

*Faith-Lilac Way Lutheran Church*

2023

# January Banner

(763) 537 4523 | [Faithlilacway.org](http://Faithlilacway.org)  
5530 42nd Ave N, Robbinsdale, MN  
55422

**Save the Date!**

**Sunday January 29, 2023**

**Annual Meeting and Potluck**

## Pastor Article

### Happy New Year!

A new year begins like waking up to freshly fallen snow in the morning. It looks so peaceful, so unspoiled, so perfect. And then... the day begins. The snow on the sidewalk is soon filled with footsteps if the shovels haven't gotten there first, the snow on the road gets plowed and the snow in the yards may turn into a snowman and the snow on the hill is tramped down by sleds and boots. The snow has been changed by so many things -- it is not fresh untouched snow anymore. And that is not bad. Life has happened!

Although it may be tempting to want to preserve that "perfect" snow on the trees and in the yard, wouldn't it be boring if nothing happened? If there were no footprints? If there were no snowmen made or sledding tracks down the hill? If there were no surprises?

In looking forward to the new year, this year I want to do three things:

- 1) Thank God for the blessings of the past year;
- 2) Ask God how I can be a blessing
- 3) Be open to the Holy Spirit – who makes all things new things – to new surprises and experiments.

If you are open to something new in your spiritual life, I would invite you to consider:

- + Joining me for Contemplative Prayer ( see page 3)
- + Going to Holden Village with our Wildfire Group (see page 5)
- + Biblestudy – I would love to start a new one. Let me know what time works for you?
- + Something new... I'm open to new experiments and surprises – so let's talk!

This past year has been full of God's blessings. The new year has not yet begun. Let's dream about how we can be a blessing in our church, in our neighborhood, and in the world around us. Let's be open to the Holy Spirit – who makes all things new!



### **A New Year, A New Chance to Connect**

The New Year often comes with New Year Resolutions. Folks are filled with a new sense of ambition and motivation to make a change or better themselves in some way. Perhaps they make the goal to eat healthier, spend more time with family, travel more or learn a new skill. These are all wonderful goals.

I must admit I do not make many New Year Resolutions myself, but there is one goal that I make at the start of each new year. My New Year Resolution each year is to reconnect to God and my faith. This is a broad goal and it has taken many different forms over the years. One year I reconnected with God by doing a morning devotion. Another year I reconnected with God by keeping a “God Moments” jar. Whenever I had a moment when I experienced God at work in my life I wrote it down and put it in the jar, then read about all the cool things God had done for me on New Year’s Eve. A different year I reconnected with God by making the goal to read my Bible more often. Each year looked a little different, but the overarching goal was the same—to connect to God and grow in my faith.

How can you reconnect with God in this New Year? Maybe you want to read your Bible more often, or start your day with a devotional book. Maybe you want to keep a prayer journal or learn more about prayer—Faith Lilac Way will be starting a contemplative prayer group Wednesdays at 2pm. Maybe you will make the goal to participate in a Bible study. If you haven’t come to church in awhile, maybe now is the time to come back and reconnect with your church community. There are so many ways to reconnect with God and grow in faith! What will you choose?

I do have a quick word of advice though. With New Year Resolutions folks will often make major changes right away or goals that are difficult to maintain. I have found it much more helpful in my own life to start with a small goal and then build on it. For example, instead of making the goal to read the entire Bible in a year, I chose to start with the goal of reading three times a week. That was a lot easier for me to handle and if I got off track it was easier for me to start again and keep moving forward. Also, be patient with yourself and remember that you don’t need to be perfect to spend time with God in a meaningful way. I guarantee God loves the time with you no matter what. Finally, remember that Pastor Pam and I—and the Faith Lilac Way community—are here to support you on your faith journey too.

Happy New Year and God’s blessings to you!

*Vicar Joanna Kathol*

## Announcements

### January Treats & Talk

Join us in the library on Sunday mornings after worship for Treats & Talk! Enjoy some yummy treats and conversation to celebrate being community together. All are invited! See the schedule below for our Treats & Talk activities in January.

**January 1st**– New Years Treats and Conversation

**January 8th**– Confirmation Celebration–join us for cake and conversation about confirmation and why it matters to the Christian faith.

**January 15th**– Conversations about FLW’s Mission Statement–who are we and what do we value?

**January 22nd**– Conversation with FLW President Sue Ferkingstad and Treasurer Rick Anderson about our proposed budget in preparation for the Annual Meeting

**January 29th**– Congregational Potluck and Annual Meeting in the Fellowship Hall.

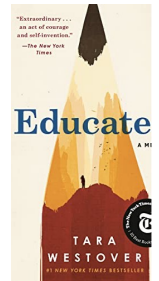
### Book Club!

Join us for book club for some good books, yummy treats and fun conversations! This month we are reading *Educated by Tara Westover* (see description below). We will have a daytime and an evening opportunity to gather, come to whichever works best for you. Let Pastor Pam or Vicar Joanna know if you would like the church office to order you a copy of the book.

**Daytime Option: Wednesday, January 18th at 2:30 PM**

**Evening Option: (In-person or online): Thursday, January 19th at 7 PM**

Born to survivalists in the mountains of Idaho, Tara Westover was seventeen the first time she set foot in a classroom. Her family was so isolated from mainstream society that there was no one to ensure the children received an education, and no one to intervene when one of Tara’s older brothers became violent. When another brother got himself into college, Tara decided to try a new kind of life. Her quest for knowledge transformed her, taking her over oceans and across continents, to Harvard and to Cambridge University. Only then would she wonder if she’d traveled too far, if there was still a way home.



### Contemplative Prayer Group Starting in January!

Wednesdays afternoons January 11, 18, 25 at 2 PM

There are many ways to pray. The Lord’s prayer is perhaps the best known prayer. It is the prayer that Jesus taught us - and is appropriate for any time and any age. But it is not the only type of prayer. We can pray prayers of thanksgiving at mealtime or at bedtime. As a church we pray “the prayers of the people” - prayers for our church members, our community, and the concerns of the whole world. Prayers can be a simple word. Writer Anne Lamott once said she has three prayers: “Help!” “Thanks!” “Wow!” She said that she has other prayers, but sometimes one word is enough.

Most prayers are spoken - out loud or silently. But prayers can also be sung. The Psalms were originally written to be chanted or sung and we still do that today. As someone once said, “the one who sings, prays twice!”

Contemplative prayer is a bit different from other types of prayer. Contemplative prayer - also called the “Jesus Prayer” - is a prayer of listening for God’s voice. Rather than speaking or writing or singing to God, contemplative prayer is a prayer of silent waiting.

We will be using the “centering prayer” model. Each person will chose a word (such as “Jesus,” “peace” or “Holy Spirit”). Then we will read a word of scripture. Then the leader will set a timer and we will sit in silence, gently dismissing the thoughts that come to our minds and instead repeating the holy word that was chosen such as “Jesus” or “peace.” At the end of the time, we will read another scripture and then pray a blessing out loud.

This is a different way to pray and I invite you to come and try it. It is simple - but not easy for most of us. As Nick Tangen, the leader of “Faith Practices, Neighboring Practices” said, it can feel like “wasting time with God.” And that is not a bad thing! If you have questions or want to try this type of prayer but the Wednesdays at 2 doesn’t fit your schedule, please contact Pastor Pam.

## Our Tuesdays at 2PM Group is Moving to a New Day!

The group that typically meets on Tuesdays at 2pm will now be moving to **Wednesdays at 2:30pm**. We hope this change will make it easier for those who wish to participate both in this group and the contemplative prayer group. All are welcome and invited to join both groups. The Wednesdays at 2:30pm group meets weekly for activities such as Bible Studies, TED Talk conversations, Book Club and social time. See the schedule below.

**January 11th**—Bible Study (no preparation needed)

**January 18th**—Book Club reading *Educated by Tara Westover*

**January 25th**—Bible Study (no preparation needed)

## Congratulations Near Food Shelf!

Near Food Shelf has been selected as the Winner for the 2022 Best of Minneapolis Awards in the category of Food Bank. Each year, in and around the Minneapolis area, the Minneapolis Award Program chooses only the best local businesses. The companies chosen exemplify the best of small business; often leading through customer service and community involvement. For most companies, this recognition is a result of their dedication and efforts as well as the work of others in their organization that have helped build their business.



## Events

### Annual Meeting and Congregational Potluck on January 29th!

Please join us at FLW on January 29th as we will be having our Annual Meeting. The Annual Meeting is important for Faith Lilac Way as we look toward the new year and our ministry together. After worship we will have a **congregational** potluck brunch in the fellowship hall. You are invited to bring a dish or side of your choice to share if able but all are welcome to eat!



**9:30 AM Worship**

**10:30 AM Congregational Potluck in the Fellowship Hall**

**11:00 AM Annual Meeting Begins**

Questions about the Annual Meeting? Join us for Treats and Talk on January 22nd as we have a time for conversation and questions about the Annual Report and proposed 2023 budget.

### Mission of the Month: Cherish All Children

Dear friends at Faith-Lilac Way – thank you for your dedicated support through your Mission of the Month gifts! In partnership, we will continue working to keep children and youth safe from sexual exploitation and trafficking, supporting their growth into healthy relationships.



In 2022, we were able to train and present to more than 800 people, including nearly 200 children and youth. This included Wildfire

Confirmation students and parents from Faith-Lilac Way. Our Safe & Healthy Relationships Youth Guide is being used with Confirmation classes and Youth groups along with supportive resources for families to work together in keeping young people safe. YOU help make this possible!

For January National Human Trafficking Awareness & Prevention month, Cherish All Children will host a community event “Supporting Youth Safety & Healthy Choices in the Virtual Playground” January 21, 10:00am – noon. This will be a hybrid event and we hope you can join us! More information and registration for this free event at <https://www.lssmn.org/services/youth/education/cherish-all-children/news-events>

*Blessings & Peace to you!*

*Joy McElroy  
Cherish All Children Executive Director*

## Monthly Spiritual Practice

### January's Spiritual Practice—Remembering Baptism

For many of us in our daily lives it can be easy to get caught up in our routines and forget to make space and time for God. We might not always know *how to spend time with God*. Each month Pastor Pam or Vicar Joanna will be sharing a new and simple spiritual practice that you can do at home as part of your daily routine, a chance to invite God into your day.

For January's spiritual practice, you are invited to take a moment in each day to remember your baptism. In baptism we are claimed by God as God's beloved child and gifted with the Holy Spirit forever. When the water and Word touches our head and the sign of the cross is made we are sealed with God's love and set free from sin. This is a moment worth remembering and celebrating!



This month, whenever you are taking a shower or washing your face, take a moment to make the sign of the cross on your forehead and remind yourself (out loud) that you are a beloved Child of God. Hear those words and know that they are true.

*"Through Baptism I am a loved Child of God! Amen!"*

### Wildfire Trip to Holden Village

Enjoy mountains? Love a cup of coffee and a conversation? A group of people from Wildfire churches are planning a trip to Holden Village, a Lutheran retreat center nestled in the



mountains of the beautiful Glacier Peak Wilderness in the Cascade Mountains. Holden Village welcomes all people into the wilderness to form and renew their relationships with God, the



earth, and each other. We are in the midst of determining the date we will go. If you are interested, check it out online or visit with Pastor Pam. <https://www.holdenvillage.org/visit/>

### Tool Kit: Workshops for Congregational Leaders

**Saturday, February 11, 2023 from 8:30am to 12:30pm**

Every year, church lay leaders and their pastors are invited to attend a variety of workshops on topics just for them. Who are the lay leaders at FLW? **We all are!** From budgets to social media and emergency preparedness to evangelism, there is something for everyone. This year some of the workshop options include:

- Becoming Faithful Neighbors
- Getting People Involved in Making Your Congregation Greener
- Yikes! I'm on Church Council
- Growing Young: Helping Young People Discover and Love Your Church

For more information on these and other workshops, visit:

<https://mpls-synod.org/for-congregations/tool-kit/>

Childcare will be offered during this event, provided by Jovie. Reach out to Jeni Huff 612-230-3303, [j.huff@mpls-synod.org](mailto:j.huff@mpls-synod.org) if you have any questions. Spanish and ASL interpretation and translation will also be provided. Please register by February 1 to secure interpretation.

## *Thank you!*

### **Thank You to All Who Donated Christmas Toys!**

The NEAR FoodShelf Christmas toy distribution was a success! Thank you to all who purchased and donated a Christmas toy. The toys were distributed to families in need of assistance and surely made the Christmas holiday brighter for children throughout our community! Thank you!

### **Thank You to All Who Helped Decorate the Sanctuary for Advent & Christmas!**

Thank you to those who put up our Christmas tree, candles, hung garland and made our Sanctuary beautiful for the Advent and Christmas season! What a warm and wonderful way to praise God and celebrate the birth of Jesus!

### **Prayers:**

As we begin this new year, we pray for our church community and the world around us.

Holy God, bless Faith-Lilac Way Lutheran Church and give us wisdom, courage and inspiration for the new year. Bless our ministry partners, including the congregations of Wildfire and Greater St. John Missionary Baptist. Help us all share the Good News with all who have ears to hear.

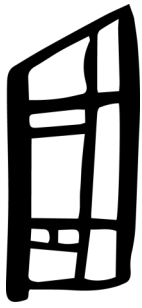
Holy Spirit, bless Lois Anderson, David Bjorkquist, Helen Brandon, Carol Brown, Jacqueline Butkowski, Larry Geer, Carolyn Lageson, Beverly Maas, Joyce Merkel, Jo Parvey, Edith Theilmann, Jackie Woolgar, Vic Woolgar and all those who you know need support and care.

Jesus, bless the words that we speak and the acts that we do so that all of our words and our actions reflect your way. In your name we pray, Amen.

### **January Birthdays!**

1st	Richard Anderson	18th	Beverly Halbrooks
4th	Debbie Bren		Victoria Swanson
5th	Jeff Tiber	21st	Gary Feyen
6th	Emma Weilage		Nancy Shallcross
7th	Tim Lindgren	23rd	George Lynum
8th	Ellen Wood	25th	Tim Swanson
9th	Brooke Tiber	28th	Ella Evans
11th	Donna Benson		Terri Hyduke
12th	Merideth Distad		Joseph Thompson
13th	James Lyons	29th	Bill Halos
14th	Dennis Davis	30th	Pat Kurki
		31st	Cole Stobbs





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**PRAISE GOD!**

**ASK GOD!**

**THANK GOD!**

**Thank you** Chad Rambow for creating our new welcoming signs inviting all to Praise God, Ask God and Thank God!

We also **appreciate and give thanks** for Bill Halos for seeing this project through and to Gary Feyen, Heather Lane, Linda Fernelius and Sue Ferkingstad for their collaboration and creativity in coming up with our new banner design.