



the Spirit

DECEMBER 8/9, 2018



life together



It's good to be back, and see you later!

I am so thankful for the many years of support and care and prayers that have bridged the distance between Central Lutheran Church and Lutheran Healthcare Bangladesh, and that I got to be a part of the group who traveled to visit

our siblings in Christ in Dumki. We got to experience the joy and the pride of women in organizing groups who are changing the conditions of their lives and their families' lives through microlending. We got to hold tiny babies, just hours old who owed their and their mother's lives to the staff who performed a C-section for them in the hospital. We got to stand in chicken coops with people who knew hope because of what they had learned in a farmer's field school. If you'd like to see the beautiful photos that go with these stories and hear more please join the Bangladesh Travelers on Sunday, December 16 at 9:30 a.m. in the lower narthex as we present about this amazing trip.

And, see you later... after almost six years at Central, I am thankful that the Council has approved my sabbatical that will begin on December 26. Folks keep asking me where I am going. Larye and I will be going to Mexico right after Christmas because I want to show him several beautiful places that I have loved. We will take the kids to Puerto Rico in February for time on the beach and exploring a place that is new to us. I love being warm and it will be great to work on my Spanish language skills while I am away. I am also yearning for time to rest and show up at all my kids' events and cook more meals at home and all those "normal" things that are hard to do when you are a mom and a wife and a pastor. I will rejoin you all in worship on March 17. I'll be well rested, with better Spanish. Thank you to Central for valuing your rostered leaders in such a way that I get this time and travel.

Shalom,

Pastor Melissa

Sunday Morning Adult Forum Sunday, December 9

Deacon Mark Sedio – Faith Stories

The Sunday Morning Adult Forum continues on December 9. Deacon Mark continues the conversation on faith stories. He will share his journey of faith, with time for conversation and connecting. Plan to join Deacon Mark on Sunday at 9:30 a.m. in the lower narthex. You can access the lower narthex by the elevator, or the welcome desk stairs and lower hallway.

100th Anniversary Year Highlights

Here are the upcoming key dates of celebrating our 100th Anniversary for you to note:

January 2019

12/13/14: Guest Preacher: Rev. Kristine Stedje and potluck on Sunday

February 2019

10: Annual Meeting
17: Historical Hymn Sing

March 2019

3: Family Fun Event - 2DefyGravity

Christmas Eve and Christmas Day Worship Note

Please note the change for the early Christmas Eve worship. The early Christmas Eve worship is moving up an hour. The earlier time for this service will allow families to get home for celebrations and it provides the staff more time to gather with family and friends before returning for the late service.

- Saturday, December 22, 5:00 p.m. – Saturday Evening Worship
- Sunday, December 23, 9:00 a.m. – Advent/Christmas Festival; 10:00 a.m. – Holy Communion (one service)
- Christmas Eve: 3:00 p.m. Twilight Service of Blessing or 10:30 p.m. Candlelight Holy Communion
- Christmas Day: 10:00 a.m. Contemplative Christmas Day Communion

worship and formation

Guide to Prayer

Listening for God

The season of Advent continues, and Luke's Gospel guides our listening for God. In the gospel reading for this weekend John the Baptist arrives. He quotes the beautiful vision from Isaiah:

"The voice of one crying out in the wilderness:
'Prepare the way of the Lord,
make his paths straight.
Every valley shall be filled,
and every mountain and hill shall be made low,
and the crooked shall be made straight,
and the rough ways made smooth;
and all flesh shall see the salvation of God.' "

As we center our lives of faith in a God of unconditional love, our ear is tuned to listen for how love restores and renews. What are the images of restoration?

Listening to your life

Preparation is one of the key words for the season of Advent. When we prepare, we are looking forward to something: the arrival of family, a successful surgery or a new beginning. Pause for a moment each day, light a candle to welcome God's presence. Take time to listen for God's word of unconditional love for you. Each day prayerfully ponder the question: what are you looking forward to right now? Where do you need God's restoring and renewing love in your life? What valley needs to be filled or rough way made smooth? Offer all of this to God in daily prayer.

Central Choir to Offer Vivaldi's "Magnificat"

On Sunday, December 16 (the third Sunday of Advent) the Central Choir, along with soloists Froya Olson, Robin Helgen and Brianna Eklund, will be presenting Antonio Vivaldi's setting of the Magnificat as part of the 10:30 a.m. worship service. Members of the Metropolitan Symphony Orchestra will provide instrumental accompaniment. Come, mark this Advent season in a special way.

Holy Communion Class

Saturday, December 15, 10:00 a.m.

Please join Pastor C and Pastor Stephanie for a morning of bread baking and instruction around the sacrament of Holy Communion on Saturday, December 15 from 10:00 a.m. to noon. We look forward to spending time with you and talking about this remarkable meal. If you have questions, please email Pastor Stephanie at sfriesen@centralmpls.org. You can sign up at the welcome desk.

Young Adults Group

Thursday, December 13, 7:00 p.m.

Our Young Adults are planning an evening at the Holidazzle on December 13. The plan is to meet in the church parking lot at 7:00 p.m. and walk over to Loring Park as a group. There will be food and shops and other surprises to discover. Hope you'll join us! Contact Pastor Stephanie or Stephanie Beane to let us know to watch for you! To receive regular emails regarding Young Adult Events, contact Pastor Stephanie at sfriesen@centralmpls.org.

Family Camp

January 25-27

Looking for a fun, all-family weekend? Join us for Family Camp at Camp Wapo in Amery, Wisconsin the weekend of January 25-27. Families are encouraged to drive themselves to the camp and gather in the evening for fun and games, and maybe even a little sledding. On Saturday we spend the day skiing or snow-tubing together at Troll Haugen. We enjoy family time and fellowship at the end of the evening on Saturday night and gather for worship on Sunday morning at 9:30 a.m. The cost is \$70 per adult; \$45 per child ages 12-17; and \$35 per child ages 3-11. Children under 3 are free. (Skiing and Snowtubing are extra.) We would love to have you join us for a weekend of fun and time to get to know each other. Contact Pastor Stephanie if you have questions or to sign up.

Advent Prayer Station and Companion Cards

You are invited to visit the prayer station in the prayer space in the back of the sanctuary. There you will find a nativity scene for your meditation and Advent Companion Cards. You are invited to deepen your Advent experience by choosing a companion (a nativity character like a shepherd, Mary, or wiseman) to journey with you. Select a card from one of the packets available in the prayer space and pray with it and/or take it home with you. Let God speak to you through your new companion and see what emerges as you listen.

community

A Millennial Look at Social Justice

Sunday, December 16 at 12:00 p.m., great room

You are invited to join Pastor Marissa Sotos and Seminarian Danielle Dunasky for lunch and a lively conversation about how the millennial generation is looking at issues of social justice and what they are doing about them. Marissa and Danni will not only share some of their own social justice passions, but will also tell us what is on the minds of their millennial friends. The conversation will be facilitated by Dr. Jim Hart.

Sunday Community Meals to Restart December 9

After a construction hiatus, we will restart a light lunch on Sundays after the 10:30 a.m. service on December 9. Please stay after to enjoy fellowship and food. A freewill offering will be collected.

Parking

All three entrances are now open and ready for weekend worship. The automation for the parking entrances will arrive and be installed sometime around the New Year. You can enter off of 3rd Avenue at the south end of the lot, or use 12th Avenue in front of the church to access the new 4th Avenue entrance, or enter through the 15th Street gate. Thanks for your flexibility as this work is completed.

Sand on the Sidewalks and Pillar Painting

You will notice sand on the sidewalks throughout the winter months. We cannot use salt for the first year on the newly poured concrete (if we do it will void the warranty!). Sand is a good substitute for safety on iced walk ways, even if it is a bit messy and does not always look that great. Also, the pillars that surround the new addition do need to be re-painted and touched up. The contractor was not able to accomplish this before the weather turned cold. This will be completed in the spring.

Central Lutheran Church Gingerbread house

From the creative minds of Karl Starr and Christopher Haug comes a Central Lutheran Church made out of gingerbread. They wanted to honor our 100th Anniversary by recreating our beautiful building. You can see their work and many other gingerbread houses at the Norway House's annual signature holiday tradition *Gingerbread Wonderland* from now until January 6. Visit their website for more information. www.norwayhouse.org/gingerbreadwonderland



Sign up at the Welcome Desk

Here are the current things you can sign up for at the welcome desk.



- Holy Communion Class
- OWLS Holiday Luncheon
- OWLS January trip to see the Church Basement Ladies
- Pick up 100th Anniversary logo Items purchased online
- Purchase Poinsettias (last day)

Counting Volunteer Needed

We have two teams that meet on Monday mornings to sort, count, and deposit the contributions that were received over the weekend. The teams alternate from week to week. We could use one more volunteer to join one of the teams. Strict confidentiality required. Contact Obie Holmen if you are interested at 612-767-9220 or rholmen@centralmpls.org.

100th Anniversary Logo Items

For those who ordered 100th Anniversary logo items, you can pick up your purchases at the welcome desk this weekend.

news and happenings

Last Sunday to Purchase Christmas Poinsettias

This season, to honor or remember loved ones, please contribute to our poinsettia garden! To purchase a poinsettia (cost is \$10 per plant), visit the welcome desk. Poinsettias will be used to decorate our sanctuary and some will be delivered early to our homebound members and Friends of Central beginning this weekend.

Prayer Shawl Knitters Group

Tuesday, December 11, 1:00 p.m., fireside room
Come and bring a knitting friend to share in this meaningful outreach ministry. Join us the second Tuesday of every month for a time of fellowship and refreshments and help make lovely warm shawls to be given free of charge to anyone needing comfort or healing. Bring your own yarn or limited supplies are also available. If you have questions, contact Eve Overby at epoverby@gmail.com.

ACTS Circle

Tuesday, December 11, 6:00 p.m., nativity
ACTS Circle will meet December 11 at Central Lutheran. Any women who are interested in Christian fellowship and fun are invited to join the women of ACTS Circle for a light supper and program by Pastor Melissa on the Restoration Center. Please contact host Rexanne Spicer (612-710-3700) or Laura Nystedt (612-419-1102) so we can plan for food. ACTS Circle is spearheading a fundraising effort to give a housewarming gift of a washer and dryer to the Restoration Center. Anyone else interested in contributing, please leave a donation at the welcome desk.

OWLS January Trip

Wednesday, January 16
In January the OWLS will have lunch at Chianti Grill and go to the Ames Center to see the Church Basement Ladies in "You Smell Barn." From the basement to the barn, your beloved Church Basement Ladies are back and getting busy with life outside the kitchen. With plenty of crazy antics, loads of fresh laughs, and spanking new original songs. Cost is \$30. We will leave Central at 10:45 a.m. and return at 4:00 p.m. Sign up at the welcome desk on December 8/9 and 15/16. Payment at time of sign up is preferred. For more information, contact Vicki Bierlein at wandav885@gmail.com. We are unable to issue a refund if you cancel less than a week before the event.

SUNDAY, DECEMBER 9

8:30 a.m. Worship
9:30 a.m. Sunday School
9:30 a.m. Confirmation & High School
9:30 a.m. Adult Forum
10:30 a.m. Worship
11:45 a.m. Community Meal
11:45 a.m. Foundation Surviving Spouse Luncheon (offsite)
11:45 a.m. Second Sunday for Youth

MONDAY, DECEMBER 10

9:30 a.m. Free Store Opens
9:30 a.m. Augsburg Central Health Commons
10:30 a.m. Mental Health Open Hours
11:00 a.m. Worship
11:30 a.m. Community Meal
12:00 p.m. Bible Study
2:00 p.m. Free Store Volunteer Meeting

TUESDAY, DECEMBER 11

10:00 a.m. Free Store Opens
1:00 p.m. Prayer Shawl Knitters Group
2:00 p.m. Staff Meeting
5:30 p.m. Personnel Committee
6:00 p.m. ACTS Circle

WEDNESDAY, DECEMBER 12

10:00 a.m. Free Store Opens
12:00 p.m. OWLS Holiday Luncheon
1:00 p.m. Bible Study with Preacher
6:00 p.m. Bell Choir
7:15 p.m. Central Choir

THURSDAY, DECEMBER 13

8:30 a.m. Street Voices of Change
9:30 a.m. Augsburg Central Health Commons
9:30 a.m. Free Store Opens
11:30 a.m. Fiscal and Property Committee
7:00 p.m. Young Adults Group (offsite)

FRIDAY, DECEMBER 14

Building closed

SATURDAY, DECEMBER 15

10:00 a.m. Holy Communion Class
5:00 p.m. Worship
5:45 p.m. Saturday Evening Fellowship



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"SPIRIT" SUBMISSIONS
Submit items for consideration
by Monday at 4 p.m. each
week for the upcoming issue
to smasters@centralmpls.org

PRAYER REQUESTS
prayers@centralmpls.org

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