

Living Connected... To GOD & EACH OTHER

Summer 2021

Photography by Larry Bugbee

SENIOR PASTOR'S COLUMN

INSIDE THIS ISSUE

Pastor's Word.....	1
Worship 2021.....	2
Ministry News.....	3-6
Building & Grounds /	
Giving / COVID.....	7
Photos	8

Sunday Worship Hours:

10 AM Sanctuary
(First & Third Sundays)
10 AM Online
(All Age Worship)

Pastoral Staff:
Bonnie Wilcox
Senior Pastor

Jill Bergman
Associate Pastor

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Editor: Joyce Weaver,
joycew@flcch.org

Regulations... and Responsibilities

At last! With vaccination levels climbing, the state of Minnesota -- and First Lutheran Church -- are opening up!

"What shall we do NOW?" our leaders are asking yet again.

Our friends in the United Methodist Church have long used this as a guide principle:

*Do all the good you can,
for all the people you can,
in all the ways you can,
as long as ever you can.*

While the *regulations* about masking and social distancing, and guidelines for gathering in groups are changing or ending, our *responsibility* to each other continues.

Keep in Mind: Not everyone has been vaccinated, or has access to vaccines (children, in particular), the Covid variants are highly contagious and may be transmitted from a vaccinated person to an unvaccinated person.

I'm grateful for Jane Bugbee's weekly summaries of the changing infection & vaccination environment for us all.

Join us in continuing to do all the good we can by staying away from church when you don't feel well, having a mask with you to wear for indoor events, and investing yourself again in reconnecting with this church community.

We are gaining ground on this virus -- but we are not done yet! Remember, "we don't remove our seat belts five miles from home."

SUMMER WORSHIP SCHEDULE - JUNE & JULY

In light of Governor Walz' orders on May 6, 2021, as well as our experience and knowledge of live streaming worship, I propose:

Worship on Sundays in June and July 2021 will be held at 10 AM only as follows:

- On the 1st & 3rd Sundays, In-Building (on site) with our worship live streamed to the community.
- On the 2nd & 4th Sundays, we'll produce and distribute an Online service only.

In accordance with the State of Minnesota orders, wearing masks will be required inside the building, and optional for outdoor gatherings and events at church. We will follow this beginning May 23.

Here's a handy schedule to put on your calendar for worship at 10 AM on Sundays:

- **JUNE 6:** In-Building Worship, *live streamed to worship from afar*
- **JUNE 13:** On-Line Worship
- **JUNE 20:** In-Building Worship, *live streamed to worship from afar*
- **JUNE 27:** On-Line Worship
- **JULY 4:** In-Building Worship, *live streamed to worship from afar*
- **JULY 11:** On-Line Worship
- **JULY 18:** In-Building Worship, *live streamed to worship from afar*
- **JULY 25:** On-Line Worship

In August, we hope to have the equipment and leadership to worship In-Building each Sunday, with a quality online opportunity available for those who are unable to attend for any reason.

See more about summer worship on page 2

I've Been Meaning to Ask: Curiosity, Courage & Connection *Summer Worship Series in June & July*



"Hi ...you!?" (After 14 months, I can list so much I know about you...except your first name!) Has this happened to you as we begin to come together in social groups?

Our 8-week summer series explores questions that help us regain some insights and skills we may have lost during lockdown and quarantine: the ability to have a conversation with someone outside of our bubble! We've been isolated and disconnected, and we searched for hope. Now, we can actually worship together in our Sanctuary (as well as other places) physically!

Here are the questions we will be asking each other this summer:

WHERE ARE YOU FROM? God assigns names as the sun, the moon, the plants, animals, and the humans are created in Genesis Chapter 1. In the New Testament, Jesus tells the disciples, "Follow me."

WHERE DOES IT HURT? All of us have known pain of some kind, and some much more than others. Before we can help someone in pain, we have to know where it hurts. We need to listen. The woman in the New Testament who was separated from her family for 12 years because of bleeding was so ashamed she didn't even want to speak. She only dared to touch Jesus' robe.

WHAT DO YOU NEED? Job's friends in the Old Testament book with the same name, came and sat with him for five days. Job had lost literally everything -- family and property. They listened to whatever Job needed to say.

WHERE DO WE GO FROM HERE? After the death of their husbands, Ruth and Naomi, who were not blood relatives, and not even from the same tribal group, formed a new family with just the two of them, committed to love, care and protect one another in a time of grief, and a time of moving forward.

With gentleness and care, we will worship the God of Creating Relationships, who listens and knows our every need, but still asks us these same questions. Remember when Jesus asked, "What do you want me to do for you?"



Pastor Jill Bergman: *Summer Sabbatical*

It is recommended and common practice in the ELCA for pastors to be granted a 12-week paid sabbatical after many years of service. A sabbatical provides an extended break from ministry, with time for rejuvenation, reflection and recreation.

Our Church Council has authorized a sabbatical for Pastor Jill Bergman for the summer of 2021, June 7-August 30.

She looks forward to deeply investing in her family and in God's great, big, beautiful creation. Expect her to return energized with stories of camping in MN as well as in several national parks.



Music at First

As we all begin to come back together at FLC, I am in the planning stages of getting our *Music at First* Concert Series back up and running. Many years ago, I fondly remember receiving the brochure for the *Music at First* series every September highlighting the concert offerings for that year. It's time to revive that series. What a homecoming this will be! I already have some concerts on the calendar and will add more musical talent for the upcoming year. Stay tuned!

Music Class

Last November, we began a music class which had to be canceled due to COVID restrictions. It is now time to resume that class! If you're interested in learning more about the art of music (i.e. how to read music, what certain musical symbol mean) consider joining an in-person music class offered on Thursday afternoons and evenings.

Everyone is welcome, whether you have experience with music or not! Both Thursday classes will be identical. Contact Jeffrey, jeffrey@flcch.org with your preference for a Thursday afternoon or a Thursday evening class. Music sessions are expected to start mid-June and run for four weeks.

Friday Music Offerings

When the pandemic began 14 months ago, I started posting offerings of piano and organ music utilizing our wonderful instruments here at FLC. I'll continue to do Friday posting to our church community Facebook page.

Do you have a favorite hymn; piano piece or organ piece you would like to hear? Email them to jeffrey@flcch.org to make a request! I can't guarantee that every request will be granted, but I will try! *Happy listening!*

Jeffrey Patry, Director of Music Ministry

Alexis Mattson *A New Role this Summer!*



As part of her education to become a pastor in the ELCA, Alexis Mattson is required to complete a ten-week program of Clinical Pastoral Education (CPE) and experience to be ordained. Alexis has been the Children, Youth & Family (CYF) Intern at First for the past two years, and completes that internship on May 23.

Alexis has now been accepted in the Lutheran Partners CPE Program, and will complete this 300-hour education at First Lutheran Church. With Pastor Jill on sabbatical, her help with pastoral care this summer will be greatly appreciated, while also meeting the requirements of her education. She will also work with Pastor Bonnie and others on a project to create a Covid Time Capsule (digital and possibly physical) to help our congregation process the trauma, challenges, opportunities, and experiences of the past 14 months.

A Fun Fact to Share!

We recently received notice that First Lutheran Church was selected as the Winner for the 2021 Best of Columbia Heights Awards in the category of Places of Worship!



Membership at First Lutheran

Would you like to formalize your membership with our church? Remember, any time you are at worship or a class or an event, **YOU BELONG!** (Online or In-Building)



If you'd like to learn more about membership at FLC or New Member Orientation, contact Pastor Bonnie, bonnie@flcch.org or the church office, joycew@flcch.org, 763-788-9653.

Photo of First Communion 2021

ELCA Synod Elects First Transgender Bishop

From ELCA.ORG: The Rev. Dr. Megan Rohrer (they/he), San Francisco, Calif., was elected May 8 to serve a six-year term as bishop of the Sierra Pacific Synod¹ of the Evangelical Lutheran Church in America (ELCA). Rohrer is the first transgender² bishop in the ELCA. The election took place during an online synod assembly.



The bishop-elect has served as pastor of Grace Lutheran Church in San Francisco since 2014 and as community chaplain coordinator for the San Francisco Police Department since 2018. They³ served as executive director of the Welcome Ministry in San Francisco from 2002-2014, assistant night minister for the San Francisco Night Ministry from 2013-2018 and community garden coordinator at Project Homeless Connect, 2010-2012. Rohrer also served as pastor of a multiparish call serving the homeless and hungry at Welcome Ministry, 2006-2014.

Rohrer received a Bachelor of Arts degree from Augustana University in Sioux Falls, S.D., in 2001, a Master of Divinity degree from Pacific School of Religion in Berkeley in 2005, and a Doctor of Ministry degree in 2017. Rohrer is currently a doctoral candidate in transformative studies at the California Institute of Integral Studies in San Francisco. Augustana is one of 26 ELCA colleges and universities.

Rohrer's installation is scheduled for Sept. 11 at St. Matthew Lutheran Church in Walnut Creek, Calif.

From Pastor Bonnie:

There are a few persons involved in our ministry at FLC who identify as transgender. To hear this news was exciting for them! We will hold some conversational opportunities this fall to increase knowledge and understanding for our LGBTQIA+⁴ siblings. Contact me if you have questions in the meantime, Email: bonnie@flcch.org

¹The Sierra Pacific Synod is one of 65 in the ELCA. Synods unite the work of congregations within their areas, serve as regional support, and guide pastoral and other staff candidates. First Lutheran is part of the Minneapolis Area Synod.

²Transgender: A transgender person is someone who identifies as a gender other than the one they were assigned at birth based on the appearance of their sex organs. Many transgender people experience anxiety and distress that their gender — their personal sense of being male, female, or non-binary — is not reflected by their physical body.

³"They" as a singular pronoun: People have used singular 'they' to describe someone whose gender is unknown for a long time, but the nonbinary use of 'they' is relatively new. If you witness an event from a long distance, and can't identify a person, it is commonly acceptable to say, "They were running quickly across the outfield to help the injured player."

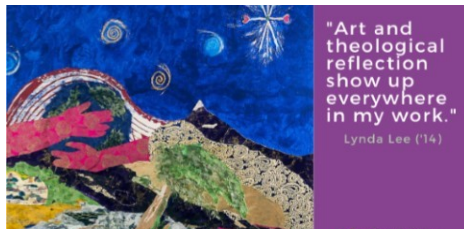
⁴LGBTQIA+: lesbian, gay, bisexual, transgender, queer, intersex and asexual persons. It is understood as a more acceptable way to describe the individuals that were previously referred to as the "gay community."

Healing COVID Trauma through Art & Storytelling With Chaplain Lynda Lee

Saturday, Sept. 18, 9:30 - 11 AM

Lynda Lee, an ordained minister, has presented workshops on trauma and self-care to various law enforcement organizations, corrections officers, incarcerated people, and churches. She has specialized in caring for residents in dual diagnosis and PTSD residential treatment programs.

Chaplain Lee leads healing art workshops in various settings as part of group therapy sessions, for cancer support groups, community education, spiritual care providers, hospice, and palliative care workers. She currently



serves as a chaplain with the MN Department of Corrections in Lino Lakes and provides spiritual healing for people of all ages, cultural, and racial backgrounds through the arts.

Register by Aug. 30 to be seated at a table in Martin Luther Hall.

Call or email the church office
763-788-9653 / joycew@flcch.org

Space is limited to 15 Tables for safety
(4-5 per table/entire family)
Material Cost: \$10 (or \$50 per table)

Motorcoach Trip Encouragement!

Oct. 18 -23, 2021

There are spaces available to sign up for the Oct. 18-23 trip to the Cincinnati area. A flyer with details is available on the bulletin board at church. *As we go to press, 17 of the 35 spaces have been claimed.*

The centerpiece of the trip is a replica of Noah's Ark that was handcrafted from 3.3 million board-feet of wood and stretches 510 feet long. Three exhibit-filled decks highlighting the



Genesis 7 flood story rise 10 stories high at the bow. The attraction includes gardens, a zoo, musical performances and lectures. The Ark is coupled with the nearby Creation Museum and has drawn a half million visitors each summer since 2016.

***Cost: \$565, double occupancy**
***\$75 due upon signing up; final payment is due Aug. 16**

If Covid calls for cancelling the trip, the decision will be made by Sept. 15 with full refund. Questions? Contact Paul Christensen or the church office.

Tour Rome & the Holy Land *Just nine months away!*

Travel is looking better all the time and we are excited to be planning our Rome and Holy Land tour for next spring, March 3-15, 2022. Registration is open! As soon as you make your \$500 deposit, you will be placed on an email list from Pastor Wayne Skaff that highlights places and people we will get to see on our tour.

What a joy it will be to embark on this spiritual, archeological, and Biblical pilgrimage together!



Final Payment is due Dec. 1, 2021

Contact Pastor Jill with questions or to receive a brochure.

Lutheran Adult Confirmation Class Class *Randy Bergman & Char Zarich*



Wednesdays, Sept. 22 - Oct. 27
Sunday, Oct. 31

WHY: Because you're curious and/or would like to simply learn as an adult about what Lutheran Teachings and Confessions of the Faith are, and how they apply to your life.

This class is simply the opportunity to ask questions, share your life experiences, and come to try to understand with the rest of us the driving principles of the Evangelical Lutheran Church of America doctrines. Whether you are a lifelong Lutheran, never attended Sunday school and/or confirmation, or simply an adult with questions--this class is for you!

WHO: Anyone 18+ interested in learning more about the Lutheran Confessions & Confirmation

WHEN: Wednesdays, 7:05-8:15 PM:
September 22 - October 27 & on Sunday, October 31 at 10 AM. for those wanting to receive the Holy Spirit through the Rite of Confirmation during worship at First Lutheran Church, Columbia Heights

WHERE: Zoom (or in-person)

REGISTER: Contact Randy Bergman at randyparkplace@gmail.com or 651-269-3313 or the church office.



Hooray! We will again be returning to serve in Jamaica for the winter of 2022. Travel dates have not been determined yet, but reservations will fill quickly. Please contact Larry Bugbee with your interests, lbugbee@msn.com, 612-812-1633.



Ushers & Greeters Needed

We are getting excited for in person worship to resume, and want to be ready. We are looking for additional volunteers to join our Worship teams of Ushers and Greeters.

We currently have five usher teams, so each team ushers about once a month. The greeters work in teams and also rotate throughout the year. It's a great way to meet new people and share your talents. Please prayerfully consider joining as a worship assistant for FLC!

If you'd like to consider serving as an Usher, contact Wendy Ramirez, 763-788-8129 or wendyram82@comcast.net for more information. *Thank you!*

If your interest is in serving as a Greeter, contact Chris Dansby, 612-806-1199, cdansbyflcch@gmail.com. *Thank you!*

Calling All Readers!

As we eagerly anticipate worshipping together in the FLC building, the Board of Worship is sprucing up its list of volunteer scripture readers.

You can request to be scheduled for either the 8:30 or the 10 AM service (we are in special need of a few more readers for the early service). Subs are available should you need to cancel.

Although rarely needed, a pronunciation guide is available for any unusual names that some readings might have. You will also receive the text in advance of your scheduled turn, so you'll have time to read it through a few times.

If you'd be interested in contributing to our onsite worship services with the gift of reading, please contact Ruth Dodson, ruthdodson@msn.com and let her know which service you prefer.



First Lutheran Blood Drive

Thank you for your help in providing blood for patients and hospitals in need! We collected 51 units of blood in April for a total of 153 LIVES SAVED! That's 18 more lives saved than last fall! We also had five donors donate for the very first time. *Much Appreciation* to First Lutheran members and guests for a total of 288 lives saved now!

Community Meal Break

We are giving our faithful volunteers the summer off. They have worked so hard each week for the last year and a half providing meals to neighbors and members in our community. (Meals at FLC will resume in the fall). For a list of summer meals in our community, contact Bradley Wold bradwold@yahoo.com or visit <https://communityfoodcalendar.weebly.com/>



Outstanding Citizen of 2021!

Congratulations to FLC member Linda Fowler, Columbia Heights 2021 Outstanding Citizen of the Year! Linda, who recently retired from Medtronic as a pacemaker analyst & electrical technician, donates her time sorting foods at SACA and helping our FLC Sunday school teachers, Community Garden, Farmers Market, and in making & donating crafts.



Thinking of getting some unfinished business off your plate this summer? Contact the church office to get your paperwork notarized!
joycew@flcch.org, 763-788-9653



55+ Singles

Fridays, 5 PM

This 55+ Singles Group is grateful to continue weekly gatherings for the past three years! Consider joining them at Sullivan Park for a fun & social picnic. Contact: Faith, 612-799-4245, whitefa@comcast.net

First Lutheran Book Club

Wednesday, June 16

The Book Club will be resuming their monthly meetings on June 16 at 10 AM. They will begin their book discussion with 'Readers Choice.' Plan to join them outdoors for a sharing of book reviews, fellowship and refreshments. For questions, contact: Char, charzarich@gmail.com

Columbia Heights Citywide Garage Sale Saturday, June 12

All residents are highly encouraged to participate in this 4th annual event. Registration for the sale is limited to Columbia Heights residents only, with no fee to participate.

Citywide Garage Sale maps will become available on Tuesday, June 8, at City Hall or for download online. The interactive map will be mobile-friendly and include item categories with details on what will be sold where.

Questions? Will Rottler, 763-706-3614, wrotter@columbiaheightsmn.gov



“Who is My Neighbor?” Vacation Bible School June 14-18 \$25/person

VBS invites kids and families to re-imagine what it means to be neighbors in Christ. Based on the Good Samaritan story, this five-day program contains skits, games, crafts, snacks and intentional activities for children to enjoy and learn how our faith calls us out into the world to love and serve our neighbors. **VBS will be held outdoors, with dinner available for everyone!**

Teen and adult leaders needed. Sign up with Rachel to volunteer. **Cohorts start at 4, 5 or 6 PM each night.**

Music in the Park

First Lutheran will be serving cold lemonade and water at Columbia Heights Music in Huset Park series on the First Wednesday of the Month!



Scheduled Performances 6:30-8 PM
June 2: *The Tkach Band*
(Variety dance band)
July 7: *Wander North*
(Modern folk, country & pop)
Aug. 4: *Mama No No & the Yes Men*
(A feel-good, energetic mix of multi-genre songs from the 60s through today)

Heights Jamboree Parade

**Friday, June 25
5-7:30 PM**

We will be marching with our sign and throwing candy! Please meet at the church by 5 PM. Bag lunches will be available at the church for marchers. We will be marching until around 7:30 and will be back to the church shortly after the parade is done.



Sunday School Teachers & Parents

Thank you so much to our wonderful Sunday School teachers: John Miller, Franklin and Shirley Gummadi, Janet Zarich, Christine Myhre and Kaylie Croteau. And, to our online Confirmation class teacher, Alexis Mattson. Each Sunday, they connected with kids over Zoom, taught Bible lessons, played games, and prayed with one another.

In this very challenging year, we are so grateful for their faithfulness and patience. *Thank you* to all the parents and families who facilitated participation this year.

Summer Youth Bonfires

**June 9, July 14,
Aug. 25**

We are excited to invite youth in Grades 6-12 back to church for in-person youth group on Wednesdays from 6-8 PM. Join us for a bonfire in the Courtyard, faith-based discussion, food, friends and fun.



Local Youth Mission Trip

July 19-23, 9 AM-5 PM (most days)

Serve, learn and have fun in Minneapolis area for youth in Grades 6-12. \$50 per youth. Masks required.

Youth Gathering 2022

Every three years, 30,000 high school youth and their adult leaders from across the Evangelical Lutheran Church in America gather for a week of faith formation known as the ELCA Youth Gathering. Through days spent in interactive learning, worship, Bible study, service and fellowship, young people grow in faith and are challenged and inspired to live their faith in their daily lives.

This year, the Youth Gathering is coming to Minneapolis for the very first time ever!

Pet Blessing at Church Picnic

**Wednesday,
June 23, 6-7:30 PM**

Bring your furry, fuzzy, scaly, and hairy pets this Sunday for a special Pet Blessing and picnic in the courtyard. Pets must be leashed and humans please wear masks if unvaccinated. You can also bring a photo of your shy or rambunctious pets!



50 foot Slip & Slide Picnic!

**Wednesday,
July 28, 6-7:30 PM**

Picnic and slip and slide in the Courtyard at 6 PM! We will remember our baptisms, then picnic, and then all ages slip & slide!



After School

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

We will play games, do crafts, and hang out in the Youth Room. Dinner will be served in the Courtyard at 5:30 PM. Rides are available on the church bus if you live in Columbia Heights. Please contact Nathan Roberts if your child would like to attend. nathanr@flcch.org



July 24 - 28, 2022 we will gather at the US Bank Stadium, Minneapolis Convention Center and downtown hotels for an incredible week.

In the fall, students in Grades 8-11 will be invited to join our Gathering team. We will work together all year on making a group covenant, fundraising, and getting ready for this once in a lifetime event.

We look forward to you joining us as we encounter the Boundless God!

Contract with Tesfa

Tesfa International Academy, our charter school tenant for the past four years, is expanding their grade levels and purchasing a school property. They will be leaving First Lutheran this summer. Because there was still one year remaining on their lease with our church, they are pre-paying the full year of rent. This keeps us whole financially, and allows us time to search for a new tenant for the education space on our upper level.

Please contact Julie Wilson, Pastor Bonnie, or any Church Council member with any questions.

A great place to meet

If your Ministry or Community group is considering meeting space at First Lutheran this summer or fall, please contact Joyce in the church office to get on the calendar. 763-788-9653, joycew@flcch.org

FLC Community Garden

Work is underway in the garden! Some plants and seeds are in and growing. With COVID impacts and rebuilding, we'll be planting at about 50% this year. We also plan to participate in a Thursday evening Farmers Market this summer and are looking for pickers and folks to staff the market sales. Help is needed. Please contact the church office or Dan Fishbeck, dan.fishbeck@gmail.com



Columbia Heights Farmers Market

Thursdays, July 22-Sept. 2, 4-7 PM

The Market is off to a great start with a few confirmed vendors and plans for live music! They are still seeking growers, artists, crafts, etc. to join them at First! Email: columbiaheightscommunitymarket@gmail.com



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 worship or Community Meal. Please use an offering envelope so we can give you credit for your gift.
- 2) **Electronic Funds Transfer** from our website, flcch.org (upper right hand corner). For ease in setting up donations.
- 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 regular weekly/monthly offering.
- 4) **Stock Transfer to the Church**.
- 5) For more info, contact Julie Wilson in the church business office, julie@flcch.org, 763-788-9653 x104

2021 Giving Statements: Look for your mid-year statement to be mailed out in July!

Vaccinated Against COVID-19, but I Am Still Anxious?

You're Not Alone

Compiled by Jane Bugbee RN--National Institutes of Health--Everyday Health Loss and Grief in a Covid World-by Gary Roe

Are you feeling on edge even after getting your COVID-19 vaccine? Experts say it is natural. Here is why and what to do about it--

Maybe for months you have been imagining the feeling of freedom that would come once you are fully vaccinated. You can get a haircut, hug your friends, eat in a restaurant...the list goes on of what we have been waiting to do when the pandemic restrictions are lifted!

Yet, you may be surprised to find that when that day comes, the anxiety you've felt during the pandemic year isn't so quick to melt away. Even when we are allowed to gather with a few friends it is stress-inducing, it feels like you are doing something wrong. For other people it can be different combinations of anxiety for your family in terms of our health. It is not just the anxiety about contracting the coronavirus, it's also about what is happening in society, what's happening to our economy, what's happening to our friends and relatives.

As of Thursday, May 13, Governor Walz has lifted the mask mandate! Our masks have been our protective armor for over a year!! As our routines change we feel once again that we have no control which creates a great deal of stress and anxiety.

Coming up with a new routine to replace your pandemic rituals, such as weekly Zoom call with friends, is a way to introduce some level change perhaps to a walk with friends instead to adopt new rituals. Plus, scheduling concrete experiences that will ensure that you move forward, even if it feels scary.

I know, I felt scared seeing people without masks at Costco, but I had my mask on, so I did what I needed to do to make myself feel safe.

Gary Roe states, "It's not what happens to you but how you interpret and respond to what happens that makes all the difference to help deal with your stress. Self-care is nutrition, hydration, exercise, rest, and is the best gift to yourself.



Treat yourself with love! Most of all, be kind to yourself as life begins to return to its pre-pandemic rhythms. Because the only sure thing in this uncertain world is that you will feel nervous, tentative hopeful, sorrowful, confused—often all at the same time.

Ultimately, though, connection will prevail, because humans are hardwired to connect. "It felt wonderful to hug again," I hear many saying now that they are vaccinated. We need to trust the vaccines and science to allow us to look forward again.

Finally, there are hot lines, for those experiencing distress with the COVID epidemic, the Substance Abuse and Mental Health Service Administration has the Disaster Distress Helpline. That's 800-985-5990 or text "TalkWithUs" to 66746.

Take a deep breath... exhale... and let's move forward!!



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

**SUNDAY ONLINE
WORSHIP 10 AM**
YOUTUBE &
FACEBOOK LIVE
**COMMUNITY MEAL
DRIVE THRU
11 AM-12 PM**
Meal Phone Line:
612-470-3509

First Lutheran Church of Columbia Heights

