



the Spirit

MARCH 2/3, 2019



life together

A former student once told me that her favorite part of a worship service is the benediction. Her comment was particularly interesting to me in that among all the other things happening in worship—scripture, beautiful music and Holy

Communion, the benediction is a relatively small piece of a greater whole. In addition, for her to be able to name the benediction seemed unusual—but delightful!

The student said that when she hears the words of blessing and sending, they 'launch' her in the most encouraging and powerful way. Each Sunday when she is blessed and sent, she receives what she needs to start the week with renewed spirit and strength.

This week we'll hear the story of the Transfiguration of Jesus. High on a mountain, Jesus is transformed. Moses and Elijah appear. The disciples make a split-second plan to capture and freeze the moment by building dwellings for Jesus, Moses and Elijah, but in a moment a cloud appears and God speaks. Jesus' divinity is again revealed. Our Old Testament icons vanish and the next day the men return to the plain below.

But on the mountain the disciples have changed too. They have gained greater understanding of who Jesus is and what he has come to do. Undeniably, the disciples have been renewed with spirit and strength to begin their ministry again with Jesus by their side for the sake of the world.

It is a gift to be blessed and sent each week with you knowing that we are all transformed weekly by word and sacrament and love for this one named Jesus.

Peace – Pastor Stephanie

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

Sunday Morning Adult Formation

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

The study of the creeds wraps up on Sunday in the lower narthex at 9:30 a.m. Join Pastor Peter as he leads the study on the Creeds and how they connect to our own life of faith and personal confessions. Coffee, tea and cookies are served.

Next Sunday, the first Sunday in Lent, we begin hearing the faith stories of members during the adult faith formation hour. Plan to attend to hear fellow members share about their journey of faith. We will also have time for you to connect, reflect and ask questions of each of our fellow members. Hearing one another's faith stories opens us to God and to one another in remarkable ways.

Here is the schedule for the Sunday adult faith formation hour faith stories:

- Sunday, March 10 – Tom Allen
- Sunday, March 17 – Paul Pribbenow
- Sunday, March 24 – Danielle Dunasky
- Sunday, March 31 – Bobbie Spradley
- Sunday, April 7 – Roger Lilleodden

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

Guide to Prayer

Listening for God

Transfiguration weekend is the hinge between the season of Epiphany and the season of Lent. The light of Christ that illuminated Epiphany now guides us into the season of Lent's call to preparation and reflection.

This weekend Jesus is transfigured

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white... Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen. (Luke 9:28-29, 35-36)

Listening to your life

Pause for a moment each day, light a candle to welcome the presence of Christ. Jesus is revealed as the Son of God, and the voice from heaven speaks the affirmation: "This is my Son, my Chosen." God also says, "Listen to him." How interesting that at Jesus' transfiguration God's central invitation for each of us is to listen. What do you hear Jesus saying to you? Do you hear his words of love, mercy and grace for you? What does it mean that a life of faith often begins in listening deeply for God's presence and words of love? Offer all of this to God in daily prayer.

community

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.

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. Friends are welcome!



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
- Ushers for Ash Wednesday Worship

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 or email Sara Masters at smasters@centralmpls.org.

Spring Issue of “Centering”

Watch your mailbox for the spring issue of *Centering*. This month we focus on generosity. You will also find the schedule for Wednesdays in Lent and Holy Week worship. You can download a electronic copy on our website.

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.

A Different Kind of Book Club

Thursday, March 14, 1:30 p.m., nativity
This month, we are reading "The Five-Carat Soul" by James McBride. Five short stories spring from the place where identity, humanity, and history converge. They're funny and poignant, insightful and unpredictable, imaginative and authentic. Five-Carat Soul is a profoundly compassionate book from one of the most original authors writing today. Discussion led by JoAnne Heintz.

Life Passages for February

Baptisms - *Marked with the cross of Christ forever*
Demi Mae Flanders was baptized at Central on Saturday, February 23.

Weddings - *What God has joined together, let no one separate*
Cory Hinz and Loren Willson were married at Central on Saturday, February 9.

Funerals - *Whether we live or die we are the Lord's*
Frithjof Orval Martinus Westby was born June 6, 1920 and died January 21. Funeral was held at Central on February 16.

Robert "Bob" Edward Boldt was born November 2, 1928 and died February 11. Funeral was held at Central on February 22.

SUNDAY, MARCH 3

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. Choristers' Rehearsal
3:00 p.m. 2 Defy Gravity
6:00 p.m. Worship and Dinner with Tree of Life

MONDAY, MARCH 4

9:00 a.m. Emergency Rental Assistance
10:00 a.m. Free Store Opens
10:00 a.m. Augsburg Central Health Commons
10:00 a.m. Community Meal Volunteers
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, MARCH 5

10:00 a.m. Free Store Opens
10:00 a.m. Hennepin Health Outreach
12:00 p.m. Floral Guild
2:00 p.m. Staff Meeting
5:30 p.m. Faith and Finance Ministry Team
6:00 p.m. Global Mission Ministry Team

WEDNESDAY, MARCH 6

9:00 a.m. Emergency Rental Assistance
10:00 a.m. Free Store Opens
12:00 p.m. Ash Wednesday Worship
1:00 p.m. Bible Study with Preacher
6:00 p.m. Bell Choir
7:00 p.m. Ash Wednesday Worship
8:15 p.m. Central Choir

THURSDAY, MARCH 7

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
12:30 p.m. Emergency Rental Assistance

FRIDAY, MARCH 8

9:00 a.m. Quilting for LWR

SATURDAY, MARCH 9

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@centrallmpls.org

PRAYER REQUESTS
prayers@centrallmpls.org

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