



# the Spirit

FEBRUARY 16/17, 2019



## life together

I keep a little block on my window sill that outlines Five Simple Rules for Happiness. They are:

1. Free your heart from hatred
2. Free your mind from worries
3. Live simply
4. Give more
5. Expect less

The simplicity of these five rules echo in my consciousness almost daily. They center me in what it means for me to be a follower of Jesus—to be a blessing to others and to love and serve my neighbor.

There are also scripture passages that echo through my consciousness. Favorite Bible verses like Isaiah's "I have called you by name and you are mine" and Matthew's "Come to me all you that are weary and carrying heavy burdens and I will give you rest." These words also center my life of faith.

So too with the Beatitudes which we will hear this week. Luke's account differs from Matthew's more common Sermon on the Mount. As Luke tells the story, Jesus preaches on a plain—on a level place. And in addition to describing those who are blessed, he issues warning to those feeling rich, full and content.

These blessings and woes help me remember God's vision for us. From the very beginning, God called us to keep God at the center of our lives and to care for one another. In the Old Testament, God reminded the people again and again to care for the widow, the orphan and the alien. And, in the New Testament, Jesus commanded us to love and serve our neighbors as ourselves.

These amazing lessons of scripture echo in our minds and shape the way we live. Like my Five Simple Rules block, what are the messages you're hearing and heeding daily and how are they shaping the way you live? My prayer is that you hear that you are a beloved child of God—sealed by the Spirit and marked with the cross of Christ forever.

Peace – Pastor Stephanie

## 100th Anniversary Year Highlights

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

### February 2019

17: Central Reminisces: A Centennial Celebration

### March 2019

3: Family Fun Event - 2 Defy Gravity

### April 2019

6/7/8: Guest Preacher: Rev. David Wangaard and potluck on Sunday

13/14: Palm Sunday

20/21: Easter Sunday

27/28: Confirmation

### May 2019

4/5/6: Anniversary Weekend; Celebratory Worship and Anniversary Banquets on Saturday and Sunday; National Lutheran Choir Concert Sunday afternoon

12: Metropolitan Symphony Orchestra Anniversary Concert

30: Ascension Day: "Beating the Bounds" virtual event

## Central Reminisces: A Centennial Celebration

Sunday, February 17, 2:00 p.m., sanctuary  
Join us on Sunday afternoon for an hour-long program of audio and video recordings, photographic montages, choral music and hymns. Come hear snippets of some of Central's former preachers, the 1957 Lutheran World Federation meeting at Central, the Central Choir under Fred Hilary, John Ferguson and Chuck Parsons, radio broadcast recordings of the "old" organ played by Marion Hutchinson and many more treasures from Central's archival vault. The current Central Choir will sing some old favorites and we'll all sing some hymns that have been a part of our hundred-year history.

# worship and formation

## Guide to Prayer

### Listening for God

Epiphany is the season of light. The star's light led the wise seekers to the Christ child. Baptismal candles shine the light of Christ into the lives of the baptized. Jesus transforms water to wine and restores joy at the wedding in Cana. Jesus begins ministry, embodying the good news of God's love.

### This weekend Jesus teaches the famous sermon on the plain

Jesus came down with the twelve and stood on a level place... Then he looked up at his disciples and said: "Blessed are you who are poor... Blessed are you who are hungry now... Blessed are you who weep now... Blessed are you when people hate you... But woe to you who are rich... Woe to you who are full now... Woe to you who are laughing now... Woe to you when all speak well of you." (Luke 6:17-26, edited for space)

### Listening to your life

Pause for a moment each day, light a candle to welcome the presence of Christ. Jesus offers blessing and woes, all spoken from the place of love and the assumption of your worth and belonging. It is from that place of love and worth that we can look to God for honesty. Where do you need to hear a word of God's blessing in your life? Where do you need God's honesty to call you back to your true self? Offer all of this to God in daily prayer.

## Sunday Morning Adult Formation

### The Creeds, the Church's Faith Story, a five-week conversation

Sundays, 9:30 a.m., lower narthex

The study of the creeds continues Sunday in the lower narthex at 9:30 a.m. Pastor Peter leads this week's study as we look at some of the interesting creeds developed at specific moments in history. These conversations are to help us prepare for Lent as we explore affirmations of faith. In Lent, members of the congregation will share their faith stories as we continue to grow in faith together. You are invited to join the conversation; no previous attendance is ever needed. Coffee, tea and cookies are served.

## Saturday Night Fellowship

Join Chef Boyd, Chef Carney, and Chef Jeffrey as we end Black History Month with an amazing Soul Food menu on Saturday, February 23, following our 5:00 p.m. worship service. We don't normally ask for RSVPs but let's do it this once to be sure we prepare enough! Don't come alone; bring a friend. Stop at the welcome desk or email receptionist@centralmpls.org.

## Young Adults Gathering

Tuesday, February 19, 7:00 p.m.

The Young Adults will meet for food, fellowship and planning this Tuesday at church. If you are in the 20ish to 40ish age range, we encourage you to join us and get connected with others at Central. No need to sign up—come as you are with a beverage or snack to share. If you have questions, contact Pastor Stephanie or Stephanie Beane.

## Welcome Statement Adopted and Reconciling in Christ Membership Affirmed

At the Annual Meeting an updated, expansive welcome statement was adopted overwhelmingly by written ballot. The updated welcome statement begins an intentional process to continue to expand all the ways we welcome all in God's name. The adoption of the welcome statement also enrolls Central as a Reconciling in Christ congregation. Watch for future invitations for ways to explore and deepen how we welcome. Here is the updated, affirmed welcome statement that will be integrated into our materials:

**YOU ARE WELCOME. NO EXCEPTIONS.**

Central Lutheran Church experiences God's expansive love and strives to share it abundantly. We affirm all people without regard to age, race, biological sex, housing status, ethnicity, sexual orientation, immigration, refugee or migration status, gender identity or expression, socioeconomic status, and physical or mental health or ability. All are a part of God's family, created in God's image. We strive to practice radical hospitality with all people. Everyone is invited to immerse themselves in the life of this community of faith as we explore the promise of God for all.

# community

## Empowering Conversations

Sunday, February 17, 12:00 p.m., fireside room

Our Empowering Conversations Team (formally the Peace with Justice Team) has invited Brenda Blackhawk, the Minneapolis Area Synod's new congregational organizer for racial justice to speak at Central on Sunday, February 17. Brenda comes to the Minneapolis Area Synod with great experience around racial justice and equity, having completed the ELCA Churchwide training on dismantling oppressive structures from within the church. Please plan to stay for lunch and join us for a good conversation on what's happening in the ELCA and how we can partner with the synod around issues related to racial justice and equity.

## Cherish All Children Presentation

Thursday, February 21, 11:30 a.m., great room

Joy McElroy, director of Cherish All Children, will give a presentation about her organization's work on February 21. This event will be hosted jointly by Circle of Friends and Circle of Hope, but all interested women and men are invited to attend. A soup and salad lunch will be available beginning at 11:30 for \$5.00. Joy will begin speaking following lunch. To take advantage of the lunch, please sign up at the welcome desk, or RSVP to aoyen@comcast.net.

## Family Fun Event: 2 Defy Gravity

Sunday, March 3, 3:00 p.m., sanctuary

As part of our 100th Anniversary celebration, 2 Defy Gravity will come and perform in our sanctuary. 2 Defy Gravity is a beautiful and death-defying, circus-based performance duo founded in Saint Paul and has been wowing audiences since 2009. They combine the circus arts of silks, lyra, acro-balancing, trapeze, chains and fire with dance and aerial dance. Bring your friends and family to watch this high-flying duo in Central's sanctuary. Tickets are \$10 for adults purchased in advance and \$12 purchased at the door. Youth 18 and under are free. Get your tickets at the welcome desk before or after worship.

## Homeless Day on the Hill

Wednesday, March 13

Heading Home Central and DCEH will be sponsoring a bus from Central to the State Capital for this important advocacy event to secure funding for affordable housing and tenant rights. Sign up sheets are at the welcome desk. The bus will board at 7:30 a.m. at Central for this important time to meet with your legislators. Please join us.

## Annual Meeting Thank you

Thank you to all who were able to attend last week's Annual Meeting. The Annual Meeting is our congregation's moment to give thanks for ministry, listen for God's call for new and emerging mission paths, tend to our shared financial responsibility for Central's vitality and elect remarkable leaders. It is also a wonderful time for fellowship and celebration. Special thanks to Sara Stensaas, our congregation president, to all the leaders who prepared and presented reports, and to Sara Masters and Obie Holmen for all of their work preparing the annual report, financials and budget.

## Sign up at the Welcome Desk

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



- Household Family Usher Team
- Cherish All Children Presentation
- Parking "Meeters" with Dwayne
- 2 Defy Gravity Tickets
- Saturday, February 23 Fellowship
- Enneagram Retreat
- OWLS March Trip to The National Eagle Center
- Homeless Day on the Hill

## Pastoral Care

When in need of pastoral care, please call the church office at 612-870-4416. In case of emergency on weekends and evenings, please call the church office and our after-hours answering service will connect you to the on-call pastor.

## Enneagram Retreat

Saturday, March 16, 8:30 a.m., great room  
Deepen your self-understanding and use of the Enneagram's nine personality types to enhance your spiritual life and relationships. The retreat, which includes presentations, individual reflections and group discussions, will be led by Debbi Horton, spiritual director and certified Enneagram teacher. Cost is \$35 and includes lunch and materials. Don't miss this opportunity sponsored by the Prayer Ministry Team! Sign up at the welcome desk.

## OWLS March Trip Change

Tuesday, March 26

We have changed the date of our March OWLS event from Wednesday March 6 to Tuesday March 26. If you've signed up for the March 6 trip and cannot attend the trip later in the month, we will return your payment. Contact Pastor Stephanie with any questions.

# news and happenings

## Parking Lot Update

The new parking automation equipment is installed and operational. What does this mean for worshippers?

- On Sundays, the entrance and exit arms will be raised (open) at the north gate (old 14th Street) and the east gate (15th Street). These two gates are the preferred gates for worshippers.
- On Sundays, the west gate (old cattle gate) arms will be down for sales to the public. The south end of the parking lot will be reserved for public parking and cordoned off from the north end. Those coming for worship may still come in through the west gate, but you will need to pull a ticket, weave past the barriers, and have the ticket validated at the welcome desk.
- During the week, staff and members who come and go regularly will have proximity reader access cards that will raise entrance and exit gates. If you believe you need such a card, inquire at the welcome desk.
- As before, tickets may be validated at the welcome desk. Please bring your ticket in with you.
- In the future, if you depart late on Sunday after the exit gates are down (closed), you may use the QR code printed on the *Spirit* to exit. The QR code should be held close to the proximity reader at the exit gates. The QR code functionality is coming soon.

## Housing Crisis Forum

Sunday, March 10, 12:00 p.m., lower narthex

Ever wonder what people mean when they say “housing crisis”? Interested in learning how this crisis contributes to homelessness? The housing crisis is complex. It involves minimum wage, rent control, inflation, demand, unemployment, tenant rights, homelessness, evictions, section 8, preservation buyers, gentrification, naturally occurring affordable housing, stereotypes, convictions, credit scores, zoning, upscaling, emergency shelter access, capitalism and more!

Want to learn more about these terms? Want to learn how they interact to create the housing crisis? Come experience a fun, hands-on learning activity hosted by House of Charity at Central. Sign up at the welcome desk to reserve your place at this event. A light lunch will be provided in the lower narthex prior to the presentation.

## SUNDAY, FEBRUARY 17

8:30 a.m. Worship  
9:30 a.m. Sunday School  
9:30 a.m. Confirmation and High School Youth  
9:30 a.m. Adult Faith Formation  
10:30 a.m. Worship  
11:45 a.m. Empowering Conversations  
11:45 a.m. Community Meal  
11:45 a.m. Faith and Finance Ministry Team  
11:45 a.m. Heading Home Central Team  
2:00 p.m. Central Reminisces: A Centennial Celebration

## MONDAY, FEBRUARY 18

Building is closed for Presidents' Day

## TUESDAY, FEBRUARY 19

10:00 a.m. Free Store Opens  
2:00 p.m. Staff Meeting  
7:00 p.m. Young Adults Gathering

## WEDNESDAY, FEBRUARY 20

9:00 a.m. Emergency Rental Assistance  
10:00 a.m. Free Store Opens  
1:00 p.m. Bible Study with Preacher  
5:00 p.m. 100th Anniversary Committee  
6:00 p.m. Bell Choir  
7:15 p.m. Central Choir

## THURSDAY, FEBRUARY 21

8:30 a.m. Street Voices of Change  
10:00 a.m. Free Store Opens  
11:30 p.m. Cherish All Children Presentation

## FRIDAY, FEBRUARY 22

Building closed

## SATURDAY, FEBRUARY 23

5:00 p.m. Worship  
5:45 p.m. Saturday Evening Fellowship



**CENTRAL LUTHERAN**  
333 South 12th Street  
Minneapolis, MN 55404  
612-870-4416  
[centralmpls.org](http://centralmpls.org)

**"SPIRIT" SUBMISSIONS**  
Submit items for consideration  
by Monday at 4 p.m. each  
week for the upcoming issue  
to [smasters@centralmpls.org](mailto:smasters@centralmpls.org)

**PRAYER REQUESTS**  
[prayers@centralmpls.org](mailto:prayers@centralmpls.org)

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