

First Lutheran Caller

LIVING CONNECTED

SENIOR PASTOR COLUMN

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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
Published by First
Lutheran Church.

Editor: Joyce Weaver

joycew@flcch.org

LIVING CONNECTED...TO GOD AND EACH OTHER!

I attended a small Lutheran school in Iowa. When I was in 6th grade, half of the girls in grades 6-8 were my first cousins! [How small was my school? It was so small that ALL the girls were on the basketball team!] And because it was a Lutheran school, we all went to the same church on Sundays. To say we were close was no exaggeration!

It was a great way to grow up, but it was also limiting. Almost every family in the church was descended from the founding families of that congregation. We didn't have a lot of new members. It was hard to figure out how to fit in if you were new. And we were sometimes so close we didn't notice the people who weren't being included.

Close is good, but also limiting.

Some people look at First Lutheran of Columbia Heights and assume we all know each other. We don't. But I thank each and every one of you who puts a name tag on every Sunday so that we are reminded of your name when we forget. And when someone is new, the name tags allow them to know our names, too.

Our Mission Narrative reminds us we are connected to each other, whether or not we know each other. The principles of Chaos Theory teach that everything is connected, even the idea that the flap of a butterfly's wing in New Mexico has an impact on a hurricane in the South China Sea. It may take a long time, but a small change may eventually have a very large impact. (Source: <https://fractalfoundation.org/resources/what-is-chaos-theory/>)

What we do affects others, and we are free to choose whether to act for good, or for the *opposite* of good. It is not always easy to know if our choice is good or not. And in a complex world, I think it becomes more difficult. But in conversation, in community, we can find both the tension and the blessing of sharing our thoughts and ideas to determine what is right.

And determining what is right is centered in our relationship, our connection, with God.

Each week, we come together to hear God's Word for our lives, based on what it meant for the lives of people who lived long ago, and for us today. I believe that all of our lives are better because we live connected to God and to each other. There is such joy in these connections, even when we mourn the loss of a community member, for this life is not the end.

How do we increase our closeness, even as we get to know more people at church? Our Living Connected Appeal will form our worship in November, and lead us to an Advent theme of "Nearness." As we approach Christmas, we are reminded of the nearness of God in the midst of our lives.

Pastor Bonnie Wilcox

Living Connected Appeal... has two parts:

- A. A THREE-YEAR LIVING CONNECTED FUND APPEAL (2020-2022) on the maintenance and principal of our \$2.1 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 principal on our facility's \$2.2 million mortgage balance. The other 20% will be used for mission initiatives including:

1. Mission Initiative: Sponsor a Refugee Family (through Lutheran Social Services) – Annual expense: \$5-7,000
2. Environmental/Safety Initiative: Resurface parking lot with rain gardens to improve safety and reduce water runoff to sewers – Estimated expense: \$125,000
3. The balance to be shared with mission partners as the monies are raised.

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

You are invited to worship each Sunday, as well as participate in other events between November 11 and December 8, including:

- **Nov. 11, 12 PM** – Leadership Circle Luncheon
- **Nov. 14-15** – Congregational Dinners & Drama Production
 - * 5:30 PM Meal & Program
 - * 7:15 PM Performance, "Hunting The King's Son: Dramatic Retelling of Baby Jesus"
- **Nov. 22** – Star Wars Movie Night, 6 PM (see pg. 7)
- **Nov. 27** – Thanksgiving Worship (7 PM) & Pie Social (see pg. 3)
- **Dec. 8** – Commitment Sunday - Households are invited to bring their commitment cards as an offering.
- **PLUS:** We will have window frames with a "Living Connected" banner you may use to take selfies for social media (or Christmas cards?)!

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.

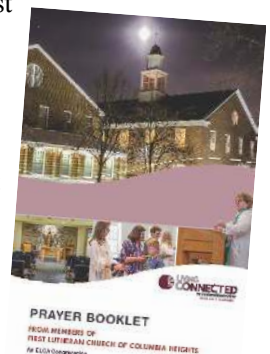
We connect especially to the neighborhood and its youth who have been an essential part of our story from the very beginning when a rural ministry to immigrant children evolved into a long-standing and ever-present calling to love, nurture and mentor young people in our community.

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.

Living Connected Devotional Booklets

Several members of First Lutheran Church have contributed prayers to a Living Connected devotional booklet.

Please pick up a copy at the Welcome desk on Nov. 10. Feel free to take extra to share with friends and neighbors.



WORSHIP & MUSIC OPPORTUNITIES

Music Director



Greetings! My name is Jeffrey Patry and I am excited to be the new Director of Music Ministry at First Lutheran! I have known about the reputation of FLC for a quite a while because of your community involvement and outstanding music program. I am honored to carry on that tradition!

I was raised in Hutchinson, KS and moved to this area to attend St. Olaf College where I received a degree in Organ Performance. For the past 18 years, I was the Director of Sacred Music and Organist at the Church of the Sacred Heart in Robbinsdale, MN.

In addition to my work with FLC, I am on the music staff of Normandale Community College as the staff accompanist and also accompany the Edina Chorale, Bella Lumina Women's Ensemble and the Con Spirito, Con Brio, Vivace and Concert Choirs of Angelica Cantanti Youth Choirs.

I invite anyone who is interested in joining us in the music program to come up to me and introduce yourself. Even if you are not interested in joining choir, introduce yourself to me anyway! I look forward to meeting you and leading music at FLC!

All Saints Day

Nov. 3, 8:45 & 10 AM

In holy baptism God makes saints out of sinners. In holy communion God forgives the sins of all the saints. In worship on All Saints Day, we give thanks for all the saints "who from their labors rest," who have fought the good fight, who have gained the crown. We will also lift up and read aloud the names of members of our church who have died in the past twelve months. Everyone is invited to light a candle of remembrance during holy communion.



Thanksgiving Eve Worship & Pie

Wednesday, Nov. 27, 7 PM

Join us for Thanksgiving Eve Service and a Pie Social. It is a wonderful service where we celebrate the gifts God has given us.

Bring a pie or a container of Cool Whip to share! It is a great service to invite friends and family who may be looking for a place to celebrate the holiday!



Bella Lumina Choir in Concert at First Lutheran Sunday, Nov. 24, 4 PM



Please join Bella Lumina accompanied by Jeffrey Patry and directed by Michelle Gehrz for their concert entitled "CHOOSE LOVE... Light, Hope, and Joy." The concert theme will celebrate the great joys and blessings bestowed upon us as humans as well as aim to lift up those who may be in need of hope and bring healing to hurting hearts.

Music includes Minnesota composers Catherine Dalton and Kyle Pederson, with music of Sarah Quartel, Andrea Ramsey, Kurt Bestor, Michael Head and Jacob Narverud also featured. Guest artists include Andrea Vitullo Glass, Cello Faculty at MacPhail Center for Music and Tamara Rogers, Twin Cities dancer and choreographer. *Tickets at the door - \$15.*

Children's Christmas Program

Dec. 8, 11:15 AM

Our children lead us singing traditional Christmas Carols in a production of *A Very Seuss Christmas*. *11:45 AM Happy Birthday Jesus party follows Children's Program*

Lessons and Carols

Dec. 15, 10 AM

Join the Sanctuary Choir, Campanile Handbell Ensemble, soloists and instrumentalists in a service of lessons and carols celebrating the Savior's coming. We will celebrate through spoken word and music the coming of Jesus.

Christmas Eve Candlelight Worship & Holy Communion Services

Dec. 24, 4:30 & 6:30 PM

We worship the birth of the Savior of the world led by choir, organ, handbells and violin. Candles and the singing of *Silent Night* will be highlights of the service.



Christmas Garden



Purchase poinsettias and help beautify the Sanctuary this season. Plants may be purchased in memory or in honor of a loved one. Sign up at the Welcome desk in the Commons to donate a plant, \$12 each (we will purchase the plants).

Make checks payable to "FLC" by Dec. 16. Those who purchase a plant for the Sanctuary may take one home following worship on Dec. 29.

Adult Education Forums

Adult Education Forum's mission is to have open, honest, and meaningful theological, social, and intellectual discussions on contemporary issues for all of its congregants and community members. A lecture and discussion format is used so we as a community may listen, learn, and ask questions to the carefully selected, highly credentialed, and socially responsible speakers. Speakers do not necessarily reflect Church doctrine, philosophical perspectives, nor the moral viewpoints of First Lutheran Church in Columbia Heights.

The Spiritual Board hopes that all participants will be more intellectually empowered and spiritually enriched through active participation in these growth opportunities in their faith and love for The Triune God as can be understood in the life and works of Jesus Christ.

Adult Education Forums begin at 11:15 AM after worship and takes place in the Chapel until Noon. Please join us as we live, learn, and grow together.

WINTER SESSIONS:

- ☐ **Nov. 3:** Planning Financially to Live Generously with Vicki Elliot, Thrivent Representative
- ☐ **Nov. 10:** Understanding FLC's Memorial & Endowment Fund with Chris Larson
- ☐ **Nov. 17:** Living Connected Appeal Informational Meeting with Pastor Bonnie Wilcox
- ☐ **Nov. 24:** Thanksgiving Weekend - *No Adult Education Forum*
- ☐ **Dec. 1:** Building Positive Muslim & Immigrant Relations in Minnesota with Jaylani Hussein, Executive Director, MN Council on American-Islamic Relations
- ☐ **Dec. 8:** Celebration of Jesus' Birthday & Children's Christmas Performance
- ☐ **Dec. 15:** Christmas Stories from Bethlehem with Randall Bergman
- ☐ **Dec. 22:** The Miraculous Story & Celebration of Hanukkah with Randall Bergman
- ☐ **Dec. 29:** Winter Break - *No Adult Education Forum*
- ☐ **Jan. 5:** Social Justice with Nathan Roberts, Director of Community Engagement
- ☐ **Jan. 12:** My Perspective on the Historical Inclusiveness Doctrine & Relevancy of the Evangelical Lutheran Church in America for Today's Churchgoer by Randall Bergman
- ☐ **Jan. 19:** FLC Board Council Congregational Engagement Meeting
- ☐ **Jan. 26:** FLC Annual Meeting - *No Adult Education Forum*
- ☐ **Feb. 2:** The Mission of Minnesota's Literacy Council with Wendy Vang-Roberts
- ☐ **Feb. 9:** ELCA MPLS Missions Presentation with a Synod Area Representative
- ☐ **Feb. 16:** South Anoka Community Assistance (SACA) with Dave Rudolph
- ☐ **Feb. 23:** Pancake Breakfast for Mission Jamaica - *No Adult Education Forum*



"Hunting the King's Son"

**Thursday, Nov. 14 and
Friday, Nov. 15 at 7:15 PM**

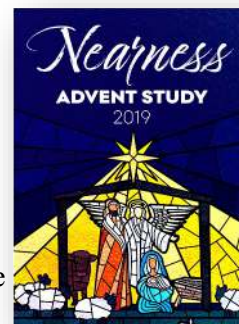
Hunting the King's Son is a dramatic retelling of Mad King Herod, the ancient King of Israel, and his paranoid quest to find and destroy Jesus, Mary, and Joseph. Along the way we meet three Wise Men and a host of characters who all play a part in helping Jesus, Mary and Joseph escape.

- ⇒ **5:30 PM Congregational Dinners**
(Catered meal, reservation required)
- ⇒ **7:15 PM Performances** at First Lutheran. (Free, donations accepted)

Advent Nearness

Bible Study

**Wednesdays,
Dec. 4, 11, 18
6:30 - 7:30 PM in
the Chapel**



The four weeks before Christmas are called "Advent" in the Christian Church. It is our anticipation of the birth of Jesus. Our Bible readings in worship will remind us of the nearness of God in our daily lives, walking with us to inspire, protect, lead, and impart wisdom.

We encourage you to pick up a free copy of the Bible study published by our denomination, the ELCA, at the Welcome Desk. Join us for conversations on Wednesdays at 6:30 PM, beginning Dec. 4, or use it for personal devotions or with your family and friends.

FINANCIAL UPDATE

First Lutheran's major checking and savings accounts and the balances as of September 30, 2019 are represented below. If you have any questions or would like more specific information, please call Dave at 763-788-9653.

| | |
|---|---------------------|
| General Checking at 9/1/2019 | \$ 27,479 |
| Offerings Received | \$ 30,825 |
| Other Deposits/Transfers | \$ 61,781 |
| Payroll Disbursements | \$ (46,172) |
| Benevolence Disbursements | \$ (11,750) |
| Other Checks/Transfers | \$ (47,574) |
| General Checking at 9/30/2019 | \$ 14,589 |
| Mortgage & Maintenance at 9/1/2019 | \$ 283,143 |
| Offerings, Interest & Transfers | \$ 5,843 |
| Mortgage Payment, Maintenance Projects | \$ (18,615) |
| Mortgage & Maintenance Balance 9/30/2019 | \$ 270,371 |
| Perpetual Reserve Balance 9/30/2019 | \$ 106,302 |
| Special Projects Balance 9/30/2019 | \$ 848,802 |
| Memorial Fund 9/30/2019 | \$ 34,913 |
| *Endowment Fund Principal+Interest 9/30/2019 | \$ 1,212,762 |
| **Undesignated Earnings | \$ 125,910 |

*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.

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 55412, 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.

Undergraduate Scholarship Funds available from First Lutheran

The overall objective of this scholarship program is to support First Lutheran members who are enrolled in an accredited Christian College. The application deadline is Nov. 30, 2019. To receive a scholarship application, contact FLC Business Administrator, Dave Reilly, dave@flcch.org

HOLIDAY HOURS:

The church office will be closed on the following days:

- ☐ Thursday, Nov. 28 & Friday, Nov. 29
- ☐ Wednesdays, Dec. 25 & Jan. 1

2019 CONTRIBUTION STATEMENTS:

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

TOWN HALL MEETING:

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

ANNUAL CONGREGATIONAL MEETING:

Sunday, Jan. 19 in Martin Luther Hall. Lunch will be served at 11:15 AM. The meeting will start at 11:30 AM.

COUNCIL RETREAT:

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

FIRST LUTHERAN'S CALENDAR:

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

CHILDREN, YOUTH & FAMILY

Sunday School Schedule

Nov. 3: Child Called Immanuel
Nov. 10: Angels Visit
Nov. 17: Jesus is Born
Nov. 24: No Sunday School
Thanksgiving Break
Dec. 1: Christmas Program Practice
Dec. 8: Christmas Program & All Ages
Christmas Party
Dec. 15: Wise Men
Dec. 22 & 29: *No Sunday School*
Christmas Break

SPUDFEST

Sunday, Nov. 3

The youth are holding a baked potato feast after church. Confirmation students (and parents) to help! SET-UP: 9 – 10 AM
SERVE & CLEAN-UP: 11 AM – 2 PM
Cost is \$5/person



MOONLIGHT MADNESS LOCK-OUT

8 PM Friday, Nov. 8

thru 7 AM Saturday, Nov. 9

Just for youth grades 6-9 (confirmation students). Join us for a crazy overnight adventure of open gym, pizza party, Grand Slam, laser tag, mini-golf, going to a movie and bowling. Cost: \$35. For more details or to RSVP, contact Rachel, rachelj@flcch.org

PARENTS' NIGHT OUT

Friday, Nov. 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 adults are free to have a night out! Suggested donation \$5/child. A pizza dinner is served. Contact: Rachel, rachelj@flcch.org



Congratulations to our 2019 Confirmands!

Anika JoAnne Dittbenner, Christopher Gage Million, Kylie Marie Nichols, Jack Charles Reynolds, Ben Everett Roberts, Andrew James White

First Lutheran Youth (FLY) Schedule



Nov. 6: FLY 6-8 PM

Nov. 13: FLY 6-8 PM

Nov. 20: Youth Small Groups 6-8 PM

Nov. 27: Thanksgiving Service, 7 PM & Pie Social Following

Dec. 4: FLY 6-8 PM

Dec. 11: Youth Small Groups 6-8 PM

No Youth Group Dec. 18 - Jan. 1 for Christmas Break

CHILDREN'S CHRISTMAS PROGRAM & HAPPY BIRTHDAY JESUS PARTY

Join us this year for a Very Seuss Christmas!

November: Practice songs in November during Sunday School closing

Dec. 1: Play Practice During Sunday School

Saturday, Dec. 7: Dress Rehearsal from 9 - 11 AM



Sunday, Dec. 8: CHRISTMAS PROGRAM & ALL AGES CHRISTMAS PARTY

All ages are invited to join us for a Christmas party! We will have cupcakes and sing Happy Birthday to Jesus. There will be crafts, Christmas music, and a decorating cookie station.



For more information regarding Children, Youth & Family Ministries at First Lutheran, contact: Director of CYF, Rachel James, rachelj@flcch.org, 763-788-9653 (ext. 107)

Stories from Our Veterans

Wednesday, Nov. 6, 6:30 - 7:30 PM

Come hear from Veterans about their service to our community and how we can support veterans in our community.



Star Wars IV A New Hope Movie & Costume Night

Friday, Nov. 22, 6 PM

Church Costume Movie Night

During the Movie: Lightsaber Fights, Bingo, Pipe Organ! All Ages movie party with lots of fun interruptions.



Buy a Gift Card for Teens in Need This Christmas

The local food shelf (SACA) has a Christmas give away and they have asked First Lutheran to donate \$10 - \$20 gift cards for parents in need to give their teenage children. Starting Nov. 17 please take a card off the tree in the commons, purchase a gift card from the desk, and drop the envelope in the church office by Dec. 8.



Thank you for the Pancake Breakfast for After School!

Thank you all for the support at the Pancake Breakfast on Sunday, Oct. 13. The After School Program raised \$2,700 that will go to the food budget to purchase groceries to make healthy dinners for 25-40 children each Tuesday and Thursday. The after school children had a great time greeting parishioners, helping flipping & serving pancakes, making coffee, and cleaning up. *Thanks again, Nathan, Rachel, Shanequa, Vivian, Deb, Larry, Jane, Karen M, Karen P, John, Joe, Michelle, Don & Barb.*



**WE WELCOME
FIRST
LUTHERAN'S
NEW
MEMBER
CLASS!
OCT. 13, 2019**

Jon & Noelle Schwegel, and Nora
7501 Alden Way NE, Fridley, MN 55432
Jon: 320-766-1475 / Noelle: 320-491-3426
Burrno01@luther.edu



Joseph Fouks
114 5th St. SE, Apt 604
Minneapolis, MN 55414
612-354-3880
jfouks@comcast.net



Susan Schoon
1256 County Rd. D East,
Apt. 104,
Maplewood, MN 55109
651-398-9705
susanschoon@icloud.com



Craig & Lisa Pederson, Evan & Nora
2851 Garfield St. NE, Minneapolis, MN 55418
Craig: 612-703-1586, craigpederson@yahoo.com
Lisa: 612-703-2467, Pederson.lisa@gmail.com

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

MINISTRY NEWS



Lutefisk & Meatball Dinner will be served on Saturday, Jan. 18, 2020

Cost: \$20 Tickets on sale Sunday, Dec. 29, 9 AM in the Link or by calling 651-633-0679.

Seating Times: 12, 2, 4 & 6 PM

It has been said that *many hands make light work*, but in this case, many hands also make for a lot of fun! It really is a fun time to get together with all of our First family and deliver what is widely recognized as the BEST Lutefisk dinner in town. Volunteer sign-ups will be posted in the Commons early in December. Sign up early for your favorite job.

Babysitting will be provided for workers on the day of the dinner, but if you need a sitter you must sign up so we will know how many sitters to hire. As an added bonus, ALL volunteers qualify for half-price tickets to the dinner! Youth volunteers can get camp credits for helping out!

OPPORTUNITIES TO VOLUNTEER:

Wednesday, Jan. 15, 9 AM - Noon (Make Meatballs)

Friday, Jan. 17, 8:30 AM - 2 PM (Peel Vegetables & Set Tables)
Lunch provided.

Saturday, Jan. 18 (see sign-up sheets which will be in the Commons starting early December for opportunities)

Questions? Contact Ruth Dodson, 763-537-4284, ruthdodson@msn.com



By definition, if you are a woman and a member of an ELCA congregation, you are automatically a member of WELCA. The Mission Statement of the Women of the ELCA begins, "As a community of women, created in the image of God, called to discipleship in Jesus Christ, ..."

Over the years women have found it beneficial to gather in small groups (or circles). At one time, First Lutheran had 14 active circles.

In the "old times" these circles provided a time of fellowship and support by meeting on a regular basis. Times have changed and now it

has become more of a time of gathering together for support in these very busy times and taking the time to read and listen to God's word... "*grow in faith*." Some groups may meet at church, in homes, at coffee shops on a regular or irregular pattern with the purpose... "*support one another in our callings*." Some groups have service project(s) -- Mission Workshop -- as a purpose of their meetings ... "*engage in ministry and action*."

There is always room at the table for more groups. Do you have an idea for a group that you would like to be a part of? Perhaps a new mothers' group, a single mothers' group, mothers of teenagers would be possibilities.

If you want more information or have questions, please contact Kathy Ballard (651-332-3185). She currently is serving on the synodical board of directors and will be happy to talk with you.

Young at Heart trip to Willet Hauser Architectural Stained Glass in Winona - Oct. 2019

Young at Heart

Tuesday, Nov. 19, 12 PM
POTLUCK DINNER AND MUSICAL PROGRAM

We'll feast on family favorites at noon. Pull out a recipe from years ago and share it with your church 'family.' Sign up to bring a main dish or a salad or a dessert. If you're not up to preparing food to share, come anyway, and you can give an extra \$6 for grocery or serving items that need to be purchased.

Our program is **Steve Marking**, a world class baritone singer, photographer and filmmaker. Having grown up on the Mississippi River, he has a love for all the natural beauty of the area. He tells stories and shows pictures along with his singing. He has recorded classical and gospel



CD's including one entitled 'Grandma's Favorite Gospel Hymns.'

Sign up on our bulletin board.
\$5 per person for program; additional \$6 if you choose to not bring food.

Tuesday, Dec. 17, 12 Noon
CHRISTMAS DINNER

An elegant dinner prepared by our church chef, Rock Hauser. An inspiring musical program featuring the First Four quartet and Jeff Patry, our Minister of Music.

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

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

MINISTRY NEWS

Council Minutes. There is a 3-ring notebook at the Welcome Center with Council and Board minutes for your review. Going forward, we will include 15 copies of the Council minutes for people to take and read.

First Lutheran Church has undergraduate scholarship funds. Deadline is Nov. 30 (see pg. 5).

First Lutheran Book Club. Join the book club in the Staff Kitchen on Wednesday, Nov. 20 at 10 AM to discuss your choice of any *Agatha Christie Mystery*. The book club group will not meet in December. Contact: Char Zarich, 763-572-1220.

Friday Laughter & Cuisine, 55+ Social. Come to eat and socialize for a couple of hours, Fridays at 5 PM! RSVP to Faith, 612-799-4245. (See bulletin for weekly restaurants)

Mission Workshop. This quilting ministry continues to embrace our community with their warm quilt donations to SACA, Lutheran World Relief, the Holiday Market & High School grads! Join them on the second and fourth Wednesdays of the month, 9 AM – 12 PM.

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.



We have wrapped up another successful course of Financial Peace University. To date we have offered the 9-week course at least six times, with various coordinators. Adding up all the progress from each 9-week course, we have helped families pay

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 experiencing surgery, mourning, recovery or other crises? Contact Mona Wold, 763-442-3212, gmawold@hotmail.com

GriefShare. You are invited to attend St. Matthew's "Surviving the Holidays" seminar and discussion. It will include video interviews with counselors, grief experts and people who have experienced the holidays after their loved one's death. Through this experience, you'll discover how to prepare for the holidays and how the holidays can help you to heal. Seminar is free, but RSVP by calling St. Matthew's church office, 763-788-9427.

Mission Jamaica
Feb. 1-8, 2020



In December, our Mission Jamaica teams will be fundraising to raise funds to build a home in Kingston, along with collecting supplies for West Haven Orphanage and medical clinics. There will be a display up after Thanksgiving with our wish list of supplies.

Thank you, Larry & Jane Bugbee

off over \$298,000 in debt, save over \$85,000, cut up over 96 credit cards, and eight families began to give away significantly more money. All this is not counting the continued progress families made following the course. If you are feeling overwhelmed by financial decision making and would like to attend an FPU course in the future, please contact Pastor Jill.



First Lutheran Holiday Market Saturday, Nov. 9 9 AM - 2 PM

Come to shop and watch the demonstrators make lefse, krumkake and our returning **Nordic Waffle** corner. The **LUNCH COUNTER, RØMMEGRØT** and **COFFEE SHOP** will feature their specialties to enjoy.

The **CARDS AND CUTLERY BOOTH** will have holiday cards, knives and special items that are great for gift giving.

Bring your Christmas shopping list-you'll find wonderful gift items at the **CRAFT BOOTH, MISSION WORKSHOP** and **TOWEL TABLE**.

Take a walk around the tables at the **COOKIE EXPRESS** and fill a box with lovely Christmas cookies to enjoy during the holidays.

Enjoy the Market type atmosphere as you find baked goods, jams, salsa, and many other items displayed in the gym.

Bring the kids so they can enjoy the **PHOTO BOOTH** and participate in a **SCAVENGER HUNT**.

Your support is greatly appreciated. Our proceeds go to home and global missions.

You still have time to donate your time and talents to any of the booths. We will be at church to set up on Friday, Nov. 8 and those hot-out-of-the-oven goodies can be brought to the church Saturday morning also. Please consider working at a booth, making craft items or baking cookies.

Cheryl Ballingrud, 651-633-0679
Lyn Larson, 763-484-2323
Dorothy Markowitz, 651-645-9458

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

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

NOT SO SWEET DIABETIC STATISTICS

(Centers for Disease Control & Prevention, Medica)

Read these scary statistics from the Centers for Disease Control and Prevention:

- 25 percent - Diabetes often doesn't have noticeable symptoms, so more than **25%** of people with diabetes don't know they have it.
- #7 - Diabetes is the **seventh** leading cause of death in the U.S.
- #1- Diabetes is the **No. 1** cause of kidney failure, lower-limb amputations, and blindness.
- #2 - Medical costs for people with diabetes are **twice** as high as those without diabetes.
- 20 Years - Over the last 20 years the number of Americans diagnosed with diabetes has more than **tripled**.

Type 1 diabetes is caused by an autoimmune reaction which stops your body from making insulin. Type 2 diabetes your body creates insulin but can't use it properly to keep blood sugar at normal levels.

About 90-95 percent of people with diabetes have Type 2. Precursor to Type 2 diabetes is prediabetes in which blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes.

Risk Factors:

- Being overweight
- having high blood pressure, cholesterol, and triglycerides
- being less physically active
- Smoking
- Having a sibling or parent with Type 2 diabetes
- Having a history of gestational diabetes or giving birth to a baby over nine pounds.
- Being African-American, Hispanic/Latino American, American Indian, or Asian American.

Symptoms:

- increased hunger or severe thirst
- frequent urination, especially at night
- unexplained weight loss
- feeling tired or weak, blurred vision
- numbness or tingling in the hands or feet
- frequent yeast infections or urinary tract infections
- very dry skin.



If any of the risk factors described above apply to you or if you have symptoms of diabetes, ask your doctor for a blood sugar test--a simple fasting blood draw can determine if you have pre-diabetes or diabetes.

Preventing and managing Type 2 diabetes or pre-diabetes: Staying healthy is important regardless of your blood sugar level. Habits that help you prevent, manage or even reverse Type 2 diabetes will also help keep your body and mind healthy overall - lessening your risk of cancer, heart and lung disease, osteoporosis, depression and other common health issues.

- Exercise: Get at least 150 minutes of physical activity per week.
- Lose weight: Keep your weight in a healthy range, or lose weight if you're overweight. Even 5 percent (10 pounds for a 200-pound person) can lower your risk of developing diabetes by 58%.
- Eat healthy foods: Including lots of fruits and veggies, and keep your sugar intake low.
- Drink more water and fewer sugary drinks.
- Don't smoke or quit if you're a smoker.
- Sleep 7-8 hours per night
- See your doctor. Attend follow-up visits recommended by your provider.

Think you could have prediabetes? Take the prediabetes risk test at: cdc.gov/prediabetes/takethetest

If you get a high score on the online risk test (five or higher), you're at risk for having pre-diabetes. However, only a fasting blood test can give you an official diagnosis for prediabetes or Type 2 diabetes.

*In Christ,
Nurse Jane Bugbee*

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

Faith Community Nurse, Jane Bugbee, janeb@flcch.org, 763-788-9653 (ext. 113)

WORSHIP ASSISTANTS

ACOLYTES

Nov. 3: Jordan C. & Oliver C.
Nov. 10: Isabelle T. & Madison R.
Nov. 17: Caeden S. & Andrew D.
Nov. 24: Roger R. & Nora P.
Nov. 27: *Thanksgiving Eve (TBD)*
Dec. 1: Lillian J. & Abrianna Z.
Dec. 8: Karina K. & Aria B.
Dec. 15: Hazel B. & Emma B.
Dec. 22: Cole Y. & Ethan D.
Christmas Eve Dec 24
Dec. 24: (4:30 PM)
Dec. 24: (6:30 PM)
Two volunteers needed
Dec. 29: Henry H. & Oliver H.
Jan. 5: Anna P. & Lyndsey B.

READERS

Nov. 3: Melvin Robinson
Nov. 10: Missy Haberk
Nov. 17: Julie Rand
Nov. 24: Confirmation Student
Nov. 27: *Thanksgiving Eve* - Carol O'Brien
Dec. 1: Jennifer Shull
Dec. 8: Jon Lueth
Dec. 15: Malcom Watson
Dec. 22: John Peterson
Christmas Eve Dec 24
Dec. 24: (4:30 PM) Teri Schweiger
Dec. 24: (6:30 PM) Meredith Theraldson
Dec. 29: Confirmation Student

AV TEAM

Nov. 3: Andy Grunloh
Nov. 10: Drew Stolba
Nov. 17: Chris Larson
Nov. 24: DJ Ferrise
Nov. 27: *Thanksgiving Eve (TBD)*
Dec. 1: Drew Stolba
Dec. 8: Chris Larson
Dec. 15: DJ Ferrise
Dec. 22: Andy Grunloh
Christmas Eve Dec 24
Dec. 24: (4:30 PM)
Dec. 24: (6:30 PM)
Two volunteers needed
Dec. 29: Chris Larson

COMMUNION SERVERS

Nov. 3: Bonnie O'Brien, Don Rosell
Nov. 10: Wendy Ramirez, Ruth Dodson
Nov. 17: RoseAnn Nelson, Jan Meyen
Nov. 24: Phillip Mattison, Pam Hartel
Thanksgiving Eve (TBD)
Dec. 1: Shelley Johnson, Joline Dittbenner
Dec. 8: Michelle Young, Jon Lueth
Dec. 15: Dorothy Markowitz, Larry Bugbee
Dec. 22: Carol O'Brien, Kevin Kaliher
Christmas Eve Dec 24
Dec. 24: (4:30 PM)
Dec. 24: (6:30 PM)
Two volunteers needed
Dec. 29: Linda Fowler, Cheryl Ballingrud

BUS DRIVERS

Nov. 3: Charles Pierson III
Nov. 10: Pam Sigurdson
Nov. 17: Jay Craft
Nov. 24: David Tharaldson
Dec. 1: Charles Pierson III
Dec. 8: Pam Sigurdson
Dec. 15: Jay Craft
Dec. 22: David Tharaldson
Dec. 29: Charles Pierson III
Jan. 5: Pam Sigurdson

USHER TEAMS

Nov. 3: Team 5
Tom & Sonja Super & Dave LaSota
Tom & Bonnie O'Brien
Nov. 10: Team 1
Kevin Kaliher & Jay Craft
Charles Pierson III & Judy Opheim
Wendy Ramirez & Vicky Reynolds
Nov. 17: Team 2
Peter O'Brien & Edward O'Brien
Don & Carol Wahlstrom
William Roberts & Ronelle Benson

Nov. 24: Team 3

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

Thanksgiving Eve

Nov. 27: (7 PM) Team 4

Janet Meyen & Mike Hartel
Matt Palm & Daniel Toe
Kylie Nichols & Caeden Schull

Dec. 1: Team 5

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

Dec. 8: Team 1

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

Dec. 15: Team 2

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

Dec. 22: Team 3

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

Christmas Eve

Dec. 24: (4:30 PM) Team 4

Janet Meyen & Mike Hartel
Matt Palm & Daniel Toe
Kylie Nichols & Caeden Schull

Dec. 24: (6:30 PM) Team 5

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

Dec. 29: Team 1

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



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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

Thanksgiving and Advent 2019



worship
with Us

THANKSGIVING EVE
WORSHIP & PIE SOCIAL!
Wednesday, Nov. 27, 7 PM

CHILDREN'S PROGRAM

A Very Seuss Christmas

Dec. 8, 11:15 AM

Our children lead us singing traditional Christmas Carols in a production of *A Very Seuss Christmas*.

ALL AGES CHRISTMAS PARTY

Dec. 8, 11:45 AM

Happy Birthday Jesus party follows the Children's Program

LESSONS AND CAROLS

Dec. 15, 10 AM

Join the Sanctuary Choir, Campanile Handbell Ensemble, soloists and instrumentalists as we celebrate the coming of Jesus.

CHRISTMAS EVE CANDLELIGHT

Dec. 24, 4:30 & 6:30 PM

We worship the birth of the Savior of the world led by choir, organ, handbells and violin. Candles and the singing of *Silent Night* will be highlights of the service.