

First Lutheran Caller

LIVING CONNECTED

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Worship Hours:

8:45 AM—Chapel

10 AM—Sanctuary
(All Age Worship)

Pastoral Staff:

Rev. Bonnie Wilcox

Senior Pastor

Rev. Jill Bergman

Associate Pastor

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Editor: Joyce Weaver

joycew@flech.org

A PLACE FOR LIGHT AND QUIET - EVERY TABLE AN ALTAR

This winter, I have found new comfort in candlelight. I found a candle that looked like a piece of birch wood, and decided to create a little arrangement for my table. Living alone, it is often easy to eat meals quickly, either standing in the kitchen, or reading the news from my laptop while I eat.

But this little arrangement -- a candle, a cross, a simple wooden tree and bird carvings, have helped me create a space for intentionally eating at the table. For taking time to light the candle, and to let it burn for half an hour (or at least 20 minutes). For looking out the window and watch the live birds enjoying their winter flights. For deep breaths. For prayer for others. For prayer that asks God for direction about things I care about, and this congregation.



Ash Wednesday falls on February 26 this year. We will spend the season of Lent remembering tables where Jesus spent time with people for whom he cared. For tables he was invited to, AND tables to which he invited himself. Places where he took bread, gave thanks, blessed and broke it to share with others. Time and space for worship — at home.

Every table can be an altar to worship and praise God.

Begin thinking now about a table or shelf in your home to create a space that will call you to worship.

To prayer.

To remember all those you love.

To be reminded how much God loves you.

Want to join me?

Pastor Bonnie Wilcox

Senior Pastor



Appeal Update (as of 12/17/2019)

Our Appeal has two parts:

- A. **A THREE-YEAR LIVING CONNECTED FUND APPEAL (2020-2022)** for our \$2.2 million mortgage and new ministry initiatives. We have been blessed with \$750,000 in gifts from the Edstrom and Bakken estates. Our goal is to see these gifts inspire another \$750,000 in commitments from members over the next three years.

These gifts will be split 80/20, with 80% used to pay down the \$2.2 million mortgage balance. The other 20% will be used for mission initiatives including:

1. Sponsor a Refugee Family
2. Resurface parking lot with rain gardens to improve safety and reduce water runoff to sewers

TO DATE, we have received 57 commitments from members for a total of \$330,000. THANK YOU!

- B. **APPEAL FOR 2020 GENERAL SUPPORT FOR FLC MINISTRY**

Our annual need is about \$880,000 (General + Debt Savings).

We are seeking annual commitments from households for \$630,000.

General fund need for 2020: \$880,000

Less rent from Tesfa: -250,000

Annual congregation support needed: \$630,000

Merry Christmas!?!

Isn't it strange that we do so much planning, decorating, buying gifts and hosting parties only to have Christmas go by in a flash? Don't get me wrong, I love the season of Christmas, but it seems that it is over before we know it. Or is it?

The Christmas season actually extends into Epiphany. The day of Epiphany falls on Jan. 6 but most of the time it is moved to a Sunday—this year on Jan. 5. This is the day we celebrate the arrival of the kings. Melchior, Gaspar and Balthasar finally make it to place of the birth to adore the Savior!

The Baptism of Jesus officially closes the Christmas season. By that time many of us are tired of hearing Christmas carols especially since we have been hearing them from the end of November. I'm giving you permission to keep the carols going until Epiphany. Keep the decorations up! Enjoy the entire Christmas season!

Happy Holidays and many Epiphany blessings to you!
Jeffrey Patry, Director of Music Ministries

First Lutheran's Mission Narrative

Living Connected...to God and Each Other

At First Lutheran Church, we are called to connection with God, each other, and our neighbors in and beyond Columbia Heights. God connects with us through the reconciling act of Jesus Christ and the daily ministry of God's Spirit.

We connect to God as a spiritual community through worship and prayer, study and the sacraments, and mutual support and service. This sacred connection calls us into relationship with our neighbors with whom God's love has knit us together.

We connect especially to the neighborhood and its youth who have been an essential part of our story from the very beginning when a rural ministry to immigrant children evolved into a long-standing and ever-present calling to love, nurture and mentor young people in our community.

As our neighborhood and world changes we commit to adjust as well, making space for growth, healing, generosity and community-building. We will honor each other's diverse stories and continue living connected to God and to each other. We rely on God's Spirit to guide us.

Every Table an Altar Series for Lent 2020

The season of Lent this year begins Feb. 26 and continues to Easter on April 12. Much of Jesus' ministry took place at tables.

In Sunday worship at 10 AM we will have a table on display for the story of the week.

On Wednesday nights, we will combine worship and our soup supper into "Dinner Church" for all ages in Martin Luther Hall. Watch for more details about a book group, home devotions, and other devotional helps for the season.



MINISTRY NEWS



Adult Forum: 11:15 AM

Jan. 5: Social Justice with Nathan Roberts, Minister of Community Engagement

Jan. 12: Town Hall Meeting-No Adult Education Forum

Jan. 19: FLC Annual Meeting-No Adult Education Forum

Jan. 26: My Perspective on the Historical Inclusiveness Doctrine & Relevancy of the ELCA for Today's Churchgoer by Randy Bergman

Feb. 2: The Mission of Minnesota's Literacy Council with Wendy Vang-Roberts

Feb. 9: ELCA Missions Presentation with a Minneapolis Area Synod Area Representative

Feb. 16: Pancake Breakfast for Mission Jamaica-No Adult Education Forum

Feb. 23: South Anoka Community Assistance (SACA) with Dave Rudolph



Children's Sunday School -11 AM

Jan. 5: Wise Men

Jan. 12: Jesus' Baptism

Jan. 19: The Disciples

Jan. 26: The Lord's Prayer

Feb. 2: Woman at the Well

Feb. 9: A Storm

Feb. 16: Centurion's Servant

Feb. 23: Jesus Blesses the Children

Communion Class March/April

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



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 plan 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 early March in the Commons. Please complete the discussion questions at home and bring them with you to the class on **Mar. 26**. Our second class will be held on **Apr. 1**.

Everyone celebrating completion of the class is invited to attend our Last Supper Re-enactment on **Thursday, Apr. 9 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.

Call for Last Supper Drama Cast and Crew

The LORD has need of you! We are in need of actors and crew (tech, backstage, costuming) to make this excellent worship/education/outreach/spiritual growth event possible.

Rehearsals are Thursday evenings beginning in February and performances will be April 9, 10 at 7 PM. If you are interested in diving in, please contact Pastor Jill, jillb@flcch.org



SAVE THE DATE:

VACATION BIBLE SCHOOL (VBS)

June 15-19, 5-7:30 PM

VBS 2020, *Knights of North Castle: Quest for the King's Armor*, invites children to be strong in the Lord and in the strength of his power by exploring how we put on the armor of God.



Thinking about joining the family of God or bringing someone else to the family? We would love to offer baptism to you! Please contact the church office, 763-788-9653 or Pastor Jill, jillb@flcch.org if you are interested in scheduling a baptism.

We will meet for a short orientation and planning session.

MINISTRY NEWS / CALENDAR NOTES

Lutefisk and Meatball Dinner!

Saturday, Jan. 18. Tickets go on sale Sunday, Dec. 29, 9 AM in the Link or call 651-633-0679. Ticket Cost: \$20. We have seating at 12, 2, 4, & 6 PM.

Young at Heart:

Welcome 2020 Party!

Tuesday, Jan. 21, 1 PM

A 'delayed' New Year's Day Party.

Everybody's Birthday Party.

Tuesday, Feb. 18, 1 PM

Not just Abraham Lincoln's, Thomas Edison's, and George Washington's, but lesser known folks like... Cake for all!

First Lutheran Book Club. Join the book club in the staff kitchen on Wednesday, Jan. 15 at 10 AM to discuss your "Reader's Choice." The book club will meet again on Feb. 19 (book TBA) 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 weekly bulletin for restaurants)

Tesfa Tutoring. Eight people from FLC are now meeting one-on-one with Tesfa students in 30-minute time blocks. More help is needed: Tutoring: 9-11:30 AM & 12:30-2:30 PM, Monday through Thursday. Choose your own days and hours. Questions? Contact: Phil Mattison, 763-443-5965.

Beer & Hymns Moves to Flaherty's on Feb. 3, 7-8:30 PM. Flaherty's Arden Bowl, 1273 West County Rd. E, Arden Hills, 651-633-1777. Sponsored by Nativity Lutheran Church.

Prayer Shawl Ministry. Donations of yarn would be appreciated. To learn more about the knitters and crochet-ers who lovingly create baptismal and comfort shawls for people morning or other crises, contact Mona, 763-442-3212, gmauold@hotmail.com

Mission Workshop. This quilting ministry meets on the second and fourth Wednesday of each month, 9 AM-Noon, in the Katie Luther Cellar. For details, contact: Lisa Tenhoff 763-789-4101.

Meals on Wheels offers a vital need for more than 6,800 seniors and people with disabilities by providing nourishment and home-based services. Please contact Mike Vant, mjvant@gmail.com for the schedule to help deliver meals.

Annual Holiday Market—Thank you to the many people whose hard work and generosity led to the success of November's Holiday Market! Sales exceeding \$8,000 helped support our 2019 benevolence offerings to the community.

The Gathering is a respite and support program for family caregivers, held on the 2nd & 4th Wednesday of each month, 9 AM-3 PM. Volunteers provide several hours of respite care in a safe and enjoyable environment.

Contact: Jane Bugbee, jane@flech.org

Mission Jamaica 2020



We are excited to send ten people to serve in Jamaica, Feb. 1-8. We will work with others in medical clinics, build new homes, assist Westhaven Orphanage staff in caring for the children, and make repairs.

We need 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. 26. Thank you, Larry & Jane Bugbee

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 2020 Lutefisk and Meatball dinner another huge success.

Over 120 volunteers are needed to assure 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 vital fundraiser helps us support local & global missions, send kids to camp and feed the hungry (see the benevolence portion of your annual budget report to see all the ministries supported by FLC.) This is made possible through 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. 18. We may need to move a few volunteers around to make sure we have complete coverage, but we will not change the time(s) you sign up for and will try very 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 Ruth, 763-537-4284, ruthdodson@msn.com

Thank you to 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

Calendar Items to Note:

HOLIDAY HOURS:

Church Closed: Wednesday, Jan. 1

2019 CONTRIBUTION STATEMENTS:

Mailed to homes mid January. Questions to: Dave Reilly, daver@flech.org

TOWN HALL MEETING:

Sunday, Jan. 12 at 11:15 AM in the Chapel. Review First Lutheran's 2019 financial results and the 2020 Budget.

ANNUAL CONGREGATIONAL MEETING:

Sunday, Jan. 19 in Martin Luther Hall. Lunch 11:15 AM; Meeting 11:30 AM.

COUNCIL & BOARDS RETREAT:

Saturday, Jan. 25, 9 AM –12 PM (Council Meeting following). Lunch provided.

FIRST LUTHERAN'S CALENDAR:

To view current calendar items and events, visit flech.org or contact the church office to request a printed copy.

STORIES...at First Lutheran, for All Ages



Stories from Heights' Renters Jan 8, 6:30 -7:30 PM

Come learn about the joys and challenges of people who live in rented homes and apartments in Columbia Heights. Lois Feirer, Chris Dansby, and Jessi LeClear-Vatcha will be sharing their stories of renting in our neighborhood.



Stories from our LGBTQ+ Families

Feb 12, 6:30 - 7:30 PM

Families come in all shapes, sizes, and combinations. Come hear stories from loving and supportive people from families with LGBTQ+ family members.

Parenting Teens & Tweens Group

Jan 16, 6-7:30 PM

Parents currently raising tweens and teenagers are welcome to join us for a dinner and discussion. We'll eat, learn a few parenting strategies, encourage each other, share stories, laugh, and swap parenting tips.



Create Pet Beds for Shelters Service Project

Feb 19, 6:30 -7:30 PM

Help us make pet beds for local animal shelters. Bring the whole family, come in by yourself, or bring friends. No sewing needed, just hand-tying. If you have any clean fleece blankets or flannel sheets, bring them along and we'll use them!

Holidays at FLC After School

Thank you for supporting our After School program at First Lutheran! Each week we have up to 50 students and 12 volunteers who gather for mentoring, games, making art, and deep conversation about life and God.

It is especially important during the holidays. Many of our kids look forward to having a wonderful meal cooked by Nurse "Mama" Jane. This year we had three former students come back for the Christmas dinner. Two were young adults who graduated our program and are now in their 20's. These young adults ate and talked to our students about their lives and encouraged our kids to work hard and study.

Youth Activities

FLY Youth Group to Trampoline Park

Wednesday, Jan. 29.
Meet at church at 6 PM.
We will ride together to Mounds view Zero Gravity and be back by 8 PM. Cost: \$15. Signed waiver form needed to attend.



Youth Service Project to SACA Food Shelf. Wednesday, Jan. 22, 6-8 PM

Community Lunch Dates:

Sundays, Jan. 5, 12, 19, 26

Lunch for all ages.

If you are interested in helping serve and clean up a lunch this winter, please contact Nathan Roberts nathanr@flech.org.

Pancake Breakfast

Sunday, Feb. 16

Support our Mission Jamaica projects (see pg. 4) and enjoy a great meal!



Another middle school boy had moved away this fall and he got to reconnect with his church family and friends. It was a joyous holiday weekend and we were able to spread a little extra joy by making "Holiday Bags" to send home. The bags were full of healthy food and snacks for the students to eat during the Christmas break. This was made possible by a special gift from a community member.

For more information regarding Outreach & Hospitality at First Lutheran, contact:
Director of Community Engagement, Nathan Roberts, nathanr@flech.org, 763-788-9653 (ext. 106)

Better Nutrition Every Day

(Newsinhealth.nih.gov/special-issues)



Wise Choices

Make Healthy
Diet Choices

It is the New Year, time for our resolutions but what is the eating style that's best for health? Is it a Mediterranean diet, Vegetarian, low carb? How about all of those plans like. WW (formerly Weight Watchers), Noom, Livea? With all of the eating styles out there, it's hard to know which one to follow.

Healthy eating is one of the best ways to prevent or delay health problems. Eating well, and physical activity can help you lower your risk of health problems like heart disease, diabetes, obesity, and more.

The National Institutes of Health has science-based nutrition Dietary Guidelines for Americans, "Wise Choices." (See web site above)

Wise Choices for Eating Out:

Choose foods that are steamed, broiled, baked, roasted, lightly sautéed or stir-fried. Ask for food without butter, gravy or sauces. Ask for salad dressing on the side, only use some of it. Pick drinks without added sugar, such as water, milk and unsweetened tea or coffee instead of high-calorie specialty drinks. Trim visible fat from meats, share your meal, or take half home for later.

Wise Choices for Getting More Fiber in your Diet:

Bulk up your breakfast: choose high-fiber cereals or oatmeal (5 or more grams per serving), switch to whole grains, brown rice, quinoa, whole wheat pasta. Add non-starchy vegetables, keep frozen mixed veggies, spinach, broccoli for quick additions to pasta or rice dishes. Grab fruit-bananas, apples, pears and more. Nuts and beans like almonds, garbanzo beans, along with low-fat popcorn.

Wise Choices for Cutting Back on Sodium:

Look at Nutrition Facts labels, try to choose prepared foods that have less than 5% of the Daily Value of sodium per serving. Use fresh, lean meats, choose fresh or frozen vegetables, rinse canned vegetables to remove salt. Use reduced sodium broth/bouillon and soy sauce. Add fresh herbs.

Wise Choices Choosing Fats:

Eat plant-based foods. Plants can contain healthy fats, as well as important vitamins and minerals. Healthy choices include canola, peanut, olive safflower, soybeans, sunflower, corn, and nut oils. Reduce sugars and replace processed grains such as white rice & bread with whole

grains and brown rice. The body uses simple carbohydrates to make saturated fats. Saturated fats are the ones that are solid at room temperature—in butter, lard, full-fat milk and yogurt, cheese. Unsaturated fats tend to be liquid at room temperature found in vegetable oils, seafood and nuts.

Wise Choices Cut Added Sugars:

Choose water, milk, unsweetened tea, coffee instead of sodas, sport drinks, energy and fruit drinks. Reduce sugar in recipes. Enhance flavors, add vanilla, cinnamon, nutmeg. Eat fresh, canned, frozen fruits without added sugar, choose fruit in their own juice rather than syrup.

EXERCISE HOUR

Easy Exercise Hour. Thursdays, beginning Jan. 23 at 1 PM. Come to improve your balance and strength with this six week exercise class offered by Shelley Johnson. Bring a water bottle and dress comfortably. Everyone is welcome to meet in Martin Luther Hall for an hour of exercise and camaraderie!

Yours in Christ,
Jane Bugbee

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 2019, please do so by March 31, 2020.

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.

WORSHIP ASSISTANTS



ACOLYTES

Jan 5: Jordan C. & Oliver C.
Jan 12: Isabelle T. & Madison R.
Jan 19: Caeden S. & Andrew D.
Jan 26: Roger R. & Nora P.
Feb 2: Lillian J. & Abrianna Z.
Feb 9: Karina K. & Aria B.
Feb 16: Hazel B. & Emma B.
Feb 23: Cole Y. & Ethan D.
Feb 26: 7 PM Ash Wednesday (TBD)
Mar 1: Henry & Oliver Habeck

READERS

Jan 5: Ruth Dodson
Jan 12: Kari Hauser
Jan 19: Phillip Mattison
Jan 26: Confirmation Student
Feb 2: Karen Peterson
Feb 9: Sonja Super
Feb 16: Confirmation Student
Feb 23: Marilyn Lueth
Feb 26: 7 PM Ash Wednesday (TBD)

AV TEAM

Jan 5: Drew
Jan 12: Patrick
Jan 19: Chris
Jan 26: Drew
Feb 2: DJ
Feb 9: Andy
Feb 16: Chris
Feb 23: Patrick
Feb 26: 7 PM Ash Wednesday (TBD)

BUS DRIVERS

Jan 5: Pam Sigurdson
Jan 12: Jay Craft
Jan 19: David Tharaldson
Jan 26: Charles Pierson III
Feb 2: Pam Sigurdson
Feb 9: Jay Craft
Feb 16: David Tharaldson
Feb 23: Charles Pierson III
Mar 1: Pam Sigurdson

COMMUNION SERVERS

Jan 5: Mary Kay Miller, Sonja Super
Jan 12: Christie Spevacek, Bonnie O'Brien
Jan 19: RoseAnn Nelson, Stacy Raliff
Jan 26: Don Rosell, John Miller
Feb 2: Ruth Dodson, Pam Hartel
Feb 9: Wendy Ramirez, Jan Meyen
Feb 16: Phillip Mattison, Shelley Johnson
Feb 23: Michelle Young, Linda Fowler
Feb 26: Ash Wednesday
 Larry Bugbee, Cheryl Ballingrud

USHER TEAMS

Jan 5: Team 5
 Tom & Sonja Super & Dave LaSota
 Tom & Bonnie O'Brien

Jan 12: Team 1
 Kevin Kaliher & Jay Craft
 Charles Pierson III & Judy Opheim
 Wendy Ramirez & Vicky Reynolds

Jan 19: Team 2
 Peter O'Brien & Edward O'Brien
 Don & Carol Wahlstrom
 William Roberts & Ronelle Benson

Jan 26: Team 3

Pam Sigurdson & Vern Hoium
 Victor Zarich & Tim Traynor
 Paul Eddy & Pat Pasiewicz
 Joline Dittbenner & Stacy Ratliff

Feb 2: Team 4

Janet Meyen & Mike Hartel
 Matt Palm & Daniel Toe
 Kylie N. & Caeden S.

Feb 9: Team 5

Tom & Sonja Super & Dave LaSota
 Tom & Bonnie O'Brien

Feb 16: Team 1

Kevin Kaliher & Jay Craft
 Charles Pierson III & Judy Opheim
 Wendy Ramirez & Vicky Reynolds

Feb 23: Team 2

Peter O'Brien & Edward O'Brien
 Don & Carol Wahlstrom
 William Roberts & Ronelle Benson

Feb 26: 7 PM Ash Wednesday Volunteers Needed

Mar 1: Team 3

Pam Sigurdson & Vern Hoium
 Victor Zarich & Tim Traynor
 Paul Eddy & Pat Pasiewicz
 Joline Dittbenner & Stacy Ratliff

Thank you Advent & Christmas Leaders.

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

- Everyone who helped with the Living Connected events!
- Advent services & Christmas Eve

worship

- Children's Christmas program & Happy Birthday Jesus Party
- Young at Heart Christmas Dinner
- Holiday Market
- Community Meals
- Adult Forums
- Confirmation & Sunday School
- November's "Hunting the King's Son" dramatic retelling of Mad King

Herod, the ancient King of Israel, and his paranoid quest to find and destroy Jesus, Mary, and Joseph.

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!



First Lutheran Church
1555 40th Avenue NE / Columbia Heights, MN 55421-3195
WEB: flcch.org / PH: 763-788-9653

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

RETURN SERVICES REQUESTED

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

First Lutheran's kids—love camp!



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!

Camp is a life-changing experience and we want to get every kid in our community to Bible camp!

WAPO ONE DAY

Date: Aug. 12
Ages: Completed K–Grade 4

SEEDS CAMP

Dates: Aug. 7-9
Ages: Completed Grades 1-3

YOUTH CAMP

Dates: Aug. 9-14
Ages: Completed Grades 4-8

SENIOR HIGH CAMP

Dates: Aug. 9-14
Ages: Completed Grades 9-12

Registration opens Jan. 15, 2020;
reserved spaces close Mar. 15, 2020.
Register here: <http://lwlbc.com/first-ch>