

FIRST LUTHERAN CHURCH

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March 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:

As we begin the season of Lent, we dedicate time to be disciplined in our faith. We focus on person growth and deeper connections with God. I want to also invite you to reflect on a few more of the 8 steps for church growth that were introduced last month. I ask that you keep our church in your prayers this Lenten Season, as we strive to be a good witness at this time and in this place.

4. Care for Church Members

Church members are one of the key customer groups in a church. Understanding their unique needs and ensuring their needs are met – within the scope of the vision – is critical to church growth. For example, if the church has volunteer opportunities, make sure the application and communication process is a good experience. If a volunteer is given a job or a responsibility, try to make sure they know what is expected of them. Provide them with what they need in order to do their job. The goal is to provide support for their needs. Having said that, there are people who sometimes make unreasonable demands for things that don't line up with the vision or strategy of the church. This can be difficult to deal with. There was a pastor who once said he would respond to this kind of person with "either love me or leave me but don't stay here and fight me..." Some people are unreasonable and you need to just let them move on.

5. Provide Opportunities to Serve

At the core of all of us is a desire to serve others. Jesus did it, and as Christians, we need opportunities to help other people. Whether it is serving meals to the less fortunate, organizing mission trips, or helping others in a time of crisis – opportunities to serve offer members the chance to use their gifts to help God's people. A well-defined strategic plan can help identify the kinds of service opportunities that support the vision of the church.

As we reflect on these steps, we are also mindful that the church is made up of people who, Martin Luther explained, "are simultaneously saint and sinner." Friends, this means that sometimes we get it right, and other times we miss the mark. If we continue to prioritize care and offer opportunities for people to step up and serve, we can be that church that we hope for. Even more important, we can be that church that our communities need us to be.

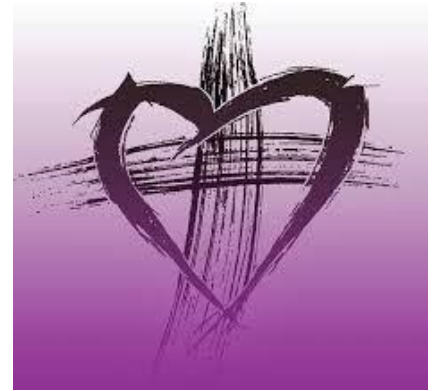
Blessings,

Dr. Mike

Dear friends,

We are entering the season of Lent. Every year I look forward to this penitential season for many reasons such as:

- I enjoy teaching the 5th grade communion class. This year I will teach this class with our faith Formation Director Joe. It will be a delight to tag-team teach 13 young people.
- I enjoy the Soup and Sandwich Suppers on Wednesday nights. It is so good to have the opportunity to visit and eat with my sisters and brothers at FLC. I enjoy watching our members work together to prepare and serve the meal. If you have not attended the Lenten Soup & Sandwich Supper, I encourage you to check it out.
- I enjoy Wednesday evening worship; especially the Holden Evening Prayer service. Just to put a bug in your ear: if you would like to be one of our song leaders sign up on the Rejoice Board. There is something heartwarming about this worship service.
- Lastly, I am awe-struck as I walk with Jesus to the cross. This season reminds me just how much you and I are loved.



I hope you have noticed that we have a new health ministry at First Lutheran. We are calling it the FLC Care Ministry. I have the pleasure of working with Janell Hoffman, our Faith Community Nurse.

- Here is a simple, short explanation of what this ministry is all about. We are developing a Care Ministry that will care for the body, mind and spirit. You can help us plan by filling out and returning the short survey found in the February Salt Shaker.
- We are also making plans to develop a TLC Ministry Team to connect with members who need to know the church cares about them. Watch for information about the many ways that you can be involved on the TLC Team. You will have the opportunity to use your gifts, talents, strengths and love for Christ to care for another human being. We invite you to start thinking how you would like to be involved. Please let Janell or me know if you have ideas.
- We would like to invite you to the “Breakfast, Bible, & Balance” event happening every Wednesday morning at 7:30AM in March. I am excited to see what Janell has planned for us. It will be an amazing way to begin the day, so I hope you can come too!

Last month I mentioned in my Salt Shaker article that there is an interest in doing a women’s evening Bible Study. Many women have talked with me and I think we should do it. It is hard to find the perfect day so we are going to try the third Monday of the month for 3 months and then evaluate it. YAY!! Check out the details on page 7.

God bless your Lenten journey.

Pastor Becky

Minister of Faith Formation's Letter



Have you ever had a hard time writing something? Not because what you have to say is bad, but because you have so much you want to share that you just don't know how to start? I feel that way as I am writing this, again not because I have anything bad to say, but because so many things have happened in the world of youth ministry as we continue to brave the

winter. Our youth have been asking me (and I FINALLY listened) and we went ice skating at this year's Fire and Ice. We were able to team up with our friends from Centre for Christ, and River of Life. To make a long story short, I didn't do as well as I wanted to! It was a great event, and I personally enjoyed getting to know the youth ministers from around the area. I must say, you have to be proud of our First Lutheran youth for just being the most friendly and wonderful youth in Sauk Centre. It truly was on display during that event, and every event where I've seen them.

I would like to truly thank all youth ministry parents, church members, and the youth committee for all of your love and support throughout the past 5 months of ministry. It is you who continue to make this a loving and caring community. Our youth truly will be the ones who will CHANGE THE WORLD here at First Lutheran! May God bless you and your family this month. Remember, YOU ARE AMAZING!



This summer we have two wonderful groups going to serve in the communities of Puerto Rico and Lake Traverse, SD and we would truly appreciate your support. We will be hosting our **SPAGHETTI SUPPER** on March 12, 2023, from 5:00 – 7:15 PM. All proceeds from that meal will go to our two

mission trips.

In Christ, Joe Filener



PARISH NURSE'S LETTER:

Greetings friends of FLC,

I look forward to the green of St Patty's Day along with the greening of our slice of the world once again. While March can be harsh, we go through it with hope as we look to Easter. I want to remind you of our Wednesday morning Breakfast, Bible and Balance the 5 Wednesdays in March. It will simply be an oatmeal breakfast, joining in the daily devotion with Pastor Mike, and an introduction to some balance exercises you can do. Please do join us. We may need to balance it all off with a few laughs.

This past month has brought me more education opportunities. On February 16, I took the class on Advanced Care Planning. This is a program collaborated with Light the Legacy nonprofit and CentraCare Health System to assist people in preparing an advanced health care directive. FLC will be the monthly host site for Sauk Centre and surrounding community. I know from experience that this is no easy task. It took me over 5 yearly health exams to finally complete my own, and I'm still not sure if I left something out. This guidance does NOT give you answers to what you should do in a time of desperate illness, but helps you to think and process what is important to you in life saving and life sustaining measures. This is a difficult yet sacred act of caring for yourself and your family.

March, among many things, is Nutrition Awareness month. When I think of nutrition in reference to Christian living, I am reminded of the Bible reference to our bodies being God's temple. It is so easy and so very enjoyable to eat sweets and taste and feel the crunch of salty, flavorful chips. Stacey's Pita Chips, of course with a dip or hummus are my recent favorite. Dill pickle chips are a close second that I eat to connect with some of my adult children and one granddaughter. Food is such an important part of our lives in so very many ways. As adults we know what we like, what tastes good and what is bad for us. As stewards of our temple of God and role models for our children, food is a responsibility as well. Check out the Care Ministry page on FLC website for some interesting information on nutrition, what nutrients do and why they are important for our body.

Not to forget: I look forward to a slew of the health assets and needs surveys coming in this next week. (Pick one up from the Gathering Space welcome desk if you have lost your copy. And, I am working on securing a certified CPR instructor, date & time.

In God's Grace,

Janell Hoffman RN, Faith Community Nurse (FCN)



WORSHIP O N L I N E

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!



New Worship Series Kicks off March 5th!

We all want clarity. In our personal lives. At work. About our future. 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 4 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.

Week 1: “How Do We Lead?”

Week 2: “When We Say All, Do We Really Mean All?”

Week 3: “How Do I Experience A Lifelong Faith?”

Week 4: “How Do We Keep The Main Thing The Main Thing?”

Midweek Lenten Series Begins March 1st

Join us following Soup-n-Sandwich Supper for our midweek worship series, “Where in the World is God?” We will examine the final week of the life of Christ and ask where God was through it all? Join us Wednesday nights at 6:30 as we worship together using Holden Evening Prayer.

Week 1 “Where in the World Is God? On a Donkey”

Week 2 “Where in the World Is God? In a Garden, Praying”

Week 3 “Where in the World Is God? Under Arrest”

Week 4 “Where in the World Is God? On Trial”

Week 5 “Where in the World Is God? Under the Whip”



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.



Remodeling Project Update

What is that old saying? Slow and steady wins the race? It feels that way some days with our project, but then we also have wonderful days like celebrating the arrival of door frames, sheetrock, and doors! We have, however, discovered a problem with the carpeting. There is a manufacturing defect in it, and the company is paying for removal of all the installed pieces and replacing the carpet with new. Not what we wanted to hear, but we also want to have everything looking good and not settle for something defective when we will be looking at it for a long time. Thank you to both the Building Committee and the Design Committee for all your hard work!

Wanted: People with talent and desire to lead Worship

We want to make it easy for people to be part of the Modern Worship Team, so we are planning on practicing on Sunday Mornings in between services. This means we are only looking for you to commit one day a week to this team! We will focus on the music we already have in our two Song Books, so there will not be a lot of new songs to learn at the start. If you play guitar, piano, percussion, or want to lead with your singing, we NEED YOU! Speak with or message Pastor Mike with your interest.

FLC Men's Ministry in March



Join us either Saturday Morning March 11th at 7 am for Bible-n-Breakfast in the CLC, or Tuesday March 14th at 7 pm for Bible-n-Beverage at The Next Door Bar. Our study this month is called, "Do You Live in A Gray World, Without Trusting God?" This study examines Revelation 3: 15-16 and Ecclesiastes 3: 9-14. The purpose is to help us learn to fully trust God, and to live a life that is more than just the "sum of your human existence." God's

strength will help you face life's challenges and bring peace to your heart. Escape "living in a gray world" and discover God's purpose for you on Earth.

Did you hear the good news?

What: "Women of the Bible" Bible Study

When: March 20, April 17 & May 15

Time: 6:30PM - 8:00PM

Where: Watch for Details coming soon

Why: To grow in faith and understanding





You are invited to the March BFF Lunch
 March 14 at 11:30AM
 Ding Dong Café
 Watch for details & sign-up coming soon
 Everyone is welcome

Prayer Lunch

Hosted by Jana Quade in memory of her mother - Bev Wilkens

Thursday, March 23 11:30AM

Watch for details of menu & sign-up coming soon
 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 THIS MONTH...

Each month in Sunday School we explore a monthly truth, virtue and memory verse. These principles will be explored each week through different Bible stories, music, and fun activities. For March we're talking about **forgiveness** and how, because God forgives us, we should work hard to forgive others. We will look at the connection between forgiveness and God's character, as shown through God's Big Story with readings from Luke and Matthew.

MARCH MONTHLY VIRTUE:
FORGIVENESS:

Deciding that someone who has wronged you doesn't have to pay.

MARCH MEMORY VERSE:

"Put up with one another. Forgive one another if you are holding something against someone. Forgive, just as the Lord forgave you." Colossians 3:13



**FORGIVE OTHERS
 BECAUSE GOD
 FORGIVES YOU. ◀**



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)

or email scflcsundayschool@gmail.com .



Yes, Virginia, there will be a Spring Rummage Sale! The date will be determined by the status of our remodeling project. It's never too early to start cleaning closets and cupboards. Those treasures are there waiting to be discovered and donated!

March 2023 ~ Asher Tribe

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
Dotson, Nicole/Zach 320-533-0208
Hujanen, Rick/Karin 320-351-5703
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
Roisum, Alice 320-351-3308

Schmitz, Steve/Chandra 320-808-7929
Stein, Jon/Laurie 320-352-5456
Thompson, Darin/Kari 320-249-6377
Thompson, Jon/Ashley 218-242-6305

April 2023 ~ Benjamin Tribe

Anderson, Kyle/Joelle 320-219-3318
Heidi/Josh Beissel 320-260-0316
Blank, Millie 320-352-6428
Bolz, Mike/Jackie Spoden 320-248-5511
Bushard, Jeanne/Mike 320-248-2727
Christians, Angie/Hesston 320-267-6147
Shane/Andrea DeFoe 320-309-0946
John/Boots Juelke 320-352-6058
Daryl/Nancy Oja 320-285-7241
Sarah Overby/Jim Wilwerding
320-267-3050
Roger/Jean Paschke 320-256-3933

Bonnie/Paul Radjenovich 612-308-3543
Jim/Sharon Schroeder 320-260-5165
Bev/Tim Soule 320-352-3947
Andrew/Missy Volkmann 320-352-3865
Marcy/Todd Welberg 320-266-8818



March Birthdays

3/1 Lisa Brown
3/2 Sarah Nelson
3/3 Carol Prijatel
3/4 Bette Richters
3/5 McKenna Westby
3/6 Jess Hiltner
3/7 Bruce Carlson
3/7 Micah Neal
Vicki Pfeffer
3/8 Jeanette Anderson
3/9 Wayne Hegg
Julie Jarvi
Margie Rodahl
3/10 Maddie Volkmann
3/11 Joel Hinnenkamp
3/12 Kylie Watson
Isaiah Westby
Madison Dotson
3/13 Izzy Kampsen
Dean Meyer
3/15 Scott Ekola
Aimee Hegg
3/16 John Drevlow
3/17 Sue Harren
3/17 Mariah Rieland
Alex Wilwerding
3/18 Reese Blondin
Jennarae Barten
Jim Super
3/19 Brian Bass
Daryl Oja
3/19 Teresa Schad
Ryan West
3/20 Chuck Melchert
3/21 Andrea DeFoe
Brandy Nathe
Travis Schmitz
3/22 Greg Cipala

3/23 Janet Jansen
3/24 Sharena Wiese
3/26 Carly Gruenes
Tyler Walther
3/27 Jackie Spoden-Bolz
Jana Quade
Nadia Stadvold
Cathy Westby
3/28 Shawn Hintzen
David Sillerud
3/29 Raya Sebek
John Rasmussen
3/31 Everly Curry
Sam Schnell




March Anniversaries

3/7 LaRae and Roy Zeithamer
3/11 Kyle and Joelle Anderson
3/13 Cara and Dave Norling
3/15 Linda and Eldon Sparby
3/17 Doug and Doreen Evans
3/29 Ellie and Dean Meyer

March 2023



	<p>*Breakfast, Bible and Balance with our Faith Community Nurse, Janell Hoffman</p>	<p>**the combined Esther and Rachel Circles, and all women who want to study the Bible</p>	<p>1 7:30 B/B/B with FCN*10 Pericope 3:15 1st comm. cls. 5:15 Soup/Sand. 6:30 Lenten svc 7:15 choir</p>	<p>2 5 chair mvmt. 6 yoga</p>	<p>3</p>	<p>4</p>
<p>5 8:30/10:30 Worship, 9 am online 9:30 Sunday School, Coffee, 9:30 Benjamin 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 7:30 B/B/B with FCN,10 Pericope 3:15 1st comm. cls. 5:15 Soup/Sand. 6:30 Lenten svc. 7:15 Choir</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 11:30 BFF Lunch 7 pm Men's B/B</p>	<p>15 7:30 B/B/B w. FCN,10 Pericope 3:15 1st comm. cls. 5:15 Soup/Sand. 6:30 Lenten svc. 7:15 Choir</p>	<p>16 5 chair mvmt. 6:30 yoga</p>	<p>17</p>	<p>18</p>
<p>19 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 6:30 "Women of the Bible" Study</p>	<p>21 8-1 Foster GP 9:30 Bible Study** Girls Scouts</p>	<p>22 7:30 B/B/B w. FCN,Comm. at Cong. Living Sites. 10 Pericope; 3:15 1st comm. class 5:15 Soup/Sand. 6:30 Lent S 7:15 Choir</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 Coffee, Sunday School</p>	<p>27 9 a.m. Quilting 7 pm Book Group</p>	<p>28</p>	<p>29 7:30 B/B/B w. FCN,10 Pericope 3:15 First Comm. cls, 5:15 Soup/Sand., 6:30 Lenten svc. 7:15 Choir</p>	<p>30 5:00 chair mvmt 6:30 yoga</p>	<p>31</p>	

2023	March 5	March 12	March 19	March 26
Acolytes for Sunday and Wednesday	8:30 Drake B.*, Will R. 10:30 Will & Jackson Messer No Weds. Acolytes needed in Lent. See you in April!	8:30 Keegan C, Mia H.* 10:30 Carly G., Lizzy B.	8:30 Graham R, Zoe A.* 10:30 Kiera B, Jenna R	8:30 Hunter L, Aiden W. 10:30 Jenna M., Megan B.*
Communion Assistants	8:30 10:30	8:30 10:30	8:30 10:30	8:30 10:30
Communion Set-up	Pat Armstrong Jeanette Anderson	Pat Armstrong Jeanette Anderson	Darin and Kari Thompson	
Greeters	8:30 Brian and Trish Bass 10:30	8:30 10:30 Kathy Beckermann	8:30 10:30 Dotson family	8:30 10:30 Dotson family
Ushers	8:30 Darin and Kari Thompson 10:30	8:30 Mark/Jeanette Anderson 10:30 Starla Arceneau	8:30 Darin and Kari Thompson 10:30 Kathy Beckermann	8:30 10:30
Readers	8:30 Mark Anderson 10:30	8:30 Jeanette Anderson 10:30 Laurie Jennissen	8:30 10:30 Laurie Jennissen	8:30 10:30
Coffee Fellowship	Brian and Trish Bass Steve and Chandra Schmitz	Jana Quade Starla Arceneau	Pat Armstrong Jeanette Anderson	Darin and Kari Thompson

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