

# Centering

NEWS OF CENTRAL LUTHERAN | MINNEAPOLIS



Central Lutheran  
MINNEAPOLIS



## Community

Where we explore the promise of God for all,  
working towards a transforming, nurturing,  
life-giving community.

SUMMER 2019

# Community



## Interconnected

By Pastor Melissa Pohlman

Community seems like a very small word to convey the entirety of our known universe and at the same time there is nearly

nothing that exists outside the concept of community. God in Godself is community inside the Trinity. In the heart of the rainforest, the animals and the plant life dwell in a way where each part of the community fosters life for the other. Even in our own bodies are the communities of bacteria that help us thrive.

We are that interconnected as the Body of Christ. In the midst of all the busyness and chaos, we easily forget our connectedness when we are just trying to get our agenda for the day accomplished. We forget that what we do and who we are in the world matters because none of us is an island unto ourselves. God has created us in and for and with community.

Right now in the community inside the community that we live in, Metro Transit has decided to shut down the Green Line of the light rail trains starting

in August every night from 2:00-4:00 a.m. It seems like such a tiny thing. They are doing it in the name of maintenance. What it will do is put out on the street 300 people every night who use the train for shelter because there is not room for them in our shelter system nor do they feel safe in the shelters even if there was another bed available. We have worked hard to address these conditions

in the Street Voices of Change meetings where we have developed the Shelter Residents Bill of Rights. We have laid out how people need to be treated in shelter and now we will be asking Hennepin County to put these rights into action. At the same time members of the Heading Home Central Team and all their advocacy partners have been asking the MN Legislature to put \$15 million into shelters across the state to address overcrowding and understaffing. We are all working together as a community to care for those who need to be sheltered.



When it feels like our interconnectedness is a string that unravels the sweater, we are called to remember that we also build one another up in our interconnected way as the Body of Christ. Look through this edition of *Centering* to find many of the ways we are building one another up in this community for the sake of the whole community.



## Household Goods Drive

During the months of May and June, Heading Home Central and Downtown Congregations to End Homelessness are promoting a Goods Drive which will benefit the guests of the Free Store. Many of our guests are in transition from shelters to homes and are in need of gently used household supplies, especially pots and pans, bowls, utensils and tablewares. For those who are still seeking permanent housing, storage is an issue and DCEH is

also seeking all sizes of roller bags and back packs in which people who are experiencing homelessness can transport their belongings and personal care items. All contributions and donations to the Free Store are given to our guests at no cost and tax forms are available from the welcome desk or loading dock drop-off location. No matter how large or small, your donations make a difference to someone in need.

# Breathing Together

By Deacon Mark Sedio

In choir rehearsals we spend a lot of time talking about breath. We learn how breath supports our voices by doing kinesthetic exercises at the beginning of every rehearsal. Good breath support is a key to a lovely choral sound. Ask any Central Choir member and they'll tell you about how, while singing a simple vocalise, the motion of pulling off a very tight bathing cap causes the correct places in your torso to fill with air. It's common for choral conductors to tell their ensembles to "sing on the breath!"—to move air through the words, the tones. One simply cannot sing without knowing something about how to use breath. Breathing together accomplishes something else as well: it forms community.

In the scripture reading during the Easter season we hear much about "Spirit." At the Vigil, while watching the stunning video of the earth from the Apollo 8 spacecraft, we heard astronaut Bill Anders read how the "Spirit of God was moving over the waters" from one of the versions of the Genesis creation story. Later in the season, in the Gospel according to John, Jesus stands among his disciples and says, "Peace be with you! As the Father has sent me, I am sending you." John goes on to say that he [Jesus] breathed on them and said, "Receive the Holy Spirit."

Although there are several more examples, these two highlight the parallel concepts of "ruah" (Hebrew) in the Genesis reading and "pneuma" (Greek) in John's Gospel. Both mean "breath" and are often translated as "spirit." I actually like the term "breath" better: The breath of God was moving over the face of the waters. When Jesus breathes on the disciples, it is an action—a verb by which a noun based on that verb is transmitted.

The African American spiritual is a perfect example of a genre that rose out of community, out of communal singing—communal breath. Aside from the theological aspects we find in the texts which helped focus the mind away from often tortuous labor (enslaved people longing for freedom symbolized by phrases like "heaven" or a place "over Jordan"); the spiritual helped groups of people work together as a unified entity. A steady rhythm was not only the heartbeat of the music, of the singing, but also of the physical task at hand whether it be digging, chopping, planting.

Think of a rowing team paddling in unison. Any given song was given life by this heartbeat. It helped the group work in unison, breathe in unison. Repeated musical refrains of the larger group were harmonized and served as platforms over which solo voices would improvise melodies or riffs—a practice that ultimately led to the birth of Gospel music and its secular sibling jazz.

Breathing together. I also think about this when we, as a worship community, recite the Creed or the Lord's Prayer. We speak together, breathe together, form natural cadences. No one attempts to step out ahead and "lead." We speak and breathe as one.

There are so many ways that we here at Central quietly build community—some of which we aren't even aware. Singing together, praying together, breathing together, working together, eating together. In doing all this we live out the phrase so many wear openly on bright gold ELCA T-shirts: "God's Work—Our Hands."

In the heartbeat and breath of all this—we are a people of God—we are community.

## Global Mission Connections

### May 26

On Sunday, May 26, we welcome

**Victor and Sara**



**Gaultney**, two of our Wycliffe Bible Translators. They will bring an update on their work and our mission partnership. They will bring a greeting in worship on Sunday morning, and then lead a forum at 9:30 a.m. in the lower narthex. Plan to attend and connect with our shared work through Wycliffe Bible Translators.

### June 9

On Sunday, June 9, we welcome one of our Young Adult's in Global Mission (YAGM),



**Amelia Schurke**. She has served for this past year in Mexico. Amelia will speak at the 9:30 adult faith formation time in the lower narthex. Plan to attend this wonderful opportunity to learn about the ELCA's mission through the Young Adults in Global Mission and about Amelia's year.

# Strategic Planning Process Update

By Pastor Peter Nycklemoe

## Fall Capital Appeal

When we voted to move forward with the Building Renewal Project and all the wonderful opportunities, we also committed to two capital appeals. The first capital appeal will conclude at the end of this year, wrapping up in December 2019. The second capital appeal will launch this fall, with intentions gathered in November. The capital appeal timeline is from January 2020-December 2022.

This second capital appeal is crucial for our life together. We are planning for part of this appeal to complete the next phase of facility work, like renewing the lower narthex, needed tuckpointing for the historic sanctuary and additional landscaping options. The main goal for the appeal is to retire the short-term loan for the Building Renewal Project. The long-term loan is incorporated into the operating budget, but the short-term loan, for \$2,500,000, we intend to retire within five years of the project's completion.

The Faith and Finance Ministry Team and the Congregation Council have contracted with Kairos and Associates to assist us with the capital appeal, once again. As a part of their process, there will be a congregational survey to provide each member with the opportunity to reflect on Central's mission and ministry and our sense of where we are at and where we are going. Watch for details about the survey later in May.

For now, please remember this opportunity for generosity in your prayers as we continue to move forward in ministry and mission.

**RENEWED JOY.**  
renewed vessels.

The Strategic Planning Team meets in May to begin work on the next set of mission goals for our life together. These goals were developed from our shared listening in and through the Building Renewal Process and earlier cottage meetings. With the new facility complete and the anniversary year celebrations now over, it is time to renew our mission life and God's call for us to share the promise and welcome all, no exceptions.

The team will prioritize and bring recommendations to the Congregation Council. This fall new goals will be launched, staggered over an 18-month timeline. As part of this goal setting and work, the team will also review our staffing and budget needs and how they align with the mission goals



and financial projections for the next 18 months to two years.

Information and updates on the strategic planning process and next steps will be shared with you over the summer and then in early fall. Please keep the Strategic Planning Team in your prayers as they develop these mission goals and work with Council and staff for our next steps together. A number of the past presidents of the congregation serve as the Strategic Planning Team, chaired by Hazel Reinhardt and Mark Bernhardtson.

## Thank you for Your Generosity

Thank you for your ongoing generosity. Your faithfulness and commitment to the ministry and mission of Central Lutheran Church is an inspiration. You are made in the image of a generous God; generosity is hardwired into your daily life. Your generosity is an act of faith and has the power to transform lives.

Each week the new, mission-forward facility is an example of our shared generosity. Through the new facility God invites us into a life together as one community. We are a worshipping faith community that gathers on Saturday evening, Sunday morning and Monday morning. We gather for fellowship and food on Saturday evening, Sunday morning, and Monday morning. We walk together in all aspects of our daily lives, ministry that you provide as you are sent from worship and meals that feed body and soul. Thank you for your gifts and abilities that you share at each moment of our life together, when you are here at Central or elsewhere in your daily life.



# An Easter Church

By Pastor Stephanie Friesen

As the season shifts from our program year to summer, Formation shifts from classroom learning to experiential learning in the formation cluster. We are excited about plans for summer which draws us into a more relaxed and casual atmosphere.

We've had a great spring in Sunday school, confirmation and high school. We packaged health kits for the nurses to have on hand in the Health Commons. The children loved filling the bags and having their picture taken with all the supplies they assembled. Nine of our 8th grade students affirmed their baptisms and their faith in late April in the rite of Confirmation. It was a great weekend of God's spirit swirling in and through our kids here at Central.



Looking ahead, we will gather for vacation Bible school on June 16, July 14 and August 18. These Sundays bring our Sunday school children together for large group learning with middle and high school students leading. It is a great opportunity for us to learn together. Twenty-five middle and high school students will travel to Camp Amnicon in late July for six days of wilderness adventure, learning and fellowship. We will also begin learning about Peer Ministry to foster a well-established high school group. Peer Ministry provides curriculum and programming to help anchor our high school students in continuing their formation journey.

## Vacation Bible School

June 16  
July 14  
August 18

Our Caring Crew is up and running—members visiting members all over the Twin Cities—sharing God's love and news from Central with dear friends who have shaped who we are today.

And finally, throughout the summer, we will be exploring ways to build connections between Formation groups within Central. Making connections between all the learning clusters will foster community connections across the generations—linking each of us to our siblings in the Body of Christ.

## Summer Adult Faith Formation

Sundays, 9:30 a.m. and Wednesdays, 6:30 p.m.

You are invited to join an adult lifelong faith formation offering this summer. In June and August our own Obie Holmen, published author and director of finance, will lead book studies on his two books: *Wretched Man* and *Wormwood and Gall*. *Wretched Man* is a historical novel based on the apostle Paul. *Wormwood and Gall* is a historical novel based on Mark, the gospel writer. Join Obie for these book study conversations on Wednesday evenings at 6:30 p.m.

- *Wretched Man* on June 5 and 12,
- *Wormwood and Gall* in August

Copies of both books are available for purchase at the welcome desk. You are invited to both book studies or just one, depending on your schedule.

If you do not have the chance to read the book in advance, plan to attend anyway!

The Book of Esther is a fascinating book in the Hebrew Bible (the Old Testament). Esther is a remarkable and courageous woman and her story is worth study. Join Pastor Stephanie and Pastor Melissa for this study on both Sundays and Wednesdays.

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|------------------------|--------------------|
| • Sunday, July 28      | Esther Theology    |
| • Wednesday, July 31   | Esther Bible Study |
| • Sunday, August 4     | Esther Theology    |
| • Wednesday, August 7  | Esther Bible Study |
| • Sunday, August 11    | Esther Theology    |
| • Wednesday, August 14 | Esther Bible Study |

# Easter Worship Continues with Thanksgiving

By Pastor D. Foy Christopherson



Easter's 50 days move us into the summer this year since Easter arrived

and being made new. They are in a period of mystery and discovery. Engage and invite them into the things you love about being church in these Easter days.

so late. Summer worship patterns don't kick in until mid-June. More baptisms are in store to add to our great group of seven adults and youth baptized the first two weeks of Easter. As the season develops, we'll welcome infants to holy baptism on several weekends. Be sure to continue to pray for and to congratulate and welcome our newly baptized. They are signs of the new life of Easter in our midst; they are literally the body of Christ that is our congregation rising

Thanks to everyone who worked so hard to create a memorable and remarkable Holy Week, Great Three Days, Easter Vigil and Confirmation Sunday. The new facility allowed us to do so many amazing things in our celebrations this year that would never have been conceivable in the past. What an amazing time together as Easter people, people of the water, as Church!

## Summer on the Plaza

Mark your calendars for Summer on the Plaza with carillon concerts and food trucks. Our new great room patio will provide more places to sit with friends, have lunch and hear the carillon. Not into picnics? New this year: bring your lunch inside and eat in the great room.

Summer on the Plaza resumes after the Independence Day holiday. Plan your food truck dining to begin Sunday, July 7 through August 18. The congregation picnic concludes the summer outdoor season on Sunday, August 25. The carillon concert schedule will be announced soon.



## Opportunities to Serve

Do you love our worship life? Are you a terrific host? Can you throw a great party? We are always welcoming and inviting others to join us in planning, shaping and hosting our worship and welcome and inviting ministries at Central. As the program year comes to a close, we invite more people to serve beginning this summer and into the autumn:

- Calligrapher
- Houseplant (churchplant) coordinator to recruit and schedule volunteers to water indoor plants
- Processional Corps coordinators to organize and rehearse worship processions
- Household/family ushers coordinator to invite and schedule families to usher and present the gifts at the offering
- Renewed Hospitality Ministry Team (with the new facility opportunities)
- Decorators for the sanctuary; and (new) seasonal decorators for the new facility public spaces
- Renewed Fine Art Ministry Team to coordinate the Central collection and plan guest artist shows
- Sponsors and companions for adults coming to baptism

Contact Pastor C at [fchristopherson@centralmpls.org](mailto:fchristopherson@centralmpls.org) for more information.

# 100th Anniversary Weekend

## A Great Celebration

We arrived at the peak of the anniversary year celebrations on May 4, 5 and 6. The congregation gathered for worship and three banquet celebrations. It was an opportunity to give thanks to God for 100 years of ministry and mission. It was also an opportunity to look to the future. In worship we explored the question: what is your vision for Central Lutheran in 25 years? When the congregation gathers to celebrate 125 years of ministry and mission, what does the congregation look like? What is the energy like and how are the people of God living their faith?



Thank you to all who were able to join the celebrations this year. Thank you to all who made these events fun and meaningful. A special thank you to the Anniversary Planning Committee for their work, time and energy: Christopher Haug (chair), Karl Starr, Judith Hedman, Andrew Heintz, Kevin Lile, Judy Bogard, Sara Masters, Mark Kieffer, Pastor Jeffrey Schulz and Pastor Peter Nycklemoe.

## Virtual "Beating of the Bounds" Thursday, May 30, 2019

"Beating of the Bounds" is an ancient church custom observed primarily in England and Wales. It dates from a time when the entire country was divided into geographic "parishes"—the area served by a particular church. On a given day in springtime, priests, church officials and lay members would walk the boundaries of the parish, checking to make sure that boundary markers were still in place. In a time when maps were rare, the ceremony had an important practical purpose—creating a "folk memory" of the true extent of the parish was necessary to maintain integrity of borders.

Although Central Lutheran has been rooted in its downtown Minneapolis location for 100 years, it doesn't have geographic parish boundaries in a traditional sense. There are members and friends of Central who hail from all parts of the Twin Cities, across the U.S., and from distant corners of the world. Thus, it is fitting that we conclude our year of Anniversary celebrations with a Virtual Beating of the Bounds.

NOTE: Regardless of which social media app you use, the most important thing is to include the hashtag **#CentralLutheran100** somewhere in your posting. This

allows for easy searching to find everyone who participated in the Beating of the Bounds.

### Facebook

On May 30, at any time during the day, go to your News Feed and "Check In" from someplace interesting where you are actually spending time that day. Home, work, school, a restaurant, your after-work softball league—anywhere that reflects your interests and helps to show the diversity among Central's members and friends.

Add to your Check-In by including a photo or image representing Central. Plan ahead and take a selfie in front of the altar a week before; use your favorite photo of Central or something that happened there (Christmas Eve, your wedding, Monday meal); or do a Google image search on "Central Lutheran Minneapolis" and grab one of the many photos you'll find there. Use your imagination!

If you use Twitter or Instagram, check our website for more information.



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### Center Our Lives in Faith

This publication follows the way God calls us to center our lives in faith. We center in worship, lifelong faith formation, community and generosity.

Each of these mission areas invites us to ways we personally center as well as how we center as a congregation. By centering, by deep listening to God, by lives shaped by daily prayer and in the ancient ways congregations grow in love and care for all, we will explore the promise of God for all.

### Cover Photo

Cover art by Christopher Haug and Angee Hagen.



## Exploring the promise of God for all



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