

# Living Connected...

## TO GOD & EACH OTHER

February-March 2021

## Questions of Jesus

Lent at First Lutheran, 2021

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#### Worship Hours:

10 AM Online  
(All Age Worship)

#### Pastoral Staff:

Bonnie Wilcox  
*Senior Pastor*

Jill Bergman  
*Associate Pastor*

The Caller Newsletter is  
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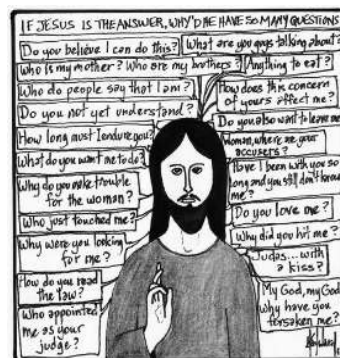
Editor: Joyce Weaver,  
[joycew@flcch.org](mailto:joycew@flcch.org)

What questions do you have for Jesus? When my daughter was about five years old, she asked yet another question that didn't have a satisfying answer in this life. "Oh, honey," I said, "that's a question we'll have to talk about with God when we get to heaven."

She sighed. "I'm going to need so much time with God!"

People in the Bible asked Jesus a lot of questions. I find this so helpful. Jesus was offering teachings that turned peoples' heads. That he welcomed their questions reminds us of his never-ending patience with us, then and now.

You'll find that our readings on Sundays during Lent feature questions asked OF Jesus, as well as questions Jesus asks of US. One scholar wrote that Jesus was asked 307 questions, but only answered THREE!



Jesus asks questions of his father in heaven, too. This cartoon from Canadian pastor and cartoonist David Hayward illustrates questions in the Gospels so very well:

Lent begins with Ash Wednesday, on February 17. [see pg. 2]

Wednesday evenings, beginning Feb. 24, we will worship online at 7 PM, using the Holden Evening Prayer. Each week, we'll hear questions from our community about faith and life.

Sunday mornings our worship will include Story Time for children, as well as a weekly drama created and recorded by our members.

These are recorded with a small cast of people who live in the same home, interviewed in a news-style format about events and their experience with Jesus. The drama is titled, *Eye Witness Jerusalem*

Holy Week in April will most likely be our second go round of online worship for this sacred and special week in the church year. At this time, we anticipate that these services will continue online, dependent on the ability of our State to vaccinate a very large number of people before that time.

I'll be leading an online group that combines art and meditation to work through questions of faith, hope, and joy, as well as the ongoing challenge of the pandemic. It is called, "The Painting Table," and will be held on Thursday evenings at 6 PM via Zoom. [see pg. 2] To register, contact me.

Rev. Bonnie Wilcox,  
*Senior Pastor*

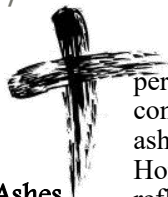
# ASH WEDNESDAY / LENT WORSHIP 2021 /

Ash Wednesday,  
Feb. 17

1-2 PM DRIVE-THRU  
Confession & Imposition of Ashes  
(with Holy Communion)

6-7 PM WALK-THRU  
Ash Wednesday Stations with  
Imposition of Ashes  
(with Holy Communion)

7 PM ONLINE  
Brief Ash Wednesday Service



permitting). There will be a confessional fire, imposition of ashes, holy communion, a Lent-at-Home bag, and other stations for reflection and prayer.

- **7 PM EVENING ONLINE.** We are committed to being sure that as many people as possible have access to on-site and online worship. At 7 PM, we will offer an online service with music, confession and holy communion.

## Three opportunities to observe Ash Wednesday:

- **1 PM DRIVE-THRU.** An afternoon service for people who would appreciate the imposition of ashes and holy communion offered in their vehicles. Each car will receive a Lent-at-Home bag for devotions over the coming weeks.
- **6 PM WALK-THRU.** In the evening, an intergenerational experience walking through stations at our front entrance (weather

permitting). Social Distancing continues to be a priority. At the events at church, we continue to screen people as they enter, and require everyone to wear a mask. Please do not come to church if you have been exposed to Covid, or have symptoms of the virus. The Imposition of Ashes will be given by healthcare workers who have completed their Covid vaccinations.

If you would like to help with the 6 PM event, please contact Rachel James at church.

## Here Comes Lent!

If you remember last year, the pandemic started in the middle of Lent in March. It's hard to believe that we have been worshipping online for almost a year! We will continue with our online weekend worship but we will add a Wednesday Lenten service as well. We will be singing the beloved Holden Evening Prayer by Marty Haugen with a devotional each week. These will be on Wednesdays, Feb. 24 and Mar. 3, 10, 17, 24). You will be able to view these through our YouTube channel or our Facebook page. Please join us!



As the daylight becomes longer and the promise of Spring and Easter come ever nearer, let us continue to be grateful for all our blessings. We will be together again! --- *Jeffrey Patry, Director of Music Ministry*



Daylight Savings  
March 14, 2021

Easter Sunday  
April 4, 2021

Remember to 'Spring forward' for an extra hour of sunshine.

Mark your calendar and watch for exciting worship opportunities!

# LENT

## Wednesday Evenings --- Attend one, or both!

### 6:30 PM Dinner Church

- Via Zoom, led by one of the pastors
- Conversational, time for prayer
- Bring your own meal to the table with your laptop, iPad or other device

### 7 PM Midweek (FLC-produced Holden Evening Prayer)

- Questions of Jesus will be the basis for reflections

## Sunday Mornings Online

- Preaching from the Narrative Lectionary -- stories from Luke where Jesus asks questions, or hears questions from others
- Drama in Worship - Eye Witness Jerusalem.
- Michelle Edwards' Sunday morning Bible study on Zoom

## Thursday Night Prayer & Art Class: *The Painting Table*

Thursdays, 6-7:30 PM,  
Feb. 18 - Mar. 25

Led by Pastor Bonnie via Zoom

Limited to 15 people. For middle school youth through adults. No Experience Required. Please RSVP by Feb. 17 to Bonnie Wilcox, [bonnie@flcch.org](mailto:bonnie@flcch.org)

This is for anyone who is seeking some space and time for reflection and very basic art. It is based on Roger Hutchinson's "The Painting Table," an accessible, simple, and beautiful book for those who may be seeking an outlook for prayer, grieving the death of a loved one, struggling in a relationship, or facing a major transition in their lives. Where there is grief, sadness, and loss, there also is hope. This is an opportunity for celebration as we gather together, talk, pray, and are welcomed.

### MATERIALS YOU WILL NEED IN ADVANCE:

1-2 Sharpie® Fine Point Pens, Black (as fine or thick as you prefer), Art materials of your choice to add color - watercolor or acrylic paints (even finger paints?), colored pencils, crayons, felt tip markers, paint brush & water if you are painting, simple glue sticks or Elmer's glue, magazines and scissors.



## Lenten All Church Bible Study

This year, like no other, we are clinging to the hope of the Lord. We experience hope when we recognize our abundance and share it generously. Beginning on Ash Wednesday, we will follow the 40 Days of Giving Bible Study produced by ELCA World Hunger.

You can receive a daily calendar and weekly study guide on Ash Wednesday at FLC or the following Sunday during the drive through meal distribution.

You can download the resources for yourself at [ELCA.org/40Days](http://ELCA.org/40Days). The theme this year is a challenge for the church to end world hunger for good.

Join Pastor Jill on Tuesdays on our First Lutheran Community Group Facebook page for a short devotional message each week. Let us seek to be a blessing during this difficult time.



## Baptism Orientation

*Is it time for you to receive the life-affirming gift of baptism? Do you long to share this gift with someone you love?*

The Sacrament of Baptism looks a bit different while we are working to keep everyone safe from the pandemic, but GOD'S GIFTS NEVER STOP.

We would love to welcome you or your loved ones into the family of God. We begin with an orientation that we will hold over Zoom or by phone. If now is the time, please contact Pastor Jill to set up your orientation and to discuss the blessing of belonging to God's family. [jillb@flech.org](mailto:jillb@flech.org)

## The Passion of Christ - Movie & Conversation

Join the Board of Spiritual Growth for *The Passion of Christ* Watch Party.

We will meet via Zoom on **Wednesday, Mar. 31 from 6-9 PM.**

The event will begin with an opening conversation from 6-6:15 PM. Participants will watch the movie on their own devices, renting or checking it out in your most convenient formats. Zoom will be kept open for optional comments during the movie. We will come together again to discuss the movie at 8:30 PM.

Look for a discussion guide to be distributed prior to Holy Week, and for the code below to appear in church emails. Or, plan to join here: **Join Zoom Meeting** <https://us02web.zoom.us/j/86730761631?pwd=a1pLMWV6YXRJQm1xeHZRYkhLYS9rZz09> Meeting ID: 867 3076 1631 / Passcode: 321331 By Phone: +1 312 626 6799 US (Chicago)



## Introduction to Communion Class, April 1 (no joke!)



Every year we provide a class for those seeking a deeper understanding of the sacrament of Holy Communion. This class involves teaching, conversation, and activities aimed at inviting all ages into the experience. It culminates with receiving communion, possibly for the first time, in a mini worship service.

For safety, this year we are going to be offering a physically distanced, yet in person, class. On **Maundy Thursday, April 1 at 6 PM**, we invite all who are interested in this class to come to FLC. We will keep families together with masks as we have a time of teaching and discussion. Nurse Jane will show us the process of baking communion bread and all will receive ingredients and instructions on how to make it themselves at home.

Children, please bring at least one parent or guardian. Materials for preparation at home will be distributed prior to the class. The **worship service will begin at 7 PM** the same evening. Please contact Pastor Jill to register for this class or with questions. [jillb@flech.org](mailto:jillb@flech.org)



## Tour Rome and the Holy Land, Spring 2022

As the pandemic has made travel a challenge for everyone, we are moving the date for our Rome and Holy Land tour to **March 3-15, 2022**. This is good news for a variety of reasons: 1) all travel will be safer as more people receive the Covid 19 vaccine, 2) it will be springtime in the Holy Land and we will have the blessing of seeing the wildflowers in bloom, 3) more sites will be open to visitors and the host countries will have had time to iron out crowd management, 4) we have more time to save up for the trip.

We hope this change gives you even MORE opportunity to join our pilgrimage. You can secure your spot with a \$500 deposit anytime. Final payment is due December 1, 2021. Contact Pastor Jill with questions or to receive a brochure.

## Lenten Drama in Worship

*"Eye Witness Jerusalem with Dr. Luke"*

Watch for our newest dramatic offering in our Sunday worship services during Lent. Through fanciful reenactments, we will imagine what it might have been like to be an eyewitness to the ministry of Jesus. Our series of six skits will lead us through some of the highlights of Jesus' ministry and directly to the cross during Holy Week.



## A Special Birthday!

Thank you to all who sent cards, letters and gifts in celebration of Helen Grafstrom's 100th Birthday. January 2021

*Helen Grafstrom, Paul Christensen & Staff*

## Volunteer Musician?

Are you a singer or instrumentalist and would like to share your gifts with FLC on our worship recordings? We're always looking for additional volunteers. Student instrumentalists and singers are welcome. Please have at least two years' experience on your choice instrument. Questions to: Jeffrey Patry, 763-788-9653 x109, [jeffrey@flcch.org](mailto:jeffrey@flcch.org)



**Admin Volunteers - Mailings, baskets, kits & more!** So grateful to our volunteers who put together Care Packages for our seniors and At-Home Lent worship kits!

**Thank you to the 55+ Single's Group** for creating and delivering these gift bags to special people in our church! And, to First Lutheran members for sponsorship with their Thrivent Action Grants.

**If you are a Thrivent member** and would like to know about sponsoring a church/community project, contact Joyce, 753-788-9653, [joyce@flcch.org](mailto:joyce@flcch.org)

**Friday Laughter & Cuisine.** Singles over the age of 55 gather on Zoom to check-in and socialize at 5 PM each Friday. Contact Faith, 612-799-4245, [whitefa@comcast.net](mailto:whitefa@comcast.net) to get connected and see what's happening this spring.

## First Lutheran Blood Drive

Friday, April 16, 9 AM - 3 PM.

Last fall's FLC blood drive exceeded the expectations of the American Red Cross, saving over 135 lives--- *Thank you!* The need for life-saving blood continues. Please consider being a donor and schedule your time at this link: [FLCCH Blood Drive](https://www.flcch.org/BloodDrive) For questions or help with scheduling, contact Joyce, 763-788-9653, [joycew@flcch.org](mailto:joycew@flcch.org)



## Tesfa Students, Back in Class!

Tesfa's staff and students recently enjoyed a fun day of learning in their warm pajamas.



*I often wonder how many FLC members attended Silver Lake school & walked these nostalgic, wooden floors as a youngster? Send a note to the church office if you were among them. Thanks! --- Joyce*

## Operations / Financial Updates

Our Annual Meeting this year was unprecedented, but what about that last year is not?! We hosted both the Town Hall and the Annual Meeting on Zoom and had great turnouts for both. Over 30 members and staff attended the Town Hall and well over quorum were present for the Annual Meeting. It was a unique blessing to gather together in this way during these times – good to see you and be seen!

The budget for 2021 was shared and approved at the Town Hall as is customary. If you were unable to attend the meeting and would like a copy of our 2021 budget, please reach out to Julie Wilson, 763-788-9653 x104, [julie@flcch.org](mailto:julie@flcch.org)

Another huge thank you to each of you for your generosity and support of the ministries of FLCCH. In a challenging year, this community stepped up to continue on in unique and effective ways to continue Living Connected!

Additionally, an update on our Capital Campaign. We are into our 2<sup>nd</sup> year of the Capital Campaign already and are just about at 50% giving!

- **Total 3-year Commitment/pledges to Living Connected Capital Appeal: \$335,072**
- **Pledge amounts RECEIVED through Jan. 31, 2021: \$165,982**

If you'd like to get involved in the Capital Campaign, it's not too late! Make an offering by check, online gift, or contact Julie Wilson in the church office to talk about another asset and opportunities to give.

*A special thank you to...Chris Larson, Finance Committee for his over and above efforts with year end financials during the personnel transition.*

## Thrivent Choice Dollars®

### ATTENTION THRIVENT MEMBERS!

If you have 2020 Thrivent Choice dollars to direct, please do so by Mar. 31, 2021.

### To direct dollars

- ⇒ visit [Thrivent.com/thriventchoice](https://www.thriventchoice.com)
- ⇒ Click on "Choice Dollars" and log in Search the catalog for the Organization
- ⇒ Click: "Direct Now" or call 1-800-847-4836 and say "Thrivent Choice" when prompted.

Thrivent Choice is a charitable grant program that gives eligible Thrivent Financial members the power to recommend where Thrivent Financial distributes some of its charitable funds each year, by choosing from thousands of enrolled 501(c)(3) nonprofit organizations.



### Sunday School Online each Sunday at 11 AM

Kids are invited to join us for Preschool and Elementary classes on Zoom each Sunday as we use the Spark Story Bible to learn the stories of Jesus and the New Testament.

### Confirmation Class Online each Sunday at 11 AM

Middle School youth are invited to join us for a faith formation class on Zoom each Sunday. We connect with Bible study, prayer and interactive discussions.



### Valentine's Day Party Sunday, Feb. 14

Our Sunday School and Confirmation classes will meet online for Valentine's Day parties at 11 AM. We'll have games, snacks and crafts together. Look for a package coming your way with candy, crafts and cards!

### FLY Youth Group

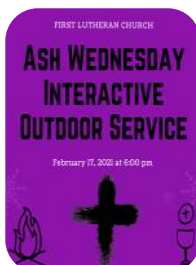
Feb. 17 & Mar. 3, 17, 31

Youth in Grades 6-12 are invited for fun, friends and faith-filled activities. We will have youth group online in February and March. *Weather permitting*, we will meet outdoors in the Courtyard with masks. Contact Rachel to get on the text event list on Remind! [rachelj@flcch.org](mailto:rachelj@flcch.org)



### Ash Wednesday Service Wednesday, Feb. 17

**All ages** are invited to join us for an outdoors, interactive Ash Wednesday service. We will meet in the parking lot at church at 6 PM. We will read Psalm 51 together, participate in Confession using a bonfire, imposition of ashes and communion. In addition, we will have outdoor art projects and hot drinks. Everyone will be invited to pick up your Lent in a Bag kit. *Masks, COVID screening and check-in required.*



**Lent at Home Bags** --- Pick up this bag at our Ash Wednesday service. We will have extra activities for kids in addition to the kits for adults. Families will have devotions and prayers for Holy Week.



### Family Fun Day: Sledding at Keyes Park Sunday, Feb. 21, 1-3 PM

Winter sledding fun meet-up at Keyes Park in Columbia Heights. Park in lot near playground. Bring your own sled - we'll have the hot chocolate!



### PALM PARADE

Sunday, Mar. 28

Everyone is invited to join us for a Palm Sunday parade around the church building on the sidewalks. We will sing Hosanna, wave our Palm Branches, and enjoy traditional, delicious Hot Cross Buns.



PSALM 33:5

Camp Wapo | On Lake | Wilderness Canoe Base



Lake Wapogasset LUTHERAN BIBLE CAMP, INC.

**Camp Information for Lake Wapogasset Lutheran Bible Camp 2021.** Our Theme for this summer is: Just Love, from Psalm 33:5

[Seeds Camp July 18-20 - Grades 1-3, \\$200 -](#) FLC sponsoring \$50/camper, additional scholarships available

[Wapo Youth Camp Aug 8-13 - Grades 4-8, \\$495 -](#) FLC sponsoring \$100/camper, additional scholarships available

[Senior High Camp Aug 8-13 - Grades 9-12, \\$495 -](#) FLC sponsoring \$100/camper, additional scholarships available

Our church will again be providing an automatic sponsorship of \$50/Seeds camper and \$100/Youth camper. In addition, we have a Camp Scholarship fund that is generously funded by members to help make sure that EVERY KID has a chance to go to camp. We provide scholarships to those who ask up to the full amount as our funds allow.

I encourage you to look carefully at the Camp Wapo website for information on how they are making changes this summer to make it safer in this time of the COVID-19 pandemic.

**Registration opens Feb. 1, 2021** and your reserved dates will be held until Feb. 28. On March 1, all remaining spots will open on a first come-first served basis. Beginning Feb. 1, here's our registration link: <http://lwlbc.com/first-ch>. Select "FIRST-CH" on the congregation list.

### LITTLE FREE LIBRARY

Do you have a love for reading? Check out First Lutheran's Little Free Library located outside the front entrance of the church! Religious books for children and adults are free to be picked up. You may also choose to leave one of your gently used books for others to enjoy. Please call Char Zarich, 763-572-1220 with any questions.



## After School

Out of an abundance of caution our After School Program continues to serve healthy meals and check in with on 30 kids per week at their homes. We will be watching the Columbia Heights School District as they attempt to open safely and coordinate our opening with the Middle Schoolers going back to school.

We also continue to be sensitive to our volunteers' safety. At this point, it is most likely we will open for outdoor After School in April when the weather warms. In the meantime, our volunteers send home weekly craft kits (which the kids love), and Phil Mattison has been making small desks for After School at home learners!



## How to Have Better Conversations about Race & Racism

**Tuesdays, Mar. 2, 9, 16, 23, 6-7:30 PM**



Talking about race and racism is hard. As a white person it can be hard to navigate cultural and racial dynamics in our workplaces and relationships. Join this discussion group to help build your confidence! We had over 100 people in 2020 join a group to practice discussing race and racism in healthy, productive ways. This group meets online on Zoom. It is designed for white people, but all are welcome. Contact Nathan Roberts to reserve your spot. [nathanr@flech.org](mailto:nathanr@flech.org)



## FLC Drive Thru Christmas Wonderland Featured in Life Newspaper!

Thank you to everyone for making this a wonderful Christmas event! From Santa to Baby Jesus to the Wise People to cookie makers we couldn't do it without you!



## Racial Justice Grant from First Lutheran to the Minneapolis Area Synod

The Endowment Fund of First Lutheran extended a matching grant to our Synod to support the Congregational Organizer for Racial Justice position. We challenged other congregations to match our \$10,000 gift, and six other congregations have risen to the challenge.

This money was given from the investment earnings on our Endowment Fund and will help our Synod do important work to increase cultural competency, dismantle racist systems, and build relationships with groups working for racial justice and equity.

Let us rejoice! Our partners in this have been All Saints (Minnetonka), Christ the River of Life (N. Mpls), Holy Trinity (Mpls), Augustana (Mpls) Legacy Fund, and Family of Christ (Chanhassen).

## Community Meals: Severe Weather FLC Meal Phone Line: 612-470-3509

This new phone line will let you know after 6 PM on Saturday evenings about schedule changes and menus, and is updated each week.

- **When there is a snowfall that makes travel difficult:** We're serving! But the route may be changed in the parking lot for safety.
- **When the Temp is below zero:** We're serving! But only the meal. No prayer station or music.
- **When a Storm/Blizzard or Wind Chill Warning has been issued:** Meal service is cancelled.

These decisions will be made by 6 PM on Saturday. Check the Community Meal Phone Line for updates.

## Gathering Grant

Thank you to Anoka County for the Gathering Grant and to Larry, Gary, Jane and Nathan for installing these fabulous new cupboards!

*The Gathering is a daytime, out-of-home group respite program for caregivers and care receivers.*



## Avoiding COVID-19 Phone Scams:



Scam artists call and try to trick people into thinking they are responding to a legitimate request to gain their private information. Protect yourself by keeping in mind when contacted for a health survey or other public health issues: **Legitimate public health calls do not ask for Social Security numbers, bank account information or credit card numbers**, as they should be able to provide specific, verifiable contact information. When in doubt, hang up. Anyone who believes they have been the victim of an identity theft should contact their local Police Department.





During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness, and loneliness.

Mental health disorders, including anxiety and depression can worsen.

Surveys show a major increase in the number of US adults who report symptoms of stress, anxiety and depression during the pandemic, compared with surveys before the pandemic. Some people have increased their use of alcohol, drugs, thinking that can help them cope with their fears about the pandemic. In reality, using these substances can worsen anxiety and depression.

It is important to learn self-care strategies and get the care you need to help you cope. Self-care strategies are good for your mental and physical health can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

## **Take care of your body—be mindful about your physical health:**

- **Get enough sleep.** Go to bed and get up the same times each day. Stick close to your schedule.
- **Participate in regular physical activity.** Regular physical activity and exercise can help reduce anxiety and improve mood. Use on-line resources, such as the YMCA.org for online free classes. Buy the shoes/ice cleats/flashlight to be able to walk outside in your neighborhood, don't forget to bring your cell phone.
- **Eat healthy.** Choose a well-balanced diet. Avoid junk food and refined sugars. Limit caffeine as it can aggravate stress and anxiety. Drive thru for lunch at church on Sunday, pick up a healthy meal to-go from Rock! Social contact and prayers from pastors while waiting in line can help also!
- **Avoid tobacco, alcohol, and drugs.** If you smoke tobacco or vape, you're

already at a higher risk of lung disease and COVID-19 affects. Using alcohol to cope make matters worse and reduces your coping skills. Only take drugs prescribed by your MD.

- **Limit screen time.** Make a conscious effort to reduce time in front of a screen, especially 30 minutes before bedtime.
- **Relax and recharge.** Set aside time for yourself. Quiet time can help reduce anxiety, use deep breathing, tai chi, yoga, or meditation. Soak in the bathtub, listen to music, or read or listen to a book to help you relax.

## **Take care of your mind—reduce stress triggers:**

- **Keep your regular routine.** Maintaining a regular schedule is important to your mental health. Keep consistent times for meals, bathing, work, exercise and bedtime. Predictability can make you feel more in control.
- **Limit exposure to news media.** Constant news about COVID-19 from all types of media can heighten fears about the disease. Look for reliable sources such as the CDC (Centers for Disease Control), WHO (World Health Organization), or StaysafeMN (Minnesota Department of Health).
- **Stay busy.** A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies, call someone, Marie Kondo(clean) a drawer or closet!

## **Doing something positive helps manage anxiety and is a healthy coping strategy.**

- **Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on how bad your feel. Start each day listing things to be thankful for. Maintain a sense of hope, work to accept changes as they occur to keep problems in perspective.
- **Use your spiritual life for support.** Draw strength from your faith, it can bring you comfort during difficult times. Pray!
- **Set priorities.** Don't become overwhelmed by creating a life-changing lists to achieve. Set reasonable goals, give yourself credit for every step in the right direction.

## **Connect with others:**

- Make connections
  - Do something for others
  - Support a family member or friend
- Stress is a normal psychological and physical reaction to demands of life. Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis. But multiple challenges daily, such as the pandemic news and vaccinations can push you beyond your ability to cope.

Despite your best efforts, you may find yourself feeling helpless, sad, angry, irritable, hopeless, anxious, or afraid. You may have trouble concentrating on typical tasks, changes in appetite, body aches and pains, difficulty sleeping, or you struggle to face routine chores.

When these signs and symptoms last for days, or makes you miserable and cause problems in your daily life, it is time to ask for help.

## **Get help when you need it:**

Hoping mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. If you have concerns, ask for help.

- Contact a close friend or loved one, even though it may be hard to talk about your feelings.
- Contact a pastor.
- Contact your employee assistance program at your work. Or get counseling, or ask for a referral to a mental health professional.
- Call your primary health care provider or mental health professional about options.
- Contact organizations such as National Alliance on Mental Illness (NAMI) Substance Abuse and Mental Health Services Administration (SAMHSA) for guidance.

If you are feeling suicidal or hurting yourself, seek help. Contact a health professional. Or call a suicide Hotline-National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

## **Continue your self-care strategies:**

Stress won't disappear from your life when the health crisis ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's ongoing challenges.



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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## RETURN SERVICES REQUESTED

**SUNDAY ONLINE  
WORSHIP 10 AM**  
YOUTUBE &  
FACEBOOK LIVE

**COMMUNITY MEAL  
DRIVE THRU  
11 AM-12 PM**  
Meal Phone Line:  
612-470-3509

**SPRING  
REMINDER!**

**Daylight Savings:  
'Spring forward' on  
Sunday, Mar. 14!**

## First Lutheran Church of Columbia Heights

