



Central Lutheran
MINNEAPOLIS

the Spirit

AUGUST 10/11, 2019



life together

Twenty-five of us paddled and portaged the lakes and rivers of northern Wisconsin and the Upper Peninsula of Michigan in July with guides from our partners at Camp Amnicon. Each morning after breakfast, we gathered for First Word and each evening, after the dishes were done, we ended with Last Word. As we gathered on our final morning at the river, we heard the story of The Cracked Pot.

Many of you know this story. It's about a water bearer who carries two pots to the river to bring water back to his master's home each day. One of the pots is cracked and after years of trips to and from the river, the cracked pot shares its feelings of shame and imperfection with the water bearer. Why? Because it has dripped each day and never returned a full pot to the house. Then, in a beautiful moment of love and grace, the water bearer shows the cracked pot the beautiful flowers that line the path from the river to the master's house. The water bearer explains that it's because of the cracked pot's imperfection—its daily dripping and sprinkling—that the flowers have grown and been cut to bring beauty to the master's table.

The students were silent and you could see the thoughts percolating in their eyes. As the sun came up over the river's edge, each shared a story of their own imperfection and how God will use them to be like The Cracked Pot—using his or her imperfections for the good of the Kingdom.

Special thanks to Katie Brenke who traveled with us to Camp Amnicon and heartfelt thanks to you who make these trips possible for our kids. These experiences foster faith, relationships, understanding and a remarkable sense of self-awareness and self-confidence. Our trips to the wilderness are filled with Kingdom of Heaven moments that spotlight God's presence in creation and in our lives.

Pastor Stephanie

Exploring the promise of God for all

Summer on the Plaza

Summer on the Plaza continues this weekend. Plan your food truck dining through August 18. Please support our food truck vendors to allow this tradition to continue. Upcoming schedule:

- **August 11** - Food truck: Tot Boss; carillon recital: music TBD
- **August 18** - Food truck: Sandy's Grill & Italian Ice; Children's VBS; music TBD

Church Picnic

Save the date for Sunday, August 25 for the annual church picnic. The menu is set, the fun has been reserved. All we need is you.

Summer Bible Study

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 in the fireside room.

- Sunday, August 11, 9:30 a.m.
Vocation and Time in Esther
- Wednesday, August 14, 6:30 p.m.
Haman's Fall and Purim

worship and formation

Guide to Prayer

Listening for God

This week Jesus teaches about fear. Jesus offers the remarkable invitation to let our whole life be settled into the generous heart of God. The ancient ways of contemplative prayer connect us to God's continual presence. Even in the midst of great fear and anxiety, when our hearts rest in God we have perspective and peace. The fear and anxiety may not vanish, but the gift of courage and hope come to us from God.

Jesus said: "Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also." (Luke 12:32-34)

Listening to your life

What are the fears or anxieties that you are experiencing right now? What does it mean that Jesus invites us to not be afraid? Deeper still, what does it mean that Jesus does not ask us to deny our fear or anxiety, but to offer these fears and anxieties for the generous heart of God? Pause for a moment each day, light a candle to welcome the presence of God. Begin by breathing in and breathing out, a reminder of God's grace that constantly flows into your life. What do you hear in your time for prayer? Offer all of this to God.

Wednesday Night Adult Faith Formation

Wednesdays, August 21 and 28, 6:30 p.m.

In June, Obie Holmen led a discussion of *A Wretched Man*, Obie's novel about Paul and the early church. In August, Obie will lead two Wednesday evening sessions discussing the sequel, *Wormwood and Gall* (the title comes from an Old Testament lament for Jerusalem). Set against the Roman destruction of Jerusalem in 70 C.E., the novel imagines a distraught and frightened Christian community in need of inspirational words of hope. A fictional Mark is at the center of the action as he wonders at the meaning of life in the face of horrific destruction. In the end, he compiles a narrative to be read to the assembly, which becomes the first gospel narrative that would later be included in the New Testament.

The August sessions will be Wednesday evening the 21st and 28th at 6:30 p.m. Books are available for purchase at the welcome desk.

Vacation Bible School

Sunday, August 18, 9:30 a.m.

Join us for the last Vacation Bible School at Central Lutheran this summer on August 18! We will discover all the ways God calls us to know, love and serve our neighbors! Through Bible stories, games, snacks and crafts, we will learn about our neighbors here in Minneapolis and around the world. All children ages 3-11 years old are welcome so if you have friends or family who would like to come and see what we're all about, contact Pastor Stephanie. Signing up is easy; simply email Pastor Stephanie at sfriesen@centralmpls.org.

The Central Lutheran Church Foundation presents End of Life Series this Fall

The series will begin on October 27 with attorney Matthew Guttman on Estate Planning. On November 3 at 11:45 a.m., Dr. Vic Sandler will speak on "End of Life Health Care Decisions: What Do Medical Ethics and the Law Tell Us." Also, Pastor Peter will present Funeral Planning at 9:30 a.m. on November 3.

A Different Kind of Book Club

Our book club meetings will resume in September. We meet on the second Thursday of the month at 1:30 p.m. at Central. All are welcome. Our fall schedule is as follows:

- **September 12:** "The Nightingale" by Kristen Hannah, a novel of courage and survival in France during the WWII German occupation.
- **October 10:** "The Second Mountain, The Quest for a Moral Life" by David Brooks. The New York Times columnist explores the commitments that define a life of meaning and purpose.
- **November 14:** "Educated" by Tara Westover. A memoir, the self-taught daughter of survivalists in the mountains of Idaho leaves home for university.

For more information contact Bonnie Palmquist at 612-822-4348 or bonnieskier@yahoo.com.

community

Ally Workshop: Immigration

Saturday, August 17, 9:00 a.m., Tapestry Richfield, 7045 Lyndale Ave S, Richfield

Join friends and allies from Tapestry and from faith communities around the metro for a practical workshop about how to build a network and be allies to people who are undocumented and to immigrants in general.

Emilia Gonzalez Avalos, community organizer and director of Navigate, will address the real concerns people have about the current climate for immigrants and for Latinos/as. She will speak from a place of solidarity and hope. If you have questions, please contact Pastor Melissa at mpohlman@centralmpls.org.

Backpacks and School Supplies Needed for Children in Minneapolis' Shelters

Between July 27 and August 22, please consider purchasing all or some of the items on the wish list below. Bring your purchases to the welcome desk where you will find a box marked "Backpacks and School Supplies." However, if you wish to forego the fun of a shopping trip, you are invited to write a check to People Serving People indicating school supplies in the memo line and mail to 614 South 3rd St., Minneapolis, MN 55415.

Here is the generic wish list which PSP has developed:

#2 pencils	pencil sharpener
calculator	pens
colored pencils	ruler
crayons (24 pack)	book bags/backpacks
folders	scissors (youth size)
pencil box	washable markers

Next time you are at the store, pick up a few supplies to help these kids get off to a great start this school year. Thanks to DCEH for this collaborative effort and invitation.

England and Scotland with Pastor Stone

You are invited to join Pastor Judith Stone next March 16-26, 2020, as she leads another group on an 11-day adventure: highlights of England and Scotland. Call Pastor Judith for information at 612-812-1091 and a brochure. And come to an informational gathering on Sunday, August 11 at noon. It is sure to be another wonderful trip.

September OWLS Trip

Wednesday, September 11

In September, the OWLS will go on Al and Alma's lunch cruise on Lake Minnetonka. We'll enjoy the perfect fusion of spectacular scenery and attentive award-winning service aboard Al and Alma's magnificent Lake Minnetonka Fleet. Cost is \$30. The bus leaves Central at 10:30 a.m. and returns at 3:15 p.m. Sign up at the welcome desk on August 10/11, 17/18 and 24/25. Payment at time of sign up is preferred. For more information, contact Vicki Bierlein at wandav885@gmail.com.



Sign up at the Welcome Desk

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

- Purchase Obie Holmen's Books
- Name Badges
- Drop Off School Supplies (pick up receipt for school supplies)
- Sign up for OWLS September Trip

eSpirit

Stay up-to-date on the weekend happenings ahead of the weekend with the weekly eSpirit newsletter. You will also receive the edevos and any weather or meeting cancellation notices. This is also the way we will communicate about funerals coming up and any parking/road closure informaton. If you don't receive this electronic newsletter, please sign up at www.centralmpls.org or email Sara Masters at smasters@centralmpls.org.

Bar Code on the Back of the "Spirit"

If the parking gates are down after worship, use the bar code on the back of the *Spirit* to exit the parking lot. Put the bar code up to the reader and it will open the gate. This only works when exiting.

Landscaping Work

You may have noticed the landscaping that has been completed here at Central. The Garden Ministry Team worked with a landscape architect for a masterplan. This is phase one of that work. It is also work that completes what was required by the city. Thank you to the Garden Ministry Team for all of their work. The team continues to bring beauty to the campus. It is a joy to celebrate that we are one of the largest green spaces in downtown.

news and happenings

Prayer Shawl Knitters Group

Tuesday, August 13, 1:00 p.m., fireside room

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 available. If you have questions, call Bobbie Spradley at 651-233-3099.

Nip and Nosh

Tuesday, August 13, 6:00 p.m., north plaza

All women of Central Lutheran are cordially invited to the 3rd Annual Nip and Nosh, Tuesday, August 13 on the north plaza. If it rains, we will move into the great room. Initiated by women of ACTS Circle, who will provide the food, you are invited to bring a beverage to share and enjoy a casual time of friendly fellowship.

Because of you...

We have a very dedicated and friendly Garden Ministry Team. There are 25 members who love gardening and the camaraderie within the team. They water from May 15 through November 1, and weed once a month from May through November.

In early May they get the pots and gardens cleaned up and fertilized and ready to plant. This group also cleans the gardens up at the end of the year and moves pots etc. to storage. Before Christmas, they pick up our outside Christmas trees from Wisconsin, puts them in the planters, and decorates them in December. We thank them for helping to make the outside of Central welcoming and beautiful.

SUNDAY, AUGUST 11

- 8:30 a.m. Worship
- 9:30 a.m. Book of Esther Study
- 10:30 a.m. Worship
- 11:45 a.m. Summer on the Plaza
- 12:00 p.m. Informational Trip Meeting with Pastor Stone
- 12:30 p.m. Listening for God

MONDAY, AUGUST 12

- 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 Connect
- 11:00 a.m. Worship
- 11:30 a.m. Community Meal
- 12:00 p.m. Bible Study
- 5:30 p.m. Karios Capital Appeal Team

TUESDAY, AUGUST 13

- 2:00 p.m. Staff Meeting
- 1:00 p.m. Prayer Shawl Ministry
- 5:30 p.m. Personnel Committee
- 5:30 p.m. Strategic Planning Team
- 6:00 p.m. ACTS Circle Nip and Nosh
- 6:30 p.m. Global Mission - LHCB

WEDNESDAY, AUGUST 14

- 9:00 a.m. Emergency Rental Assistance
- 10:00 a.m. Free Store Opens
- 1:00 p.m. Bible Study with Preacher
- 6:30 p.m. Book of Esther Study

THURSDAY, AUGUST 15

- 8:30 a.m. Street Voices of Change
- 10:00 a.m. Free Store Opens
- 11:30 a.m. Circle of Hope
- 12:30 p.m. Emergency Rental Assistance

FRIDAY, AUGUST 16

- 5:30 p.m. Slater/Haines Wedding Rehearsal

SATURDAY, AUGUST 17

- 9:30 a.m. Downtown Grief Support Coalition
- 2:00 p.m. Slater/Haines Wedding
- 5:00 p.m. Worship
- 5:45 p.m. Saturday Evening Fellowship

CENTRAL LUTHERAN
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612-870-4416
centralmpls.org

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

PRAYER REQUESTS
prayers@centralmpls.org

Use this barcode to exit the parking lot after worship.

Member of the Evangelical Lutheran Church in America | www.elca.org
and the Downtown Congregations to End Homelessness | www.dceh.org