

First Lutheran Caller Living Connected

Building of First Lutheran Sanctuary

SENIOR PASTOR COLUMN

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Worship Hours:

8:45 AM—Chapel

10 AM—Sanctuary

(Family Friendly Service)

Pastoral Staff:

Bonnie Wilcox

Senior Pastor

Jill Bergman

Associate Pastor

The Caller Newsletter is

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Editor: Joyce Weaver,
joycew@flcch.org



LIVING CONNECTED
FIRST LUTHERAN CHURCH
OF COLUMBIA HEIGHTS

Thirty years ago this month, our church dedicated and began to worship in the Sanctuary at 1555 40th Ave. NE. We also celebrated a new gathering space, the Commons, for fellowship before and after worship.

What a change from FLC's church building one mile to the west! The contemporary, light and airy space is welcoming and relatively free of adornment, while the stained glass windows in the Commons and the Chapel carry forward our legacy and faith stories from the previous building.

This facility is a tool for mission -- and we continually review and pray about the people who enter our building, and how our building does (or does not) provide a welcome to our neighbors. We have much to be thankful for in this facility! We have useful and well-used space for worship, hospitality and welcome, for presentations and interactions with groups of many sizes, and the ability to feed many!

As we honor this 30th anniversary of our worship space on Sunday, September 29, we give thanks to the Holy Spirit who inspired so many willing hands, hearts, minds, and resources to make this ministry tool possible!

Our 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.

**Senior Pastor Column
continues, page 2**

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.

You and I have been called by the Holy Spirit into this community at this time and in this place for a reason -- as we plan mission and ministry for the future, this Mission Narrative will be one of our guides. May we be faithful in listening, and in acting.

Pastor Bonnie Wilcox, Senior Pastor



LIVING CONNECTED FIRST LUTHERAN CHURCH OF COLUMBIA HEIGHTS

Living Connected Appeal: NOV. - DEC. 2019 Living Connected...to God and each other!

Our staff did a summer ministry review recently. Our summer programming saw more involvement in Vacation Bible School, as well as in the number of children we sent to Bible camp. More than 70 people were here for our Star Gazing Night at the end of VBS -- even with cloudy skies! We also had 30-50 people gather weekly on six Wednesdays for Summer Picnic Worship.

Part of what makes these events successful is the great leadership we have in our staff members. This church has attracted and retained a faithful, gifted staff whose longevity has helped us get to this kind of exciting, continuing ministry for youth and their families.



Beginning November 10, and continuing through December 8, we will appeal to the congregation for financial commitments in two ways:

- 1) For General Fund support for the 2020 day-to-day ministries of First Lutheran Church (FLC). We spend about \$880,000 each year to make our ministry happen: worship, Christian education, outreach to our community, programming for seniors, adults, youth and children, support for missions beyond ourselves (with the ELCA and other mission partners), maintenance and care of our facility.
- 2) For 3-year commitments as a capital appeal to cover our mortgage expenses, including principal payments and debt service, as well as other initiatives to be announced. We owe about \$2 million in long-term debt, and we would like to pay off a significant portion of this debt through direct gifts and legacy planning.

Save one of these dates for an informational, exciting meal:

- * **Thursday, November 14, 5:30 PM**
- * **Friday, November 15, 5:30 PM**

These meals are free, but reservations will be required. Watch for your invitation soon!

Please note, too, that these meals precede our fall drama production about Jesus' tumultuous beginning, which will be presented at 7:15 PM on both evenings.



Fall Worship Series: *We All Have an Origin Story*

We love a good underdog story, and we love it when successful people and brands -- not to mention superheroes reveal theirs, too. Comic book hero Superman was raised by two ordinary parents on a Kansas farm, and behind Clark Kent's horn-rimmed glasses was an extraordinary life!

In the Old Testament, the name Isaac's means "laughter," referring to his aged mother's response when she heard God's promise of a child! Jacob, chosen by God to lead, was impatient waiting for the fulfillment of God's promises. Ruth was a foreigner, who followed her mother-in-law back to her homeland, where she worshipped Naomi's God.

These are *origin* stories from the Old Testament. Where we come from shapes who we become. As humans, we love and crave stories. We're curious beings. And we want nothing more than to relate to others.

There is a sense of "ordinary-ness" in the people of the Bible. God didn't choose perfect people to do God's work in the world -- God picked normal people with foibles and imperfections, put up with their mistakes, doubts and sins and loved and forgave them again and again. God stood with them as they challenged the powerful, took risks and went to new places, and as they strove to be faithful. May their stories, added to our stories, inspire and connect us to God, and to each other.

Director of Music Ministry

We have a new Director of Music Ministry: Jeffrey Patry will join our staff on Sept. 17.

We are grateful for the interim work done so well by Jeong Lee, who will continue to serve at First Lutheran through Sept. 15. Please take a moment to thank her for her vivacious spirit and faithful service in this interim period.



New Children, Youth and Family Ministry Associate

Alexis Huesby is starting at Luther Seminary this fall as an M.Div student with an emphasis in CYF ministry. She will begin at First Lutheran on Wednesday, Sept. 4 and will work primarily Sunday mornings and Wednesday evenings. Look for her and say hello!

Alexis is a graduate of Concordia, where she earned a B.A. in Religion and Communication studies. She has worked at Hope Lutheran in Fargo in children's ministry and confirmation. Alexis is a musician and worship leader and has also served at YouthWorks as the Kids Club leader.



ALL SAINTS SUNDAY, NOV. 3, 8:45 & 10 AM

*Daylight Savings Time Ends
(fall backward one hour)*



We give thanks for the lives of our loved ones and others who have died in Christ Jesus. At each service, we will read aloud the names of members of First Lutheran who died in the past twelve months.

For more than 1,300 years, it has been a tradition in Christian churches to mark one Sunday a year as a day of remembrance for those who have died. We give thanks again for what these people have meant to our lives, and are reminded of the hope we know through Jesus Christ that we will be united again.

THE AUGSBURG CENTENNIAL SINGERS AT CHRIST THE KING, SUNDAY, OCT. 6

The Augsburg Centennial Singers have just one concert on this side of the of the metro this fall: Sunday, Oct. 6, 4 PM at Christ the King Lutheran Church, New Brighton.

The 50-voice men's Gospel choir, directed by Paul Christensen, includes Jerry Erickson, Phil Mattison, Jon Lueth, and Marilyn Lueth as accompanist.

A free-will offering will be received. For concert schedule, visit: www.centennialsingers.org

Adult Education Forums

Come learn with us and participate in these relevant, meaningful, & faith-filled conversations this fall in our Chapel on Sunday Mornings after Worship.

- ❑ **Sept. 15:** Learning Opportunities at TESFA International School, *with Executive Director Jonas Beugen*
- ❑ **Sept. 22:** Making Transparent the ELCA's Inclusive Doctrine, *with Randall Bergman*
- ❑ **Sept. 29:** Hospitality & Outreach Opportunities, *with Phil Mattison*
- ❑ **Oct. 6:** Biblical Hospitality & Today's Missional Church, *with Luther Seminary Professor Michael Chan*
- ❑ **Oct. 13:** Pancake Benefit Breakfast—*No Adult Ed. Forum*
- ❑ **Oct. 20:** (TBD)
- ❑ **Oct. 27:** "Celebration of Gender, The Journey of a Two Spirit (transgender) Woman," *with MN Gender Center's Executive Director, Ms. Debra Davis*
- ❑ **Nov. 3:** Financial Planning, *with Thrivent Financial Planner Vicki Elliot, CLTC®, MBA*
- ❑ **Nov. 10:** Memorial & Endowment Presentation
- ❑ **Nov. 17:** Kairos Informational Meeting
- ❑ **Nov. 24:** Have a Happy Thanksgiving—*No Adult Ed. Forum*
- ❑ **Dec. 1:** Intergenerational Congregational Conversation on American-Islamic Relations in Columbia Heights, *with CAIR-MN Minnesota Chapter Director, Jaylani Hussein*

Sunday Bible Study

Our Sunday Morning Bible Study will start again on Sept. 15 at two times: 8:30 and 11:15 AM (the same study at each time). The schedule will be available at the first meeting, and we will take some breaks to allow people to attend special offerings in Adult Education.



This fall we will be doing a study of II Corinthians. Paul's letter to the believers in this Greek city continues his instructions to them, setting straight their confusion about some of the gospel teachings, and emphasizing that the way to joy and success is through serving others and not seeking to be first.



New Members Are Joining

New Member Reception & Orientation **Sunday, Oct. 13**

With Pastors Jill Bergman & Bonnie Wilcox

Please let one of the pastors know of your interest and they will contact you.

On Sunday, Oct. 13, we will be receiving new members during our 10 AM worship service. At 11:15 AM, all who became members will meet for an orientation upstairs and lunch in Martin Luther Hall with our Hospitality and Outreach Board.

Current members, please reach out a hand of welcome to our new members!



Save the dates for this fall's dinner & drama about Jesus' tumultuous beginning. Age appropriate for youth and adults. Contact Pastor Jill with any questions. jillb@flech.org

5:30-7 PM Dinner

7:15 PM Performances:

Thursday, Nov. 14

& Friday, Nov. 15

CHILDREN, YOUTH & FAMILY (CYF)



Wednesday Picnic Worship
with Slip N Slide—July 17, 2019

FIRST DAY PARTY

Sunday, Sept. 8. Join us for Slip N Slide (bring suits & towels), Water Balloon & Games, Blessing of the Backpacks.

FLY KICK-OFF BONFIRE

Wednesday, Sept. 4, 6-8 PM

All youth in Grades 6-12 are invited to a bonfire at the church. We'll have s'mores, games, music and fun to start the year of First Lutheran Youth.

FLY YOUTH GROUP

Wednesdays, 6-8 PM

Join First Lutheran Youth every Wednesday in the school year for food, faith talks, connection and lots of fun! For youth Grades 6-12.
Open Gym 7:30-8 PM

BLESSING OF THE BACKPACKS

Sept. 8 (during 10 AM worship)
All kids are invited to bring their backpacks to church for a blessing to start the new school year!

SUNDAY SCHOOL / CONFIRMATION

Starts Sunday, Sept. 8, 11 AM

Classes for kids and youth ages preschool through high school
Register online today at flcch.org
Paper forms available.

CONFIRMATION KICK-OFF

Sunday, Sept. 8, 11:30 AM in Room 101 upstairs. For Parents & Confirmation Students.

SAFE CHURCH ABUSE PREVENTION

TRAINING. Sunday, Sept. 15, 12 PM in Room 101. All volunteers who serve with children, youth and families are required to attend this seminar one time. We cover the church's Abuse Prevention Policies and how to keep our kids safe. Feel free to bring your lunch. RSVP: Rachel James, rachelj@flcch.org

CONFIRMATION RETREAT

Sept. 21-22. All 6-8th grade confirmation students, 9th graders being confirmed this fall and High School TIM Team students will go to Gustavus Adolphus College for this year's confirmation retreat! *More information at Sept. 8 Parent Meeting.*



BIBLE MILESTONE IN WORSHIP

Sunday, Sept. 15. During the 10 AM worship service, we will invite parents to place the holy scriptures in the hands of their children.

- ♦ Grade K: Spark Story Bible.
- ♦ Grade 2: Spark Bible NRSV.
- ♦ Grade 6: Lutheran Study Bible.

* If your child/youth needs a Bible at any age, please contact Rachel for an age-appropriate Bible.

PARENTS' NIGHT OUT

Fridays, Sept. 27, Oct. 25, Nov. 22 from 5-8 PM. We believe parents deserve a night out! Children ages 5-16 can be dropped off at the church for a night of games, pizza and a Bible lesson.

CONFIRMATION ON REFORMATION

SUNDAY, OCT. 27. Join us as we celebrate the Rite of Affirmation of Baptism during the 10 AM worship! Confirmands meet for rehearsal and pictures on Saturday, Oct. 26 at 9 AM.

MOONLIGHT MADNESS LOCK-OUT

9 PM Friday, Nov. 8—7 AM Saturday, Nov. 9. Just for youth 6-9th grade (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. RSVP: Rachel.

CHILDREN, YOUTH AND FAMILY

SERVICE PROJECT: FEED MY STARVING CHILDREN. Wednesday, Oct. 16. Serving 6-7:30 PM. Meet at church at 5:30 PM to ride the church bus. Kids 5+ are invited with parents. Youth age 12+ are invited with youth group. RSVP: Rachel.

peer
ministry leadership's
GET-READY!

Our Church Needs YOU!

Saturday, Oct. 12, 9 AM-4:30 PM at First Lutheran. Our youth ministry can only be as good as the training we give you! So, we're taking you to the best of the best with PEER Ministry Leadership!

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)



Parents Raising Tweens and Teenagers! Join us for Dinner & Encouragement

Wednesdays, Sept. 4 & Oct. 2, 6-7:30 PM.

Parents currently raising tweens and teenagers are welcome to join us for two dinner and discussion nights at church. We will eat, learn a few parenting strategies, encourage each other, share some stories, laugh, and swap parenting tips.

FLC After School Program

**Tuesdays & Thursdays
4:30-6 PM**

Join us for Open Gym, Youth Room games and crafts, free healthy dinner.

Check First Lutheran's website for Registration form and Schedule.

Love God & Love Our Neighborhood

Wednesdays 6:30 - 7:30 PM

We are so excited to announce the Stories from Our Neighborhood 2019/20 line up!

To build a stronger community we need to know each other's stories! If you or someone you know would be willing to share your story at one of these events please tag them, message us, or contact nathanr@flech.org. (Your 10 min story followed by a panel discussion)

Sept. 11: Somali Storytelling

Oct. 9: Native Americans

Nov. 6: Veterans

Jan. 8: Heights Renters

Feb. 12: LGBTQ Families

Apr. 15: Columbia Heights City History

May 13: Our Neighbors from India

Community Lunch Sundays 11 AM-12:30 PM *Served most Sundays*

Enjoy a delicious home cooked meal and full salad bar with our neighbors and church community starting Sept. 8. A suggested \$5 donation per person helps the community lunch remain available to our neighbors in need.

For weekly menus, visit: flech.org or see Sunday Announcement Bulletin.

Pancake Breakfast

**Sunday, Oct. 13
8:30 AM-12:30 PM**

Please join us for a delicious Pancake Breakfast!
Sunday, Oct. 13, 8:30 AM-12:30 PM
Proceeds to benefit After School Program.

Youth Fundraising



SpudFest Sunday, Nov. 3

Our youth will hold a baked potato feast after church. Confirmation students (and parents) are needed to help!

SET-UP: 9-10 AM
SERVE AND CLEAN-UP:
11 AM-2 PM

Trash into Cash

Bring your used ink cartridges, printer cartridges, and small electronics to church to be recycled and raise money for the youth.

Can Recycling

Bring your aluminum cans to church the first Sunday of the month.

Direct Giving to the Youth Fund

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

Understanding Loneliness & Social Isolation

Mayoclinic.org,
Psychology Today

Loneliness can be defined as a subjective, unwelcome feeling of lack or loss of companionship. This happens when we have a mismatch between the quantity and quality of social relationships that we have, and those that we want.

There are different types of loneliness:

- Emotional loneliness is felt when we miss the companionship of one particular person; often a spouse, sibling or best friend.
- Social loneliness is experienced when we lack a wider social network or group of friends.

Loneliness can come and go, it can be situational; for example, only occurring at certain times like Sundays, holidays, especially Christmas. My Mother would say “weekends are always so lonely” after my father died. Or loneliness can be chronic, this means someone feels lonely all or most of the time.

Loneliness is linked to social isolation but it is not the same thing. Isolation is an objective state whereby the number of contacts a person has can be counted. One way of describing this distinction is that you can be lonely in a crowded room, but you will not be socially isolated.

Loneliness and social isolation are harmful to our health: research shows that lacking social connections is as damaging to our health as smoking 15 cigarettes a day. Social networks and friendships not only have an impact on reducing the risk of mortality or developing certain diseases but they help individuals recover when they do fall ill.



Loneliness and physical health:

- Loneliness increases the likelihood of mortality by 26%. The effect of loneliness and isolation on mortality is comparable to the impact of well-known risk factors such as obesity, and risk of developing coronary heart disease and stroke.
- Loneliness increases the risk of the onset of disability.
- Loneliness increases levels of stress hormones that can lead to poor sleep, weakened immune system and physical pain.

Loneliness and mental health:

- Loneliness puts individuals at greater risk of cognitive decline, one study shows increase of dementia.
- Lonely individuals are more prone to depression and suicide in older ages.

Loneliness can be felt by people of all ages, but as we get older, risk factors might lead to loneliness such as: poor health, sensory loss, loss of mobility, lower income, bereavement, and giving up driving.

What can be done?

- Higher quality and more effective, services and activities.
- Better use of existing support.

- More development of services and activities targeting loneliness.

A strong social support network can be critical to help you through the stress of tough times. A social support network is made up of friends, family, and peers. Social support group is generally a structured meeting run by a leader or health professional. Both are important and play an important role in times of stress.

At First Lutheran we have effective services and activities such as home communion servers, and parish nurse visits, Bible study, adult educational offerings, along with activities such as Young at Heart, Friday evening dinner group, and just coming to Sunday worship and having a cookie and conversation afterwards, or hanging out at the coffee cart before or after services.

If you are feeling overwhelming loneliness, please contact a medical professional, talk to a family member or please contact me.

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

MINISTRY NEWS

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, gmauwold@hotmail.com

PUSHPA EVENT. First Lutheran Members are invited to be our guests for the PUSHPA Indian evening at 6 PM Saturday, Sept. 21 at First Lutheran. Enjoy an Indian dinner, see and hear a report on PUSHPA's work with disadvantaged tribal village communities in India. First Lutheran sponsors a sewing school as part of the project. RSVP to Franklins by Sept. 15: 651-636-6239

LOVE ONE ANOTHER: Minneapolis Area Women of the ELCA Gathering. Saturday, Oct. 5, 8 AM - 4 PM at Central Lutheran Church (333 South 12th Street Mpls. 55404). This year's fall gathering will feature workshops, worship, food and keynote speaker Renee Wendinger, author of *Last Train*, an *Orphan Train Story*, and daughter of an Orphan Train survivor. Delegates are needed from all churches. Cost: \$45. (See flyer on bulletin board) Contact: suesorenson@yahoo.com

AREA GIDEONS plan to pass out free pocket New Testaments at area schools. Gideons are not permitted on public school property, therefore they encourage students desiring a free Testament to come across the street to get God's Word. Please pray for students. See Bob Nelson, or stop by the church bulletin board to review upcoming schedule.

GRIEFSHARE: Support for those Grieving. Sept. 4 - Nov. 20. St. Matthew is hosting sessions on GriefShare on Wednesdays from 6:30-8:30 PM. Many people have found it helpful, when adjusting to such a deep loss, to talk about this with others who are experiencing grief as well. Support sessions are free, but RSVP is requested by calling St. Matthew's church office, 763-788-9427.

So we pause to thank God...

Written by Paul Christensen

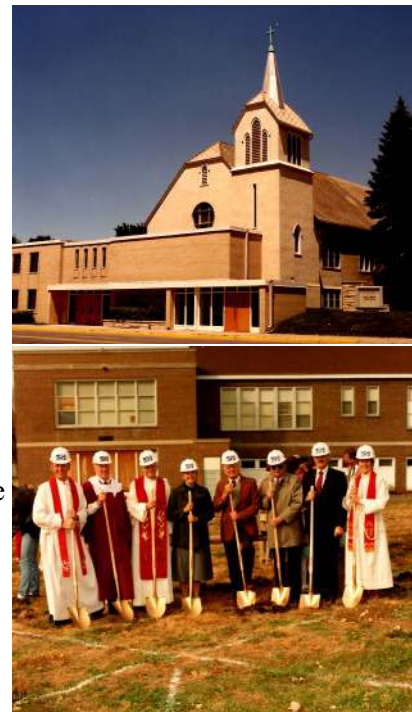
There was great

rejoicing in this church family 30 years ago as a dream was being fulfilled. On September 17, 1989, we held the first worship service in our New Sanctuary. We had moved from our church at 40th and Quincy in September 1986 and worshipped in Martin Luther Hall for three years. There had been many delays in the construction process and we were so very anxious to move in. Worshippers had gotten a visual update on the building progress as they met each Sunday.

Some aspects were not finished yet, but the date for the first worship service had been announced, so we moved in, ready or not. The organ was not completed, there were no blinds on the windows, the carpet was not laid, and the baptistery was not ready. **But there was also great excitement over the Commons--the biggest welcoming space ever seen!** No steps! Totally accessible! Long-time members will remember the formidable front stairs at the Quincy location.

So we pause to thank God for this 'House of the Lord' and pray that it will stand as a lighthouse in this community for many years to come.

A Celebration of this anniversary will be held in worship on Sunday, Sept. 29!



See aerial view of First Lutheran, pg. 9

In Appreciation for Your Prayers

Dear First Lutheran Friends...

I would like to thank everyone at First Lutheran who prayed for my parents during their illnesses, injuries and end of life journey. The last year has been a difficult year and I will be forever grateful for all your prayers and kind words.

Lonna-Jean Schmidt Nelson

Thank you all for your prayers and condolences at the passing of my mother, Frieda Bohlman. My family and I deeply appreciate the kindness and welcome you showed her. Church was always very important to her and she tried to attend as often as possible. You helped ease her journey home. God bless you.
Carol O'Brien and family

MINISTRY NEWS

A Matter of Balance

Sept. 17 - Nov. 5, 1-3 PM



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Cheryl Ballingrud and Shelley Johnson will be offering “A Matter of Balance” an eight-week program to learn practical ways to prevent falls. They will teach realistic goals for increasing your activity and how to change your environment to reduce the risk of falling.

Participate in discussions and problem solving with Cheryl and Shelley, learn to identify risks, address the fear of falling and reduce injury if you should fall. Starting the third class, you'll practice exercises to increase balance and build strength.

Classes will begin Tuesdays, Sept. 17 from 1-3 PM until Nov. 5.

RSVP to Joyce at Church, there are only eight seats available, act fast!

Classes will be held in Martin Luther Hall. Cost is \$20 (you will receive a \$10 Target gift card on completion of 5 out of 8 classes). Scholarships are available. Call Jane Bugbee, Parish Nurse, 651-210- 2977 if you need a ride.

Young at Heart Events —

U of M Raptor Center

Tuesday, Sept. 17, 9:30 AM

This facility specializes in the medical care, rehabilitation, and conservation of eagles, hawks, owls, and falcons. The internationally recognized program provides training in raptor medicine and surgery for veterinarians from around the world. We'll have a lecture/lab experience entitled 'Raptors of Minnesota' and walk thru the area housing the cages of 'patients.' **Here's the schedule:** 10:30 AM: Meet at church, 11:30 AM: The classroom experience, 12:30 PM Lunch at a Roseville restaurant.

Motor-coach Trip to Southeastern Minnesota

Wednesday-Thursday, Oct. 9 & 10

Wabasha, Winona, Lanesboro, Harmony full itinerary posted on our bulletin board. open to all: not just First Lutheran folks.



Aerial view of First Lutheran before Sanctuary

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.

Mission Workshop. This quilting ministry continues to embrace our community with their warm quilt donations and is getting ready for this year's Holiday Market! They meet the second and fourth Wednesdays of each month. Join them from 9 AM – 12 PM in Katie Luther Cellar on Sept. 10 & 24, Oct. 8 & 22.

First Lutheran Book Club. If you have a love for reading, consider connecting with other like-minds. Join them for coffee and treats on Wednesday, Sept. 18 at 10 AM in the Staff Lunchroom to discuss *The Emigrants* by Vilhelm Moberg. Contact: Char, 763-572-1220, chararich@gmail.com

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

Prayer Shawl Ministry. Want to know more about creating handmade baptismal and comforting prayer shawls? Contact: Mona 763-442-3212, gmawold@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 number.

Are you planning a meeting or event at First Lutheran? Please remember to contact Joyce in the church office to reserve a room and assure proper access to the building. 763-788-9653, joycew@flcch.org

FIRST LUTHERAN CHURCH FINANCIALS / GIVING

FINANCIAL UPDATE

First Lutheran's major checking and savings accounts and the balances as of July 31, 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 7/1/2019	\$	11,623
Offerings Received	\$	33,422
Other Deposits/Transfers	\$	80,131
Payroll Disbursements	\$	(43,344)
Benevolence Disbursements	\$	(21,150)
Other Checks/Transfers	\$	(46,289)
General Checking at 7/31/2019	\$	14,393
Mortgage & Maintenance at 7/1/2019	\$	301,833
Offerings, Interest & Transfers	\$	8,271
Mortgage Payment, Maintenance Projects	\$	(13,801)
Mortgage & Maintenance Balance 7/31/2019	\$	296,303
Perpetual Reserve Balance 7/31/2019	\$	106,293
Special Projects Balance 7/31/2019	\$	870,663
Memorial Fund 7/31/2019	\$	31,846
*Endowment Fund Principal+Interest 7/31/2019	\$	1,216,614
**Undesignated Earnings	\$	131,429
*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 maintain accurate gift giving records.
- 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**. For more information, please contact David Reilly in the business office, 763-788-9653, daver@flcch.org

Your Offerings at Work in Our Community *Thank you to First Lutheran Church...*

Camp Wapo: The camps of Lake Wapogasset thank First Lutheran for your kind and generous gift of \$3,330. "This gift supports a vibrant ministry that is making a difference in the lives of over 5,400 campers each summer. We are grateful for your partnership & support as we share the good news of Jesus."

Meals on Wheels: "Thank you so much for your very generous donation of \$2,800 to the Southern Anoka County Meals on Wheels Program. First Lutheran is always so supportive and we want you to know how much we appreciate your church. On July 30 we ended our 46th year of serving Columbia Heights. Your support helps us continue to serve your Columbia Heights neighbors."

HOPE 4 Youth: "Thank you for your past support of HOPE 4 Youth. Your donation of \$2,862 allowed us to provide 887 young people experiencing homelessness with basic resources, educational and employment opportunities and stable housing. We are honored to partner with your faith community."

SACA: Southern Anoka Community Assistance is a self-supporting Food Shelf and Thrift Store serving Columbia Heights, Spring Lake Park, Hilltop, Fridley and part of Northeast Minneapolis. They would like to thank First Lutheran for supporting SACA's efforts in the community and recent contribution of \$3,300.

WORSHIP ASSISTANTS

Thank you to all who serve God and the Congregation as we worship and commune together each Sunday.

READERS

Sept. 1: Wendy Watson
Sept. 8: Marilyn Lueth
Sept. 15: Bonnie O'Brien
Sept. 22: Shirley Franklin
Sept. 29: Confirmation Student
Oct. 6: Julienne Wyckoff
Oct. 13: Chris Larson
Oct. 20: Carol O'Brien
Oct. 27: Confirmation Student

COMMUNION SERVERS

Sept. 1: Linda Fowler
& Cheryl Ballingrud
Sept 8: Mary Kay Miller
& Sonja Super
Sept 15: Christine Spevacek
& Bonnie O'Brien
Sept 22: Stacy Ratliff
& RoseAnn Nelson
Sept 29: Don Rosell & John Miller
Oct 6: Ruth Dodson & Pam Hartel
Oct 13: Wendy Ramirez
& Jan Meyen
Oct 20: Phillip Mattison
& Shelley Johnson
Oct 27: Michelle Young
& Larry Bugbee

A/V TEAM

Sept. 1: Patrick
Sept. 8: Drew
Sept. 15: Chris
Sept. 22: DJ
Sept. 29: Andy
Oct. 6: Patrick
Oct. 13: Drew
Oct. 20: Chris
Oct. 27: Andy

BUS DRIVERS

Sept. 1: Jay Craft
Sept. 8: David Tharaldson
Sept. 15: Charles Pierson III
Sept. 22: Pam Sigurdson
Sept. 29: Jay Craft
Oct. 6: David Tharaldson
Oct. 13: Charles Pierson III
Oct. 20: Pam Sigurdson
Oct. 27: Jay Craft

ACOLYTES

Sept. 1: Roger R. & Drew W.
Sept. 8: Jack R. & Ben R.
Sept. 15: Anika D. & Nora P.
Sept. 22: Henry H. & Isabelle T.
Sept. 29: Hazel B. & Aria B.
Oct. 6: Anna P. & Lyndsey B.
Oct. 13: Emma B. & Karina K.
Oct. 20: Cole Y. & Ethan D.
Oct. 27: Olivia D.C. & Junia J.

USHER TEAMS

Sept. 1: Team 1
Kevin Kaliher, Jay Craft, Charles Pierson III, Judy Opheim, Wendy Ramirez, Vicky Reynolds

Sept. 8: Team 2
Peter O'Brien, Edward O'Brien, Don & Carol Wahlstrom, William Roberts, Ronelle Benson

Sept. 15: Team 3
Pam Sigurdson, Vern Hoiium, Victor Zarich, Tim Traynor, Paul Eddy, Pat Pasiewicz, Joline Dittbenner, Stacy Ratliff

Sept. 22: Team 4
Janet Meyen, Mike Hartel, Matt Palm, Daniel Toe, Kylie N. & Caeden S.

Sept. 29: Team 5
Tom & Sonja Super, Dave LaSota, Tom & Bonnie O'Brien

Oct. 6: Team 1
Kevin Kaliher, Jay Craft, Charles Pierson III, Judy Opheim, Wendy Ramirez, Vicky Reynolds

Oct. 13: Team 2
Peter O'Brien, Edward O'Brien, Don & Carol Wahlstrom, William Roberts, Ronelle Benson

Oct. 20: Team 3
Pam Sigurdson, Vern Hoiium, Victor Zarich, Tim Traynor, Paul Eddy, Pat Pasiewicz, Joline Dittbenner, Stacy Ratliff

Oct. 27: Team 4
Janet Meyen, Mike Hartel, Matt Palm, Daniel Toe, Kylie N. & Caeden S.

Thank you First Lutheran for your prayers & support! - Mission Jamaica Team 2019





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

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RETURN SERVICES REQUESTED

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

FALL OF 2019: *Living Connected ...*

FIRST LUTHERAN'S HOLIDAY MARKET *formerly known as ANNUAL BAZAAR*

Saturday, Nov. 9
9 AM—2 PM

First Lutheran's Holiday Market will be here soon! Do you enjoy making crafts? All donations are gratefully appreciated for the **Craft Booth**. If crafts aren't your specialty, we also need lots of baked goods for the **Bake Shop**, small Christmas cookies for the **Cookie Express**. We would like to feature an area where jams, jellies, salsa and pickles as well as candy and candied nuts are offered.

Do your Christmas shopping that day at any of the booths. You may find the perfect gift at the **Cards and Cutlery Booth**, **Mission Workshop** or buy a set of handmade **Dish Towels**.

The **Lunch Counter** will be serving delicious meals from 11 AM-1:30 PM. For a lighter snack, stop by the **Coffee Shop**.

It's not too late to be thinking about how you can help make our Holiday Market a great success. This is a church-wide event and we welcome new ideas for booths and foods as well as workers for the booths. The proceeds go to help our home and global missions.

If you would like to volunteer, please call one of the Bazaar chairs:

- ⇒ Cheryl Ballingrud, 651-633-0679
- ⇒ Lyn Larson, 763-424-2323
- ⇒ Dorothy Markowitz, 651-645-9458

SUNDAYS AT FIRST LUTHERAN

Worship for All Ages

Chapel: 8:45 AM (resumes Sept. 8).

An abbreviated version of our Sanctuary service. (Communion served monthly, first Sunday)

Sanctuary: 10 AM
(Communion served weekly)

Sunday School: 11 AM
(all ages register: flcch.org)

Community Lunch (returns Sept. 8)
Served 11 AM-12:30 PM

WEDNESDAYS AT FIRST LUTHERAN
Love God, Love Our Neighborhood
Monthly Gatherings. Wednesdays,
6:30-7:30 PM (returns Sept. 11)