



First Lutheran Caller

JULY 2011

WELCOME

I am pleased to introduce to you our newest staff member. After a rigorous search process, and interviews of many excellent candidates, our search committee unanimously and enthusiastically recommended Nathan Roberts as our new Director of Children's and Family Ministries. The Church Council whole heartedly endorsed their recommendation. Nathan will coordinate his ministry with Leisha Tays, who concentrates primarily on older youth. Thank you to the Memorial & Endowment Committee for a generous grant that makes this half-time position possible this year. Whether or not you have children or grandchildren in our congregation, I know you will want to meet Nathan and make him feel welcome.

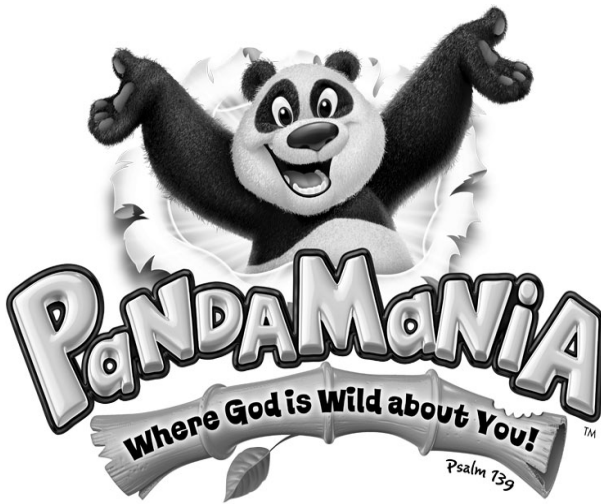
Pastor Tom

My name is Nathan Roberts and I am excited to serve as the Director of Children's and Family Ministries at 1st Lutheran. I am passionate about sharing the love of Jesus with children. I have helped children grow in faith and life in a variety of places before coming to 1st Lutheran. I have ministered in a variety of churches in MN and helped to found an orphanage for children in Kenya called Daylight Center and School. In the public schools I served as a special education teacher and a social worker. I have a master's of Divinity degree from Luther Seminary and am excited to serve your families. Please introduce yourself to me.



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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

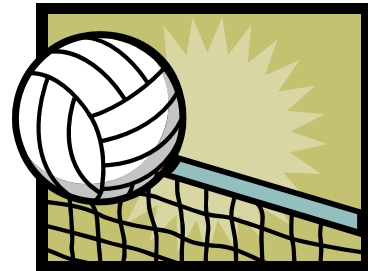
time to give? Do you know some neighborhood kids who would love to join this wild adventure? Pass along a registration form! PLEASE sign up today so we can get supplies ordered and plan our week! Information brochures and registration forms are available in the church office or can be downloaded on our 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



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

No Open Gym on: July 4, 26-28



MISSION WORKSHOP

Mission Workshop will meet the 2nd and 4th Wednesdays of the month at 9:00 am throughout the summer.

HOME COMMUNION SERVERS

We currently have a small, dedicated group of people in our congregation who bring Holy Communion to the homes of some of our shut-ins. This is a meaningful ministry, both for those who serve and those who receive. We would like to expand our group of home communion servers. If you are interested, please contact one of the pastors. You would be responsible for one visit per month. We will be having a training session sometime in September.



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 ask more questions, visit the display in the Commons.

YOUNG AT HEART

Wed, July 6, 9:30 a.m.

Minneapolis Pops Orchestra
at Nicollet Island Pavilion

For America's 235th birthday, we celebrate our nation of immigrants with music that highlights our diversified backgrounds and journeys that brought us here. The program is entitled 'Coming to America' and will feature compositions based on the folk music of various countries. American composers like George Gershwin, Cole Porter and Sousa will also be heard.

\$5 for van and a group donation to the orchestra (the concert is free)

9:30 meet at church

10:30 concert

lunch on your own at Pracna on Main

1:30 expected return

Wed, July 20

Guthrie Theater
'H.M.S. Pinafore'

Those who have reserved a ticket for this show should meet in the Commons at 12 noon. The performance begins at 1 p.m.

Comin' up:

Wed, August 10, 7 p.m.

Tambouritzen's at Mounds View H.S.

America's longest-running multicultural song and dance company, the Duquesne University **Tambouritzens** is a unique ensemble of talented young folk artists dedicated to the preservation of the music, songs, and dances of Eastern European folk cultures. The show features spectacular folk and acrobatic dancing in brilliant costumes. The performers are fulltime students at DU in Pittsburgh, PA.

Tickets are \$16 and should be purchased in advance. Checks made out to FLC should be given to Paul Christensen by July 29. Tickets may also be bought at the door, but there is the possibility of a sell-out. No van service for this event, but a ride could be arranged if requested of Paul.

September - Fort Snelling

October 16-21 - A motorcoach trip to Branson is being planned. Details posted as they come available.

Tues, November 15 -Potluck at church

December -Christmas luncheon

ALL CHURCH PICNIC

Where? Huset Park,
Columbia Heights

When? Sunday, July 24 at 11 a.m.

Who? Everyone from First Lutheran, along with family and friends of all ages!

Why? There will be: fun conversation, games to play, a wading pool for kids, a playground and of course, **EATING!**

What? Rock will bring the food for everyone (free-will donation); bus is available from and back to church for anyone who wants a ride; bring a lawn chair if you prefer to watch the activities...





2012 ELCA NATIONAL YOUTH GATHERING

Join us on Sunday, July 10th, 11:15am for an informational meeting in the chapel
No commitments necessary at this time.

Hear more about this trip to New Orleans.

Deposits due in August. Payments are monthly and up to half of the trip can be paid for in youth credits! Trip is for current 7th graders and up.

Bring a parent/guardian, bring your questions and join us!

Those who will be 18 and at least one year out of high school in 2012 can attend the gathering as a participant or a volunteer. Come to the meeting to learn more!

SAFEGUARDING GOD'S CHILDREN

Join us for a free workshop, July 17, 11am-1:30pm in Peace, led by Youth and Family Minister, Leisha Tays. Learn how to safeguard the children and youth in your life from sexual abuse. All volunteers working directly with children and youth at First are required to attend this workshop.

Light lunch provided.

NEEDS....

We are in need of some help in various ways. Can you help out?

-Confirmation: We are in need of one or two male adults (ages 18+ who are trained in Safeguarding God's Children or willing to be trained) to help out with confirmation. We prefer to have someone who would be willing to make a three year commitment to travel through the new confirmation class's entire journey. Confirmation will be on Sunday mornings, 10am-12:30pm for 6th-8th graders during the school year. We will worship together from 10am-11am, then have class from 11am-12:30pm in the Youth Chapel (formerly Daniel). There will also be a monthly service project and one retreat per year. Contact Leisha if you are interested: 763-788-9653, flcyouth@q.com, or via Facebook.

-Youth Chapel: We are transforming Daniel into a Youth Chapel. We are in need of some supplies. Would you be willing to donate to the transformation of this room for our youth? Monetary donations would be greatly appreciated! Checks can be made out to First Lutheran with "Youth Chapel" in the memo and put in the Youth Box (located on the wall underneath the youth board in the Commons) or mailed to First Lutheran, Attn: Leisha Tays. We are looking to purchase seating, a projector, screen, rug and more. If you are interested in donating a specific item, please talk to Leisha.

-Open Gym: This summer Open Gym is offering a place for children and youth to be in the afternoons, Monday-Thursday. We are offering a free lunch to the children and youth who attend. We are looking for donations of hot dogs, hot dog buns, bags of chips and cookies. If you are at the grocery store and would like to pick up one or more of these items for us, we'd greatly appreciate it. Donations can be dropped off in the church office.

WORSHIP ASSISTANTS

10:00 AM

Acolytes:

July 3	Erin Johnson	Catie Miller
July 10	Laura Super	Joseph Super
July 17	Allison Olsen	
July 24	Jessica Kaliher	Nasya Marquis
July 31	Simone Woods	Erin Johnson

Readers:

July 3	Char Zarich
July 10	Elayne Knutson
July 17	Kevin Kaliher
July 24	Sandi Engquist
July 31	Ruth Dodson

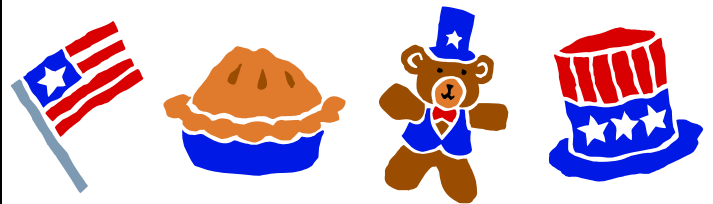
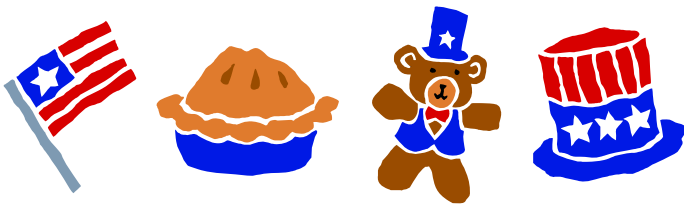
Bus Driver:

July 3	Scott Arne
July 10	Ron Davidson
July 17	Vance Husen
July 24	Charles Pierson III
July 31	Dale Streed

10:00 AM

Ushers:

July 3	Matt Palm	Sid Anderson
	Maggie Proft	Doug & Pat Johnson
	Helen Skoglund	Donna Novak
	John Kennedy	
July 10	Randy Dodson	Forrest Anderson
	Jay Craft	Kevin Kaliher
	Charles Pierson III	Judy Opheim
	Wendy Ramirez	Allison Olsen
July 17	Clarence Skaaden	Don & Carol Wahlstrom
	Tony Olson	Gordon Johnson
	Sheldon Knutson	Marge Jeska
	Peter & Edward O'Brien	
July 24	Pat Pasiewicz	Paul Eddy
	Vi Makie	Dale & Faith White
	Adlore & Mable Braaten	Wes Watson
July 31	Vern Hoium	Pam Sigurdson
	John & Mary Kay Miller	Catie Miller
	Victor Zarich	Gary Carlson



July 2011

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary 9:00 PM Monte Horeb Worship Team - Gabriel CHURCH CLOSED DURING THE SUMMER	2 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary
3 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	4 CHURCH CLOSED - HOLIDAY	5 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	6 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 9:30 AM Young at Heart - Ni- collet Island Mpls. Pops 11:00 AM - 1:30 PM AA Me- eting - Elizabeth 12:00 PM - 3:00 PM Yo... 5:30 PM FLC Happy Hour (5:30 - Treats, 6:00 - Wo... 7:00 PM Baptism Orientatio... 7:00 PM - 8:00 PM Mo...	7 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickles - Elijah 10:15 AM Wiggles, Giggles & Tickles - Elijah 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:30 PM AA Meeting - Gabriel	8 6:00 PM - 9:00 PM Monte Horeb Church Anniversary - Sanc- tuary & MLH CHURCH CLOSED DURING THE SUMMER	9 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary
10 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship with Communion 11:15 AM National Youth Gathering Informational Meeting - Chapel 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Elizabeth & Faith	11 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH	12 9:30 AM Staff Meeting - Faith 10:00 AM Writer's Group - Peace 11:00 AM Columbia Heights GA - Gabriel 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 1:30 PM Stephen Ministry - Peace 6:30 PM Men's Club - Hope 7:00 PM Monte Horeb Worship - Sanctuary	13 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 9:00 AM Mission Workshop - Lydia & Gabriel 11:00 AM - 1:30 PM AA Me- eting - Elizabeth 12:00 PM - 3:00 PM Yo... 5:30 PM FLC Happy Hour (5:30 - Treats, 6:00 - Wo... 6:30 PM Century Commit... 7:00 PM - 8:00 PM Mo...	14 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickles - Elijah 10:15 AM Wiggles, Giggles & Tickles - Elijah 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 4:30 PM - 7:00 PM Painting Party 7:30 PM AA Meeting - Gabriel	15 6:00 PM - 9:00 PM Monte Horeb Decorat- ing - MLH 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary CHURCH CLOSED DURING THE SUMMER	16 3:00 PM - 8:00 PM Monte Horeb Wedding - Sanctuary & MLH 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary 7:00 PM No Experience Necessary Bible Study - Peace
17 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship with Com- munion 11:00 AM - 1:30 PM Safe- guarding God's Children Class - Peace 11:30 AM Monte Horeb Wor- ship - Sanctuary 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Elizab...	18 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	19 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 Pictorial Directory Photos - July 19-23 - Peace, Hope, Faith	20 7:30 AM Men's Bible Study Breakfast - Bobby & Ste... 10:00 AM Book Club - Peace 11:00 AM - 1:30 PM AA ... 12:00 PM Young at Heart... 12:00 PM - 3:00 PM Yo... 3:15 PM Crestview C... 5:30 PM FLC Happy Hour (5:30 - Treats, 6:00 - Wo... 7:00 PM - 8:00 PM Mo... Pictorial Directory Photos - July 19-23 - Peace, Ho...	21 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickles - Elijah 10:15 AM Wiggles, Giggles & Tickles - Elijah 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH 7:30 PM AA Meeting - Gabri- el Pictorial Directory Photos - July 19-23 - Peace, Ho...	22 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary Pictorial Directory Photos - July 19-23 - Peace, Hope, Faith	23 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary Pictorial Directory Photos - July 19-23 - Peace, Hope, Faith
24 10:00 AM Monte Horeb Prayer Time - Gabriel 10:00 AM Worship with Com- munion 11:00 AM All Church Picnic - Huset Park 11:30 AM Monte Horeb W... 12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Elizab... Pictorial Directory Photos - July 19-23 - Peace, Ho...	25 12:00 PM - 3:00 PM Youth Open Gym - Gym & MLH	26 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 Meeting - Faith	27 7:30 AM Men's Bible Study Breakfast - Bobby & Steves Auto 8:30 AM - 12:30 PM Painting Party 9:00 AM Mission Workshop - Lydia & Gabriel 11:00 AM - 1:30 PM AA Me- eting - Elizabeth 5:30 PM FLC Happy Hour (5:30 - Treats, 6:00 - Wo... 7:00 PM - 8:00 PM Mo...	28 9:00 AM Intercessory Prayer - Chapel 9:30 AM Wiggles, Giggles & Tickles - Elijah 10:15 AM Wiggles, Giggles & Tickles - Elijah 7:30 PM AA Meeting - Gabriel	29 7:30 PM - 10:30 PM Tim Practice Time - Sanctuary CHURCH CLOSED DURING THE SUMMER	30 5:00 PM Monte Horeb Prayer Time - Elijah 7:00 PM Monte Horeb Worship - Sanctuary
31 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						

FIRST LUTHERAN CHURCH 2011 BUDGET - INCOME Through May 31, 2011						
		Total Annual	To Date	To Date		
		2011 Plan	Budget	2011 Actual		
Envelope		\$ 425,000	\$ 98,986	\$ 158,290		
Electronic Fund Transfer Memo			\$ 49,607	\$ 49,820		
Cash		\$ 10,000	\$ 3,701	\$ 4,564		
Children's Globe		\$ 500	\$ 200	\$ 272		
Initial Offering		\$ 1,000	\$ 805	\$ 847		
Thrivent Choice Gifts		\$ 1,000	\$ 417	\$ 4,978		
Special Gifts		\$ 35,000	\$ 15,079	\$ 11,412		
Fundraiser Income		\$ -	\$ -	\$ 673		
Debt Savings		\$ 52,000	\$ 22,877	\$ 20,513		
Total		\$ 524,500	\$ 191,672	\$ 251,369		
ADMINISTRATION		\$ 19,000	\$ 5,907	\$ 4,305		
Rentals, Weddings, Interest						
EDUCATION		\$ 5,000	\$ 703	\$ 616		
EVANGELISM & OUTREACH		\$ 7,500	\$ 3,948	\$ 5,688		
Supper Income						
MUSIC		\$ 8,000	\$ 4,724	\$ 4,307		
MINISTRY		\$ 10,000	\$ 4,947	\$ 4,869		
Lent, Easter, Christmas Thanksgiving						
YOUTH MINISTRY		\$ 14,000	\$ 9,402	\$ 9,903		
		\$ 588,000	\$ 221,303	\$ 281,056		
Other Income						
Lutefisk Dinner		\$ 18,000	\$ 18,879	\$ 18,594		
Bazaar		\$ 13,000	\$ 200	\$ 20		
Other: Fundraising, Funerals, etc.		\$ 4,000	\$ 1,667	\$ 792		
Men's Club Income		\$ 14,000	\$ 5,833	\$ 23,317		
GRAND TOTAL INCOME		\$ 637,000	\$ 247,882	\$ 323,779		
FIRST LUTHERAN CHURCH 2011 BUDGET - EXPENSES Through May 31, 2011						
		Total Annual	To Date	To Date		
		2011 Plan	Budget	2011 Actual		
PAYROLL		\$ 362,400	\$ 170,674	\$ 154,982		
ADMINISTRATION						
Office Supplies, Insurance, Postage		\$ 60,100	\$ 27,184	\$ 29,885		
OPERATIONS AND MAINTENANCE		\$ 72,000	\$ 42,173	\$ 42,143		
EDUCATION EXPENSES		\$ 7,000	\$ 1,720	\$ 1,365		
EVANGELISM AND OUTREACH EXPENSE		\$ 9,000	\$ 2,796	\$ 4,780		
Advertising, Suppers, Stewardship						
MUSIC EXPENSE		\$ 13,000	\$ 4,333	\$ 4,826		
MINISTRY EXPENSE		\$ 4,500	\$ 2,400	\$ 2,407		
YOUTH EXPENSE		\$ 17,000	\$ 3,015	\$ 6,569		
BENEVOLENCES		\$ 54,000	\$ 22,500	\$ 11,750		
		\$ 599,000	\$ 276,796	\$ 258,708		
Lutefisk Expenses		\$ 9,000	\$ 9,000	\$ 9,791		
Bazaar Expenses		\$ 1,000	\$ -	\$ -		
Kitchen Supplies		\$ 1,500	\$ 663	\$ 544		
WELCA Expenses		\$ 3,500	\$ 1,458	\$ 434		
Men's Club Expenses		\$ 14,000	\$ 7,500	\$ 16,806		
GRAND TOTAL EXPENSES		\$ 628,000	\$ 295,417	\$ 286,282		
PERPETUAL RESERVE LOAN				\$ 41,000.00		
	Paid Loan 2/24/11			\$ (41,000.00)		
				\$ -		
PERPETUAL RESERVE LOAN	Taken May 2011			\$ 10,000.00		

Coming this fall - THE MARRIAGE COURSE

Would you make a significant investment in your marriage - if you believed the investment would pay dividends years into the future? First Lutheran will be offering the Marriage Course this fall, a course produced by the Alpha organization that is now running in over 3000 locations worldwide. Based on Christian principles, the course gives practical (and sometimes humorous) tools to help any couple improve and strengthen their relationship.

Who is it for? - all couples, whether they have been together 1 year or 61 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's it like? After a light dinner together, there will be a DVD presentation on a specific subject 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 session - 6:00 to 8:30 pm.

What's it 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, helpful, and sometimes eye-opening."

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



ENDOWMENT "Dollars Forever"

In last month's Caller article we wrote about the assets which can be used for charitable purposes. This month we'll be highlighting one of those assets:

RETIREMENT PLANS

Retirement and pension plans are critical elements of financial and gift planning. Some common plans are 401k, 403b and traditional IRA accounts. Simply, they are funds that have accumulated tax-free. When funds are withdrawn, such as when you take a distribution or when your heirs receive distributions, funds are taxed at the current income rate of the recipient.

Some assets are more beneficial to give to heirs and others are more beneficial to donate to charity. Since funds from these retirement plans are taxed as they are withdrawn, your heirs will incur the tax at their current income rate. If the beneficiary of the retirement plan is a charity, the charity will not pay taxes on the funds.

Since First Lutheran is tax-exempt, you can use your retirement plan to make a charitable gift to support the work of the church. Following your death, that designated portion of the funds will be paid to First Lutheran in a lump sum, totally tax-free. The balance is paid to beneficiaries.

Giving from your retirement plan is easy because you don't have to change your will or trust. You simply make a recognized 501(C)(3), like First Lutheran the beneficiary of the plan. You can give the whole amount held in a specific account or a percentage. A beneficiary designation form is available from your plan's custodian (investment management company). However if you are updating your will or trust you may take the opportunity to include your designations.

Parish Nurse Notes Summer Skin Safety

On nice, hot, sunny days, I remember my summers of sunbathing with my sister and the fond memories of using SPF Zero Johnson's baby oil or even better, Coppertone tanning oil, which was just better smelling oil. I usually got a nice sunburn, which eventually turned to a tan later...now many years later my tan has turned into basal cell skin cancers. Your skin is the human body's largest organ; we need to take better care of it. The skin performs the following functions:

- Protection: an anatomical barrier from pathogens and damage between the internal and external environment in bodily defense.
- Sensation: contains a variety of nerve endings that jump to heat and cold, touch, pressure vibration and tissue injury.
- Heat regulation: increase perfusion and heat loss, while constricted vessels reduce blood flow and conserve heat.
- Control of evaporation: the skin provides a dry and semi-permeable barrier to fluid loss.
- Storage and synthesis: acts as a storage center for lipids(fats) & water.
- Absorption: Skin absorbs oxygen, nitrogen, and carbon dioxide.
- Water resistance: the skin acts as a water resistant barrier so essential nutrients aren't washed out of the body.

Skin Cancer Overview (Mayo Clinic Foundation for Medical Education)

Skin cancer is the abnormal growth of skin cells—most often develops on skin exposed to the sun, but this common form of cancer can occur on areas of you skin not ordinarily exposed to sunlight.

Three major types of skin cancer: basal cell, squamous cell carcinomas, and melanoma. Skin cancer is the most common cancer in the US, and continues to rapidly increase. Melanoma is the deadliest type of skin cancer.

Skin cancers develop primarily on areas of sun-exposed skin: scalp, face, lips, ears, neck, chest, arms and hands, and on the legs in women. But it can also form on areas that do not get sunlight—palms, beneath your fingernails, spaces between your toes or toenails, and your genital areas.

Basal cell carcinoma signs:

- On sun-exposed areas (face, ears or scalp)
- Pearly or waxy bump
- Flat, flesh-colored or brown scar-like lesion

Squamous cell carcinoma signs:

- Sun-exposed areas (face, lips, ears, and hands)
- Firm, red nodule
- Flat lesion with a scaly, crusted surface

Melanoma signs:

- May develop anywhere on your body, or on normal skin or an existing mole
- On your trunk, head or neck, or lower legs. Can be on skin not exposed to the sun.
- Large brownish spot with darker speckles
- A mole that changes in color, size, or feel, or that bleeds

- Lesion with irregular borders, portions that appear red, white, blue or blue-black
- Dark lesion on palms, soles, fingertips, toes, or on mucous membranes lining.

Like your skin, your eyes never forget UV (Ultraviolet) exposure. Studies show that exposure to bright sunlight may increase the risk of developing cataracts or age-related macular degeneration, both leading causes of vision loss among older adults. Select sunglasses that block UV rays. (American Academy of Ophthalmology)

Take steps to avoid skin cancers:

- Stay out of the sun between 10AM-4PM, Use UV blocking sunglasses.
- Use sunscreen with SPF 15 or higher, many makeup and skin cream have sunscreen in them. Use kid friendly sunscreen for the little ones.
- Cover up with long sleeves and a hat.
- Check your skin regularly for any changes.

Risk factor that may increase your risk of skin cancer include:

- Fair skin—having less pigment (melanin) in your skin provides less protection from UV rays. Blond or red hair and light colored eyes and freckles.
- History of sunburns—every time you get sunburned, you damage your skin cells and this increases your risk of skin cancer. Having multiple blistering sunburns increase risks along with sunburns in adulthood.
- Excessive sun exposure—Spending excessive time in the sun without sunscreen. Tanning including tanning beds. A tan is your skin's injury response to excessive UV radiation.
- Moles—People who have many moles or abnormal moles called dysplastic nevi are at increased risk. Have irregular/abnormal moles checked often.
- Precancerous skin lesions—Having lesions known as actinic keratoses can increase your risk. These appear as rough scaly patches that range in color from brown and dark pink.
- Family or personal history of skin cancer. Even successfully removed skin cancer can recur.
- Increased age—the risk of developing skin cancer increase with age, because many skin cancers develop slowly and early damage may not become apparent until middle age.

When to see a doctor? If you notice any changes. Not all skin changes are caused by skin cancer let your MD investigate. Make an appointment with your family doctor if you notice any unusual skin changes that worry you. In some cases you may be referred to a dermatologist.

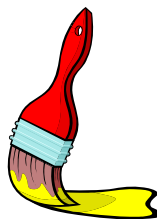
There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle... Albert Einstein

As always, stay well!!

Jane Bugbee RN, BSN

CENTURY COMMITTEE NEEDS YOUR HELP

The Century Committee is in the process of planning many activities related to our 100th Anniversary but we need your help. We have created a poster board that will be kept in the Commons area where we will post the many ways you can be involved. Your time commitment will be minimal but the impact will be great! Please prayerfully consider your involvement to help make this milestone in our congregation a huge success.



PAINTING PARTIES

We're making progress on the painting both inside and outside. Thank you to those who volunteered their time during May and June. Two more painting parties are planned for Thursday, July 14, 4:30 to 7:00 pm. and Wednesday, July 27, 8:30am to 12:30. It depends on the weather as to where we'll be painting--inside or out. Please come and help with getting First Lutheran spruced up for the 100th Anniversary!!

FAMILIES MOVING FORWARD

We are getting ready to welcome our first families into our congregation! Four families will be staying in our building the week of September 18. Sister congregations Mt. Carmel and Gustavus Adolphus will be helping provide the volunteers that will be needed. But we will need many people from First as well. Watch for a sign up sheet so you can indicate how you can help that week.

PRAYER SHAWL GATHERINGS

Prayer Shawl Gatherings will not be meeting for the summer. They will resume in September. Watch the bulletin announcements for times and dates. Don't put your needles away - keep on knitting and crocheting!

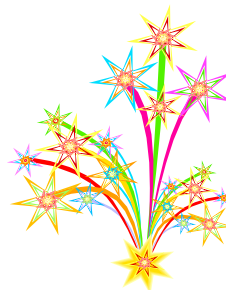
Thanks!

PICTORIAL DIRECTORY

Have you signed up for an appointment to have your photo taken for the pictorial directory? The appointment schedule is posted in the Commons or you can make an appointment on line at <https://signup.olanmills.com>. Dates for photography are **Tuesday, July 19 through Saturday, July 23** and **Monday, September 26 through Saturday, October 1**. If these dates don't work for you, please call Julie in the church office to make other arrangements. Please sign up soon. The appointment schedule needs to be returned to Olan Mills by **July 11**.

We want to make sure that EVERYONE is in our new directory. So there are two weeks for appointments. Those that are home during the summer such as students can have their photo taken in July before they leave for college and those away for the summer can have their pictures taken in September.

Everyone is invited and encouraged to have your photo taken. **Please sign up soon!!!**



Thank You

To my "Fist Lutheran Family" thank you all for your prayers, visits, phone calls and cards. It is greatly appreciated. Special thanks to "you" pastors for your visits and prayers. My prayers of thanksgiving to God and all of you.

Love, Violet Makie

Thank you for all of your prayers, calls, cards and other expressions of support for me and Jon during my recent hospitalization and ongoing recovery. The prayers have truly been the power holding me up and healing me as He holds me in the palm of his hand.

Marilyn Lueth

Thank you for your prayers during my recent hospitalization for seizures. I am now doing much better and very grateful for your prayers. Thank you for all the blessings I have received.

Hazel Erickson



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

June Weddings

Tim Krueger & Naomi Thorson 6/4
Luke Papillon & Molly Bicknase 6/25

June Baptisms

Lexie Elaine Luger 6/5
daughter of Steven & Krista Luger
Jackson Luke Farmer 6/12
son of Daniel & Kelsey Farmer
Judith Nelson 6/12
Alyssa Jo & Shanna Ellen Nelson 6/12
daughters of John & Judith Nelson

June Funerals

Bill Erickson 5/15
Robert Halling 6/9

BOOK CLUB

July 20, 2011

10:00—11:00 am

Meet in Peace

"Main Street"

By Sinclair Lewis

For information call or E-mail

Char Zarich

763-572-1220

LadyChar@comcast.net

FIRST LUTHERAN CHURCH
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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

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