

**FIRST LUTHERAN CHURCH**

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RETURN SERVICE REQUESTED



# **February 2023**

## **Salt Shaker**

**Daily devotions:** Monday through Saturday at 9:00 am on Facebook

**Worship Schedule: Sunday** 8:30 and 10:30 am, Sunday School and coffee hour- 9:30 am

**Online worship** airs at 9 a.m. Sundays

**WOW (Worship on Wednesday):** 6:30 pm

## PASTOR MIKE'S LETTER:

Holy Baptisms, Batman!!! Yes friends, we are in for a wonderful experience here at FLC this month. We welcome several new sisters and brothers to God's family in baptism, and we will also welcome new members on February 19<sup>th</sup>. This is going to be one busy and exciting month for us all. What does this mean? It means that the church is alive and thriving, but also that God is truly up to something here! We are lucky to not simply watch it, but are actually called to participate in the moving of this ministry. This month we will also be reclaiming many spaces in our building, and transitioning out of the sanctuary for the remodel to begin phase 2.

As we begin this month in our new fiscal year, your church staff and council are going to spend some time looking at *8 Keys to Church Growth* as a way to position FLC for this exciting time of ministry. I want to share with you the first three keys.:

**1. Know Where the Church is Going:** There is an old saying *if you fail to plan, you plan to fail*. This is true in business as well as churches. Having a well-defined vision, mission, and values statement sets the direction for any organization. Developing a plan to map out the steps to get there is how a vision is achieved. People are drawn to a compelling mission and vision. They get excited about being a part of an organization that is making a difference! It is exciting when a church member can share stories of *the early days* and celebrate the journey of how the church matured, developed, and grew.

**2. Create an Inviting Atmosphere:** It is unfortunate, but true, that we are a consumer-driven society. People are naturally drawn to an aesthetically appealing environment. People like to be proud of where they worship, so providing an environment that is comfortable, clean, and orderly is important. Paying attention to things like clean, stocked restrooms, clean glass surfaces, and freshly vacuumed carpeting can go a long way in creating a comfortable atmosphere for members and guests.

**3. Create a Welcoming Experience:** There are not many things as awkward as for a church visitor to be ignored, or to be overwhelmed with attention. Everyone wants to be greeted but not everyone is comfortable being inundated with unwelcome attention. Try to remember that most people who visit a church are looking for something – time with God. They might be exploring the Christian faith for the first time or checking to see if the church culture is a good fit. Regardless, it is important to make the experience as positive as possible. There is a tender balance between creating a welcoming experience and an awkward one. But, with socially skilled people and a little training, it can be done.

Blessings,

*Pr. Mike*

Dear friends,



I am so excited to see the progress taking place with our remodeling project. The lower level is nearing completion and we are starting to use new spaces for Sunday School and fellowship activities.

It will be exciting to use the fellowship hall for meals again. This completion comes just in time for our Lenten Soup and Sandwich Suppers beginning on February 22. We hope you can join us for food and fellowship, from 5:15-6:15 pm.

It will also be good for our children to have a learning space designated just for them. The kids and leaders have done a great job adapting to circumstances, but it will be good to have a Sunday School home. The Parish Education Committee is planning a fun spring kick-off celebration on Sunday, March 19 during the education hour. Mark your calendars and watch for details.

I am also excited about our new Faith Community Nursing Ministry. Thank you, Janelle Hoffman, for sharing your time, expertise and dedication with us. Please take a few minutes to fill out the survey on page 7 in this Salt Shaker. You may drop it off in the box outside of the office, or mail it in. We want to know what your needs are so we can develop a program that strengthens the health (body, mind and spirit) of all our members. This is an amazing opportunity for everyone, both young and old. Let us know what you think.

I have been asked by several women if we can start a women's Bible study in the evening. I am curious to know if you are interested & what day of the month would work for you. If you are reading this, I hope to hear your ideas in the very near future.

I hope you had a wonderful January. I also hope you experience all kinds of love in February.

God bless you!!

***Pastor Becky***



Lent Begins on February 22<sup>nd</sup> with Ash Wednesday. We are very excited to bring back our Wednesday Night Soup-n-Sandwich dinners at 5:15 as well! Here are the Midweek Lenten worship themes for our 6:30 services in March, where we will once again be using Holden Evening Prayer Liturgy. Our theme is: "Where in the World is God?"

Week 1 "On a Donkey"

Week 2 "In a Garden, Praying"

Week 3 "Under Arrest"

Week 4 "On Trial"

Week 5 "Under the Whip"



### Minister of Faith Formation's Letter

I wasn't always a youth minister. Actually, this was not really something that I thought of for myself at all when I was younger. This is because when I was growing up my church didn't have a youth program. If you were a young person at the church, it felt like you were looked down on. I remember walking into church with my parents and the greeters at the door would say good morning to my parents and then just ignore me and my siblings. It's such a common thing for young people to feel as if they're looked down on, not important, and only seen as free labor, especially when they go to church. I felt that way and it wasn't until I graduated high school that I finally said, "I want to change that. I want the young people of our church to feel important because they are, to feel needed because they are, to feel like they belong here because they do, and to feel loved because they truly are loved." To serve the next generation of leaders in our church because they truly will change the world: that is why I am a youth minister. Friends, God has given us an incredible gift here at First Lutheran with the many youth and their families that attend here each Sunday and Wednesday. So here is my challenge in this season of love and preparation for the great liturgical season of Lent: I challenge you to let our youth know how important, and how loved they are by our community. Say hello to them when they walk into church. Ask them how they are doing, let them know how wonderful it is to see them at church. And remember friends, the youth at First Lutheran are going to be the leaders in changing the world and bringing the love of Jesus to everyone! There is more that you can do for our youth. We are always in need of volunteers to help with Sunday School, to help with Youth Group, to go on events, to serve as leaders on our mission trips, and of course to be prayer warriors. Be on the lookout for these events. We will be headed to **Arrowwood Indoor Water Park** this February 26. All families are welcome to join us! Be on the lookout for more information. **FORWARD YOUTH GROUP** will meet February 5 and February 19 from 6:30 PM – 8:30 PM. All youth in grades 6 – 12 are welcome to join our amazing youth group!

In Christ, *Joe Filener*

PARISH NURSE'S LETTER:



Greetings Friends of FLC,  
Philippians 1:3 *I thank my God upon every remembrance of you.*

I am so thankful; I feel blessed by the people I've met and the connections I have made at FLC. Part of the Faith Community Nursing (FCN) position includes a Health Ministry Team. I want to share my appreciation of Pastor Becky, Mary Rasmussen, Dianna Nelson, and Dianne Rindahl, as they have agreed to advise me as team members. We are open to more wise minds and caring hearts if anyone is interested in joining us as this ministry grows.

You will find a survey included in this edition of the Salt Shaker, on pages 5 and 6. It is also on the church's website, and copies are available on the Welcome Desk in the Gathering Space. Your response will be greatly appreciated as we develop wellness programming to meet the needs of our congregation.

Meanwhile, if you or a family member has a health concern for which you would like guidance, please do not hesitate to contact the church. I certainly do not have all the answers but am willing to work with you in finding resources.

Lastly, I would like to invite you to join me for Finding Balance on Wednesday mornings during Lent. See details on page 7.

In God's grace, *Janell Hoffman, R.N.*

**First Lutheran (FLC) Health Ministry Assets & Needs Assessment Survey**  
304 Elm St. So. Sauk Centre, MN 56352      firstlutheran@mainstreetcom.com

It is the intention of the FLC Health Ministry to address the health of mind, body and spirit. Thank you for taking the time to complete this confidential survey. Your answers to these questions will help create a list of topics for health education and programming at FLC. Please return the survey by March 5, 2023 to the church office via mail, email, or personally drop it off in the box outside of the office.

Please indicate the number of family members living in your household:

\_\_\_\_ 0-12yrs    \_\_\_\_ 13-17yrs    \_\_\_\_ 18-30yrs    \_\_\_\_ 31-50yrs    \_\_\_\_ 51-65yrs    \_\_\_\_  
66-80yrs    \_\_\_\_ 81 and older

1. Do you or your family have any health problems? Please give a brief description

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2. Please list suggestions for health programs you would like to have presented.

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3. What is the best time for you to attend a health program? (Please circle morning, afternoon, or evening.) Day of week? \_\_\_\_\_

Please tell us what you would like to see the health ministry and Faith Community Nurse (FCN) do for FLC?

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5. Please indicate if you or a family member could benefit from a self-help support group. What interest or needs might you participate in?

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6. If a nurse were available in a private setting at church on Sunday mornings, would you take advantage of the opportunity to discuss your health concerns? \_\_\_yes \_\_\_no Why or why not?

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7. Please share what you do for spiritual and emotional health.

8. Do you have experience in mind, body and/or spiritual health field that you would be willing to share with FLC?

If so, please state below and contact the FCN.

Please remember that this is a **CONFIDENTIAL SURVEY**. This information will only be used to set up health ministry programs. Thank you for your input to assist us in the health ministry of mind, body & spirit for First Lutheran Church.



## WORSHIP ONLINE

We post our worship each week on Sunday at 9 am on our Facebook page, and we also have set up our own YouTube channel. If you go to YouTube you can type in First Lutheran Church ELCA Sauk Centre and it will bring you to our channel. Besides Sunday worship we are also doing daily devotions on Facebook at 9 am Monday thru Saturday. Join us from the comfort of your home and experience church in this exciting way!



**Finding Balance: A 5-week Lenten Wednesday morning gathering.** Please join FCN ministry for Breakfast, Bible, and an introduction to Balance exercises. Start the morning off right on March 1, 8, 15, 22, and 29 with a hearty oatmeal breakfast, served from 7:30-8:30 am. At 9 am we will tune into Facebook devotions with Pastor Mike. We will finish up with exercises that focus on maintaining balance.



### **Our Series Continues!**

Sometimes you need an answer but feel silly asking the question. "Asking for a Friend" is an expression often used sarcastically when asking an embarrassing or awkward question. We disguise our curiosity as a 'helpful friend.'

When it comes to faith we all have questions, but feel we should have all the answers. Truth is, none of us have all the answers. During this series, we're going to explore some of the biggest questions about faith. No shame. No embarrassment.

What if God wants us to lean into those questions rather than run from them? Faith doesn't deny reality but invites a faithful God into our realities. We invite God into our questions.

2/5: "Is Everything in the Bible True?"

2/12: "If I'm a Christian, Can I Believe in Science?"

2/19: "Why is the Church Full of Hypocrites?"



Pericope Bible Study will be meeting on Wednesdays at 10 am in the lower level. Come and join us for coffee and good conversations around the scripture texts for the coming week.



## Our Next Worship Series Begins February 26

We all want clarity. In our personal lives. At work. About our future. And the same goes for the church. The mission of the church is to “lead all people to a lifelong faith in Jesus Christ.” This sounds good on paper, but what does it mean? Where is it taking us? We’re going to spend 5 weeks having an honest conversation about the state of Christianity today, and clarify what God is calling us to do and be as a church today. We’re sharing this message series during the season of the church year known as Lent. Traditionally, Lent is a time for self-reflection. Self-examination. A time for being honest. This year, we want to get honest about who we are as a church. What the church has been and where it has fallen short. Who we are and who we are not. And, most importantly, we’re going to reflect on where God is calling us in the future. Our first message in the series is 2/26: “How Do We Lead?”



## Remodeling Project Update

We are starting the process of reclaiming space for ministry in the midst of our project, and this month we look to do a lot of transition! We will be moving out of the sanctuary and into the Christian Life Center for worship at some point this month. With this transition will also come a transition in worship experience. We will still have 8:30 and 10:30 worship, but we are going to start doing what we will call “Modern Worship” at the 10:30 service. We will be using the music that we put together a few years back in our two song books, and we are looking for people to help lead this worship (note the article below). We will also be transitioning the lower level fully into our “Next Gen Ministry Zone”. While the Fellowship Hall will continue to be used for meals and gatherings, the rest of the lower level will be dedicated to our ministry to young people. We are excited about how this will begin to take shape!

## Wanted: People with talent and desire to lead Worship

We are looking for individuals who would like to form our “Modern Worship Music Team”. We shared at the start of the remodel discussions that it is our intention to offer both a “Traditional” and “Modern” worship experience at FLC. Specifically, we are looking for guitarists, keyboardists, percussionists and vocalists, who will form the team or teams that will lead the Modern Worship. Prayerfully consider if you or someone you know might be part of the team!





*We are pleased to announce that we will be welcoming new members to First Lutheran on Sunday, February 19, 2023. If you are interested in joining; talk to one of the pastors or call the office.*



***You are invited to our February BFF  
Sit-down Lunch at FLC***

***Tuesday, February at 11:30AM***

***Lasagna, Salad, Bread, Dessert & Beverages***

BFF means “Bereaved friends Forever” (Men and Women) The goals for having lunch together are to get out of the house, to connect with, enjoy and care for others who have also lost loved ones. Our get-togethers have fun and meaningful. All are welcome! Only \$8.00.

*To help us plan and have enough food please sign up on the Rejoice board or call the church office. Invite a friend! We hope you can join us!*

### Prayer Lunch

Thursday, February 23 at 11:30AM in  
the Fellowship Hall

Salads, bread, dessert & beverages.

Everyone is welcome. Invite a friend!



Our Wednesday Lenten services in March will feature the beautiful Holden Evening Prayer Liturgy. If you would like to sing in the group leading the service, please sign up on the Rejoice Bulletin Board.

## IN SUNDAY SCHOOL NEXT MONTH...

With our Sunday School curriculum this year, each month we will explore a new monthly truth, virtue and memory verse. These principles will be explored each week through different Bible stories, music, and fun activities. For February we're talking about **respect**—respect for parents, teachers, and people in authority as well as for siblings, friends, classmates, and even people we may not get along with. As we continue our journey through God's Big Story, we see throughout Scripture that all people have value because they were created in God's image. We follow God's example when we show others that they have value too.

### **FEBRUARY MONTHLY VIRTUE:**

#### **RESPECT:**

**Showing Others They Are Important By What You Say and Do**

### **FEBRUARY MEMORY VERSE:**

**"Do to others as you want them to do to you." Luke 6:31**



## **WE'RE LOOKING FOR PARISH ED COMMITTEE MEMBERS...**

The Parish Education Committee has a couple of open positions and is looking for Parish members who would be interested in joining this fun and meaningful team. Parish Education supports our Sunday School program, Vacation Bible School, and additional education and outreach programs. We meet on the second Wednesday of the month at 6:30.

**Interested Members should contact any current Parish Education Committee member (Ashley Bruggeman, Andrea DeFoe, Key Harren, and Koni Messer), come into the church office, or email [scflcsundayschool@gmail.com](mailto:scflcsundayschool@gmail.com) .**

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**FLC Men's Ministry in February:** Join us either Saturday Morning Feb. 11 at 7 am for Bible-n-Breakfast in the CLC, or Tuesday Feb. 21 at 7 pm for Bible-n-Beverage at The Next Door Bar. We will continue in our new Men's Ministry Series called Lifeline: Real Man Lifelines. This month we turn our attention to the Cross as the ultimate lifeline. Here is sneak peek:



*Imagine a time when "the jig is up"—that is, when your hopes or goals had no chance. What was that like for you, coming to terms with giving up hope? A betrayal of justice and loyalty—first by Judas (22:47-53), then by Peter (22:54-62)—serves as a prologue to Jesus's death. An expedited overnight trial before Pontius Pilate (22:66–23:25) brings us to the cross, where Jesus is executed (Luke 23:26-43). That scene, with Jesus hanging between two thieves—one of whom repents and gets to be with Jesus later in Paradise—is the singular ray of hope in this otherwise dark and tragic scenario.*

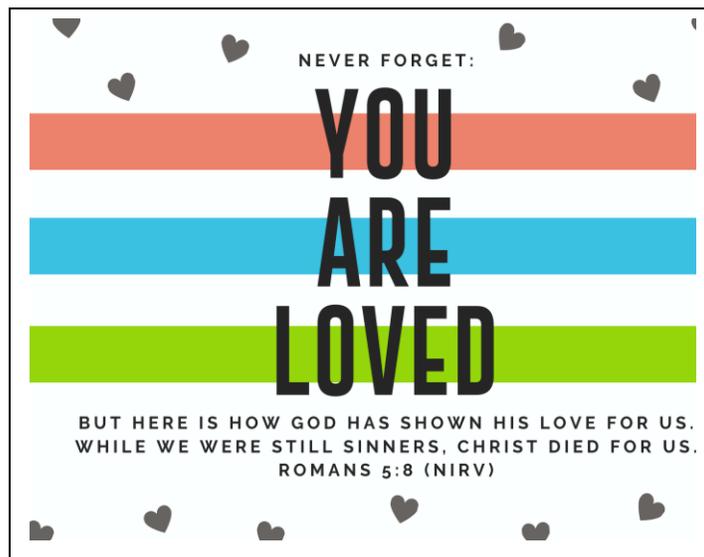
## Tribe Ministry at FLC

### February 2023 ~ Zebulun Tribe

Anderson, Todd/Molly 320-491-5432  
Beste, Beth/Chad 320-266-1728  
Hagl, Louis/Wendy 320-309-0541  
Hartmann, Barb 320-352-3284  
Hiltner, Jamie/Jess 218-731-2079  
Hinnenkamp, Trina 320-761-6637  
Jensen, Adam/Amanda 320-429-1750  
Kelly, Diane 320-248-6625  
Krippner, Brian/Grace 701-212-3025  
Kutter, Roy 320-429-0799  
Lundstrom, Corinne 320-352-6028  
Moe, Michael 320-267-3087  
Nelson, Lee/Linda 320-352-5516  
Ojakangas, Roger 320-339-2792  
Reisig, Don/Dawn 701-367-4352  
Rodahl, Dave/Margie 320-256-7639  
Ross, Lois, Autumn 320-761-3070  
Schatz, Kath./Michael 320-493-7722  
Struss, Don/Sara 320-248-9693  
Taffe, Alyssa 320-491-5609  
Thomas, James/Becky 320-333-6764  
Waletzko, Du./Denise 320-309-0618  
Wilson, Jim/Vurnie 218-280-9599

### March 2023 ~ Tribe of Asher

Anderson, Mark/Jeanette 320-352-6933  
Jeanette's Cell 320-761-1273  
Arceneau, John/Starla 320-248-3230  
Armstrong, Pat 320-351-9633  
Bass, Brian/Trish 218-340-2104  
Beckermann, Kathy/Dan 320-761-4848  
Bruggeman, Ashley 218-205-8271  
Hujanen, Rick/Karin 320-351-5703  
Hunter, Kasey 320-429-0646  
Jennissen, Laurie/Rick 320-429-0327  
Olson, Bryan/Kim, Matthew 320-352-2152  
Paulson, Adam/Mindy 320-905-4161  
Quade, Mark/Jana 320-352-5740  
Jana's Cell 320-248-3208  
Quistorff, Janice 320-237-0140  
Ritter, Travis/Terri 763-607-1324  
Roisum, Alice 320-351-3308  
Scherf, Pat 320-333-7816  
Stein, Jon/Laurie 320-352-5456  
Thompson, Darin/Kari 320-249-6377  
Thompson, Jon/Ashley 218-242-6305





## February Birthdays

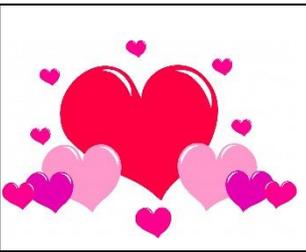
2/01 Glen Johnson  
2/02 Karen Hoff  
2/02 Jill Sayovitz  
2/03 Marge Kobs  
2/04 Mark Hokanson  
2/05 Larry Zimmerman  
2/06 Ashley Amelung  
2/06 Jesse Kammerud  
2/06 Jessica Rodenbiker  
2/07 Owen Meier  
2/07 Eldon Sparby  
2/08 Auggie Harren  
2/09 Wendy Olson  
2/09 Scott Redepenning  
2/09 Bruce Wanquist  
2/10 Wrigley Bruggeman  
2/10 Myranda Nelson  
2/10 Benjamin Peterson  
2/10 Barb Wanquist  
2/12 Todd Broich  
2/13 Delaney Hiltner  
2/13 Oliver Hiltner  
2/15 Kristie Heinze  
2/15 Sarah Meier  
2/17 Isaiah DeFoe  
2/17 Bryan Olson  
2/18 Eddie Neal  
2/18 Madeline Nelson  
2/19 Brady Welberg  
2/20 Gabrielle Dickinson  
2/20 Mary Rasmussen  
2/22 Kellie Funk  
2/22 JoAnn Thorson  
2/24 Nathan Welberg  
2/25 Alex Arnold

2/25 Wendy Hagl  
2/25 Megan Hass  
2/25 Alyce Hintzen  
2/25 Cory Quade  
2/27 Jeffrey Sillerud  
2/28 Gianna Meyer



## February Anniversaries

February 10 Kari & Darin Thompson  
February 17 Tom & Joyce Sedgeman  
February 25 Holly & Sean Fogarty

<p><b><u>February 2023</u></b></p>			<p>1 10 Pericope  6:30 WOW 7:15 SLA, choir</p>	<p>2  5 chair mvmt. 6 yoga</p>	<p>3</p>	<p>4 8-1 Stamp Camp</p>
<p>5 8:30/10:30 Worship, 9 am online 9:30 Sunday School, Coffee, 9:30 Asher Tribe meeting 6:30 pm FORWARD Youth Group</p>	<p>6 9 a.m. Quilting</p>	<p>7 10:15 Nursing home worship  Girl Scouts</p>	<p>8 10 Pericope 6:30 WOW 7:15 Choir, SLA</p>	<p>9 5 chair mvmt. 6:30 yoga</p>	<p>10</p>	<p>11 7 am Men's Bible and Breakfast</p>
<p>12 8:30/10:30 Worship 9 am Worship online 9:30 Coffee, Sunday School, 11:30 Church Council</p>	<p>13 9 a.m. Quilting</p>	<p>14 <b>Valentine's Day</b> 11:30 BFF Lunch 7 pm Men's B/B</p>	<p>15 10 Pericope 6:30 WOW 7:15 Choir, SLA</p>	<p>16 5 chair mvmt. 6:30 yoga</p>	<p>17</p>	<p>18</p>
<p>19 NEW MEMBER SUNDAY 8:30/10:30 Worship 9 am Worship online 9:30 Coffee, Sunday School 6:30 FORWARD Youth Group</p>	<p>20 9 a.m. Quilting</p>	<p>21 8-1 Foster GP 9:30 Bible Study**  Girls Scouts</p>	<p>22 Comm. at Cong. Living Sites. 10 am-Pericope; 5:15 Soup/Sandwich 6:30 <b>Ash Wed.</b> worship; 7:15 Choir, no SLA</p>	<p>23 11:30 Prayer Lunch 5:00 chair mvmt 6:30 yoga</p>	<p>24</p>	<p>25</p>
<p>26 8:30/10:30 Worship 9 am Worship online 9 :30 am ANNUAL MEETING 9:30 Coffee, Sunday School YOUTH go to Arrowwood</p>	<p>27 9 a.m. Quilting  7 pm Book Group</p>	<p>28</p>		<p>**the combined Esther and Rachel Circles</p>		

2023	February 5	February 12	February 19	February 26
Acolytes for Sunday and Wednesday	8:30 Nadia S, Hunter L 10:30 Carly Gruenes*, Lizzy B  Wed. Feb. 8, 6:30 Gabbie V	8:30 Keegan C, Jenna M* 10:30 Will and Jackson M  Wed., Feb. 15, 6:30 Mia H	8:30 Graham R, Aiden W* 10:30 Kiera B, Jenna R  Wed., Feb. 22, 6:30 Zoey A	8:30 Hunter L, Gabe R* 10:30 Nora T, Megan B.  Wed. Mar. 1, 6:30 Nadia S
Communion Assistants	8:30  10:30	8:30  10:30	8:30  10:30	8:30  10:30
Communion Set-up	Trina and Lauren Hinnenkamp	Alyssa Taffe	Wendy Hagl	Trina and Lauren Hinnenkamp
Greeters	8:30 Hinnenkamps 10:30 Don and Dawn Reisig	8:30 Taffe's 10:30	8:30 Dave and Margie Rodahl 10:30 Dawn and Don Reisig	8:30 Taffe's 10:30 Hinnenkamp's
Ushers	8:30 10:30 Wendy Hagl	8:30 Jim and Vurnie Wilson 10:30 Hinnenkamp's	8:30 Duane and Denise Walezko  10:30 Wendy Hagl	8:30 Duane and Denise Walezko  10:30
Readers	8:30 Grace Krippner 10:30 Dawn Reisig	8:30 Grace Krippner 10:30	8:30 10:30 Dawn Reisig	8:30 10:30
Coffee Fellowship	Adam and Amanda Jensen Denise and Duane Walezko	Hinnenkamp's	Dave and Margie Rodahl	Adam and Amanda Jensen Denise and Duane Walezko

**\*Bring 2-3 dozen treats for the 9:30 coffee time in the Gathering Space. Thank you!**