

# Living Connected... TO GOD & EACH OTHER

March-April 2020

FIRST LUTHERAN  
CALLER

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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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## A BIGGER TABLE

Tables are powerful places where people come together to talk, share, and eat together. I bet you remember when you were a kid sitting around the dinner table. Maybe you can remember the feel of the wood and your feet dangling off the chair. I bet you will never forget the laughs and tears that were shared. We have memories of friends sitting around small coffee tables and important meetings at long boardroom tables. Tables are important. They bring us together. Jesus knew this. He shared his last night with his disciples around a table with bread and wine.

I'm reading a great book about making the tables "bigger" in our churches. Here's the publisher's description of this book, "A Bigger Table," by John Pavlovitz:

"No one likes to eat alone; to approach a table filled with people, only to be told that despite the open chairs there isn't room for you. The rejection stings. It leaves a mark. Yet this is exactly what the church has been saying to far too many people for far too long: "You're not welcome here. Find someplace else to sit.

How can we extend unconditional welcome and acceptance in a world increasingly marked by bigotry, fear, and exclusion?"

Let's practice offering bigger tables this Lent season.

I have been honored to be a pastor to people across the full spectrum of income levels. All of our congregations are blessed when our community includes people who represent people from all walks of life, income, race and sexual identity.

The circumstances of those I know who live below the poverty level are varied, but one

family holds a particular and special place in my heart. From the East side, they were open and honest about their situation. They didn't hide their poverty, or lie about troubles they faced. They were both generous AND open to receive -- a gift I continue to envy.

When Janice's son and his girlfriend were pregnant with a second child, I talked with them about what was holding them back from marriage. "We can't afford a party," they told me. I told them that weddings used to be held in the middle of a church service, with the whole community present to celebrate. And so that is what we did. [I've changed the mother's name for privacy.]

We threw a wedding on a Sunday morning. The groom's little sister loved baking shows, and she made a small fondant cake. An amateur photographer took wedding photos. And the community set the table and brought the food: a potluck of favorite recipes. They were celebrated and supported.

This family demonstrated the ability to receive the gifts of the community and set aside their own pride. They responded with gratitude, as well as generosity beyond their income level.

Congregations can create bigger tables to include families and others. Dinner Church (page 3) is one innovative way we can do this. Our Lent worship theme is "Every Table An Altar," reminding ourselves that sitting at a table and sharing a meal -- holding Table Fellowship -- was not only central to Jesus' life and ministry, but for the whole people of God from the beginning of the story.

Pastor Bonnie Wilcox  
*Senior Pastor*



## LENT 2020 - Every Table an Altar

“You (Lord) prepare a table before me in the presence of my enemies,” we read in the popular Psalm 23 of the Old Testament.

We'll begin the season of Lent with this Psalm, reflecting on the place of tables in bible stories and in our lives. God changes lives when we take the time to share a meal, to listen to each other, to allow ourselves to be changed by an encounter with someone we haven't known well before.

What could it mean that God prepares a table for us in the presence of my enemies? Do you remember when you sat down for a meal with someone you didn't like? And then you ate and talked and you left feeling better about your relationship?

The psalm continues, “You anoint my head with oil; my cup overflows.” It is a blessing! Even in the midst of troubles, God provides for us and wants us to know we are beloved of God.

In the other stories of Jesus this Lent, we'll explore table stories, including:

- The Wedding at Cana, the first miracle of Jesus' ministry
- Dinner at the House of Zacchaeus - Jesus invites himself over for dinner! At the home of a despicable person!
- Jesus Feeds 5,000 (and then 4,000 more on another day)
- A Miracle at Dinner in Peter's house
- On Palm Sunday, Jesus needs a Home and a Table
- The Last Supper (our Holy Week drama)
- Jesus makes a Shore Lunch for Friends

Because Jesus used the table at the Last Supper, it became the altar for our practice of holy communion. We encourage each household in our congregation to create a home altar this Lent. It could be simply a candle on a table, or a centerpiece at the table where you eat. This is about setting a place with intention for our spiritual life at home. Sharing prayers with our loved ones and friends; reading a daily devotion; personal devotions or journaling, or talking about how we saw God at work in our lives that day.

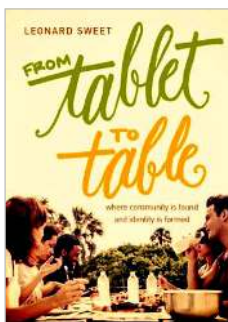
Rachel James and Pastor Bonnie will meet with families about creating home altars and devotions with children on March 1.

## Lent Book Study with Pastor Bonnie

**Wednesdays, 6:45-7:40 PM / Tuesdays, 1-2 PM**

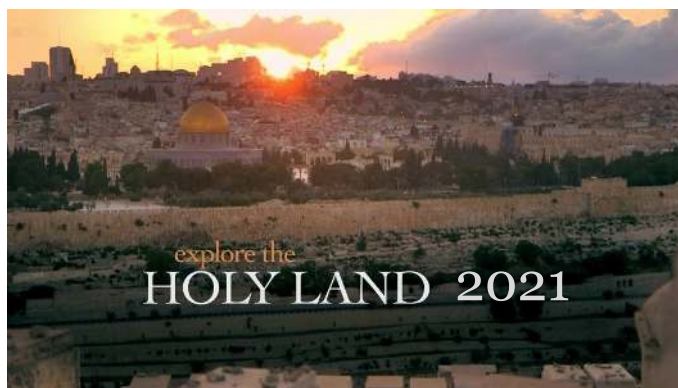
A challenge given: ‘I bet I can tell you the whole Old Testament and New Testament in six sentences—three for each.’ ‘You're on!’ I said. He started with the Old Testament: They tried to kill us. We survived. Let's eat! My friend went on. ‘Now here's the New Testament in three sentences: I love you! I forgive you! Let's eat!’ Jean Leclerc offers the best definition of the gospel you'll ever hear: ‘Jesus ate good food with bad people.’

— Leonard Sweet, *From Tablet to Table: Where Community Is Found and Identity Is Formed*



Join Pastor Bonnie in reading this inspiring and relatively small book about tables: where community is found and identity is formed! Copies will be available for purchase at church for \$15; the book is also available online in print or e-book form.

## Holy Land & Rome with Pastor Jill



You are invited to discover the beauty and splendor of our Christian roots as Pastor Jill Bergman and friends from this congregation share the life-changing experience of visiting the Holy Land and Rome in October 2021.

If a pilgrimage to the birthplace of Jesus and our faith has ever piqued your interest, made it on your bucket-list, or inspired curiosity, please pick up a brochure near the bulletin board or contact Pastor Jill, [jill@flech.org](mailto:jill@flech.org)





## Dinner Church Q&A

**What is Dinner Church?** Dinner Church is a combination of midweek Lent worship with a meal. We will eat together and then talk, sing, and pray together at the same table.

**Will there be Soup?** Absolutely! Some of First Lutheran's finest cooks are making celebrated soups for Dinner Church.

**Why are we changing?** Dinner Church fits our "Living Connected" vision of sharing our lives and building relationships. At a dinner table we can share a bowl of soup and a sacred conversation with people we may or may not know. We hear the Word of God and talk about it at our tables. We share Holy Communion, too.

**I'll miss Holden Evening Prayer!** We love Holden, too! So we will still be singing the Prayer Song from Holden Evening Prayer each week.

**Where will we hold Dinner Church?** In Martin Luther Hall at long tables. We'll have candle light, bulletins that look like menus and ready-to-color placemats for everyone!

**How will it flow?** You will get your soup when you arrive and then everyone will be seated to fill all the chairs at a table before starting at another table. We want to make tables feel full and welcoming!

**Is there music?** Yes, we will have a worship team that will lead us in a new song, "Every Table an Altar," along with more familiar songs.

**Is there a sermon?** We will have a conversation led by the pastor where we will be talking about the reading we had the previous Sunday.

**I'm confused! What time are things happening on Wednesdays in March?**

5:45-6:10 PM Soup Served in Martin Luther Hall

6:00 PM Dinner Church begins

6:40 PM Dinner Church concludes

6:45 PM Clean up; Campanile Bells; FLY Youth;

Lent book group; Communion class Mar. 25 & Apr. 1

7:45 PM Sanctuary Choir rehearsal

## Hold On – *Here Comes Lent!*

Can you believe that Lent is already upon us? It seems that Christmas just happened! As I get older, time just moves faster and faster. But here we are, in another substantial part of the church year – the season of Jesus' suffering.

This year for Lent, we will be utilizing *Jazz and the Spirit* for our service setting. This was written by the Twin Cities jazz composer, Jonathon Pemberton. I've had the opportunity to meet him and he is delighted that we are making use of his music once again at FLC. This music will incorporate instruments as well as voices.

As a part of Lent, we will also be singing the *Kyrie (Lord, have mercy)* and *Lord's Prayer*. I am excited to introduce this music to you! As always, I invite anyone that would like to share their gifts of music to reach out to me! We can always use more people in the music program! All God's creatures have a place in the choir!

I wish you a blessed Lent and Easter!

*Jeffrey Patry, Director of Music Ministry*

## SPECIAL SUNDAY WORSHIP

### Healing Prayers Mar. 29

Members of our care team will be available during communion to offer individual prayers, either for yourself, for someone you know, or for a concern of a larger nature (U.S. elections, natural disasters, etc.). These prayers are confidential.

### Palm Sunday Apr. 5 (8:45 & 10 AM)

**Celebration with Palms**

Brunch Served 8:45-10 AM & 11 AM-12:30 PM

### Easter Sunday Apr. 12 (7:30 & 10 AM)

*No Community Meal Served on Easter Sunday*

### Compassion Sunday Apr. 19

Join in celebrating 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. *Sponsors, please contact Pastor Jill, [jillb@flcch.org](mailto:jillb@flcch.org) to share some of your memories and experiences.*

### Holy Humor Sunday Apr. 26 (8:45 & 10 AM)

We will laugh our heads off at the surprising news that Jesus rose from the dead! Join us to sing some of the most joyful songs, hear the worst bible jokes and the greatest news the world has ever received! *Feel free to wear a silly hat, shoes, glasses or other festive costume.*

**NOTE: Join us for Pancake Breakfast on this day!**



Mar. 15 Adult Forum, "Design for Life: Water in Tanzania" with Catie Miller

## Sunday Adult Education 11 AM in the Chapel

Plan to join us for interesting and informative Adult Forums:

**Mar. 1:** *ELCA's Mission & Vision to End World Hunger & Poverty*

**Mar. 8:** *Christian Missionaries in Haiti* with Joline & Anika Dittbenner

**Mar. 15:** "Design for Life: Water in Tanzania" with Catie Miller

**Mar. 22:** *Mission Jamaica* Presentation with Larry Bugbee

**Mar. 29:** *I Will Not Break, A Memoir* with Author & Pastor Judith Mattison

**Apr. 19:** Randall Bergman & FLC Sponsors, Compassion Sunday

**Apr. 5, 12, 26:** No Adult Ed. Forum

## Sunday Bible Studies

8:30 & 11:15 AM  
(Katie Luther Cellar)

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



**A**re you thinking about joining the family of God or bringing someone else to the family? We would love to offer baptism to you! Please contact the office, 763-788-9653 or Pastor Jill, [jillb@flcch.org](mailto:jillb@flcch.org) if you are interested in scheduling a baptism. We will meet for a short orientation and planning session.

## Compost Distribution Event

Are your gardens hungry? Would you like to feed them some pure, healthy compost? We have what you are looking for!

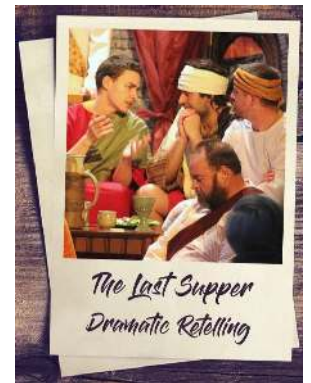
On **Sunday, May 3**, First Lutheran will host a compost distribution event celebrating our commitment to organics recycling and the health of our community. Please look for us in the church parking lot **between 11:30 AM & 1:30 PM**, while supplies last.

We will be collecting a freewill donation to cover the cost of bringing the compost in. Invite your neighbors! There will be a limit of 10 bags until 1 PM with a suggested donation of \$3/bag. We will have gardeners on hand to answer questions. (See page 8 for bagging event)



## HOLY WEEK: Last Supper Drama

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, **Apr. 9 & 10, both at 7 PM**. This is a great opportunity to invite someone new to church!



## Communion Class—Registrations Open March 4



*What is Holy Communion all about?*

*How can I participate?*

*What does participation mean for me?*

These two sessions will deepen your understanding of this important sacrament, whether you are preparing for your first communion or have been receiving communion for years. The classes are open to all ages, although we ask parents to attend with their children.

This is a two-part class. The first class will review a take-home booklet with discussion questions. You can pick these up in early March in the Commons. Please complete the discussion questions at home and bring them with you to the class on **Mar. 25 at 6:45 PM**.

Our second class will be held on **Apr. 1 at 6:45 PM**. Everybody celebrating completion of the class is invited to attend our Last Supper Re-enactment on **Thursday, Apr. 9 at 7 PM**. During the communion distribution portion of the drama, you will be invited to be first in line. We will eat bread prepared during the class! Your name will be included in the bulletin and you'll receive a certificate. Contact the church office to tell us you are planning to attend.



## 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 meals, contact Mike Vant, [mjvant@gmail.com](mailto: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. Contact Lisa Tenhoff, 763-789-4101.

**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. 18 to discuss "Where the Crawdads Sing" by Della Owens. Join them at 10 AM in the Staff Kitchen. Contact Char Zarich, 763-572-1220.

### Thrivent Choice Dollars®

#### ATTENTION THRIVENT MEMBERS!

If you have 2019 Thrivent Choice dollars to direct, please do so by Mar. 31, 2020.

#### To direct dollars

- ⇒ visit [Thrivent.com/thriventchoice](http://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.

**Prayer Shawl Ministry.** Want to know more about creating handmade baptismal and comforting prayer shawls? Contact Mona Wold, 763-442-3212, [gmawold@hotmail.com](mailto:gmawold@hotmail.com)

**A Matter of Balance Class.** Cheryl Ballingrud and Shelley Johnson are leading a "A Matter of Balance" eight-week program to teach realistic ways to increase your activity and change your environment to reduce the risk of falling. Starting the third class, you'll practice exercises to increase balance and build strength. Classes will be held on Thursday's from 1-3 PM beginning Mar. 5. Cost: \$20 per person. Those who complete the eight-week program will receive a \$10 Target gift card reimbursement. Register at church office.

**Easter Garden...** *In honor or celebration of loved ones.* You are invited to contribute to the celebratory flower display in the Sanctuary & Chapel on Easter Sunday. Please sign up at the Welcome Desk by Apr. 1, so that all names for remembrance can be listed in the bulletin. Cost: \$12 per flower arrangement, payable to FLC. Flowers can be taken home after the 10:00 AM Easter service.

### Have I Got A Deal For You!

July 16-19 the Women of the ELCA will be gathering in Phoenix under the theme "Just Love." If you haven't had the opportunity of worshipping, learning, and celebrating with thousands of women from around the world, this is just for you. Early bird registration has expired but I have a discounted registration at \$250 available (regular registration is \$375) for purchase. Contact Kathy Ballard, 651-332-3185.

**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](mailto:whitefa@comcast.net) by noon on Thursday to RSVP.

### 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 household, email address or phone number(s).

### Young at Heart Events:

#### **Tuesday, Mar. 17, 12 PM.**

Let's celebrate with the Irish! St. Patrick, the patron saint of Ireland, made some noteworthy contributions to society back in the fifth century. We'll note the legacy of the Irish among us thru feasting, folklore, and music. Wear green! Our church chef, Rock, will prepare the traditional corned beef, cabbage, potatoes and all the fixings. \$12 tickets on sale Sundays Mar. 8, 15. Treat a friend—all are welcome!

#### **Tuesday, Apr. 21, 10:30 AM.**

Global Health (GH) Ministries service project. In the comfort of our own Commons, we'll offer our hands to do some 'busy-work' for foreign missions. GH Ministries receives hand-me-downs from hospitals and clinics that are repurposed for poverty-stricken areas. We'll work for 90 minutes and then have noon lunch with the church staff as our guests. \$6 for lunch.

## REUNION & HONORING PARTY!

**For all Young Adults who sang in  
Our Kids' Choirs from 2000 &  
beyond. (Summer Date, TBA)**

**Text your contact info  
To Pat McNabb, 612-202-6330  
Stay tuned!!**

## Thank you to...

- ◆ The Lutefisk Committee and those who helped served nearly 1,000 people at the Jan. 18 Lutefisk & Meatball Dinner (pictures on pg. 12)
- ◆ All who attended the Annual Meeting on Jan. 19
- ◆ The organizers, volunteers and participants at the Feb. 16 Pancake Breakfast to benefit Hope 4 Youth, a mission partner of our congregation. The Pancake breakfast raised \$1,066.00. (See more on page 8.)
- ◆ Our 2020 Mission Jamaica Team & Sponsors. *Many thanks* to all who have supported Mission Jamaica with donations and prayers. With your generous gifts we were able to fund Anthony's new home near Montego Bay. Donations purchased supplies for the medical team, who saw over 300 patients. We also cared for the children at Westhaven Orphanage and completed a wheelchair swing.



## Council Corner

As we look out on the year we are excited to share some of our objectives for council. We are looking to focus our efforts towards four objectives. These objectives are aspirational and over the course of the year as staff, boards, task forces, and members make attempts to make progress towards these objectives we will share both our successes and missteps. These objectives are not in any particular order.

*1. Provide a solid financial foundation for the church's mission work.*

We work to re-amortize the mortgage and continue to fund the ongoing Living Connected capital campaign. This objective is to improve our solid footing to allow us to focus on our mission. Watch for upcoming town hall meetings about paying down the principal of our facility mortgage.

*2. Serve our community by connecting people.*

This objective is our church's mission. We will work towards increasing the use of our facilities by the community, such as allowing Hope4Youth to use a room one night a week, as well as trying some new approaches to connectedness and ministries.

Maintain our facilities so they don't hamper our mission. The building isn't our mission and we can't allow our building to get in our way, but it is a tool we use to help our mission. Making sure we are forward looking in our maintenance work will allow us to thrive in this space.

*3. Resurfacing the parking lot and adding rain gardens will be a priority project. (more on pg. 10)*

*4. Provide a solid administrative foundation for the church's work.*

A slightly less exciting objective is to make sure things run smoothly. The big ticket item here is updating our church constitution. We are going to start sharing the full plans of how the whole process will go and what is happening by April. The other half of this objective is to improve council transparency. This Council Corner is one part of transparency. In the coming months we will also be sharing the details of how we will measure our progress towards these objectives. We will continue the "coffee with the executive council" opportunities one Sunday each month as well.

If you would like to reach out feel free to leave a letter in the mailbox or email, [council@flcch.org](mailto:council@flcch.org). Let us know how we can better serve you.

*First Lutheran Church Council*

## First Lutheran's 2020 Church Council



Jeff Beck  
Council President



David Hagen  
Vice President



Ruth Craft  
Secretary



Chris Larson  
Treasurer



Jan Meyen  
Board of Worship  
Chair



Phillip Mattison  
Board of Hospitality  
& Outreach Chair



Chad Habeck  
Board of Finance  
Chair



Jay Craft  
Board of Spiritual  
Growth Chair



Douglas Zamora  
Board of Children,  
Youth & Family



Bonnie Wilcox  
Senior Pastor



Jill Bergman  
Associate Pastor



John Peterson  
Memorial &  
Endowment  
Committee Chair



Dorothy Markowitz  
Personnel  
Committee Chair





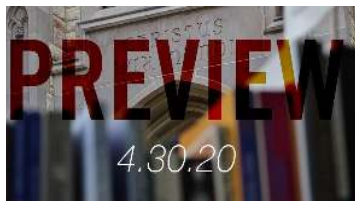
## PALM SUNDAY BRUNCH

Sunday, Apr. 5

Serving from 8:45-10 AM; 11 AM –12:30 PM

\$7/person or \$25/family max

Youth needed to volunteer Saturday, April 4 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 & Alexis Huseby our Seminary Intern and explore what it means to be called. Thursday, Apr. 30, 9 AM-2 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](mailto:rachelj@flcch.org)

## CONFIRMATION TO HEAR STORIES

*of Youth and Young Adults Engaged in Mission!*

This spring, we are excited to have the confirmation youth join the adult forum on special days to hear stories of youth and young adults from First Lutheran who are engaged in mission:

- ♦ Mar. 8: Anika Dittbenner speak on Haiti mission trip
- ♦ Mar. 15: Catie Miller speak on her work in Tanzania
- ♦ Apr. 19: Confirmation to join Adult Ed. Forum to hear Aria Bergman speak on Compassion Sunday

## SUNDAY SCHOOL SERVICE PROJECT

Date: Apr. 19, 11 AM

Adopt-a-Park 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, Mar. 27 & Apr. 24, 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! Contact: Rachel, [rachelj@flcch.org](mailto:rachelj@flcch.org) to RSVP for one night or the series. Cost: \$5/child.

## Vacation Bible School for All-Ages

Jun. 15 -19

5-7:30 PM



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

We are in need of leaders and volunteers!

- ⇒ Volunteers to help make the dinner & clean up
- ⇒ Crafts Station, Science Station and Bible Station Leaders
- ⇒ Worship Leaders to sing and lead actions
- ⇒ Crew Leaders

**CAMP WAPO**—We invite YOU to join in the excitement at Camp Wapo. *A place where faith and fun collide!* This summer's theme is: "HopeFULL: God's Unwavering Promise." Camp is a life-changing experience and we want to get every kid in our community to Bible camp!



**WAPO ONE DAY:** Aug. 12, (leave early AM, return around dinner) Grades: Completed Grade K-4. Cost: \$40.

**SEEDS CAMP:** Aug. 7-9, Completed Grade 1-3. Cost: \$185 (All campers eligible for \$50 church gift; scholarships up to full amount)

**YOUTH CAMP:** Aug. 9-14, Completed Grade 4-8. Cost: \$470 (All campers eligible for \$100 church gift; scholarships up to full amount)

**SENIOR HIGH CAMP:** Aug. 9-14, Completed Grade 9-12. Cost: \$470 (All campers eligible for \$100 church gift; scholarships up to full amount)



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

## Summer Stretch

For youth Entering Grades 6– 9, fall 2020

High School TIM Team students as leaders

Monday, July 20 – Friday, July 24

8:30 AM–4:30 PM, meet at First Lutheran

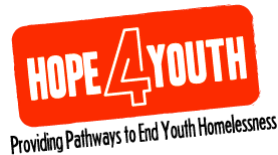
\$100 student / \$200 for 2 siblings \*Scholarships Available

Fun learning and service projects in the morning, fun social event or activity in the afternoons.

We will be stretched to meet Christ in many ways, through making new friends and helping the community.

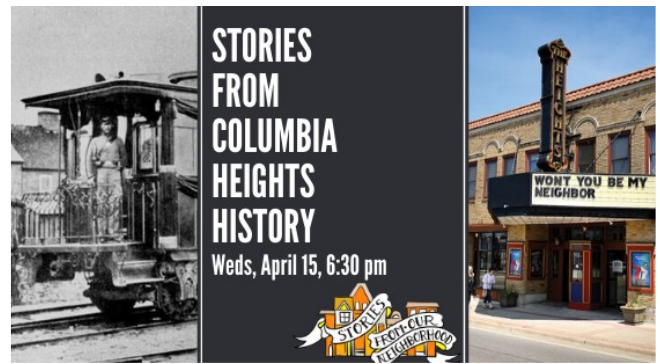
Cost includes transportation and admission to all venues. Contact: Rachel, [rachelj@flcch.org](mailto:rachelj@flcch.org) to register.

## Hope 4 Youth Partnership bringing services for Homeless Youth to Columbia Heights



First Lutheran Church is partnering with Hope 4 Youth, an organization that works to end youth homelessness in Anoka County. Most of the services they provide are currently at the location in the city of Anoka - a long way for Columbia Heights youth!

Hope 4 Youth sends a Youth Advocate staff person to our church once a week to provide drop-in services right here in Columbia Heights for youth experiencing homelessness, including connecting with social workers, housing, employment, medical care and more. We will hand out goods to meet immediate needs and youth will be invited to join our After School program meal. Find out more about this organization and see their wish list of donated items at: <https://www.hope4youthmn.org/>



## Stories from Columbia Heights History Wednesday, Apr. 15, 6:30 PM

Join us for a night of learning the history of Columbia Heights. Better understand the continually changing and diverse cultures that have called this land home.

## Parenting Group Dinner & Discussion Wednesday, Apr. 22, 6-7:30 PM

*Raising Teens and Tweens can  
feel a little overwhelming.*

Let's support each other. Parents currently raising tweens and teenagers are welcome to join us for dinner and discussion at church on Apr. 22. We will eat dinner learn a few parenting strategies, encourage each other, and share stories. Questions? Contact Nathan Roberts, [nathanr@flcch.org](mailto:nathanr@flcch.org)



## Prepare the Garden & Compost Give Away Wednesday, Apr. 29, 6:30 PM

We will be preparing the community garden to provide fresh veggies to our neighborhood and packing compost give away bags. Bring your shovel and a wheelbarrow if you have one! Let's get dirty for the love of God!



## FLC After School April 2020

	Tue	Wed	Thu	Fri
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2			After School 4:30-6:00 pm	
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5		No After School	No Youth Group	Last Supper Drama 7:00 pm
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## FLC After School May 2020

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	Sunday School 11 am Free Lunch 11 am- 12:30 pm						
2			After School 4:30-6:00 pm	Youth Group* 6-8 pm	After School 4:30-6:00 pm		
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## Pancake Breakfast Fundraiser

**SAVE THE DATE:  
SUNDAY, APRIL 26**





## CREATING A “WHEN I DIE” FILE

It may sound morbid, but creating a findable file, binder, cloud-based drive, or even a shoebox where you store estate documents and meaningful personal effects that will save your loved one incalculable time, money and suffering.

First, call the companies behind your cable, internet, cell phone, memberships and anything else that bills for services on an on-going basis and add your partner, or kids to the account as a joint owner. If billing accounts are not in both of your and loved one's name, your survivors will end up spending hours on the phone and in offices begging bureaucrats to shut them down or convert the accounts to their name so they can manage them.

### Here are a few things to include in your “When I Die” File:

- Advanced Care Plan/Directive that is signed. Same as a “Living Will” that make your wishes known, and you can state what kind of care you do or don't want if you are unable to speak for yourself. It makes it easier for family members to make tough healthcare decisions for you.

I am trained to complete Advanced Care Plans/Directive, along with nurses: Gloria Christensen, and Jill Casmey. Filling out an Advanced Care Plan/Directive is simple and free of charge right here at church. Directives will be notarized and copies made for your MD and loved ones while at church.

- A will and living trust (with certificate of trust). Legal wills transfer assets and lets you name the person you want your money and property to go to after you die.
- General power of attorney, allows you give someone else the authority to act on your behalf. There are

many different types of legal documents, and State laws vary, please consult with a professional.

- Marriage or divorce certificate(s)
- Passwords for phones, computer, email and social media accounts (Facebook, Twitter, etc.)



It is recommended using an online password manager, share the master password with someone you trust, and then designating emergency contacts within the program who are allowed to gain access. This keeps all password changes up to date.

- Instructions for your funeral and final disposition. Do you have a pre-paid funeral? I have met FLC members that have made copies of their favorite hymns, write their own eulogy or stories of their lives in preparation of their funerals. Put these papers in your file.
- An ethical will. It is your values alongside of your valuables. You can collect quotes, or journal entries, or a way to tell your story.
- Letters to loved ones. Simply write a letter to someone you love as a way of leaving a few last words. Each letter is unique; each intention is different. A letter can be a memento, a statement of values, a guided instruction, a story, a love letter for all time and more. People write letters to children, grandchildren, spouses and friends. Try [mylastingletters.com](http://mylastingletters.com) for ideas.

### Here are a few more Important Papers that your loved ones need to find and can be added to your file:

**Personal Records:** Full legal name, Social Security number, Medicare and Insurance numbers, addresses of home and cabins, date and place of birth, Social Security number, Names and addresses of spouse and children. Employers and dates of employment, education, and military records. Names and phone numbers of close friends, relatives, doctors, lawyers, financial advisors, religious/church contacts.

**Financial Records:** Sources of income, pensions, IRA's, 401K's, Social Security and Medicare info. Insurance info (life, health, long term care, home, car) with policy numbers and agents. Names of your banks and account numbers, Investments-list agent's name and phone number.

**Additional Records:** Location of your will. Liabilities, property taxes. Mortgages and debts-how and when they are paid, location of original deed of trust for home. Car title and registration. Credit and debit card names and numbers. Location of safe deposit box and key.

The point of all of this is to make a difficult thing like dying less difficult. This file is an act of love. Tell your story, and let people know how much they mean to you before it is too late.

Submitted in HIS name,  
Jane Bugbee



# LIVING CONNECTED

## FIRST LUTHERAN CHURCH

OF COLUMBIA HEIGHTS

### LIVING CONNECTED APPEAL UPDATE

**Total commitment to Living Connected Capital Appeal:** \$335,072  
**Pledge amounts received through January 2020:** \$56,675  
**2019 Legacy Gifts designed for the Capital Appeal:** \$750,000

If you have not made a one-time or 3-year commitment to the Living Connected Capital Appeal, it is not too late! Make an offering by check, online gift, or contact Dave Reilly in the church office to talk about another asset to give.

**FINANCIAL UPDATE:** First Lutheran's major checking and savings accounts and the balances as of January 31, 2020 are represented below. For questions or more specific details, please call Dave, 763-788-9653.

#### Period Ending January 2020

<b>General Checking at 1/1/2020</b>	\$	<b>13,234</b>
Offerings Received	\$	37,148
Lutefisk dinner deposits	\$	22,486
Other Deposits/Transfers	\$	48,634
Payroll Disbursements	\$	(46,985)
Lutefisk dinner disbursements	\$	(9,765)
Other Checks/Transfers	\$	(52,787)
<b>General Checking at 1/31/2020</b>	<b>\$</b>	<b>11,965</b>
<b>Mortgage &amp; Maintenance at 1/1/2020</b>	\$	133,736
Offerings, Interest & Transfers	\$	4,051
Mortgage Payment, Maintenance Projects	\$	(13,801)
<b>Mortgage &amp; Maintenance Balance 1/31/2020</b>	<b>\$</b>	<b>123,986</b>
<b>Perpetual Reserve Balance 1/31/2020</b>	<b>\$</b>	<b>106,318</b>
<b>Special Projects Balance 1/31/2020</b>	<b>\$</b>	<b>268,430</b>
<b>Capital Campaign Balance 1/31/2020 *</b>	<b>\$</b>	<b>806,675</b>
<b>Memorial Fund 1/31/2020</b>	<b>\$</b>	<b>36,456</b>
<b>Endowment Fund Principal+Interest 1/31/2020 **</b>	<b>\$</b>	<b>1,270,694</b>
Undesignated Earnings ***	\$	160,260

\*Capital campaign balance includes \$750,000 in legacy gifts.

\*\* 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.

### SUPPORT FOR THE GENERAL FUND

Just a reminder that we have invited members to increase their giving by 5% this year in order to fund our 2020 Budget. If you usually give \$1000 each year, please consider giving \$1050. If you give \$250, consider giving \$262.50. If you give \$3000, consider giving \$3,150. Every gift makes a difference! *Thank you!*

### PARKING LOT & RAIN GARDEN TASK FORCE

Some members have already offered their time and creativity to serve on a task force for the project to resurface the parking lot and install rain garden(s) to reduce run-off of untreated water into the sewer system (and ultimately, the Mississippi River). Talk to a Council member (see pg. 6) or Dave Reilly if you are interested.

### 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](http://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 40<sup>th</sup> 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 church business office, 763-788-9653, [daver@flcch.org](mailto:daver@flcch.org)



# WORSHIP ASSISTANTS



## AUDIO/VISUAL

<b>Mar. 1:</b>	DJ
<b>Mar. 8:</b>	Drew
<b>Mar. 15:</b>	Chris
<b>Mar. 22:</b>	Chad (Drew)
<b>Mar. 29:</b>	Andy
<b>Apr. 5:</b>	Patrick
<b>Apr. 12:</b>	Chad
<b>Apr. 19:</b>	Drew
<b>Apr. 26:</b>	Chris

## COMMUNION SERVERS

<b>Mar. 1:</b>	Bonnie O'Brien & Don Rosell
<b>Mar. 8:</b>	Wendy Ramirez & Ruth Dodson
<b>Mar. 15:</b>	RoseAnn Nelson & Jan Meyen
<b>Mar. 22:</b>	Phillip Mattison & Pam Hartel
<b>Mar. 29:</b>	Shelley Johnson & Joline Dittbenner
<b>Apr. 5:</b>	Michelle Young & Jon Lueth
<b>Apr. 12:</b>	Larry Bugbee, Stacy Ratliff, John Miller, Kevin Kaliher
<b>Apr. 19:</b>	Linda Fowler & Carol O'Brien
<b>Apr. 26:</b>	Mary Kay Miller & Sonja Super

## USHER TEAMS

**March 1: Team 3**  
Pam Sigurdson, Vern Hoium,  
Victor Zarich, Tim Traynor,  
Paul Eddy, Pat Pasiewicz,  
Joline Dittbenner, Stacy Ratliff

**March 8: Team 4**  
Janet Meyen, Mike Hartel,  
Matt Palm, Daniel Toe, Elayne  
Knutson, Kylie N. & Caeden S

**March 15: Team 5**  
Tom & Sonja Super,  
Dave LaSota, Kathy Pederson,  
Tom & Bonnie O'Brien

**March 22: Team 1**  
Kevin Kaliher, Wendy Ramirez,  
Jay Craft, Charles Pierson III,  
Judy Opheim, Vicky Reynolds

**March 29: Team 2**  
Peter O'Brien, Ronelle Benson,  
Edward O'Brien, William Roberts,  
Don & Carol Wahlstrom

**April 5: Team 3**  
Pam Sigurdson, Vern Hoium,  
Victor Zarich, Tim Traynor  
Paul Eddy, Pat Pasiewicz,  
Joline Dittbenner, Stacy Ratliff

**April 12: Team 4**  
Janet Meyen, Mike Hartel,  
Matt Palm, Daniel Toe, Elayne  
Knutson, Kylie N. & Caeden S.

**April 19: Team 5**  
Tom & Sonja Super,  
Dave LaSota, Kathy Pederson,  
Tom & Bonnie O'Brien

**April 26: Team 1**  
Kevin Kaliher, Wendy Ramirez,  
Jay Craft, Charles Pierson III,  
Judy Opheim, Vicky Reynolds

## BUS DRIVERS

<b>Mar. 1:</b>	Pam Sigurdson
<b>Mar. 8:</b>	Jay Craft
<b>Mar. 15:</b>	David Tharaldson
<b>Mar. 22:</b>	Charles Pierson III
<b>Mar. 29:</b>	Pam Sigurdson
<b>Apr. 5:</b>	Jay Craft
<b>Apr. 12:</b>	David Tharaldson
<b>Apr. 19:</b>	Charles Pierson III
<b>Apr. 26:</b>	Pam Sigurdson

## GREETERS (8:45 AM)

<b>Mar. 1:</b>	Vern & Nancy Hoium
<b>Mar. 8:</b>	Jon Lueth & Betty Hallgren
<b>Mar. 15:</b>	Adlore & Mabel Braaten
<b>Mar. 22:</b>	Bobbi & Tom Sauer
<b>Mar. 29:</b>	Allen & Barb Erickson
<b>Apr. 5:</b>	Don & Carol Wahlstrom
<b>Apr. 12:</b>	Chris Dansby & Joyce Blosberg
<b>Apr. 19:</b>	Roger & Dorothy Anderson
<b>Apr. 26:</b>	Helen Grafstrom & Julie Trombley

## READERS

<b>Mar. 1:</b>	Ruth Craft
<b>Mar. 8:</b>	Cindy Parker
<b>Mar. 15:</b>	Karen Peterson
<b>Mar. 22:</b>	Julienne Wyckoff
<b>Mar. 29:</b>	Chris Larson
<b>Apr. 5:</b>	Elayne Knutson
<b>Apr. 12:</b>	Carol O'Brien
<b>Apr. 19:</b>	Mel Robinson
<b>Apr. 26:</b>	Missy Habeck

## GREETERS (10 AM)

<b>Mar. 1:</b>	Pat Johnson & Cindy Parker
<b>Mar. 8:</b>	Ramona Wold & Paul Turner
<b>Mar. 15:</b>	Carla Redman & Malcolm Watson
<b>Mar. 22:</b>	Bob & Julie Johnson
<b>Mar. 29:</b>	Joyce & Bob Beeksma
<b>Apr. 5:</b>	Franklin Gummadi & Joe Stinson
<b>Apr. 12:</b>	Lisa & Eric Ericson
<b>Apr. 19:</b>	Stacy & Madison Ratliff
<b>Apr. 26:</b>	Elayne Knutson & RoseAnn Nelson



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

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

**RETURN SERVICES REQUESTED**

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

**Daylight Savings:**  
**'March forward' on**  
**Sunday, Mar. 8!**

*Come, see what's "cooking!"—First Lutheran Church of Columbia Heights*

