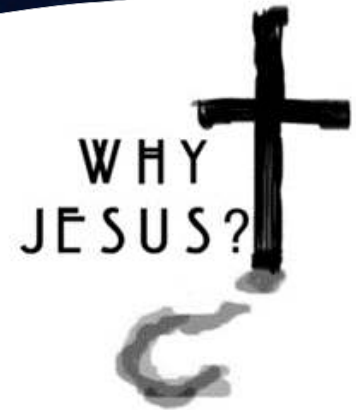


First Lutheran Caller

LOVE GOD. LOVE OTHERS.



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Worship Hours:

8:45 AM—Chapel
10 AM—Sanctuary
(All Age Worship)

Pastoral Staff:

Bonnie Wilcox
Senior Pastor

Jill Bergman
Associate Pastor

The Caller Newsletter is
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Editor: Joyce Weaver,
joycew@flcch.org

WHY JESUS? EPIPHANY 2019

Why Jesus? Why do we follow Jesus, believe in Jesus, learn from Jesus? Why are we changed because of Jesus?

How would you answer the question, Why Jesus?

Two pastors in the Twin Cities asked these questions, and then invited nine congregations (Lutherans from the Twin Cities and Rochester) to come together and prepare worship on weekly themes of “Why Jesus? Because Jesus is _____.” Rachel James and I have been part of this planning process, creating materials we are freely sharing through the internet with anyone who wants to use them.

For the nine Sundays from January 6 through March 3, we’ll shape worship around this theme. Each of the creating congregations have made a video of a member sharing a story related to the weekly theme. There is a logo and original art for our bulletins. There is curriculum for children and youth, and even a theme song!

It has been a great experience to collaborate with other church leaders to create content that can be freely exchanged by all. We all hope that our work will be well received, and that it might lead to another project in the future.

Our Savior, Jesus, may be described in many ways. Even four Gospel authors emphasize different stories about Jesus, or provide unique insights to Jesus’ character, or offer alternative views of Jesus’ relationship with God’s people. But at the heart, Jesus is...Love. Love that gives itself away, as Jesus did on the cross. Jesus is also Love that overcomes death and rises again, now unbound by earthly rules. The resurrected Jesus is Love set free, appearing in many places, to many people. For God so Loved the world. And that includes YOU.

Rev. Bonnie Wilcox
Senior Pastor



Sunday Adult Education

11 AM in the Chapel

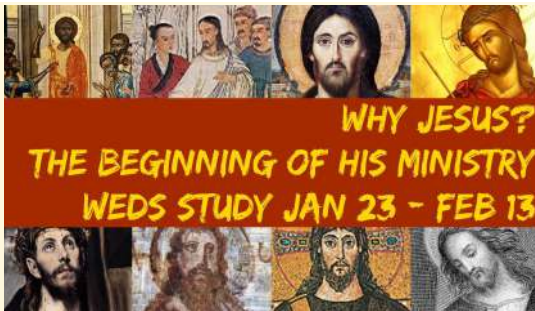
Plan to join us for interesting and informative Adult Forums:

- * **Jan. 6:** *A Minnesota Without Poverty*, led by Nancy Maeker
- * **Jan. 27:** *Religion in China*, led by Cassandra Bergman (Intergenerational)
- * **Feb. 3:** *Religion in India*, led by Anantanand Rambachan (Intergenerational)
- * **Feb. 10:** *Christianity in Tanzania*, led by Pastor Bonnie (Intergenerational)
- * **Feb. 17:** *All-Church Bingo Day!* No Adult Education

Sunday Bible Studies

8:30 AM & 12 PM (begins Jan. 6)

Room 101, Led by Michelle Edwards



Why Jesus? Fighting the Devil and Changing the Rules

4-Week Bible Study

Wednesdays, Jan. 23 – Feb. 14,
6:30 - 7:30 PM in the Chapel

We will gather in the Chapel to explore the beginning of Jesus' public ministry. From wrestling with the devil to preaching the Sermon on the Mount, Jesus was a very different type of Rabbi. And he attracted a lot of attention when he called himself the Messiah.

MAP (Missional Assessment Profile)

In November, more than 150 members of our community took the survey, the Missional Assessment Profile. That is an outstanding response! Thank you to everyone who took the time to thoughtfully answer the questions.

Kairos and Associates, our partners in working on a vision for the future of First Lutheran Church of Columbia Heights, presented the results of this profile to members of the Church Council and Boards at our meeting on December 18. As we are going to press on this newsletter before that meeting, the congregation will be able to hear more about it at our Annual Meeting on January 20.

Kairos will be working with us this winter and spring as follows:

1. Report the results of the Leadership System Inventory (LSI) - an additional online survey for those who have been leaders in the congregation over the past five years.
2. Hold a Leadership Summit—to review with leaders and others the outcomes of the work (above) in February 2019.
3. Lead Deep Listening sessions — In late January, conversations with leaders and other active members.
4. Set up a Community Listening Panel—a public panel with leaders from Columbia Heights and other nearby environs so that our members can hear what the community needs from our church.
5. Complete a Resource Assessment—What is our capacity, willingness and readiness to support our missional hopes and goals, as well as an appeal?

This initial work will be coordinated by our Joshua Team, a task force working only on Kairos-led projects. When they reach out to ask for your participation, please respond as you are able.

Congregational Meeting & Calendar Dates

TOWN HALL MEETING: Sunday, Jan. 13, 11:15 AM in the Chapel. We will review First Lutheran's 2018 financial results and the 2019 Budget.

ANNUAL CONGREGATIONAL MEETING: Sunday, Jan. 20, 11:15 AM Lunch; 11:30 AM Meeting begins in Martin Luther Hall.

BOARDS & COUNCIL RETREAT: Saturday, Jan. 26, 9 AM – 12 PM (with Council Meeting following). Lunch will be provided. Please RSVP to Joyce in church office to schedule childcare. 763-788-9653, joycew@flcch.org.

2018 CONTRIBUTION STATEMENTS: Will be mailed to your home mid January. Please email Dave Reilly with any questions: daver@flcch.org.

HOLIDAY HOURS: The church office will be closed on Monday, Dec. 31 & Tuesday, Jan. 1.

FIRST LUTHERAN'S CALENDAR: To view current calendar items and events, visit flcch.org or contact the church office to request a printed copy.

WORSHIP & MUSIC OPPORTUNITIES

New Music Director

Ms. Jeong Lee begins Jan. 3 as our Interim Music Director. She'll be with us for a term of six months. Ms. Lee was born in South



Korea and there earned a bachelor's in music education and masters in church music. She also has a master's in sacred music from Luther Seminary in Saint Paul, in conjunction with St. Olaf College in Northfield. She has worked at several Lutheran churches in the Twin Cities.

We are grateful for those who provided helpful short-term musical leadership as we searched for a new Music Director. The list includes:

- ⇒ Drew Stolba – who continues to direct the Campanile hand bells PLUS coordinate tech support for projection and sound in the Sanctuary
- ⇒ Rev. Susan Schoon – directed the Sanctuary Choir this fall through Christmas Eve
- ⇒ Steve Holtz – pianist, played for choir rehearsals & some Sundays
- ⇒ Jen Bierlein – organist who helped us in November and December
- ⇒ Marilyn Lueth – played for services at 8:45 and 10 AM, as well as for Christmas Eve
- ⇒ Paul Christensen – played piano occasionally for the weekly 8:45 service
- ⇒ Joyce Weaver – creating the bulletins and projection materials for worship each week.
- ⇒ Pastor Bonnie Wilcox – planned worship services, and coordinated among all of these persons to plan and lead worship.

EPIPHANY/THREE KINGS' DAY, Jan. 6

Join us for worship as we celebrate the arrival of the Wise Men to the home of Jesus and his parents. Pastor Bonnie will introduce some customs from Spain, where this day is a very big celebration with gift giving and a special King's Cake!

We mark the beginning of the Season of Lent in 2019 on March 6.

ASH WEDNESDAY

Q: Excuse me, but why do you have dirt on your forehead?

A: Wednesday is Ash Wednesday, the day many Christians mark as the first day of Lent, the time of reflection and penitence leading up to Easter Sunday. Clergy all over the world dispense ashes, usually made by burning the palm fronds distributed on last year's Palm Sunday, making the sign of the cross on foreheads. As they "impose" the ashes, the pastor reminds each Christian of Genesis 3:19: "For dust you are and to dust you shall return."

Q: Well, that's cheerful. Why would anyone want to start a workday on such a downer?

A: It isn't intended to be a downer. It's supposed to be a reminder that our lives are short and we must live them to the fullest. OK, maybe it's a little bit of a downer — that verse from Genesis is what God said to Adam and Eve when he expelled them from the Garden of Eden for their sins.

Q: I don't remember reading about Ash Wednesday in the Bible. Where did the practice come from?

A: That's true; there is no mention of Ash Wednesday in the Bible. But there is a tradition of donning ashes as a sign of penitence that predates Jesus. In the Old Testament, Job repents "in dust and ashes," and there are other associations of ashes and repentance in Esther, Samuel, Isaiah and Jeremiah.

Reprinted from an article posted by the Religious News Service in 2018.

Thank you Advent & Christmas Leaders.

We welcomed a great many people to First Lutheran in the Advent and Christmas season. Thank you to everyone who helped provide hospitality in any form for many events:

- Advent services & Christmas Eve worship
- Children's Christmas program & Happy Birthday Jesus Party
- Young at Heart Christmas Dinner
- Holiday Bazaar
- Community Meals

- Adult Forums
- Confirmation & Sunday School
- Prior to Advent: The Dietrich Bonhoeffer drama, *The Lutheran Plot to Kill Hitler*

Many people, working together, can accomplish so much. Thank you for your prayers and financial support that makes worship, mission and fellowship so wonderful at First Lutheran!



Children's Christmas Program 2018



Friends & Allies Workshop Opportunity: Saturday, Feb. 2

The Experiences of Muslims in Minnesota. 8:30 AM - 2:30 PM. Sponsored by the Muslim Solidarity Task Force of the Minneapolis Area Synod. Speakers will include Muslim youth, Lutheran pastors, and representatives from the Islamic Resource Group, the Minnesota chapter of the Council on American Islamic Relations, and Augsburg University's Campus Ministry department.

You are invited to come, learn about the experience of Muslims in Minnesota today, the powerful Islamophobia industry, and hear stories of hope and inspiration. We'll have conversation, meet new friends and enjoy a delicious lunch catered by Afro Deli.

This is a "Next Steps" workshop, so if you haven't yet had a chance to learn about the basics of Islam, we encourage you before the workshop to check out Lutheran Social Service's [My Neighbor is Muslim](#), available as a free download at [lssmn.org](#). A youth version is also available. For more information contact Rev. Craig Pederson at the Synod office, 612-230-3316.

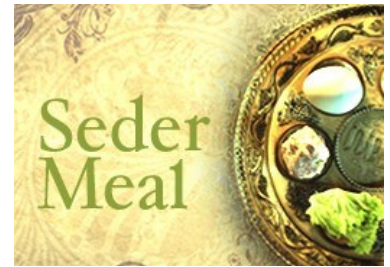


Are you thinking about joining the family of God or bringing someone else to the family? We would love to offer baptism to you! Please call the church office, 763-788-9653 or email Pastor Jill, jillb@flcch.org if you are interested in scheduling a baptism. We will meet for a short orientation and planning session.

Seder Meal

Wednesday, March 13, 5:45-7:45 PM

Our Jewish brothers and sisters have celebrated Passover with a meal since God instructed them to do so thousands of years ago. Today that Passover meal has evolved into a Seder Meal. We invite you to participate in a Seder Meal for Christians this Lenten season to deepen our understanding of the meaning of Passover as well as our practice of Holy Communion. It will be led by Pastor Jill and Randy Bergman as well as other voices and talents from our congregation. We will learn from history and from each other. **ALL PEOPLE OF ALL AGES ARE WELCOME.** This is meant to be a family meal. Keep the evening of **Wednesday, Mar. 13** open and look for registration information in the church bulletin coming in February.



Last Supper Drama Call for Cast and Crew

The LORD has need of you! Our Last Supper drama is returning - bigger and better than ever. We are in need of actors and crew (tech, backstage, costuming) to make this excellent worship/education/outreach/spiritual growth event as glorious as possible.

Rehearsals are Thursday evenings beginning in February, with performances on April 18 & 19, 7 PM. If you are interested in pitching in, please contact Pastor Jill, jillb@flcch.org



Communion Class Mark Your Calendars for March/April

What is Holy Communion all about? How can I participate? What does participation mean for me?

Each year we offer a set of classes designed to answer these questions. Whether you are preparing for your first communion or have been receiving communion for years, this class will deepen your understanding of this important sacrament. The classes are open to all ages, although we ask parents to attend with their children. Please contact the church office to tell us you are planning to attend.

This is a two part class. The first part will include a take-home booklet with discussion questions. You can pick these up by **Mar. 6** in the Commons. Please complete the discussion questions at home and bring them with you to the class on **Mar. 27 at 6 PM**. Our second class will be held on **Apr. 3 at 6 PM**. If the person attending is a child, please bring your adult along with you. Everybody celebrating completion of the class is invited to attend our Last Supper Re-enactment on **Thursday, Apr. 18 at 7 PM**. During the communion distribution portion of the drama, you will be invited to be first in line. We will dine on bread you prepared during the class! You will also have your names listed in the bulletin and receive a certificate.



Young at Heart:

Sunday, Jan. 6: deadline for payment to see upcoming 'You Smell Barn.'

Tuesday, Jan. 22, 1 PM

Celebrate 2019 Party! 'a tip of the hat to longevity' --sing-a-long, games, popcorn & pop, pie & coffee

Tuesday, Feb. 5

The Church Basement Ladies- 'You Smell Barn.' The show is in a different venue, the Ames Center in Burnsville. Tickets are \$28 and must be paid by Jan. 6. Checks payable to First Lutheran and given to Paul Christensen. The show is at 1 PM, meet at church at 12 PM.

Tesfa Tutoring. Five FLC members meet one on one with Tesfa students in 30 minute time blocks. Could you spend some time helping students profit from tutoring beginning in January? Preferred times: 9-11AM & 1-2:30 PM, Mondays through Thursdays. Questions? Contact: Phil Mattison, 763-443-5965.

First Lutheran Book Club. Join the book club in the staff kitchen on Wednesday, Jan. 9 at 10 AM to discuss your 'Reader's Choice.' The book club will meet again on Feb. 6 (book TBD) Contact: Char Zarich, 763-572-1220.

Friday Laughter & Cuisine. Come to eat and socialize for a couple of hours, Fridays at 5 PM! RSVP to Faith, 612-799-4245. (See bulletin for restaurants)

Beer & Hymns. Feb. 4, 7-8:30 PM. Roseville VFW, lower level; elevator access is by the back door. 1145 Woodhill Drive, Roseville, MN 55113. Sponsored by Nativity Lutheran Church.

Prayer Shawl Ministry. Want to know more about the knitters and crocheters who lovingly donate their time and talents by creating handmade baptismal and comfort shawls for people morning, experiencing surgery, or other crises? Contact Mona Wold, 763-442-3212, gmauwold@hotmail.com

Mission Workshop. This quilting ministry continues to embrace our community with their warm quilt donations. They meet the second and fourth Wednesdays of each month, from 9 AM – 12 PM. They'll meet on Jan. 9, and continue with their regular schedule.

Annual Bazaar—Thank you to the many ministries and members for your hard work and generosity in the success of this year's Bazaar! \$8,300 was raised in support of local and international missions.



GIVING

First Lutheran Church of Columbia Heights (FLCCH) is financed by the generous, direct monetary gifts of its members and friends.



There are several ways you can bless this mission of Jesus with your gifts:

- 1) Place your **Check or Cash** in the offering plate during the service. Please use an offering envelope so we can give you credit for your gift.
- 2) **Electronic Funds Transfer** from our website, flcch.org (upper right hand corner). You can set up a one-time or recurring donation.
- 3) **Bill Pay.** Follow the directions of your bank or credit union to create First Lutheran as a Payee at 1555 40th Ave. NE, Columbia Heights, MN 55421, and choose to make a regular weekly or monthly offering.
- 4) **Stock Transfer to the Church.**
- 5) For more information, contact David Reilly in the business office, 763-788-9653, daver@flcch.org

Thrivent Choice Dollars®

ATTENTION THRIVENT

MEMBERS! If you have Thrivent Choice dollars to direct for 2018, please do so by March 31, 2019.

To direct dollars

- ⇒ visit Thrivent.com/thriventchoice
 - ⇒ Click on "Choice Dollars" and log in
 - ⇒ Search the catalog for the Organization
 - ⇒ Click on "Direct Now"
- or call 1-800-847-4836 and say "Thrivent Choice" when prompted.

Thrivent Choice is a charitable grant program that gives eligible Thrivent Financial members the power to recommend where Thrivent Financial distributes some of its charitable funds each year, by choosing from thousands of enrolled 501(c)(3) nonprofit organizations.

To include your ministry news in the First Lutheran Caller Newsletter contact:

Joyce Weaver in the church office: joycew@flcch.org, 763-788-9653

Mission Jamaica 2019

Mission Jamaica teams are set for TWO weeks in 2019. **Jan. 26-Feb. 9**



This year, we are excited to send a total of 11 people to serve in Jamaica between Jan. 26 and Feb. 9. We will work with other missionaries in offering medical clinics, build 2 new homes, assist Westhaven Orphanage staff in caring for the children, and make needed repairs to the facility. We are seeking cash donations to cover costs of building materials and medications.

Other needed donations: twin size fitted/single sheets, hand towels, dish rags, full size toothpaste/toothbrushes and bar soap, non-sterile large exam gloves, 2" to 4" paint brushes, paint roller covers/handles, work gloves.

Supply donations can be left at the container in the Commons. Cash donation checks can be made out to FLC with "Mission Jamaica" in the memo section. Please make your donations by Jan. 20.

Thank you, Larry & Jane Bugbee

2019 Lutefisk & Meatballs DINNER



Thanks to all the Lutefisk Dinner Volunteers!

The Lutefisk Committee sincerely offers many thanks to all of you who have signed up already to help make the 2019 Lutefisk and Meatball dinner another huge success. We will serve 1000 pounds of lutefisk, over 3300 meatballs, and all the trimmings to nearly 1000 hungry guests! Over 120 volunteers are needed to make sure everything is in the right place at the right time, the dishes are clean, the food is hot and served with a smile and the building is ready for church again in the morning. This important fundraiser helps us support missions around town and around the world, it helps send kids to camp and it helps feed the hungry (see the benevolence portion of your annual budget report to see all the ministries supported by FLC.) None of this would be possible without all of you willing volunteers.

If you have not yet signed up, there is still time! Please visit the big red board in the Commons to sign up for a prep day before the dinner or for one or more shifts on Saturday, Jan. 19. Please be aware that I may need to move a few volunteers around to make sure we have complete coverage, but I will not change the time(s) you sign up for and I will try real hard to make sure the new job is comparable to the one you originally signed up for. If you have any questions about the job expectations, please contact me at ruthdodson@msn.com or 763-537-4284.

I'd also like to thank all of the staff members who continue to support us through all of the preparations, the event and the cleanup. Without your hard work, your careful building scheduling and your patience, this event would never happen!

Mange Tusen Takk!

Ruth Dodson and the Lutefisk Dinner Committee

To include your ministry news in the First Lutheran Caller Newsletter contact:

Joyce Weaver in the church office: joycew@flcch.org, 763-788-9653

We Welcome First Lutheran's New Members! —Fall 2018



Sherri Bodell



Frieda Bohlman



Christopher Dansby



*Kelly & Nick Dimick
Salmon*



Edward & Lois Feirer



Peter Grise



Paulette Meyers



Lyssa Olson



*Amanda & Dane
Mellgren and Briar*



Anthony Pearson



Joni Vanselow



Julie & Paul Wilson

For information on Membership at First Lutheran, please contact the church office, 763-788-9653 or joycew@flcch.org.

Photo Directory Update

Our publishing process has been delayed because our office staff worked short-handed for the fall after our Music Director's departure. With Katie Lintemann helping Joyce Weaver with worship support, and the help of several members, we continue to move forward with data entry and clean-up of the information that will appear in the new directory.

If you have NOT submitted a photo and/or data update, please contact the church office, or submit information as directed below.

Personal Photo:

Maybe you already have a great photo to offer! Email one photo per family unit (could be an individual, couple or family photo) to directory@flcch.org. Photos must be close ups (chest and up), and the digital file size needs to be 1- 4 MB .jpg. If you are using a camera phone, set the photo camera file size to Large. If you are confused - ask a tech savvy friend for help.

Data Updates:

In a changing technical world, we would appreciate having current email and phone numbers. You may stop by the church office during work hours to review and update the data we have on file. It is our intent to mail the data we have for you to correct sometime soon. Your prompt response is appreciated.

CHILDREN, YOUTH & FAMILY (CYF)

Sunday School - Season of Epiphany-

Why Jesus? Following the Narrative Lectionary



Jan 6: *Why Jesus?* Because Jesus is! Matthew 2:1-12, Wise Men

Jan 13: *Why Jesus?* Jesus is Relationship! Matthew 3:1-17, John the Baptist

Jan 20: *Why Jesus?* Jesus is Light! Matthew 4:1-17, Jesus Tempted in the Wilderness

Jan. 27: *Why Jesus?* Because Jesus is Blessing! Matthew 5:1-20, The Beatitudes

Feb. 3: *Why Jesus?* Because Jesus knows my Heart! Matthew 6:7-13, The Lord's Prayer

Feb. 10: *Why Jesus?*

Because Jesus is my Rock! Matthew 7:1-14, 24-29, Wise Man and Foolish Man

Feb. 17: *Why Jesus?* Because Jesus Sees the Possibilities!

Matthew 13:24-43, Parable of Wheat and Weeds

Feb. 24: *Why Jesus?* Jesus is Trustworthy! Matthew 14:13-33, Feeding the 5,000 and walking on the sea

Mar. 3: *Why Jesus?* Jesus is Love! Matthew 16:24-17:8, Transfiguration

FLY YOUTH GROUP TO TRAMPOLINE PARK

Wednesday, Jan. 30!

Meet at church at 6 PM. We will ride together to Moundsview Zero Gravity and be back by 8 PM. Cost: \$15. Signed waiver form needed to attend.



SPUDFEST BAKED POTATO FEAST FUNDRAISER

Sunday, Feb 17, 11 AM - 1 PM

Get a loaded baked potato with all the toppings and support our youth & young adult team going to Mission Jamaica summer 2019!



PARENT'S NIGHT OUT

Fridays, Jan. 25 & Feb. 22, 5 – 8 PM

We believe parents deserve a night out! Once a month, children can be dropped off at the church for a night of games and a Bible lesson and parent(s) are free to have a night out! to Suggested donation \$5/child. A pizza dinner is served. RSVP: Rachel, rachelj@flcch.org for one night or for the series.



MISSION JAMAICA

First Lutheran is sending a team of 15 Youth & Young Adults to Mission Jamaica this summer!

Pray for the people of Jamaica and pray for our team as we prepare to serve. The cost for the mission trip is approximately \$1,500 per missionary. Beginning in February 2019, we will have a stock sale! Buy a share for \$25 and invest in our youth going to Mission Jamaica. We will have a shareholder's dinner in August to report on the return on your investment!

Youth Volunteer Opportunity: Lutefisk Dinner, Jan. 19. Plan to volunteer to earn youth credits toward camp, mission trips & youth events!



Summer 2019

**CLAIMED
WILDLY LOVED BY GOD**



CAMP WAPO- We invite you to join in the excitement at Camp Wapo *A Place of Grace*. A place where faith and fun collide. A place for YOU! This summer's theme is: "Claimed: Wildly Loved by God." Camp is a life-changing experience and we want to get every kid in our community to Bible camp!

WAPO ONE DAY

Date: Aug. 7, (early morning—around dinner)

Ages: Completed Kindergarten-3rd grade

Cost: \$35. Register beginning Jan. 15: <http://lwlbc.com/flc-oneday>

SEEDS CAMP

Dates: Aug. 2-4

Ages: Completed grades 1-3

Cost: \$175 (All campers eligible for \$50 church gift; scholarships up to full amount)

YOUTH CAMP

Dates: Aug. 4-9

Ages: Completed grades 4-8

Cost: \$455 (All campers eligible for \$100 church gift; scholarships up to full amount)

SENIOR HIGH CAMP

Dates: Aug. 4-9

Ages: Completed grades 9-12

Cost: \$455 (All campers eligible for \$100 church gift; scholarships up to full amount)

Registration for all overnight camps opens on Jan. 15 and reserved spaces close on Mar. 15. Register here: <http://lwlbc.com/first-ch>

*NEW THIS YEAR ALL-CHURCH VBS!

**VACATION BIBLE SCHOOL:
June 17-21**

This summer, we are doing an experiment. We will have an evening VBS from 5:45-7:45 for the whole family! We will eat dinner together, worship together, do crafts, games and VBS stations with an inter-generational focus. If you are interested in being a part of the planning team, please contact Pastor Jill or Rachel.



For more information regarding Children, Youth & Family Ministries at First Lutheran, contact: Director of CYF, Rachel James, rachelj@flcch.org, 763-788-9653 (ext. 18)

OUTREACH / HOSPITALITY

Love God, Love Our Neighbors

Pack Medical Supplies for Hospitals in the Developing World Wednesday, Jan. 16, 6:30 - 7:30 PM

We will be sorting medical supplies to ship to International Hospitals in countries that need help! And learn about the challenges of getting medical care in developing countries! Come hang out with us! All ages welcome!



Hey-there! Stop by the Little Free Library in the Commons to read Diverse Voices in Today's Christianity!



Inspiring Stories of Recovery and Sober Living Jan. 9, 6:30 - 7:30 PM

Come hear inspiring stories of courageous people to overcome their addictions, went through recovery and are now living sober! We will also have a panel discussion on how to get sober and support people in recovery.

Storytelling Panel:

Kevin Kaliher—*Husband, Father, and former bartender, seven years sober.*

Clara Buckanaga—*Heights resident and great-grandma. Involved in the civil rights, women's movements, and in local politics.*

Morgan Scherer—*Began drinking as a teenager now a mother who stays sober for her child.*

Nik Pellinen—*Working musician, cafe manager in Columbia Heights and runner residing in Minneapolis.*

So Much Appreciation! *Thank you to:*

Don Rosell for all his great work cleaning and organizing the First Lutheran Library!

All who donated to provide 40 gift cards for Teens in need to get Christmas gifts at the local food shelf SACA!

Larry Bugbee for delivering them to SACA staff.

Our amazing Sunday Lunch Volunteers who have served over 100 lunches each Sunday this Fall!

Especially to our faithful cooks and servers: Rock and Kari Hauser, Brian Schweiger, Roy Weber, Pat Stinson, Ryan Lovik, Jay Craft, Chad Habeck, Judie Opheim, Wendy Ramirez, Pam Hartel, Kira Bergman

The After School volunteers who go above and beyond to help play, create art, learn and serve dinner to 50 students each week: Karen and Phil Mattison, Karen Peterson, Jane and Larry Bugbee, John Burke, Joe Woods, Don and Barb Rosell, Sheri Bodell, Judy Johnson, Joe Stinson, Vivian Johnson, Anthony Pearson, Shanequa Cooke, Rachel James, Nathan Roberts



For more information regarding Outreach & Hospitality at First Lutheran, contact:
Director of Community Engagement, Nathan Roberts, nathanr@flcch.org, 763-788-9653 (ext. 32)

FAITH COMMUNITY NURSE

Recently, I did a “*pause*” with my Faith Community Nurses at our monthly meeting. Pause?? We were reading the short book “The Pause” by Keith Gaddy Davis. The author reflects on a time when he found himself overly stressed. A co-worker offers him a “pause” wrapped elegantly in a box with a ribbon. “What at first appears to be empty fills to overflowing.” The empty box offers us a “pause” or “take a deep breath moment,” something stressed out people need to do.

In these times of increased stress, the average American checks his or her smartphone once every six-and-a-half minutes, or roughly 150 times each day! You probably do this without even thinking about it. This can influence how well we focus and the degree to which we can have meaningful social interactions, especially if we are constantly interrupting ourselves with technology. This is a growing issue more for younger people. However, some people might be more resistant to this constant disruption. Many older adults may have not developed these “checking” or “fear of missing out” habits and may be more focused on the present.

In our rapidly changing world, we value speed and efficiency. However, there is something to be gained by being slow- if slow can make you more present, more mindful, and more aware of other people's perspectives. For example, a slow communicator can be a highly effective one, allowing for natural pauses. With pauses and the right tempo, a clear message emerges, often sometimes with fewer words. (Psychology Today)

“Take a deep breath” ...odds are good that you have been on the receiving end of the aforementioned recommendation more than once in your life. The odds are also good that at least initially, this respiratory admonishment had the opposite effect from its calming intention...I am raising my hand, yes, it makes me want to hit someone!

No matter how you feel about the deep breath it is a folk remedy that has stood the test of time, according to Matthew MacKinnon, MD. He asks, “is there any scientific basis for the proposed stress-relieving effects of a slow, deep breath?”

Let's try this...sit comfortably. Sit in an erect posture and bring your chest forward, allowing your shoulders to fall back. Relax and gaze and rest your hands in your lap. Breathe with your abdomen, allowing your belly to expand



on inhalation and contract on expiration. Inhale through your nose for a count of four. Then, exhale through your nose to a count of six. Repeat six times. You have just slowed your respiratory rate to six breaths per minute and emphasized your exhalation, reducing your rate by more than half. What goes on in your body during each phase of the exercise?

Your body contains two opposing peripheral nervous systems that act as a sort of *gas and brake pedal*, speeding up and slowing down various functions of the body(heart rate, digestion, etc.).

The parasympathetic nervous system (PSNS) is the *break-* using the vagus nerve, while the sympathetic nervous system (SNS) is the *gas*.

When you exhale, blood returns to your body from your lungs and the heart slows back down as the break (PSNS) increases. The increase in heart rate during inhalation and decrease during exhalation is known as respiratory sinus arrhythmia, and is a sign of a healthy heart.

In a nutshell...the sum total of slow, deep breathing results in a relative increase in the “*break-PSNS*” activity. And in a state of high anxiety there is no better remedy than a biological break. In fact, the high “*break-PSNS*” tone has been associated with trait happiness, resilience in the face of stress and childhood cognitive performance.

So, the next time someone tells you to take a deep breath, smile, breathe deep, (don't slug them, in my case,) and heed their wise advice. It is just another way to take a well-needed *pause*.

Yours in Christ,
Jane Bugbee

For more information regarding Caring Ministries at First Lutheran, contact:

Faith Community Nurse, Jane Bugbee, janeb@flcch.org, 763-788-9653 (ext. 30)

WORSHIP ASSISTANTS

ACOLYTES

Jan. 6: Cole Y. & Ethan D.
Jan. 13: Kylie N. & Paige C.
Jan. 20: Roger R. & Chris M.
Jan. 27: Drew W. & Caeden S.
Feb. 3: Jack R. & Ben R.
Feb. 10: Anika D. & Nora P.
Feb. 17: Henry H. & Isabelle T.
Feb. 24: Anna P. & Lyndsey B.
Mar. 3: Olivia D. C. & Junia J.

READERS

Jan. 6: John Peterson
Jan. 13: Teri Schweiger
Jan. 20: Meredith Tharaldson
Jan. 27: Confirmation Student
Feb. 3: Ruth Dotson
Feb. 10: Kari Hauser
Feb. 17: Philip Mattison
Feb. 24: Confirmation Student

COMMUNION SERVERS

Jan. 6: Bonnie O'Brien
& Don Rosell
Jan. 13: Wendy Ramirez
& Ruth Dodson
Jan. 20: RoseAnn Nelson
& Jan Meyen
Jan. 27: Mary Kay Miller
& Pam Hartel
Feb. 3: Shelley Johnson
& Linda Fowler Pettigrew
Feb. 10: Michelle Young
& Jon Lueth
Feb. 17: Dorothy Markowitz
& Larry Bugbee
Feb. 24: Joline Dittbenner
& Stacy Ratliff
Mar. 3: Carol O'Brien
& Wendy Ramirez

AV TEAM

Jan. 6: Chris
Jan. 13: DJ
Jan. 20: Andy
Jan. 27: Joline

BUS DRIVERS

Jan. 6: Charles Pierson III
Jan. 13: Pam Sigurdson
Jan. 20: Jay Craft
Jan. 27: David Tharaldson
Feb. 3: Charles Pierson III
Feb. 10: Pam Sigurdson
Feb. 17: Jay Craft
Feb. 24: David Tharaldson
Mar. 3: Charles Pierson III

USHER TEAMS

Jan. 6: Team 1
Kevin Kaliher, Jay Craft,
Charles Pierson III, Judy Opheim,
Wendy Ramirez, Vicky Reynolds,
Gwen Graefe, Andrew K. & Carson S.

Jan. 13: Team 2
Peter O'Brien, Edward O'Brien,
Don & Carol Wahlstrom,
William Roberts, Ronelle Benson,
Justin K. & Lucas B.

Jan. 20: Team 3
Pam Sigurdson, Vern Hoium,
Victor Zarich, Tim Traynor,
Paul Eddy, Pat Pasiewicz,
Joline Dittbenner, Stacy Ratliff,
Chris M. & Drew W.

Jan. 27: Team 4
Mike Hartel, Janet Meyen,
Matt Palm, Lyssa Olson, Caeden S.
& Kylie N.



USHER TEAMS CONTINUED

Feb. 3: Team 5
Tom & Sonja Super, Laura Super,
Dave LaSota, Tom & Bonnie O'Brien,
Roger R. Hazel B. & Emma B.

Feb. 10: Team 1
Kevin Kaliher, Jay Craft,
Charles Pierson III, Judy Opheim,
Wendy Ramirez, Vicky Reynolds,
Gwen Graefe, Andrew K. & Carson S.

Feb. 17: Team 2
Peter O'Brien, Edward O'Brien,
Don & Carol Wahlstrom,
William Roberts, Ronelle Benson,
Justin K. & Lucas B.

Feb. 24: Team 3
Pam Sigurdson, Vern Hoium,
Victor Zarich, Tim Traynor,
Paul Eddy, Pat Pasiewicz,
Joline Dittbenner, Stacy Ratliff,
Chris M. & Drew W.



First Lutheran Church
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SUNDAY WORSHIP
8:45 & 10 AM
COMMUNITY MEAL
SERVED AT 11 AM

CHURCH OFFICE
HOURS: 8 AM-4 PM
MONDAY-FRIDAY

RETURN SERVICES REQUESTED

Joyful Blessings this New Year!

