

**100 Peace Ridge
Lake City, Minnesota 55041**

Phone
651-345-5003

Fax
651-345-5099

Office Hours
8 a.m. — 4 p.m.

First Lutheran Website
www.firstlc.org

Regular Worship Schedule
5:30 p.m. Saturday
9:00 a.m. Sunday

TV Worship Times
Sun. 5:30 p.m., Mon. 11 a.m.,
Tues. 9:30 a.m., Thurs. 4 p.m. & Fri. 8 p.m.

Pastor Darren Paulson
651-380-0473 (cell)
darren.paulson@firstlc.org

**Director of Youth and
Family Educational Ministries**
Cindy McPeake....cindy.mcpeake@firstlc.org

Director of Worship & Music
Coleen Fowler....coleen.fowler@firstlc.org

Organist
Jim Bahler

Parish Administrator
Karyn Glomski....karyn.glomski@firstlc.org

Receptionist
Anne Pflaum....anne.pflaum@firstlc.org

Custodian
Loren Prigge

Important: All Committees & Boards...

**Please remember
to turn in your
Annual Reports to
the church office by
January 9-10!!**

New Member Class

**Wish to join First Lutheran Church?
A New Member Class is beginning on
Tuesday evenings at 6:30 p.m. on
January 26, February 2 & 9**

**New Member Weekend is
February 20 & 21**

**If you would like to be a part of this new
member session, please contact the
church office at 651-345-5003.**

Daycare provided upon request.

Pastor's Page from Pastor Darren Paulson



A New Year often conjures aspirations of new beginnings. What are your resolutions? To better yourself in some way? To make healthier choices? To resolve a long-held dispute? To commit to being more compassionate, giving, aware of those around you? To doing something not only for yourself, but for your family, community, church, Savior?

Often, we hold to such a conviction until the first time we “stumble” ...the first time we break our diet, or give in to our anger, or skip that one routine. Perhaps the greater resolution will be living in the grace of God who allows us to pick up, be forgiven and begin again... each day being that new beginning. Some believe it is the fear that we may fail that sometimes hinders us from attempting something new, however (quoting Marianne Williamson) “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us.”

As we enter Epiphany, the season of light, “let your light shine before others so they may see your good works and glorify your Father in Heaven.”

At First Lutheran, we, too, will be starting something new. This month, Kathy Jo Rodester and I will depart to Orlando, Florida for one week of intensive Leadership Training for Stephen Ministry. This congregation has made a serious investment in this new ministry, not only financially, but in time of prayerful deliberation as we considered the benefit of such a program. The material provided below from Stephen Ministry does a nice job summarizing the purpose of this endeavor.

People often ask, “What exactly is a Stephen Minister?” One way to put it is that Stephen Ministers are the After People.

Stephen Ministers are there:

- ... after the phone call you hoped you'd never get.*
- ... after the divorce papers are served and the bottom falls out of your life.*
- ... after the funeral, when everyone has left and the emotions you've held at bay come crashing in on you.*
- ... after the doctor says, “I'm sorry, but there's nothing more we can do.”*
- ... after the nursing home director shakes your hand and says, “Welcome to your new home.”*
- ... after the last child honks the horn, waves, and drives away—and the house suddenly seems empty.*
- ... after the gavel goes down, the handcuffs go on, and your loved one is led away.*
- ... after the baby arrives, demanding more of you than you ever dreamed possible.*
- ... after you find a pink slip with your final paycheck.*
- ... after your family and friends have heard your story one too many times, but you still need to talk it out.*

Stephen Ministers are the “After People.” They are ready to come alongside you—or your friends, neighbors, coworkers, or relatives—and provide comfort and support for as long after as needed.

Copyright © 2009 by Stephen Ministries St. Louis, Missouri. All rights reserved. Representatives of a congregation have permission to photocopy this document for use within their congregation to build support for Stephen Ministry.

Perhaps you can see yourself as a person who would benefit from the ministry of a Stephen Minister – or perhaps you could easily see giving of yourself in a way more powerful than imagined. One thing we truly covet are your prayers. Keep Kathy Jo and I in your prayers as we travel for these 50 hours of training – and pray that this ministry will take root in our congregation and powerfully serve our congregation and community. Watch for further information as we begin recruiting Stephen Ministers in this congregation.

Peace in Christ,

A handwritten signature in cursive script that reads "Pastor Darren Paulson".



Youth Connection with Cindy McPeake Director of Youth, Family & Educational Ministries



Stop. Take a break. Breathe. Reflect.

The hectic holidays are over. The gifts have been opened. Families have gathered. The candy is finally gone!

The last few weeks have been filled with celebrations with our families in honor of the birth of our Savior. Perhaps the preparations for Christmas or family gatherings have overshadowed the “reason for the season” but as we move into the New Year, into a peaceful quiet, we are given the opportunity to reflect on the great event that has taken place.

I invite you to use these activities to help you stop, take a break, breathe and reflect.

Breath Prayer (*you'll need a Bible*)

Find a place in your home that allows you a clear view of creation- perhaps it is even warm enough to venture outside. Start your time in silence. The Greek word for “spirit” is *pneuma*. *Pneuma* also means “breath.” What would life be without breath? What would life be without God? Spend a few more minutes in silence, breathing. How long you can go without breath? Breath is present in every moment and every breath, as is God’s love and the Holy Spirit. Close by reading Genesis 2:7 and John 20:22.

Beauty Prayer (*you'll need a Bible*)

Read this Navajo beauty prayer aloud:

Beauty is before me, and
Beauty is behind me,
Above me and below me
Hovers the beautiful.
I am surrounded by it.
I am immersed in it.
In my youth I am aware of it,
And, in old age,
I shall walk quietly the beautiful trail.
In beauty it is begun.
In beauty it is ended.

What comes to mind when you hear the words *beauty* or *beautiful*. Read the poem again, substituting the word *God* for all forms of the word *beauty*. Close by reading John 1:1-3.

Stop. Take a break. Breathe. Reflect.

Special Thank You...

- ◆ Nancy Spooner-Mueller for writing and directing “A Christmas Memory”, the Sunday School Christmas Program.
- ◆ Deb Hanson for musical direction of the Christmas Program.
- ◆ Brigitte Rol for costuming and props.
- ◆ Erika Meincke, Cam Ender, Carson Dammann and Johanna Ender for helping out with the Christmas Program.
- ◆ and most of all to the Sunday School Teachers and students for presenting a wonderful Christmas Message!

Chatting with Coleen Fowler Director of Worship & Music Ministry



THANKS:

What a great year we have had musically in this congregation. Thanks to all the members of the **Bell Choir, Praise Choir and Senior Choir** who have worked with me throughout the year. **A special thanks to Amy Rogness for directing the Cherub and Junior Choirs and to Jim Bahlor our organist.** Our Christmas Choirs and Ensembles were all interesting to work with!

COLEEN'S CHRISTMAS VACATION:

As I write this on December 27th, Colin and I are going to Illinois with one of our sons, daughter-in-law and grandchildren to celebrate a late Christmas and take a break from work for a week.

OUR JANUARY MUSIC SCHEDULE :

Senior Choir will sing at the worship service on **Sunday, January 10.** We will have a brief rehearsal at 8:30 a.m. that morning.

Bell Choir start rehearsing again on **Wednesday, January 13** as one group at **5:30 p.m.** Three additional bell players are needed...anyone is welcome to come and join us!

Senior Choir will rehearse on **Wednesday, January 13 at 7:15 p.m.** Senior choir will NOT sing on Sunday, January 31st.

Praise Choir will sing on **Saturday, January 9** with rehearsal before the worship service at **4:30 p.m.** Music for the January 9 service will be all Spirituals! January 16 service will be Praise and Gospel Music. Music for January 23 will be more Traditional and will use Organ and Piano. (Most Saturday services use only piano and guitar.). Finally, January 30 will feature Instrumental Music.

PALM SUNDAY CANTATA:

Will BE PRESENTED ON Sunday, March 28th, with rehearsals beginning on Wednesday, January 20th.

Members from the congregation and community are invited to sing with our choir for the cantata. We will rehearse cantata practice from 7 - 7:45 p.m. and Sunday music from 7:45 to 8:15 on Wednesdays.

CONCERT:

Sunday, April 25 will present a Music Appreciation Concert with a dedication of our Handbells and Grand Piano. Musicians from our congregation will be asked to share their talents! There will be a presentation on the piano renovation and handbells. **I need a special ad hoc committee to help with planning, preparations, food, publicity, program, etc.** If you can be on this committee, please talk to me. We will only meet twice and decide on committees which will continue planning after that.

GRAND PIANO:

Thanks to you as a congregation for supporting our grand piano renovation. The worship and music committee had planned to have a fund raiser in April. However; as donations have come in steadily since the end of September, we are within a few hundred dollars of the final goal. You can still get in our commemorative booklet with a donation to the fund. This has been a faith "mission" which has certainly proven how much this church appreciates music. Thanks so much.

EASTER SUNDAY:

I will again invite guests and visitors to sing on Easter Sunday and anyone in the congregation who would like to sing the **"Hallelujah Chorus" from "Messiah"** will be invited to come forward to sing that number at the end of our service. Last Easter we tried that at both services and many of you have asked to repeat "Hallelujah" and perhaps make it a new tradition.

HAVE A BLESSED NEW YEAR!!

Musically yours,
Coleen Fowler

From our Congregation President, Dean Flugstad



Family First

FAMILY FIRST

Faith is caught, not taught...

These monthly activities will help YOU put family and faith FIRST!

A HANDFUL of prayers!

Use this easy lesson to teach your children to pray!

1. Let your child trace his hand on a sheet of art paper.
2. Tell your child that he can use his fingers to remember how to pray.
3. Over the thumb, write "Praise".
4. Tell your child to start her prayer by praising God in words or song.
5. Over the first finger, write "Thanksgiving".
6. Tell your child that next she can thank God for something He has done.
7. Over the second finger, write "Confession".
8. Tell your child that, in prayer, it's good to tell God the things he has done wrong.
9. Over the third finger, write "Petition".
10. Tell your child that next she should ask God for the things she needs, including asking for forgiveness for the things she confessed.
11. Over the fourth finger, write "Intercession".
12. Tell your child that he can close his prayer by asking God to help others who need Him.
13. Put the picture up where it can be seen and remembered. When your child has it memorized, she will have the steps in prayer with her all the time.

January FAMILY FUN Event!

Sunday, January 17: Pastor's Gone Potluck!

Bring the whole family for some fellowship! Potluck starts after the education hour-bring a dish to pass!



From our Financial Secretary and Treasurer Mavis Hawkins and Chuck Bremer

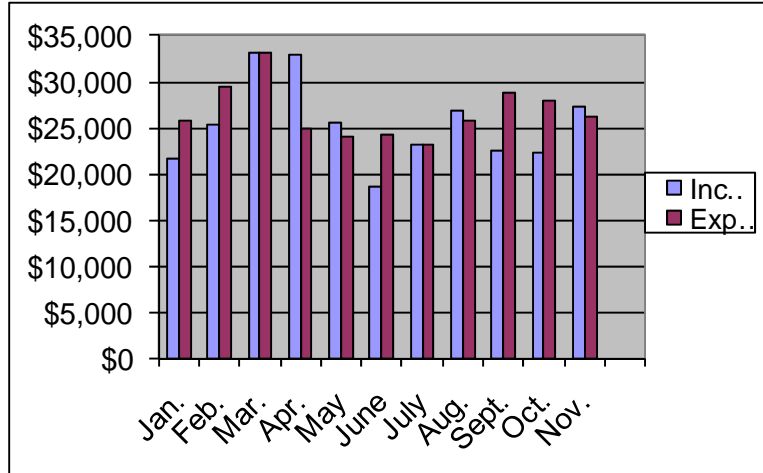


GENERAL FUND

	<u>Jan.</u>	<u>Feb.</u>	<u>Mar.</u>	<u>Apr.</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Nov.</u>
Income	\$21,563	\$25,316	\$33,176	\$32,897	\$25,640	\$18,566	\$23,107	\$26,856	\$22,477	\$22,372	\$27,262
Expense	\$25,712	\$29,406	\$33,100	\$24,886	\$24,059	\$24,222	\$23,208	\$25,764	\$28,769	\$27,856	\$26,227

General Fund: Nov. 30 2009

Income Year To Date	\$279,008
Expense Year To Date	\$284,836
Income Less Expense	-\$5,828

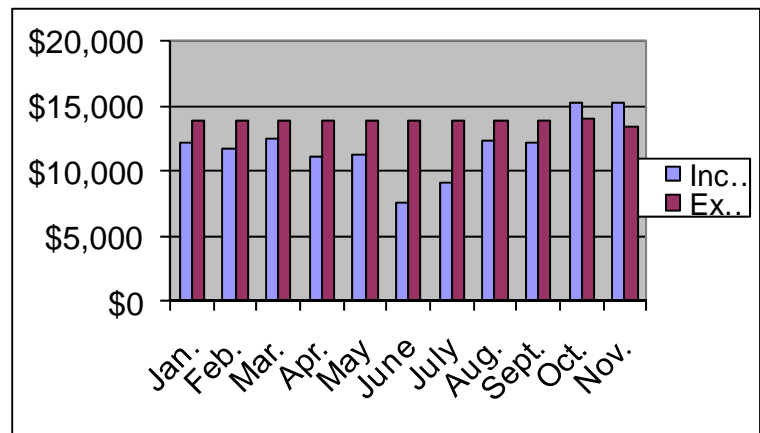


BUILDING FUND

	<u>Jan.</u>	<u>Feb.</u>	<u>Mar.</u>	<u>Apr.</u>	<u>May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Nov.</u>
Income	\$12,180	\$11,713	\$12,527	\$11,090	\$11,312	\$7,573	\$9,067	\$12,332	\$12,123	\$15,325	\$15,259
Expense	\$13,854	\$13,854	\$13,854	\$13,902	\$13,854	\$13,854	\$13,854	\$13,854	\$13,854	\$14,029	\$13,436

Building Fund: Nov. 30, 2009

Income To Date	\$129,326
Expense To Date	\$152,201
Income Less Expense	-\$22,875



Prayer Ministry

Prayer Request

Here is a list of the Prayer Team Chairpersons for each week in the month of **January**.

The Prayer Chain is an invitation to our members to pray for each other, members of our extended Christian community and world concerns. If you have a prayer request, you may contact the Chairperson listed for that week or call the church office at 345-5003.

Dec. 6: Prayer Chain #1 Vi Stinson 345-4371
Dec. 13: Prayer Chain #2 Deb Holmgren 345-5555
Dec. 20: Prayer Chain #3 Betty Smith 345-2304
Dec. 27: Prayer Chain #4 Shirley Luettinger 345-2429

Our prayers and congratulations are extended to...

♦ Jason & Jessica (Meyer) Holst on their December 11, 2009 wedding.

Our prayers and sympathies are extended to...

♦ Christopher & Mindi Klein on the death of their son Garrett Michael Klein.

Special Thank you to . . .

♦ "Thank you to the confirmation class for the wonderful basket of Christmas goodies." ~Dee Holmgren

♦ Thanks you to Thrivent for \$100 matching funds from the Lefsa Bake Sale. Also a huge thank you to all who made and purchased lefsa.

♦ "Thank you for contributing to the Thanksgiving dinner. We were blessed to have so many generous people in the community. All of the donations will be given to the L.C. Food Shelf totaling \$1,100 and several bags of groceries." ~Bethany Lutheran Church

♦ A Big Thank You to those of you who have recycled you used cell phones and ink cartridges. In 2009 we have received \$344.47 from Planet Green for recycling!!!

Remember in Prayer...

Health Concerns

Bob Johnson	Margaret Wehking
Marv Berkeland	Dave Moses
Dawn Heitman	Joe Jerdee
Jerry Narveson	

Friends and Family

Ken Staples (Corrine Johnson's brother)
John Brunkow (Dale Nibbe's cousin)
Allen Fravert (Carol Schmidt's father)
Audrejean Myrah (Kristi Griffin's mother)
Jan Kylo (Mary Berg-Prigge's cousin)
Richard Stalvo (Sandy Swan's father)
Rita Dwelle (Glenn & Angie Dwelle's daughter-in-law)
Jessie Kutina (mother of Debbie Mickelson)
Judy Francois (sister of Dick Severson)
Gary Paulson (father of Pastor Darren)
Darl Boone (son-in-law of Phil & Dana Gartner)
Mia Oeltjen (granddaughter of Donna Oeltjen)
Marva Byfield (Lance Byfield's mother, Lance is the Mission Jamaica pacemaker recipient who was shot and killed this past week in Jamaica.)
Kristopher & Rebecca Hartwig (our missionaries in Tanzania)
First Lutheran Council Members

In our Nursing Home, Home Bound, and Assisted Living:

Howard Fick, Arline Schmidt, Gertrude Martin, Lillian Johnson, Mary DeGroat, Rozella Lloyd, Ralph O'Connors, Ione O'Connors, Fred and Pat Vavra, Bill & Edith Hammer

All service men and women: Jared Morgan, Justin Fuchs, Todd Plote, Ricky Frickson, Randy Frickson, Garret Rigelman, Matt Sikkink, Ryan Steffenhagen

If you would like to be part of an email prayer chain group that prays for the healing of others, please email Pastor Darren Paulson at

darren.paulson@firstlc.org

2010 Offering Envelopes Are Available!

2010 Offering envelopes are ready to be picked up in Gathering Area! Please pick up before the end of the year.

Some households have chosen to do automated giving through our bank – a simple, consistent way to support the ministry that is important to you and your household. You can still use your offering envelopes so you can make that important act of generosity during worship... however just indicate on your envelope that you use the automated giving program. Contact the church office to request an easy, confidential form for the automated giving program.

Youth & Family Ministries—January Events

First & 3rd- UPDATE!!

First & 3rd is changing for the New Year! It's now **FIRST Sunday** and we will be meeting...you got it, on the **FIRST Sunday** of every month. We meet from 6-8pm on the **FIRST Sunday** to play a game (Romans and Christians, 7-ball, Capture the Flag etc), watch a video and share a meal together. See you at the **FIRST MEETING!**

Sunday, January 3: FIRST Sunday. It's Romans and Christians time! Wear dark clothes and bring you "A" game! Pizza will be served!

FIRST Sunday meets from 6-8pm every first Sunday of the month! 7th grade and up invited!

High School Ministry

Wednesday, January 13: High School Small Group. Our first meeting...EVER! High school students are invited to come from 7:45ish to 9pm for some good pizza and better discussion...you pick the topics-nothing off limits.....This great time to get reconnected with friends....**BE THERE!**

K.F.C. Schedule/Topics: *K.F.C. is for First- Sixth graders. We meet every Wednesday from 3-4pm.*

Schedule:

2:50 Pick up at Bluff View

3-4 KFC Activities and Snack

4-5 Children's Choir and Quiet Activities

Topics:

6: You're Out!

13: Reflecting God

20: Peaceful Magnetism

27: My Beloved Son

SUPERNIGHT IS BACK! SUPERNIGHT IS FRIDAY, FEBRUARY 26...WATCH FOR MORE DETAILS!

SECOND ANNUAL SILENT AUCTION AND SPAGHETTI DINNER will be Sunday, February 14. We are looking for people to help put this event together. We need people to organize gift baskets/larger gift donations, help decorate, plan a menu and advertise- if you are interested in helping or donating auction items please see Cindy!

Here's what's happenin'!....

Sunday School:

Sunday, January 3: No Class, Holiday Break

Monday, January 4: Teacher Meeting. We will meet at 7pm to discuss upcoming events and curriculum. Please have **AT LEAST** one teacher from each grade attend.

Offering: During the new year, we will be raising money and collecting supplies for military care packages. Watch for more details!

Birthdays: January birthdays will be celebrated on January 17- make sure to bring in your pennies if you have a birthday this month!

NOTE: We will have Sunday School over Martin Luther King Jr. Day weekend!

ReKindle:

Classes resume Wednesday, January 6

Wednesday, January 20 and 27: Youth Worship Practice. During regular class time, we will be preparing for our Youth Worship, bring your singing voice and ideas!

Sunday, January 31: Youth Worship. Meet at 8:30am to prepare for our youth lead worship.

Happy Birthday and Happy Anniversary!

January 1

Cody Mortenson

January 2

Arthur Harteneck, Jr.
Maren Holst

January 3

Megan McCarthy
Mason White

January 4

Elliot Grimley
Cody Gross
Laura Hunt
Sarah Nutt

January 5

Marvel Klein
Andrew Krehbiel
Kalya Peters

January 6

Daniel Copp
Ryan Olson

January 7

Gregory Carlstrom
Evan Huettl
Jessica Narum

January 8

Arnold Clare, Jr.
Eric Swiggum
John & Bev Bantley

January 10

Lynette Benitt
Scott Breuer
Jeff Erickson
Emma Kopp

January 11

Mikkel Gardner
John Plote

January 12

Emma Berge
Cindy McPeake
Marcus Oelkers

January 13

Carl Kozlowski
David Roach

January 14

Kia Hutchinson
Dana Tiedeman

January 15

Audrey Plote

January 16

Barbara Dybvik

January 17

Luther Berkeland
Brent Blattner
Logan Janka
Alan Knudsen
Brad Krehbiel
Shawn Schneider
Cory Wurst
Sharyn Zanto

January 18

Amanda Johnson
Alexa Pflaum

January 20

Shauna Duffing
Zachary Griebenow
Aaron Harmon
Chuck Johansen
Russell Johnson
Paul Oliver
Sydney Ringeisen

January 21

Carole Helgerson

January 22

Wanda Wiebusch

January 23

Kathy Tesch
Molly Theiren

January 24

Heidi Berge
Kathleen Majerus

January 25

Shon Theiren

January 26

Marissa Gunhus
Lonnie West

January 27

Lisa Stevenson

January 28

Sonda Featherstone
Conner Ferguson
Kristi Griffin
Barbara Johnson
Kara Stevenson
Bruce Wallerich

January 31

Carrie Griebenow
Steven Knudsen
Kyle Pavlak

Birthdays are listed first

Anniversaries are in italics

If your birthday or anniversary is not listed, please let the church office know at 345-5003

January 2010 Ministry Assignments

USHERS SATURDAY 5:30 PM (2 NEEDED)		USHERS SUNDAY 9:00 AM (4 NEEDED)	
2 Dick & LaDonna Severson		3 Marv Blattner, Dave & Becky Schultze	
9		10 Jordan Bremer	
16		17	
23		24 KaBree Krier, Brandyn Oliver	
30		31	
GREETERS SATURDAY 5:30 PM	GREETERS SUNDAY 9:00 AM	READER SUNDAY	ASSISTING MINISTER SUNDAY
2 Dave & Kay Harms	3 Arnie & Paulette Clare	3	3 Trudi Paulson
9	10 Jake Griebenow, Mitch Ku-	10 Lucy Sontag	10
16	17	17	17
23 Nick Albright, Kyle Paulson	24	24 Lucy Sontag	24
30	31	31 Trudi Paulson	31
ASSISTING MINISTER SATURDAY		COMMUNION ASSISTANTS SATURDAY (2)	COMMUNION ASSISTANTS SUNDAY (2)
2 Debbie Mickelson		2 Kathy Jo Rodester, Bonnie Conway	3 Florence Lyons and Angie Dwelle
9 Debbie Mickeson		9	10 Lucy Sontag
16		16	17
23		23	24 Lucy Sontag
30		30	31 Florence Lyons and Angie Dwelle
ALTAR FOR SATURDAY & SUNDAY	HELPING AT THE NURSING HOME	SUNDAY COFFEE	
2/3 Margaret Wehking & Liz Hallaway	12 Blanche Brommer	3 Arnie & Paulette Clare, Eloise Blattner	
9/10 Margaret Wehking & Liz Hallaway	19 Vi Stinson	10	
16/17 Angie Dwelle & Eileen Christensen	26 LaDonna Severson	17	
23/24 Angie Dwelle & Eileen Christensen	28 Lucy Sontag (communion)	24	
30/31 Beverly Moe & Edie Sward		31	
ACOLYTE SATURDAY 5:30 PM	ACOLYTE SUNDAY 9:00 AM	WELCOME CENTER SUNDAY	
2 Tyler Ruiz	3 Will Heise	3	
9 Tanner Tufto	10 Sam Klipfel	10	
16 Noah Bailey	17 Michael Pfeilsticker	17	
23 Jeffrey Mund	24 Luke Hartzell	24	
30 Hannah Alitz	31 Lincoln Horsman	31	
VIDEO TAPE SUNDAY	SOUND & SCREEN SATURDAY	SOUND & SCREEN SUNDAY	VISITATION
3 Randy Zanto	2 Julie Deschneau	3 Heath Oeltjen	Marilyn Schad & Lucy Sontag
10 Mary Hallenberger	9 Colin Fowler	10 Greg Gilman/Trudi Paulson	
17 Ric Wallace	16 Julie Deschneau	17 Jim Anderson/Heidi Berg	
24 Mark Bailey	23 Colin Fowler	24 Nick & Heath Oeltjen	
31 Randy Zanto	30 Julie Deschneau	31 Heath Oeltjen	

January 2010 Calendar

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1 Happy New Year!!--Office Closed	2 Worship 5:30pm Coleen Out Cindy Out
3 Worship 9am NO Sunday School/Adult Forum First & 3rd 6pm Coleen Out	4 Pastor Darren's Day of Rest Boy Scouts 6:30pm SS Teacher Mtg 7pm Coleen Out	5 Coleen Out FLC Quilters 8:30am Cub Scouts 6:30pm	6 K.F.C. 3-4pm Children's Choir 4-5pm ReKindle 6pm Property Board Mtg 7pm No Bell or Senior Choirs Coleen Out	7 Pastor Darren's Bible Study 8am Staff Retreat Noon-4pm Learning & Youth 6:30pm	8 Executive Board Mtg 2pm AA Bible Study 7pm	9 Men's Bible Study 7:30-9am Worship 5:30pm Holy Yoga 9:15-12:15am Cindy out
10 Worship 9am Committees & Boards Annual Report to to FLC Cindy Out	11 Pastor Darren's Day of Rest Women's Bible Study 5:30-7pm Fireside Boy Scouts 6:30pm Darren Out	12 Darren Out Widow's Speak 10am @ Corrine Johnson's Home Cub Scouts 6:30pm	13 Darren Out K.F.C. 3-4pm Children's Choir 4-5pm Bell Choir 5:30pm ReKindle 6pm Senior Choir 7:15pm	14 Darren Out Piecemakers 9-12pm @ FLC	15 Darren Out AA Bible Study 7pm	16 Worship 5:30pm Darren Out
17 Darren Out Children's Choir 8:30am for worship Worship 9am "Pastor's Out Potluck" following SS	18 Pastor Darren's Day of Rest Boy Scouts 6:30pm	19 Darren Out FLC Quilters 8:30am Cub Scouts 6:30pm	20 Darren Out Staff Mtg 10am Esther Circle 1:30pm Florence Lyons' Home K.F.C. 3-4pm Children's Choir 4-5pm Bell Choir 5:30pm ReKindle 6pm Senior Choir 7:15pm	21 Darren Out Martha Book Study 9:15am Gathering Area Church Council 7pm	22 Darren Out AA Bible Study 7pm	23 Men's Bible Study 7:30-9am Darren back for worship Worship 5:30pm
24	25 Pastor Darren's Day of Rest Women's Bible Study 5:30-7pm Fireside Boy Scouts 6:30pm Cindy Out	26 Cub Scouts 6:30pm Cindy Out New Member Class 6:30pm	27 K.F.C. 3-4pm Children's Choir 4-5pm Bell Choir 5:30pm ReKindle 6pm Senior Choir 7:15pm Cindy Out	28 Pastor Darren's Bible Study 8am FLC Nursing Home 3:30 & 4pm Piecemakers 9-12pm @ Dragon Fly Cindy Out	29 Cindy Out AA Bible Study 7pm	30 Worship 5:30pm Cindy Out
31 Worship 9am/Youth Sunday Wild Game Feed 6pm @ FLC						

Upcoming Events & Announcements

Widows Speak: Tuesday, January 10...The Widows Speak support and social group will take place on Tuesday, January 12th at 10:00 a.m. at the home of Corrine Johnson. This social/support group is open to all widows at FLC and the community. Women having any questions are asked to contact Corrine Johnson 345-3016 or Carol Siewert 345-2107.

Pastor's Away Potluck Brunch!: Sunday, January 17th 11:30 AM...Since Pastor Darren is away in Florida, this would be a wonderful time to have some fun (The cat's away, the church mice will play?). This is a true potluck... bring whatever you want that's brunch-like – it will all work out! This gathering is for all ages of our family of First Lutheran! A big word of thanks to the Learning and Youth Board for hosting our time of fellowship.

Wildlife Game Feed Potluck: Sunday, January 31...Bring your favorite wildlife dish to share---or buns, crackers, milk, potatoes, etc. on Sunday, January 31 at 6 p.m. at First Lutheran Church. For all you die hard football fans...don't worry...Superbowl is the following Sunday!! Sign up sheet will be on the Kiosk. Everyone is Welcome!! Program to be announced later.

Help for Daily Living-Did you know...that we have some men in our congregation eager to serve you? If you have a task or project that needs the attention of a friendly, enthusiastic volunteer – we have just the right folks for you. Tim Schlagenhaft and Randy Klipfel have been leading the Help For Daily Living group for several years and have enjoyed putting their faith in action as Jesus calls us to “love your neighbor as yourself.” Previous projects have included light carpentry, yard work, cleaning, rides, moving, hauling – just to name a few. All it takes is a call to Tim (345-3078) or Randy (345-2136). Also, if you are handy and also willing to serve in this way, please pass your name and number to Tim.

Lake City Food Shelf...is in need of **Peanut Butter**. Please bring your food to church and place it in the wooden bin by the Welcome Center.

Adult Forum January & February 2010

January 3: No forum - New Year's holiday weekend.

January 10: *The Dead Sea Scrolls* - DVD. We have been searching for a DVD on this subject for a couple of years and finally located one. What are the Dead Sea Scrolls? One of the greatest archaeological finds of the 20th century - fragments of the earliest-known texts of the Bible. Also include mysterious writings of a group calling themselves “Sons of Light.” Among the oldest manuscripts ever found. Written in Hebrew and Aramaic. Written around 135 BC - over 2,000 years old. Discovered between 1947 and 1956 in 11 caves in the Judean desert on the northwest shore of the Dead Sea (near Qumran on the West Bank). Why were the scrolls put there? Who wrote them? Please note: There is a Dead Sea Scrolls exhibition created by the Israel Antiquities Authority and the Science Museum of Minnesota opening on March 12, 2010, at the Science Museum in St. Paul. Tickets are on sale now, for more information go to www.smm.org.

January 17: *Judaism - Part one of the series on Judaism and Islam.* Judaism: Traditions, Customs and Stories presented by Rabbi Michelle Werner of the B'nai Israel Synagogue in Rochester, MN. Rabbi Werner is a graduate of HUC-JIR Cincinnati, the seminary for Reform Judaism and has spent time in France, New Zealand, Israel and Luxembourg. She has a love of Judaism that is centered on an active engagement with the text of the Hebraic tradition – text in the largest possible sense. Her personal passion is for midrashic literature and for stories and she loves to celebrate holidays and Shabbat with storytelling. She was raised in New York City – and admittedly is nervous when it comes to snowy road conditions – so pray for good weather for this day!

January 24 and 31, and February 7: Topics to be announced in January.

February 14: No Forum - Annual Meeting

February 21: Lenten Adult Forums Begin - *Lectio Divina* has been a significant spiritual practice within Christendom for hundreds of years. Yet, it has become known to our churches rather recently. Like so many disciplines, *Lectio Divina* was primarily practiced in monasteries and convents that emphasized developing a deeper spiritual life. Spirituality has become a focal point in the church today, so the five Adult Forums in Lent will introduce this spiritual practice: (1) What is *Lectio Divina*?; (2) The Word; (3) Prayer; (4) Meditation; (5) Contemplation.

February 28: *Lectio Divina* - The Word

Stewardship Board

Have you turned in your 2010 estimate of Giving Card? At present we have received 121 responses, totaling \$183,111. Both of those numbers are down in comparison to the 2009 figures. If you can respond, it would help the Church Council as they plan the 2010 budget. The blue estimate of Giving Cards and the blue Time and Talent Sheets can be found at the Welcome Center or in the front of the red Welcome Pads in each pew. There is a drop box at the Welcome Center, or you may place them in the offering plate. Thanks!

Health & Wellness Ministry (HWM)

We now have a team of 15 people who are contributing their ideas and energy to defining our new Health and Wellness Ministry! Thank you for participating. We are moving forward into 2010 with the following initiatives:

Holy Yoga: The H&W Ministry is sponsoring a free, co-ed, Holy Yoga session on Saturday, January 9, 2010 in the Fireside Room. To find out more, see the flyer posted on the kiosk in the Gathering Space. This trial session may lead to a regular Holy Yoga 6-8 week class beginning in February. It is open to adults of all ages. To register for the free trial, call Liz Carlstrom at 345-4430 or email her at lizcarlstrom@embarqmail.com.

Blue Zones Adult Forum: Blue Zones are those places around the world where people are living MEASURABLY better. Albert Lea recently completed an initiative to improve the health and longevity of the population by making life-style changes identified in the Blue Zones studies. Go to <http://www.bluezones.com/> to take the Vitality Compass to find out your 'health age' and how you can extend it.

Health and Wellness Ministry on the web site: We will be putting a H&W link on the First Lutheran web site (<http://www.firstlc.org>) to keep you informed of upcoming classes, new initiatives, and useful health information. Currently, Thrivent Financial has a link to help displaced workers negotiate job loss: <https://www.thrivent.com/community/outreach/job/>

Additional feedback / participation is welcomed. Contact Anne Marie at 345-4512 or email at amkjelland@gmail.com.

Start Thinking Valentines...Lutheran Marriage Encounter Weekend

Say "I Love You" with a Lutheran Marriage Encounter weekend. Get away from the everyday demands of the world so the two of you can really focus on each other. You'll spend two nights in a comfortable hotel and enjoy five delicious meals from Friday at 7:00 pm to Sunday at 5:00 pm. Four presenting couples, including a Lutheran clergy couple, give a series of presentations followed by questions the couples discuss in the privacy of their hotel room. There is no counseling and no group sharing. No one tries to change who you are. It's great for couples who already have a good marriage and want to enrich their relationship, but it also does wonders for those marriages that have lost their luster through years of child rearing and work obligations.

The next Lutheran Marriage Encounter Weekends in Minnesota are February 12-14 & March 19-21 in Brooklyn Center; April 16-18 in Duluth or April 30 – May 2 in Alexandria. Please register a month in advance. For more information, contact Dick & Judy Dehnel at 952-432-3105, Pete & Phyllis McMahon at 763-561-1575 or visit www.godlovesmarriage.org.

Calling All Women...Camp Amnicon Weekend

CALLING ALL WOMEN! Our weekend retreat is approaching fast. Join us for a relaxing weekend of worship, outdoor winter fun, fellowship and wine! We are heading to Camp Amnicon February 19-20, please pick up additional information/registration form at the kiosk in the Gathering Area. Forms and a deposit of \$30 are due by Sunday, February 7 - total cost is \$65-\$75 and will be determined after group is formed. See Cindy with any questions.

Bible Studies

Leading men and women into a growing relationship with Jesus Christ

Thursday Morning Bible Study with Pastor Darren Paulson...will meet on **Thursdays at 8:00 a.m.** We will be studying the Gospel of John. **Note: January 14 & 21 No Class.**

Men's Bible Study with Rev. Dick Fowler...will meet on **Saturday, January 9 & 23 at 7:30 a.m.**

Martha Bible Study for Women...will meet on **Thursday, January 21 at 9:15 a.m.** in the Fireside Room.

Esther Circle...will meet on **Wednesday, January 20 at 1:30 p.m.** at Florence Lyons home. Any questions please call Florence Lyons 651-345-5589.

Women's Ministries

First Lutheran Quilters...will meet on **Tuesday, January 5 & 19 at 8:30 a.m.** in FLC Gathering Area.

First Lutheran Piecemakers...will meet on **Wednesday, January 14 at FLC and January, 28 at Dragonfly Dreams from 9-noon.** Please contact Lori Lichtblau at 345-5502 or Lichtblau@embarqmail.com with any questions.

NEW!! From Women's Ministry

Finding Strength for Your Struggles

A Max Lucado Study

For many people, life is a jungle. Not a jungle of trees and beasts but of failing health, broken hearts, and empty wallets. Is your life a jungle? Confusing? Difficult to maneuver? Scary? God has provided you with all you need to make it through the jungle of life. This four-part study will help you find strength through God.

We will meet Mondays, 5:30 – 7:00pm, in the Fireplace Room at First Lutheran:

January 11 – Lesson 1: *A Second Chance at Life*

January 25 – Lesson 2: *Standing Strong in Life's Storms*

February 8 – Lesson 3: *Trusting More, Worrying Less*

February 22 – Lesson 4: *How Hurts Bring Hope*

No book is necessary. Come as often as you are able!

Please RSVP to Jenny Schlagenhaft at jtnschlag@earthlink.net or 345-3078.

Thank You...

♦to our Decorating Committee: Shirley Pierson, JoAnn Thompson, Bev Moe and Mary Lee Stevens for decorating the Church for Christmas.

♦to everyone who purchased a Christmas wreath or garland. \$440 was made for the Youth Fund.

♦to the Advent By Candlelight Committee. We had a great turnout!

♦to everyone that participated in the Live Nativity and Mavis Hawkins for organizing it. Also thank you to those that brought in nativity sets for display. Thank you to those that donated chili & treats and served them.

♦A special thank you to all who so enthusiastically participated in Adopt a Family!! Your generosity and Christmas spirit are very much appreciated and a witness to the sharing of Christ's love. May you be blessed as your gifts bless others.

Annual Meeting Potluck

Darren not sure what you had decided to do for this potluck...please add the details...thanks

Thanksgiving in Tanzania

Dear Friends,

The last 4 years here, Thanksgiving has always been easy to remember – it is the day on which Nathan returns from his Kenya school for the Christmas holidays. Receiving him on this side of a long bus ride is such a treat, and such a cause for us to give thanks. This year, we joined the extended family of Dave and Eunie Simonson, retired missionaries and dear friends, for a sumptuous turkey dinner. Dave recently celebrated his 80th birthday.

November has been the best “short rains” we’ve seen, now in our 6th year here. That means a decent chance for a harvest in 2 months, the likelihood for livestock to have renewed grazing very shortly, and perhaps most significantly, the restoration of hope. It has been well over a year since there was any kind of good harvest in northern Tanzania. So while we cannot give thanks for harvest (yet), we surely can for that hope.

Our 13 hospitals with teams and services funded through the U.S. Government met during Thanksgiving week. As we also invited the local church leaders from each site, there were over 50 people from all over the country. While celebrating achievements, including being “granted” another year to operate by the U.S. Gov., we also gave thanks for the recognition of key team and church issues at certain places. Our first work trip in the New Year will be to our “Deep South”, where a solid week of interaction, negotiation, and reconciliation work is sorely needed. We are grateful to know of the need.

From the 15th to the 17th this month we hold a training here in Arusha for the 4 hospitals mentioned in our last letter, places which have “missed out” on our major work and funding up to now. That all leaderships have committed teams to come, and that we are ready for them, is definitely a thanksgiving. Some of you have contribute funds for this training, including the visits earlier this year which have made it all possible. Thanks!

While the hardest aspect of living here involves distance from immediate family, we can only give thanks for this month of December. Not only is Nathan home, but Kirsten (and Friend Ray) are visiting from Alaska. Just before Christmas we travel to Slovakia to be with Heidi, where we will also meet up with Jenny (and Friends Paul and Jason!).

Thanksgiving indeed. Though always we remember those whose thanksgivings are more difficult, who can only be grateful for hope, or who might still be struggling in darkness. Which is our Advent, knowing that hope is born out of darkness, that promises have been and will be fulfilled, in our faith that Jesus was, is, and is to come.

Kristopher and Rebecca

Slips, Trips and Broken Hips...

Each year in the United States nearly one third of older adults experience a fall. While some are minor, others are life-threatening and life-changing. The good news is that many falls can be prevented if you know what to look for. Learn how some medications may affect balance, how small adaptations around the home can eliminate potential problems, and how specific exercises can improve balance and confidence in daily activities. Presenter: May Doucette, Geriatric Nurse Practitioner. Monday, January 18, 10:30 a.m., Faith Lutheran Church, 905 Hiawatha Street East, Wabasha. Sponsored by Elder Network of Wabasha County. Free and open to the public.

**First Lutheran Church
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YOU'RE INVITED....

...to our Youth Worship on Sunday, January 31 at the 9 a.m. worship service. Our ReKindle (confirmation) students will be leading us in worship. They have been working hard all year to learn songs, write prayers and create a meaningful service. Please join us in this important service as our kids give back to the congregation!
See you there!

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