheran, and Cross of Glory.

We'll keep you so busy you won't even realize you're hungry!

Pick up an information packet that has all the fundraising materials any time from the church. They are located in front of the Youth Board in the Commons.

Join us to fight hunger. The children and youth around the world need you!

Mark your calendar: 30 Hour Famine participants Lock-In on Saturday, January 14, 7pm to work on our group fundraising effort.



30 Hour Famine Support

The youth will start collecting pledges for the 30 Hour Famine on Sunday, January 15 at the display in the Commons. Please stop by and see how \$1 can change the life of a child!

CAMP WAPO

Mark your calendars!

Pick up a camp brochure and information on due dates from the Youth Information Rack in the Commons. Start raising those youth credits to help pay for camp!

TIM Team (Teens in Mission):

Those completed grades 9-12.

\$400 (\$100 is paid for through a scholarship from the Youth and Family Ministry Board)

Friday, June 8, 5:30pm – Friday, June 15, 5pm

Youth Campers:

Those completed grades 4-9

\$300 (\$100 is paid for through a scholarship from the Youth and Family Ministry Board)

Sunday, June 10, 1pm – Friday, June 15, 5pm

SEEDS:

Those completed grades 2-3

\$140 (\$40 is paid for through a scholarship from the Youth and Family Ministry Board)

Friday, June 15, 5pm – Sunday, June 17, 4pm



WORSHIP ASSISTANTS

10:00 AM

Acolytes:

January 1	Adam Larson	
January 8	Joseph Super	Laura Super
January 15	Nasya Marquis	Erin Johnson
January 22	Jessie Husen	Levi Green
January 29	Tori Husen	Joseph Super

Communion

Servers:

January 1	Diane Henderson	
	Bonnie O'Brien	
January 8	John Miller	Pam Hartel
	Lloyd Jackson	Rose Ann Nelson
January 15	Dale white	
	Faith White	
January 22	Wendy Ramirez	
	Denise Roberts	
January 29	Rita Schultz	
	Bev Thompson	

Bus Driver:

January 1	Charles Pierson III
January 8	Pam Sigurdson
January 15	Dale Streed
January 22	Scott Arne
January 29	Ron Davidson

10:00 AM

Ushers:

January 1	Clarence Skaaden	Gordon Johnson
	Carol & Don Wahlstrom	Sheldon Knutson
	Peter & Edward O'Brien	Marge Jeska
January 8	Pat Pasiewicz	Paul Eddy
	Vi Makie	Dale & Faith White
	Adlore & Mable Braaten	Wes Watson
	Bailey Ratliff	
January 15	Vern Hoiium	Pam Sigurdson
	John & Mary Kay Miller	Catie Miller
	Victor Zarich	Gary Carlson
January 22	Einar & Elinor Berg	Rita Schultz
	Roger & Dorothy Anderson	Dave & Karen Maurer
	Levi Green	Nicole Maurer
January 29	Tom Dillenburg	Glen & Betty Krahl
	Mike & Pam Hartel	Janet & Ben Streed
		Erin Johnson

Projector

January 1	Chris Larson
January 8	Supers
January 15	Traynors
January 22	Stuart George
January 29	Supers

CONGREGATIONAL ANNUAL MEETING

SUNDAY, January 22, 2012 11:30 AM in Martin Luther Hall

FIRST LUTHERAN CHURCH FINANCIAL UPDATE

First Lutheran's major checking and savings accounts and the balances as of November 30, 2011 are listed below. If you have any questions or would like to obtain more specific information, please call Julie 763-788-9653.

November 2011	
General Fund Balance 10/31/2011	\$ 5,293.63
Offerings received	\$ 33,088.27
Other Deposits/Transfers	\$ 57,253.38
	\$ 95,635.28
Transfers to Payroll	\$ (21,145.76)
Other Checks/Transfers	\$ (69,376.88)
General Fund Balance 11/30/2011	\$ 5,112.64
Building Fund at 10/31/2011	
Offerings, interest	\$ 6,144.21
Mortgage Payment	\$ (15,627.90)
Building Fund Balance 11/30/2011	\$ 124,008.76
Perpetual Reserve Balance 11/30/11	
\$10,000 Loan taken in May 2011	\$ 96,108.59
Special Projects Balance 11/30/11	
	\$ 73,161.27
Memorial Fund 11/30/2011	
	\$ 20,378.41
Endowment Fund Principle 11/30/2011	\$ 687,355.86
Earnings available for Undesignated Use	\$ -
**Endowment principal is held in perpetuity and cannot be spent ("Dollars Forever").	
Only the investment earnings on this balance are available for use with	
the approval of the Endowment Committee.	

You Are Invited to an Open House

in Celebration of the 90th Birthday of
Bernhard (Bernie) Loegering
50 + Year Member of our
Congregation

Sunday, January 15

2:30 - 5:30 P.M.

Martin Luther Hall

Light Appetizers and Cake
Hosted by his Children and
Grandchildren
No Gifts Please



TOWN HALL MEETING TO REVIEW 2012 BUDGET

On Sunday, January 15 at 11:00 am in Martin Luther Hall, the 2012 Budget will be presented. This is an opportunity for you to review the budget prior to the annual meeting. FLC's Treasurer and members of the Board of Finance will be available to answer any questions.



Sharing your faith and Jesus without fear.

During our strategic planning meetings, several members asked for a class on how to better share their faith with others. The Board of Evangelism and Outreach has arranged for Jim and Carol Lilly to present a 4 part course on "Sharing Jesus Without Fear". The course will be offered during education hour on 4 consecutive Sundays, beginning January 8th thru the 29th. Jim is a member of the Gideons, and has taught this course with his wife Carol on numerous occasions.

PANCAKE BREAKFAST FUNDRAISER

for the family of Chrissie Birkholz
Sunday, January 29th

The Men's Club will hold a Pancake Breakfast fundraiser on Sunday, January 29th to benefit the family of Chrissie Birkholz. Chrissie is the 30-year-old who was killed in a car accident in August when her car was broadsided in Isanti. Chrissie is dearly missed by her husband and her three children ages 10, 4 and 1. The children were in the car with Chrissie at the time of the accident and sustained injuries of their own that included hospital stays for the oldest and youngest. Please mark your calendars and come to support this important event!



LAYETTE PROJECT - for Lutheran World Relief

Baby Care Kits : include the following items : **Size 6 month to 24 month**

- Two lightweight cotton t-shirts
- Two long-or short sleeved gowns or sleeper (without feet)
- Two receiving blankets, medium-weight cotton or flannel, or crocheted, or knitted with light-weight yarn, up to 52" square
- Four cloth diapers, flat fold preferred 22 1/2 X 36
- 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.

(Items due by January 15th)

1912-2012

I remember.....



As part of our Centennial year, this is the first in a series featuring long-time members giving personal glimpses of life in this community and church.

Gene Edstrom

! Gene was born in 1921 and is currently living in his fourth house in Columbia Heights at 51st and 6th. He previously lived at 42nd and Jefferson, 43rd and Monroe, and 42nd and Main.

! He attended Oakwood Elementary and Columbia Heights High School, graduating in 1940.

! His parents became members of First Lutheran in the early 1930s where Gene was confirmed in 1936 by Rev. Kristofer Hagen. Gene recalled that his uncle John was a custodian at First in the late 1940s.

! Following graduation, he and a buddy embarked on a road trip to California, but ended up getting jobs manufacturing B-17s at Boeing Aircraft in Seattle.

! When World War II was declared, Gene was working in Seattle, and received his draft notice. Instead of submitting to the draft, he came back home and in 1942 enlisted in the Army Air Corps. He wanted to be a pilot, but was found to be color blind. So, he was stationed stateside--in Seattle, as an aircraft mechanic. An overseas assignment took him to Guam. Staff Sgt. Edstrom continued as a mechanic on B-29s as a propeller specialist. He remembers B-29s taking off from Guam on bombing sorties every night. Reflecting, Gene said that, because so many pilots and crews lost their lives, "being color blind saved my life."

! While waiting for Gene to return, his fiancée, Marianne, and her family moved to Kansas City. He was discharged in 1946, came home to Minnesota, took a train to Kansas City, married Marianne on September 3rd, and the newlyweds returned to Minneapolis. He took advantage of the G.I. Bill and earned his degree in electrical/mechanical engineering from the U of M. While he was in school, they lived at 904 University Av.SE--which has since been displaced by the 35W interstate.

! In 1946, Marianne joined Gene as a member of First Lutheran. Their four children, Jennifer, Becky, Debra and Fred were baptized, confirmed and married at First. Fred's three children were also baptized at First and the youngest is currently in confirmation.

! At Marianne's urging, she and Gene joined the choir in 1947. They were members of the Mr. and Mrs. Club and later sang with the Golden Singers. Gene served on the Board of Trustees for several years.

! On September 3rd, 2010--their 64th wedding anniversary, Marianne passed away.

! Memories of life in Columbia Heights! Gene recalled a pool hall on the southeast corner of 40th and Jackson. He didn't frequent that hangout because the pastor strongly forbade it. An ice cream store at 41st and Central had full approval.

! Gene was tall and would have liked to play basketball for CHHS, but opted not to because Coach Deanovich was just too mean!

! Gene had a long career as an engineer at Honeywell. He also served on the school board from 1963-69.

! At 90 years of age, he is still seen in his regular Sunday pew--on the organ side--next to various members of his family.

written by James Johnson,

FLC Writers Group!

January 2012

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship 11:30 AM Monte Horeb Worship - Sanctuary 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark & Elizabeth Food Shelf Sunday NEW YEARS DAY	2 CHURCH CLOSED	3 9:30 AM Joy Circle - Peace 9:30 AM Staff Meeting - Faith 10:00 AM LaLeche League - Noah's Ark 11:00 AM Columbia Heights GA - Gabriel 11:00 AM Easy Exercise - Katie Luther Cellar 6:00 PM - 8:00 PM Soccer Practice - Gym 6:30 PM - 9:30 PM Chorus Polaris Rehearsal - Choir Room 7:00 PM Monte Horeb Worship - Sanctuary	4 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 12:00 PM Rebekah Circle - MLH 12:00 PM - 1:30 PM AA Meeting - Elijah 6:00 PM Campanile Rehearsal - Bach 6:30 PM Baptism Orientation - Faith 7:10 PM Senior Choir Rehearsal - Bach 7:15 PM Rachel Circle	5 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickle - Elijah 10:15 AM Wiggles, Giggles & Tickle - Elijah 11:00 AM Drum Circle - Elizabeth 6:00 PM - 8:00 PM Soccer Practice - Gym 6:30 PM Musical Informational Meeting - Choir Room 7:00 PM AA Meeting - Gabriel	6 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary 9:00 PM Monte Horeb Worship Team - Gabriel	7 10:00 AM Christmas Undecorating - Sanctuary 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary
8 8:45 AM Chapel Service 8:45 AM Weight Watchers (weigh in) - Peace 9:00 AM National Youth Gathering Meeting - Youth 10:00 AM Confirmation - Sa... 10:00 AM Monte Ho... 10:00 AM Worship 11:00 AM Adult Fellowship... 11:15 AM Take 10 - Chapel 11:30 AM Monte Horeb W... 11:45 AM Lunch - ... 12:00 PM Lunch with Past... 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark & Eli...	9 12:30 PM Hilltop Circle - MLH 6:00 PM Budget Meeting - Staff Kitchen 6:00 PM - 8:30 PM Stinson Hills Service Unit - Gabriel & Noah's Ark 7:00 PM Martha Circle - Peace	10 9:30 AM Staff Meeting - Faith 10:00 AM Writer's Group - Peace 11:00 AM Columbia Heights GA - Gabriel 11:00 AM Easy Exercise - Katie Luther Cellar 1:30 PM Stephen Ministry - Peace 5:15 PM Memorial & End... 6:00 PM Monte Horeb... 6:30 PM Men's Club - Hope 6:30 PM - 9:30 PM Chorus Polaris Rehearsal - Ch... 7:00 PM Monte Horeb Wor...	11 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 Campanile Rehearsal - Bach 7:10 PM Senior Choir Rehearsal - Bach	12 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickle - Elijah 10:15 AM Wiggles, Giggles & Tickle - Elijah 11:00 AM Drum Circle - Elizabeth 6:00 PM - 8:00 PM Soccer Practice - Gym 7:00 PM AA Meeting - Gabriel	13 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary	14 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary 8:00 PM Famine Participants Over-Night - Youth Room, Youth Chapel & Gym
15 8:45 AM Chapel Service 8:45 AM Weight Watchers... 10:00 AM Confirmation - Sa... 10:00 AM Monte Ho... 10:00 AM Worship 11:00 AM Adult Fellowship... 11:00 AM New Member Cl... 11:00 AM Town Hall Meet... 11:15 AM Take 10 - Chapel 11:30 AM Monte Horeb W... 11:45 AM Lunch - ... 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark & Eli... 2:30 PM - 5:30 PM Loeger... Blood Pressure Che...	16 6:30 PM - 8:30 PM Soccer Practice - Gym Lutefisk Dinner Set-Up	17 9:30 AM Staff Meeting - Faith 11:00 AM Columbia Heights GA - Gabriel 11:00 AM Easy Exercise - Katie Luther Cellar 12:00 PM Making Rice Pudding - Kitchen 1:30 PM Prayer Shawl Gathering - Link 4:30 PM - 6:30 PM Youth Open Gym 6:30 PM - 9:30 PM Chorus Polaris Rehearsal - Choir Room 7:00 PM Monte Horeb Wor... Lutefisk Dinner Set...	18 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 8:30 AM - 12:00 PM Making Meatballs for Lutefisk Dinner - Kitchen 10:00 AM Book Club - Peace 12:00 PM - 1:30 PM AA Meeting - Elijah 3:15 PM Crestview Care Center Communion 4:00 PM Seminary Tuition Meeting - Hope 6:00 PM Campanile Rehear... 7:10 PM Senior Choir Rehe... Lutefisk Dinner Set...	19 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickle - Elijah 10:15 AM Wiggles, Giggles & Tickle - Elijah 11:00 AM Drum Circle - Elizabeth 12:00 PM Making Rice Pudding - Kitchen 4:30 PM - 6:30 PM Youth Open Gym 6:30 PM - 8:30 PM Nor... 6:30 PM - 8:30 PM Soccer ... 7:00 PM AA Meeting - Gab... Lutefisk Dinner Set...	20 8:30 AM - 2:00 PM Set-up for Lutefisk Dinner - MLH & Kitchen 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary Lutefisk Dinner Set-Up	21 11:00 AM - 6:00 PM LUTEFISK DINNER 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary Mission Jamaica partici... pates - leaving
22 8:45 AM Chapel Service 8:45 AM Weight Watchers (weigh in) - Peace 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship 11:00 AM Sunday School - Gym 11:15 AM Lunch - MLH 11:30 AM Annual Meeting - MLH 11:30 AM Monte Horeb Worship - Sanctuary 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark & Eli...	23 6:30 PM - 8:30 PM Soccer Practice - Gym	24 8:00 AM - 3:00 PM Synod Joint Mobility - Faith, Peace, Daniel, Ezra, Elizabeth, Elijah, Library 9:30 AM Staff Meeting - Staff Kitchen 11:00 AM Columbia Heights GA - Gabriel 11:00 AM Easy Exercise - Katie Luther Cellar 1:00 PM Young at Heart 2012 Party - MLH 4:30 PM Youth Open Gym 6:30 PM Chorus Polaris Rehearsal - Choir Room 7:00 PM Monte Horeb Wor...	25 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 Campanile Rehearsal - Bach 7:10 PM Senior Choir Rehearsal - Bach	26 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickle - Elijah 10:15 AM Wiggles, Giggles & Tickle - Elijah 11:00 AM Drum Circle - Elizabeth 4:30 PM - 6:30 PM Youth Open Gym 6:30 PM - 8:30 PM Soccer Practice - Gym 7:00 PM AA Meeting - Gabriel	27 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary	28 9:00 AM - 2:00 PM Board & Council Retreat - MLH 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary Mission Jamaica partici... pates - returning
29 8:00 AM - 12:30 PM Pancake Breakfast - MLH 8:45 AM Chapel Service 8:45 AM Weight Watchers (weigh in) - Peace 10:00 AM Confirmation - Sanctuary & Youth Chapel 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM New Mem... 10:00 AM Worship 11:15 AM Take 10 - Chapel 11:30 AM Monte Horeb W... 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark & Eli...	30 6:30 PM - 8:30 PM Soccer Practice - Gym	31 9:30 AM Staff Meeting - Faith 11:00 AM Columbia Heights GA - Gabriel 11:00 AM Easy Exercise - Katie Luther Cellar 4:30 PM - 6:30 PM Youth Open Gym 6:30 PM - 9:30 PM Chorus Polaris Rehearsal - Choir Room 7:00 PM Monte Horeb Worship - Sanctuary				

Parish Nurse Notes-January 2012 New Year's Resolutions

New Year's resolution quotes: "Many people look forward to the New Year for a new start on old habits—Unknown author

"People are so worried about what they eat between Christmas and New Year, but they really should be worried about what they eat between New Years and Christmas"-Anonymous

The most popular New Year's resolution is weight loss! Studies have shown that the major benefit of weight loss is that it not merely one risk factor, but many. For example a man that is obese who reduces his weight by five percent will decrease his mortality risk by 12 percent! Weight loss of 10% or less can improve the complications associated with weight such as Type 2 diabetes, reduce blood pressure, improved lipid levels for cholesterol. (Medscape.com)

Why does losing small amounts of weight have so powerful an effect on these risk factors? The health benefits of a 5-10% weight loss have been attributed to a predominant reduction of visceral fat, the fat that surround your organs. The loss of visceral fat improves your metabolic profile as a whole; meaning lowering blood pressures, glucose and cholesterol levels.

In Mayo Clinic research it states by losing weight, this reduces your fat tissue, decreases the amount of estrogen stored in your body, in turn lowering your risk of an estrogen-sensitive cancer, such as breast cancer. Other benefits of a healthy weight and exercise can help prevent colon cancer, other gastrointestinal cancers, and gynecological cancers, such as endometrial cancer. Being overweight is a risk factor for these types of cancers according to the Mayo Clinic.

Ten Tips for Weight Loss Success From the Mayo Clinic

- **Personalize your goals.** Set goals that are within your capabilities, and that take into account your limitations
- **Aim for a realistic weight loss.** Healthy weight loss occurs slowly and steadily, 1-2 pounds per week. Set a 5 or 10 percent weight loss.
- **Focus on the process.** Make most of your goals, process goals rather than outcome goals, (outcome would be -weigh 140 pounds). Process goals are specific, measurable and realistic, such as exercise regularly.

- **Think short term and long term with your goals.** Short-term goals can be your stepping-stones to the big goals. Short term keep you engaged on a daily basis, long term motivate you over the long haul.
- **Write it down.** Weight Watchers count points that you log in daily along with activity and weight trackers. Keep a food diary/journal.
- **Pick a date.** Choose a definite start date for your program. You may need to resolve some issues before starting.
- **Start small.** Set small goals, anything too intense or big may cause you to give up. Remember you are in this for the long haul.
- **Plan for setbacks.** Setbacks are a natural part of behavior change. Identify roadblocks such as parties, dinners, or your mother-in-law. Brainstorm strategies to overcome them to get back on course.
- **Evaluate your progress.** Review your goals weekly.
- **Reassess and adjust your goals as needed.** Be willing to change your goals, you may not have set a realistic weight-loss goal, go back to #1. If you have started small, it is time to take on a larger challenge.

15 members of First Lutheran have lost a total of **142 pounds in two months**, that's a whole person!! We hope to be able to continue with a Weight Watcher Program on Sunday mornings. We need a total of 20 members to keep this program and progress going.

Weight Watchers PointsPlus+2012 is a new addition to their already successful PointsPlus program that allows you to adjust your PointsPlus food budget and how to spend it. New this year are activity goals that encourage you to fit in more exercise and tips to make exercise achievable and fun. Also new are options for customization of the Plan to your individual needs.

Weight Watchers offers eTools to log in to view daily and weekly checklists and tasks, along with recipes and food tips at home on your computer, I-Pad, or smart phone setting you up for success

US News and World Report ranked Weight Watchers as the #1 weight-loss diet in America. Dieticians, cardiologists and diabetic specialists studied this program for six months and gave it the top ranking because of its healthy, balanced diet consistent with the USDA "My Plate" food plan. No food is off limits; you can eat what a person wants by controlling your portion size.

Starting January 8th Weight Watchers is offering monthly passes for \$39.95. Come join us in Peace, 8:45 AM weigh in, meetings at 9:15AM. Happy New Year! Jane, Parish Nurse

Thank You

The following note of thanks was received by our Men's Club following the successful fund raising pancake breakfast for the family of Doug and Lisa Miller that we hosted on Sunday, November 6. Lisa Miller died one week later.

Words cannot thank you enough for how much you have helped my family. Working with you was a life changing experience. Your timing couldn't have been better to lift our spirits. I know Lisa was at great peace having heard the out pouring of support, love and prayers that were going out to her and her family. You were a huge part of putting her at peace as she said goodbye, knowing the loves of her life would be cared for. Your mission to help families in need is so powerful. You really do change lives! We are so appreciative. We would love to help you out in the future. Please keep us in mind for your future missions.

*Thank you from the bottom of our hearts,
Kelly & Brandon Thyen, Jim & Lynne Thyen,
Doug, Lynsey, Drew & Lily Miller
And our Angel, Lisa Miller*



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

December Weddings

*Zachary Schellinger & Colleen Strohmayer
12-30*

December Funerals

*Bonita Brodeen - 11-27
Ruby Steiskal*

RACHEL CIRCLE

Rachel Circle will meet at

Harriet Anderson's on

January 4, 2012 at 7:15 pm.

BOOK CLUB

January 18th, 2012

10:00—11:00 am

Meet in Peace

"Iron Lake"

By Wm. Kent Krueger

For information call

Char Zarich

763-572-1220

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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 Ministry
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

8:45 AM	Chapel Service
10:00 AM	Worship
11:00 AM	Education Hour & Fellowship Time



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