

First Lutheran Caller

LOVE GOD. LOVE OTHERS.

March-April 2019



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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

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Editor: Joyce Weaver,
joycew@flcch.org

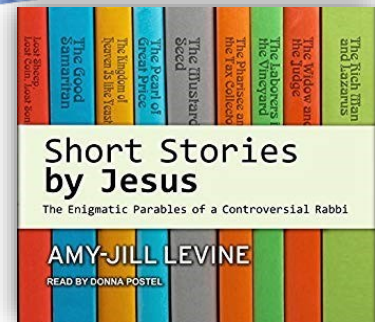
WHO IS JESUS – EXPLORING HIS STORIES LENT 2019

“With many such parables (stories) Jesus spoke the word to them, as they were able to hear it.” Mark 4:33-34

Following our Epiphany series, “Why Jesus?,” we will spend Lent listening to, studying and praying about the meaning of some of Jesus’ most popular parables. Many of these stories reveal the grace of God that includes in God’s kingdom people we might rather see left behind.

Robert Capon, who wrote two books on these stories of Jesus, said:

“The Gospel of grace must not be turned into a bait-and-switch offer. It is not one of those airline supersavers in which you read of a \$59 fare to Orlando only to find, when you try to buy a ticket, that the six seats per flight at that price are all taken and that the trip will now cost you \$199.95. Jesus must not be read as having baited us with grace only to clobber us in the end with law. For as the death and resurrection of Jesus were accomplished once and for all, so the grace that reigns by those mysteries reigns eternally - even in the thick of judgment.” — Robert Farrar Capon, *Kingdom, Grace, Judgment: Paradox, Outrage, and Vindication in the Parables of Jesus*



The Gospel—the Good News—of Jesus Christ is about drawing people in through love, even when that love is a mirror that reflects to us choices we make that harm ourselves and others.

For our Lent sermon series, we will be using a book by Amy-Jill Levine, “Short Stories by Jesus: The Enigmatic Parables of a Controversial Rabbi,” published in 2014. Dr. Levine writes:

“This book is an act of listening anew, of imagining what the parables would have sounded like to people who have no idea that Jesus will be proclaimed Son of God by millions, no idea that he will be crucified by Rome. What would they hear a Jewish storyteller telling them? And why, two thousand years later, are these questions not only relevant, but perhaps more pressing than ever.”

Through sermons on Sunday and member reflections on Wednesday evenings, as well as weekly Bible studies on the same texts, I hope you will join the conversation about Jesus’ short stories (parables) and how they impact our lives today.

Pastor Bonnie Wilcox

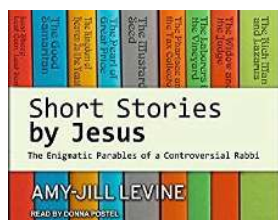
ASH WEDNESDAY



The Short Story of Jesus: The Lost (Prodigal) Son from Luke 15

Lent begins with a solemn call to fasting and repentance as we begin our journey to Easter. As we hear in today's reading, no matter how far we run, and whatever poor decisions we make, God will welcome us home. The sign of ashes suggests our human mortality and frailty. With the cross on our forehead, we long for the spiritual renewal that flows from the springtime Easter feast to come.

SHORT STORIES OF JESUS



“Everybody, even the worst stinker on earth, is somebody for whom Christ died.”

— Robert Farrar “Capon, Kingdom, Grace, Judgment: Paradox, Outrage, and Vindication in the Parables of Jesus”

The author of these words says they are among the hardest truths for humans to hear and claim. Other Christians put it this way: “Every time we draw a line between us and others, Jesus is always on the other side of the line.”

Who’s in and who is out can take up a lot of energy and worry. Some of us wonder if God could ever love us enough to accept us after how we’ve messed up our lives. Some too easily condemn others for real or perceived sins, hoping God won’t allow them in to eternal life. Or we hold deep heartache for loved ones who stray from the way of Jesus. And others confine their lives to spaces where only “the good people” are present.

Where does your energy go on this issue?

This Lent, we will explore six short stories, or parables, of Jesus and see how Jesus used common images and people from his life in the Holy Land – and what it can mean for our lives today.

On Sundays, we will center our worship in reminding ourselves each week that we worship and follow our “Beautiful Savior.” Wednesday evenings we will use the beloved Holden Evening Prayer of songs and words.

Join a weekly Bible study on Wednesdays at 1 PM with Pastor Bonnie to study these parables in small groups.

What is Easter anyway?



Christians consider Easter to be the “first day.” From Easter comes the practice of worshipping on Sunday morning. It is the first day of the week. It is also the first day of new creation. On Easter Christ brought restoration and renewal to all of creation.

The Easter season proceeds from and celebrates this first day. In the resurrected Christ, there is restoration of what was broken. In the fifty days of Easter, Christian communities around the world strive to worship God. Worship is where heaven and earth meet. JOIN US!

Lent Bible Study

Wednesdays, Mar. 13 - Apr. 10
1 PM at church

Read and discuss with Pastor Bonnie the upcoming short stories of Jesus that will be heard the following Sunday.

“Parables are told only because they are true, not because the actions of the characters in them can be recommended for imitation. Good Samaritans are regularly sued. Fathers who give parties for wayward sons are rightly rebuked, Employers who pay equal wages for unequal work have labor-relations problems. And any Shepherd who makes a practice of leaving ninety-nine sheep to chase after a lost one quickly goes out of the sheep-ranching business.

The parables are true only because they are like what God is like, not because they are models for us to copy.” Robert Farrer Capon



SOUP SUPPERS SCHEDULED IN LENT:

- Mar. 6: Chicken Noodle, 5:30-6:30 PM
- Mar. 13: Seder Meal Event, 5:45-7:45 PM (see pg. 4)
- Mar. 20: Holden Village Tomato, 5:30-6:30 PM
- Mar. 27: Stuffed Pepper, 5:30-6:30 PM
- April 3: White Chicken Chili, 5:30-6:30 PM
- April 10: Broccoli Cheddar, 5:30-6:30 PM

Children's Choir



"Let the word of Christ dwell in you richly as you teach admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God."
Colossians 4:16

Music is a great learning tool as well as a teaching tool. Joining children's choir is an opportunity for training in music as well as your child to participate in worship leadership.

Children entering Grades K- 5 are strongly encouraged to join the First Lutheran Children's Choir. Rehearsals will take place each Sunday morning from 11:45 AM to 12 PM in the Choir Room. The Children's Choir will sing or play instruments on the second Sunday of each month, during the 10 AM service. Please contact Jeong, jeong@flcch.org or Rachel, rachelj@flcch.org for more information.

Compassion Sunday

On Sunday, May 5 we will celebrate the children we serve around the world in Jesus' name. Many of us in this congregation already sponsor children through Compassion International, one of the highest rated charities in our country.

Stop by our table to talk to sponsors and to hear stories about the children they sponsor.

If you are a sponsor, please contact Pastor Jill, jillb@flcch.org to volunteer and to share some of your memories and experiences.



LENT & HOLY WEEK SCHEDULE



ASH WEDNESDAY, MARCH 6

12 & 7 PM Worship

5—7 PM Individual Rite of Ashes & Communion available

WEDNESDAY LENTEN SERVICES, MARCH 13—APRIL 10

7 PM Worship

PALM SUNDAY, APRIL 14

8:45 & 10 AM

Celebration with Palms

Brunch served 8:45—10 AM
& 11 AM—12:30 PM

MAUNDY THURSDAY, APRIL 18

7 PM Last Supper Drama

GOOD FRIDAY, APRIL 19

7 PM Last Supper Drama

EASTER SUNDAY, APR. 21

FEAST OF THE RESURRECTION

7:30 & 10 AM

No Community Meal on Easter Sunday

Easter Memorial Garden



...In honor or celebration of a loved one.

You are invited to contribute to the celebratory flower display in the Sanctuary on Easter Sunday.

Please sign up at the desk in the church Commons by Apr. 14, so that all names for remembrance can be listed in the worship bulletin.

Cost: \$12 per flower arrangement, payable to FLC.
Flowers can be taken home after Easter service.

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

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



Sunday Adult Education

11 AM in the Chapel

Plan to join us for interesting and informative Adult Forums:

Mar. 3: *Gideon International Society*

Mar. 10: *The Passover & Table Leaders Training*, led by Randall Bergman

Mar. 17: *Christianity at Home*, led by Rachel James

Mar. 24: *The Future of Christianity*, led by Nathan Roberts

Mar. 31: Pancake Breakfast

Apr. 7: *ECO Justice and Green Congregations*, led by Grace Corbin

Apr. 14: Palm Sunday Breakfast

Apr. 21: Easter Sunday-No Adult Education

Sunday Bible Studies

8:30 AM (Room 101)

12 PM in Katie Luther Cellar

Led by Michelle Edwards, this is the same study offered at two convenient times.



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@flech.org if you are interested in scheduling a baptism. We will meet for a short orientation and planning session.

Seder Meal, Wednesday, March 13

Please Register

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.

Join us Wednesday, Mar. 13 from 5:45-7:45 PM. in Martin Luther Hall. This will encompass both the meal and worship events of our Wednesday evening. We ask that you register to help us in planning. Registration is free but free will donations will be accepted to cover meal costs. You can register at the Welcome Desk the first two Sundays in March or by contacting Pastor Jill at jillb@flech.org or the church office. Please come, we need you all!!!



Last Supper Cast Performances

Our moving and popular Last Supper drama is returning. Make this a part of your Holy Week worship experience. Performances are Maundy Thursday and Good Friday, **April 18 & 19, both at 7 PM.** This is a great opportunity to invite someone new to church!



Communion Class—Registrations Open March 6



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.

MINISTRY NEWS

Meals on Wheels offers a vital need for more than 6,800 seniors and people with disabilities by providing regular nourishment, home-based services, and peace of mind to clients, caregivers and families. If you can help deliver Mar. 11 – 15, 11:30 AM, contact Mike Vant, mjvant@gmail.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, 9 AM – 12 PM in Katie Luther Cellar.

First Lutheran Book Club. If you have a love for reading, consider connecting with other like-minds. The book club will meet on Wednesday, Mar. 20 to discuss “Dead Awake” by Eric Larson. Join them at 10 AM in the Staff Kitchen. Contact Char Zarich, 763-572-1220.

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.

Beer & Hymns. Monday, Apr. 1 (no fooling!) 7 – 8:30 PM. Come early to have dinner before the singing begins. Roseville VFW – lower level. The elevator is by the back door. Location: 1145 Woodhill Drive, Roseville 55113. We look forward to this evening with you. *Sponsored by Nativity Lutheran Church.*

Friday Laughter & Cuisine. Singles over the age of 55 gather to eat and socialize for a couple of hours, Fridays at 5 PM. Contact Faith, 612-799-4245, whitefa@comcast.net by noon on Thursday to RSVP. (See bulletin for restaurants)

Thank you...

Dearest First Lutheran Friends,

I would like to thank you for your wonderful prayers and care during the time I was ill. *Char Zarich*

New Dishwasher! In addition to the many outreach programs which benefited from the Holiday Bazaar and Lutefisk Dinner, a portion of those funds recently helped in replacing our worn-out dishwasher. We appreciate the overwhelming time and effort that went into these Annual Events, and to ALL who participated!

Young at Heart. Comin’ up— Tuesday, Apr. 23, 10:30 AM Service project for Global Health Ministries. Several low-tech, easily-learned jobs for this mission centered organization. In the comfort of Martin Luther Hall, we’ll do a bit for missions in far-off lands. Lunch at noon with the church staff as our guests.

Tesfa Tutoring. Tesfa (our leasing charter school) has a waiting list of seven students (and prospective families) who would appreciate your time in tutoring their children in Grades K-6. No college or teaching experience needed. Questions? Contact: Phil Mattison, 763-443-5965.

Prayer Shawl Ministry. Want to know more about creating handmade baptismal and comforting prayer shawls? Contact Mona Wold, 763-442-3212, gmauwold@hotmail.com

Keep Us Connected & Informed. Please remember to contact the church office, 763-788-9653 to let us know when you have a change in your address, email or phone.

Security Personnel for Hire. We are looking for candidates willing to work part-time, primarily evenings with occasional weekends. Please contact Dave Reilly, daver@flcch.org

Women, defend yourselves against the Dark Side! On Saturday, May 4, we will host Sergeant Matthew Olson from the Minneapolis Police Department for a training on basic self-defense. We will gather at 9 AM and be done before noon. We will accept free will donations to cover the cost of refreshments, otherwise the event is free. Please let Pastor Jill know of your interest. Invite any women you feel could benefit from this class. *May the Fourth be with you!*



Child's bib was made by Mission Workshop

Mission Jamaica. Our sincerest appreciation to everyone who donated money and supplies for a very successful two weeks in Jamaica. Monetary donations helped build a house in the Waterhouse district in Kingston (see cover photo), along with supplies used at the clinics and WestHaven orphanage.

We saw roughly 250 patients in three days in Kingston, 260 patients in three mobile clinics in Montego Bay, and 80 hotel staff members in one day. In addition, many thanks to Mission Workshop and Young at Heart for their generous donations. *Larry & Jane Bugbee*



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 2019 Church Council



Patrick Tapp,
Council President



Jeff Beck,
Vice President



Judie Opheim,
Secretary



John Peterson,
Treasurer



Dorothy Markowitz,
Board of Worship
Chair



Phillip Mattison,
Board of Hospitality
& Outreach Chair



David Hagen,
Board of Finance
Chair



Lyssa Olson,
Board of Spiritual
Growth, Chair



Katie Schweiger,
Board of Children,
Youth & Family



Bonnie Wilcox,
Senior Pastor



Jill Bergman,
Associate Pastor



Jill Presseller,
Nominating
Committee Chair

Memorial & Endowment Committee – John Peterson, Chair
Personnel Committee – Dorothy Markowitz, Chair

VISIONING UPDATE

We have completed several steps in our data collecting process through our work with Kairos and Associates:

- Missional Assessment Project (MAP) survey - complete
- Leadership System Inventory (LSI) survey – leaders of the past 5-6 years were invited to complete this survey. The survey is complete; the Council will review results in late February
- Deep Listening conversations – Jeff Kjellberg was on site on January 22 & 23 and interviewed more than 60 members and staff about their hopes and concerns for our congregation
- Community Listening Panel (see box to the right).

Once these steps are complete, we will hold a half-day workshop with the council and board members to review the results and identify common themes for the work God is calling us to do.

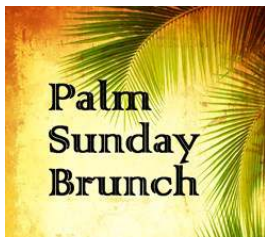
Thank you for your participation in this process, and your leadership with the congregation. We continue to appreciate the input and commitment shown by many. Contact Pastor Bonnie Wilcox with any questions.



Wednesday, April 24, 6:30 PM
Sunday, April 28, 11:15 PM

To date, our work with Kairos and Associates has been about listening to the people of First Lutheran. Join us for a time of listening to leaders from our community: educators, community leaders, city employees, police and other Heights leaders. What does the community around First Lutheran need from us? No registration is required; we expect there will be different speakers at each event -- join us for one or both!

CHILDREN, YOUTH & FAMILY (CYF)



PALM SUNDAY BRUNCH

Sunday, April 14

Serving from 8:45-10 AM; 11 AM –12:30 PM
\$7/person or \$25/family max
Youth needed to volunteer Saturday, April 13
from 9 AM to noon for Brunch prep.

HIGH SCHOOL YOUTH INVITED TO LUTHER SEMINARY PREVIEW DAY!

Spend the Day with Pastor Bonnie, Rachel James & Kyle our Seminary Intern and explore what it means to be called. **Tuesday, April 30, 9 AM—3 PM**
(Luther Seminary in St. Paul)



These emerging young leaders are invited to soak in the beauty, diversity and creativity of the theological formation at Luther, building up questions and tools for further conversation around discernment. Note: High schools often release students for career and vocational exploration. If you need an excused absence form, please contact us. RSVP to Rachel at rachelj@flcch.org



FLY YOUTH will be joining the Lenten Wednesday services Beginning on March 6, Ash Wednesday, FLY schedule will be: 6 PM meet in Martin Luther Hall for soup supper, youth check-in, prayers, and short devotion. 7 PM join in the whole church Lenten worship. Youth needed to help with worship, readings and usher!

SUNDAY SCHOOL SERVICE PROJECT

Date: April 28, 11 AM

Clean-Up at Ostrander Park
(across the street from church).
Kids will help clean up trash and get cupcakes, too!



PARENT'S NIGHT OUT

Fridays, March 22 & April 26, 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! Suggested donation \$5/child. A pizza dinner is served.

MISSION JAMAICA

First Lutheran is sending a team of 12 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.

To support our trip, 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!



Vacation Bible School is for All-Ages

**Monday, Jun. 17 –
Friday, Jun. 21,
5:45-7:45 PM**



Blast off with the first VBS to land on Mars! *To Mars and Beyond* will help kids and families discover the wonders of God's universe. Together, parents and kids will become Voyagers on a journey through space, exploring where God's power can take them. Beginning at First Lutheran Church Columbia Heights-an outpost on Mars-we will lift off to distant planets on special missions to collect power sources. Along the way, we will learn how God walked with heroes of the Bible, and that God is always with us, too.

Youth and Adults: If you are looking for a way to volunteer and have a blast, this is a great opportunity. Our theme this year will make for an "out of this world" experience!



**Summer 2019
CLAIMED
WILDLY LOVED BY GOD**



CAMP WAPO—We invite YOU to join in the excitement at Camp Wapo. *A place where faith and fun collide.* This year'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: Aug. 7, Grades: K-3
Cost: \$35. Register: <http://lwlbc.com/flc-oneday>

SEEDS CAMP: Aug. 2-4, Grades 1-3
Cost: \$175 (All campers eligible for \$50 church gift; scholarships up to full amount)

YOUTH CAMP: Aug. 4-9, Grades 4-8
Cost: \$455 (All campers eligible for \$100 church gift; scholarships up to full amount)

SENIOR HIGH CAMP: Aug. 4-9, Grades 9-12
Cost: \$455 (All campers eligible for \$100 church gift; scholarships up to full amount)

Registration for camp closes on Mar. 15.
Register here: <http://lwlbc.com/first-ch>

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)

Photo Directory

It's not too late to submit pictures before the final print!

Thank you for your participation and patience in our photo directory process. Your pictures and updated contact information have been entered into our church database, affording us the opportunity to now self-publish photo directories!

A DRAFT of the directory will be available at the Welcome Desk from Sunday, Mar. 3— Friday, Mar. 15. Please stop by to assure that your household picture and accurate information are included.

If you are unable to attend church during the time of proofing or wish to be added to the directory, contact the office, 763-788-9653, joycew@flcch.org.

A Special Thank You to Faith White & Kathy Ballard for database entry, Jane Bugbee for snapshots taken to include our homebound adults, and to photographers: John Peterson, Lyssa Olson, Larry Bugbee & Michelle Young.

After School 4:30 - 6 PM

Tuesdays & Thursdays

After School is going strong!

We are so grateful for all the amazing volunteers and awesome kids who make this program a success!

We would love to have a volunteer to help watch kids playing in the gym!

Contact Nathan Roberts, nathanr@flcch.org if you are interested.



Nathan Robert's Trip to Kenya

I am so grateful to First Lutheran for encouraging me to take time each year to go and visit Daylight School in Kenya.



Fifteen years ago in our college cafeteria at Bethel University in St. Paul, I met Michael Kimpur, a foreign exchange student holding a slice of pizza and looking for a bathroom. Little did we know this chance encounter would change the course of both our lives.

Our friendship has grown to 600 brilliant Kenyan students, two Daylight Schools, 12 flights around the world, a TEDx talk, a book, and a million and one laughs.

When people ask me what I learned from my friendship with Michael, I tell them that it taught me to take a chance and meet someone from somewhere else. Because you never know where it might lead... [#bff](#) [#Kenya](#) [#DaylightSchool](#)

Thank You for Your Support:

Stories of Recovery & Sober Living

Thank you for sharing your story!

Kevin Kaliher

(FLC member),

Clara Buckanaga,

Morgan Scherer & Nik Pellinen



On Jan. 12 we had a great group gather to hear inspiring stories of courageous people to overcome their addictions, went through recovery and are now living sober! The panel discussion focused on getting sober and recovery support.

Service Project for Hospitals Overseas



We appreciate the teens and families who joined in packing medical supplies for international hospitals in need! We also learned about the need for quality health care around the world and in America. The medical supplies will be sent overseas to countries that lack access to quality healthcare.

Pancake Breakfast

On Feb. 24, funds were raised to support *Meals on Wheels* in the Twin Cities Metro. They offer a vital need for seniors and people with disabilities by providing regular nourishment, home-based services and peace of mind to clients, caregivers and families. *Thank you to all who cooked, served and ate in support of this community need!*



For more information regarding Outreach & Hospitality at First Lutheran, contact:

Director of Community Engagement, Nathan Roberts, nathanr@flcch.org, 763-788-9653 (ext. 32)

COMPLICATED GRIEF

(Mayoclinic.org & Frazerconsultants.com)

Losing a loved one is one of the most distressing and, unfortunately, common experiences people can face. Most people experiencing normal grief and bereavement have a period of sorrow, numbness, and even guilt and anger. Gradually these feelings ease, and it is possible to accept loss and move forward.

For some people, feelings of loss are debilitating and don't improve even after time passes. This is known as complicated grief, sometimes cause persistent complex bereavement disorder. In complicated grief, painful emotions are so long lasting and severe that you have trouble recovering from the loss and resuming your own life.

Grief is often only thought of as a mental experience, but there are also physical effects that come with it. Stress caused by grief has harmful physical effects on the body if it is prolonged. Although everyone grieves differently, most people experience some physical symptoms when grieving the loss of a loved one.

Physical Effects of Grief:

"Alarm Reaction" happens when the stress occurs. The brain produces a hormone called adrenocorticotrophic (ACTH)-prepares the body for battle. Then, the ACTH goes from the pituitary gland to the adrenal gland that causes a chemical reaction producing cortisol. Cortisol is known as the *"stress hormone."* Prolonged, high levels of this hormone have harmful and stressful effects on the body. So the longer the stress from grief continues, the more ACTH is produced, which means more stress hormones as well. Abnormally increased amounts of stress hormone can cause problems with the production of white blood cells, causing our bodies to not fight germs as well, increasing the likeliness of getting sick.

Complicated grief is like being in an ongoing heightened state of mourning that keeps you from healing.

Signs and symptoms of complicated grief may include:

- ◆ Intense sorrow, pain and rumination over the loss of your loved one
- ◆ Problems accepting the death, PTSD
- ◆ Numbness or detachment
- ◆ Feeling that life holds no meaning or purpose



Physical symptoms of Grief

- ◆ Aches and pains, chest pain
- ◆ Digestive problems
- ◆ Fatigue
- ◆ Headaches
- ◆ Insomnia
- ◆ Sore muscles and weakness

Contact your doctor or mental health professional if you have intense grief or problems functioning, find help with a grief support group.

GriefShare: Is a wonderful program that consists of people who understand how you feel and have a real concern for individuals experiencing the grief of loss. GriefShare leaders have experienced significant losses in their lives and are examples of healing and restoration that can occur as an outgrowth of deep grief.

When you join a GriefShare group, you are welcome to attend any session. Each is *"self-contained,"* so you do not have to attend in sequence. Each week begins with a video seminar featuring top experts on grief and recovery, after you and the other group members will spend time as a support group.

Session are currently running at St. Matthew Lutheran Church in Columbia Heights on Thursdays from 12:30-2:30 PM. And at Redeemer Lutheran Church in Fridley on Thursdays from 9:30-11:30 AM.

Submitted in HIS name,
Jane Bugbee RN, BSN
Faith Community Nurse



*Nurse Jane served the medical needs
of many impoverished families
—Mission Jamaica 2019*

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

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

FIRST LUTHERAN CHURCH FINANCIALS / GIVING

FINANCIAL UPDATE

First Lutheran's major checking and savings accounts and the balances as of December 31, 2018 are represented below. If you have any questions or would like more specific information, please call Dave at 763-788-9653.

Period Ending December 2018

General Checking at 12/1/2018	\$	25,699
Offerings Received		42,079
Other Deposits/Transfers	\$	76,120
Payroll Disbursements	\$	(40,742)
Other Checks/Transfers	\$	(69,700)
General Checking at 12/31/2018	\$	33,456
Mortgage & Maintenance at 12/1/2018	\$	130,513
Offerings & Interest	\$	5,379
Mortgage Payment, Maintenance Projects	\$	(17,528)
Mortgage & Maintenance Balance 12/31/2018	\$	118,364
Perpetual Reserve Balance 12/31/2018	\$	106,262
Special Projects Balance 12/31/2018	\$	318,244
Memorial Fund 12/31/2018	\$	24,761
Endowment Fund Principal+Interest 12/31/2018*	\$	939,767
Undesignated Earnings**	\$	91,096

*Endowment principal is held in perpetuity and cannot be spent ("Dollars Forever").

**Only the investment earnings are available for use with the approval of the Endowment Committee.

2019 APPROVED BUDGET

First Lutheran's 2019 Budget as approved at the January 20, 2019 Congregational Annual Meeting is represented below.

Operational Profit & Loss – Income Category	2018 Budget	2018 Actual	Approved 2019 Budget
Rent Reserve			
Offerings	389,000	339,967	380,724
Debt Savings	20,000	17,302	18,000
Thrivent Choice	6,000	3,420	3,000
Special Gifts	95,225	198,534	160,000
Other	1,972	1,157	1,975
Total Offerings Including Rent Reserve	512,197	560,380	563,699
Charter School Income	262,800	236,931	249,666
Children's Ministry	1,150	1,070	1,150
Hospitality & Outreach	10,100	8,176	10,100
Music	2,000	2,250	2,000
Youth	7,936	10,562	8,650
Ministry offering	6,009	6,227	6,300
Event Income (Bazaar & Lutfisk)	31,250	29,208	31,250
Miscellaneous Income	14,225	10,389	8,600
Other Income	335,470	304,813	317,716
Total Unrestricted Income	847,667	865,193	881,415

Operational Profit & Loss – Expenses Category	2018 Budget	2018 Actual	Approved 2019 Budget
Salary & Benefits	551,923	515,866	570,967
Administration	67,358	73,244	68,084
Operations & Maintenance	52,386	75,862	65,619
Charter School Custodian Offset	(28,625)	(30,970)	(33,173)
Utilities	76,948	67,710	79,915
Charter School Utilities Offset	(18,809)	(19,658)	(21,600)
Children's Ministry	9,096	5,603	9,106
Hospitality and Outreach	19,996	22,568	22,138
Music	5,500	11,679	5,594
Ministry Expense	3,760	3,298	4,178
Youth	10,121	14,228	9,080
Benevolence	77,490	86,585	82,929
Event Expenses (Bazaar, Lutfisk)	20,523	15,903	18,578
Total Expenses	847,667	841,918	881,415
Total Profit/(Loss)	0	23,275	0

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

WORSHIP ASSISTANTS



ACOLYTES

March 3: Olivia D. C. & Junia J.
March 10: Hazel B. & Aria B.
March 17: Emma B. & Karina K.
March 24: Cole Y. & Ethan D.
March 31: Kylie N. & Paige C.
April 7: Roger R. & Drew W.
April 14: Chris M. & Caeden S.
April 21: Easter Jack R. & Ben R.
April 28: Anika D. & Nora P.

READERS

March 3: Karen Peterson
March 6: Carol O'Brien
Ash Wednesday (7 PM)
March 10: Sonja Super
March 17: Confirmation Student
March 24: Wendy Watson
March 31: Keith Dehnpostel
April 7: Bonnie O'Brien
April 14: Julianne Wyckoff
April 21: Easter Chris Larson
April 28: Confirmation Student

COMMUNION SERVERS

March 3: Carol O'Brien
& Wendy Ramirez
March 6: Don Rosell & Jan Meyen
Ash Wednesday (7 PM)
March 10: Shelley Johnson
& Bonnie O'Brien
March 17: Cheryl Ballingrud
& RoseAnn Nelson
March 24: Mary Kay Miller
& Kevin Kaliher
March 31: Ruth Dodson &
Phillip Mattison
April 7: Pam Hartel
& Linda Fowler Pettigrew
April 14: Stacy Ratliff & Jon Lueth
April 21: Easter (10 AM)
Michelle Young, Larry Bugbee, Sonja
Super & Kevin Kaliher
April 28: Cheryl Ballingrud
& Joline Dittbenner

AV TEAM

March 3: Chris
March 6: TBD
Ash Wednesday (7 PM)
March 10: Drew
March 17: DJ
March 24: Patrick
March 31: line

BUS DRIVERS

Mar. 3: Charles Pierson III
March 10: Pam Sigurdson
March 17: Jay Craft
March 24: David Tharaldson
March 31: Charles Pierson III
April 7: Pam Sigurdson
April 14: Jay Craft
April 21: David Tharaldson
Easter (10 AM)
April 28: Charles Pierson III

USHER TEAMS

March 3: Team 4
Mike Hartel, Janet Meyen,
Matt Palm, Lyssa Olson, Daniel Toe,
Caeden S. & Kylie N.
March 6: Team 5
Ash Wednesday (7 PM)
Tom & Sonja Super, Dave LaSota,
Tom & Bonnie O'Brien
March 10: Team 1
Kevin Kaliher, Jay Craft,
Charles Pierson III, Judy Opheim,
Wendy Ramirez, Vicky Reynolds,
Gwen Graefe, Andrew K. & Carson S.
March 13: Team 2
Lenten Service 7 PM
Peter O'Brien, Edward O'Brien,
Don & Carol Wahlstrom,
William Roberts, Ronelle Benson,
Justin K. & Lucas B.
March 17: Team 3
Pam Sigurdson, Vern Hoium,
Victor Zarich, Tim Traynor,
Paul Eddy, Pat Pasiewicz,
Joline Dittbenner, Stacy Ratliff,
Chris M. & Drew W.
March 20: Team 4
Lenten Service 7 PM
Mike Hartel, Janet Meyen,
Matt Palm, Lyssa Olson, Daniel Toe,
Caeden S. & Kylie N.
March 24: Team 5
Tom & Sonja Super, Dave LaSota,
Tom & Bonnie O'Brien
March 27: Team 1
Lenten Service 7 PM
Kevin Kaliher, Jay Craft,
Charles Pierson III, Judy Opheim,
Wendy Ramirez, Vicky Reynolds,
Gwen Graefe, Andrew K. & Carson S.

March 31: Team 2

Peter O'Brien, Edward O'Brien,
Don & Carol Wahlstrom,
William Roberts, Ronelle Benson,
Justin K. & Lucas B.

April 3: Team 3

Lenten Service 7 PM
Pam Sigurdson, Vern Hoium,
Victor Zarich, Tim Traynor,
Paul Eddy, Pat Pasiewicz,
Joline Dittbenner, Stacy Ratliff,
Chris M. & Drew W.

April 7: Team 4

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

April 10: Team 5

Lenten Service 7 PM
Tom & Sonja Super, Dave LaSota,
Tom & Bonnie O'Brien

April 14: Team 1

Palm Sunday
Kevin Kaliher, Jay Craft,
Charles Pierson III, Judy Opheim,
Wendy Ramirez, Vicky Reynolds,
Gwen Graefe, Andrew K. & Carson S.

April 21: Need two ushers

Easter (7:30 AM)

April 21: Team 2

Easter (10 AM)
Peter O'Brien, Edward O'Brien,
Don & Carol Wahlstrom,
William Roberts, Ronelle Benson,
Justin K. & Lucas B.

April 28: 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
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

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

RETURN SERVICES REQUESTED

Come, join us! —First Lutheran Church of Columbia Heights

