



# the Spirit

FEBRUARY 23/24, 2019



## life together

### Celebrating Central

The Central Reminisces anniversary program last Sunday afternoon was a great celebration of our long history of great music at Central. Thanks to Mark Kieffer, Cantor Mark Sedio and the choir for their great work. As we were emptying the old building prior to construction, Mark Kieffer kept gathering up all the old media that was not yet in the Heritage Ministry Team collection. He used all kinds of tricks to get it digitized into a format that can be preserved for the future. Sunday's event was just a sample of his work. If it inspired you to share images or video of Central's life that you may have, don't be afraid to let us know. The Central Reminisces program has been posted to our YouTube channel. If you'd like to see it again, go to our website.

The next anniversary event is just for fun and for the whole family. Next Sunday afternoon, March 3, we welcome circus-arts performers 2 Defy Gravity. Let me encourage you to bring along a friend to experience something entirely different than any public event we've ever hosted in the sanctuary before. Adults need tickets, available at the welcome desk. See details in the left column.

New members will be welcomed before Lent and Easter begins. Next Sunday, March 3, we welcome any and all who are newcomers to Central during the year of construction to join the congregation as new members. If you'd like to join the congregation at this time and be included next weekend, stop by the welcome desk or contact the church office. We just need a little information to complete the process. We'll introduce the group at the 10:30 service and invite you to join them in the great room at the Sunday afternoon lunch.

Ash Wednesday is March 6. Mark your calendars for worship services at 12:00 and 7:00 p.m.

Pastor C

### 100th Anniversary Year Highlights

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

#### 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

### 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.

# 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, continuing the famous sermon on the plain

Jesus taught them, "but I say to you that listen, love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you." (Luke 6:27-31)

### Listening to your life

Pause for a moment each day, light a candle to welcome the presence of Christ. Jesus begins with the invitation to listen. In listening we hear God's love. From that place of love, we love others and that love shapes how we care and relate. How does your life in God shape your love? How does a grounding in that love shape how you care and relate to others? 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 C leads this week's study as we look at Creeds in worship life and faith formation. 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.

## Ash Wednesday March 6

Lent's 40 days of fasting, prayer, and works of love begin on March 6 with Ash Wednesday services at 12:00 p.m. and 7:00 p.m. Expect optional imposition of ashes at this Holy Communion service. Saturdays and Sundays in Lent will be simple celebrations of the Lord's Supper. We'll include confession each week as part of our gathering.

## Wednesdays in Lent

The Creeds theme and faith stories also guide our Wednesday mid-day prayer and helps shape the evening prayer experience.

**12:15 p.m.** - Service of Word and Prayer

**12:45 p.m.** - Light lunch follows service (soup, bread and salad)

**1:00 p.m.** - Dwelling in the Word Bible Study

**4:00 - 8:00 p.m.** - Prayer stations; prayer around the cross; labyrinth (in the sanctuary)

**6:00 p.m.** - Adult Faith Formation: The Creeds: The Church's Faith Story; Bell Choir rehearsal

**7:00 - 7:30 p.m.** - ELW Evening Prayer

**7:30 p.m.** - Central Choir rehearsal

## 2nd Sunday for Youth – March and April

On March 10, our youth are invited to participate in a fun and interactive learning event about the complexities of the housing crisis currently impacting our city. For any students who have interest and passion around social justice, this is a great opportunity to learn the challenges around affordable housing in Minneapolis. This opportunity is presented by our own Heading Home Central Team in conjunction with the House of Charity. To participate, students should sign up with either Pastor Stephanie or Larye Pohlman. Contact Pastor Stephanie for more information.

On April 13-14, high school students are invited to a spring lock-in. We will gather at Central at 10:00 a.m. on Saturday, spend the early part of the day in service, and then transition to laser-tag or bowling in the afternoon. We will eat dinner together and watch a movie on the big screen in the great room. Sign up by emailing Pastor Stephanie at [sfriesen@centralmpls.org](mailto:sfriesen@centralmpls.org). Friends are welcome!

# community

## Come Meet the China Service Ventures Missionaries

Sunday, February 24, 11:45 a.m., fireside room

Jeff and Mim Neller-moe are in town for the China Service Ventures annual Board Meeting and look forward to the chance to meet with their supporters at Central Lutheran Church. We have the opportunity to hear about their busy and productive year and plans for the future of service in Henan, China under the new NGO laws effective since the start of last year. Use this meet and greet as an opportunity to learn what it takes to provide spirit-driven service under heavy regulations. Meet and greet with lunch following the 10:30 service.

## 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.

## Homeless Day on the Hill

Wednesday, March 13

Heading Home Central and DCEH will be sponsoring a bus from Central to the State Capitol 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.

## 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. For questions, contact Ann Oyen at aoyen@comcast.net.



## Sign up at the Welcome Desk

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

- Household Family Usher Team
- Parking "Meeters" with Dwayne
- 2 Defy Gravity Tickets
- Enneagram Retreat
- OWLS March Trip to The National Eagle Center
- Homeless Day on the Hill
- Housing Crisis Forum

## 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.

## eSpirit

Stay up-to-date on the weekend happenings ahead of the weekend with the weekly eSpirit newsletter. If you don't receive this electronic newsletter, please sign up at [www.centralmpls.org](http://www.centralmpls.org) or email Sara Masters at [smasters@centralmpls.org](mailto:smasters@centralmpls.org).

# news and happenings

## Ash “Wednesday” and Breakfast-for-Dinner with Tree of Life

Sunday, March 3, 6:00 p.m., 514 Studios, 514 N. 3rd Street, Minneapolis  
Join us for Ash Wednesday on a Sunday and breakfast at night! It’s a topsy turvy start to Lent as we celebrate Mardi Gras over breakfast food and then gather for Ash Wednesday evening prayer. We’ll be welcoming Nate Crary to lead music with us for the first time! So come say hi and start your Lent season with singing, prayers and communion.

“Breakfast” at 6:00 p.m. and worship to follow around 6:45 p.m. Veggie and GF options available. Come take time to pause before your week begins—we’d love to see you. For questions, contact Pastor Marissa at [pastormarissa@treeoflifempls.org](mailto:pastormarissa@treeoflifempls.org).

## 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.

## Central Reminisces on YouTube

Did you miss last Sunday’s Central Reminisces? You can check it out or see it again on our YouTube channel. There is a link from our website: [centrallmpls.org](http://centrallmpls.org).

## SUNDAY, FEBRUARY 24

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. Community Meal  
11:45 a.m. China Service Ventures Missionaries

## MONDAY, FEBRUARY 25

9:00 a.m. Emergency Rental Assistance  
10:00 a.m. Free Store Opens  
10:00 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  
12:00 p.m. StreetSong Rehearsal

## TUESDAY, FEBRUARY 26

10:00 a.m. Free Store Opens  
10:00 a.m. Hennepin Health Outreach  
2:00 p.m. Staff Meeting  
5:30 p.m. Congregation Council

## WEDNESDAY, FEBRUARY 27

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

## THURSDAY, FEBRUARY 28

8:30 a.m. Street Voices of Change  
9:00 a.m. Quilting for LWR  
10:00 a.m. Free Store Opens  
10:00 a.m. Augsburg Central Health Commons  
11:30 p.m. Shalom Circle  
12:30 p.m. Emergency Rental Assistance

## FRIDAY, MARCH 1

9:00 a.m. Quilting for LWR

## SATURDAY, MARCH 2

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



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

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

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

Member of the Evangelical Lutheran Church in America | [www.elca.org](http://www.elca.org)  
and the Downtown Congregations to End Homelessness | [www.dceh.org](http://www.dceh.org)