



*Faith-Lilac Way Lutheran Church*

**2023**

**March Banner**

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





## Pastor Article

Dear Faith-Lilac Way friends,

We have entered the season of Lent with an impending snowstorm on the horizon, prompting us – and many other congregations- to cancel the in-person worship services for Ash Wednesday. By the time you receive this, we will know whether the weather forecast was correct or not, but since the pandemic taught us how to pre-record services and share them online, we decided that it was better to be safe than sorry.

Lent is a time that historically has been a forty-day season (excluding Sundays which are considered “little Easters”) in which we focus on renewed discipleship, penitence and preparation for the Three Days of Holy Week and the celebration of Easter.

This year, for our Sunday services, we are focusing on the theme, “ *Unfinished, Discovering God’s Call in the Not Yet.*” As Rev. Dr. Charlene Rachuy Cox writes: “The church by its very nature, and we as people of faith, live our whole lives in the space between no longer and not yet.”

At our baptism, we are declared children of God. We are reminded that our sin was drowned in the waters of baptism and we are heirs with Christ of eternal life. Death no longer has the last word. And yet, we also know that we are still sinners and in need of God’s forgiveness and reconciliation every day. In this way, we are “unfinished” Christians. We know the end of the story – but right now we seek to live into God’s call for our lives each day. As Cox says, “Cross-marked and Spirit-sealed, we dwell in the space between the life, death, and resurrection of Jesus and the final fulfillment of God’s hope-filled promises. In this space between, we dwell in the unfinished as unfinished people.”

On Sundays, through our lectionary scriptures, we will be exploring, as “unfinished people,” ways that God is calling us to live into this “in-between time.”

On Wednesday nights we will return to meeting together and eating together (when there isn’t a snow storm!) at our soup supper with bread from Breadsmith! Our midweek services will feature the paintings of Paul Oman and the parables of Jesus. See page 3.

Lent always feels like a bit of a journey to me. It is the journey from Ash Wednesday (and the first Sunday of Lent) in which we are reminded that we are mortal, that we sin and are daily in need of forgiveness and restoration to the glorious songs of joyous restoration on Easter morning. It is a journey as we try out new faith practices (See back page). It is a journey as the sun warms the earth and we give thanks for the changing of the seasons. It is a journey as we grow in faith and go out into our communities bearing gifts of grace to share and in doing so, we serve the Lord. Thanks be to God!

Pastor Pam



### Mental Health Matters—So Let's Talk About It!

The truth is that everyone, every single one of us, has mental health. According to the American Psychological Association, mental health is described as our mental, emotional and behavioral wellbeing. In other words, mental health has to do with the way we think, cope with our emotions, and behave in response to these things. Mental health is part of who we are and how we see ourselves and the world.

Of course, it is also true that many people face challenges with their mental health. Mental health challenges can be complicated, and it is nothing to be ashamed about. Mental illness, including conditions such as depression, anxiety, schizophrenia, etc. is not a matter of weakness or a lack of faith. I think, instead, that mental health is part of the human condition, one of the challenges many people face in an imperfect world.

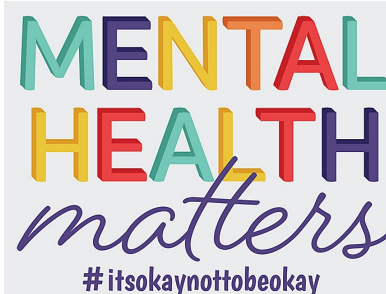
According to the National Alliance on Mental Illness, in any given year 1 in 5 adults (20%) will face a mental health challenge. With odds like that, chances are you know someone in your life who has struggled with their mental health, or perhaps you have found yourself struggling at times. If this is true, please know that you are not alone, and there is hope!

As the people of God, it is important for the Church to be aware of and talk about mental health as well as hope and healing. For this reason, during the last two Sundays in March Faith-Lilac Way will be talking about mental health, sharing helpful resources, and creating space for healing. You can learn more details under Vicar Joanna's Internship Project article.

If you have further questions, or would like to talk to someone about your mental health, you can talk with myself or Pastor Pam. We want to support you in your mental health journey and can help connect you to additional resources and support.

Your mental health and wellbeing matters, so take care of yourself and remember that you are a beloved Child of God no matter what challenges you may face. God's blessings of health and wholeness to you!

Vicar Joanna



MENTAL  
HEALTH  
*matters*  
#itsokaynottookay

## Announcements



### **Reminder: It's Time To Turn Your Clocks Ahead!**

Before you go to bed Saturday night, March 11th, don't forget to turn your clocks ahead one hour. You don't want to be late for service on Sunday morning!

### **Midweek Lenten Services and Soup Suppers!**

**2:30 PM** Robbins Way Service

**5:00 PM** Soup Supper

**6:30 PM** Evening Service in FLW Sanctuary

Join us Wednesdays during the month of March

as we journey through the season of Lent. This

year as part of our Lenten journey we will be exploring the Parables of Jesus

through the artwork of Paul Oman (the artist who made the paintings in our

fellowship hall downstairs!). Come enjoy some soup and bread donated by

Breadsmith Bakery and stay for service!



You can call the church office if you would like to sign up to bring food or help host a soup supper. We look forward to seeing you on Wednesday evenings!

### **March Opportunities for Prayer and Bible Study**

**Wednesdays: 10:00 AM** Contemplative Prayer

**10:30 AM** Bible Study (in person and online)



Join us Wednesday mornings in March at 10am and 10:30 as we grow deeper in faith and closer to God through prayer and Bible study. The Bible Study will be a series on the book of Jonah. All are invited!

### **Mission of the Month: NEAR Food Shelf**

NEAR, North-Suburban Emergency Assistance Response, responds to the food insecurity needs of individuals and families in our community by distributing food every afternoon - Monday through Friday. NEAR receives donated food from our Second Harvest Heartland food rescue partners that include Cub, Target, HyVee and Aldi's. We also pick up food rescue donations from Almsted's, individuals, churches, and local farmers markets.



Currently the partners that NEAR depends on have had to scale back on their food donations. To offset this NEAR needs to purchase more food items than we had to in the past to serve our clients. Inflation impacts NEAR in two ways: (1) more people are food insecure due to higher food costs resulting in more people asking for our help, and (2) like everyone in this room the food we are purchasing from food banks is more expensive than it was just a year ago. At NEAR we are doing our best to purchase essential food items our clients need while trying to keep spending within budget.

Despite these challenges in 2022, NEAR was able to serve the local community by accomplishing the following:

Household visits: 5,042, an increase of 51% compared to 2021.

NEAR distributed 638,663 pounds of food to households.

377 children received backpacks with age-specific school supplies.

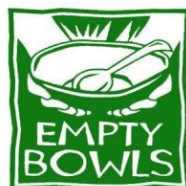
518 children received hats, gloves, mittens, scarves, and gifts at the toy distribution event.



## Events

### **2023 Empty Bowls Event**

Tuesday, March 7, 2023, 5:00-7:30 pm  
Robbinsdale Cooper High School  
8320 47th Avenue North, New Hope, MN



Community meal and fundraiser to benefit PRISM & NEAR Food Shelves through an effort of volunteers, local businesses, and Robbinsdale Area Schools and Community Education.

### **Join us for Treats & Talk on Sunday Mornings!**

All are invited Sunday mornings after worship to join us in the library for treats, coffee, community and conversation! As part of Treats & Talk during the season of Lent we will be using the spiritual practice of Visio Divina—exploring God through art. Come and see!

### **Caritas Vocal Ensemble Concert**

This season Caritas performs a selection of songs named We Rise Together to highlight **Cherish All Children's** care for each other and our world. A free-will offering benefitting Cherish All Children will be received.

Sunday, March 12; 3:00 p.m.

Valley of Peace Lutheran

4735 Bassett Creek Drive

Golden Valley

During our worship service we pause to worship God with our offerings. At this time, in support of the ministry we share, some people put in the offering plate cash or checks or envelopes. Other people give online through regular banks or other mailed in donations. Another way to give online is by using the QR code. Thank you for your support.



### **Evan J Kuder, Author Time Gate Ascension At Aecher**

Meet with author Evan J. Kuder on Sunday, March 19, after worship service, at Wicked Wort in Robbinsdale. Gather at about 12:15pm, book discussion begins at 12:30pm. If possible, please read the book before you come. You can order it from Evan's website: [Evanjkuder.com](http://Evanjkuder.com) OR - Ruth Kuder has a few books that she has provided free of charge in exchange for reviews posted on-line at Goodreads, BookBub, and/or Amazon.



## Vicar Joanna's Internship Project—Mental Health and the Church!

Hello everyone! Since I am intern #14 I am sure Faith-Lilac Way is well aware that seminary interns complete a special project during their internship year. The internship project gives seminary interns the opportunity to use their passions and gifts in partnership with the congregation where they serve.

Throughout my life, the topic of mental health and mental wellness has been a passion of mine. I have faced my own mental health challenges and know and love several people who have struggled with their mental health as well.

I believe that the Church is meant to be a place of support, healing, and hope for all people—including those with mental health challenges. Yet, many individuals and church communities struggle to talk about mental health. Some people feel ashamed to talk about mental health, and as a community we may not always know what to do or say to support someone who is struggling.

During the last two Sundays in March (the 19th and 26th), I will be hosting two education and conversation opportunities after worship around mental health. Then, on Wednesday March 29th, Faith-Lilac Way will be holding a healing service. The Healing Service will be an opportunity for us to bring our hurts and needs, whether they be physical, emotional, spiritual or relational, before God, trusting in God's presence and healing love.

Please consider joining me for these events as part of my internship project. It is my hope that these opportunities to talk, pray and worship together will strengthen our community and bring a healing word to those who need it.

**Prayers:** Holy God, the needs and cares and concerns of our world can be overwhelming. Strengthen us with your grace, mercy and love and help us to share your steadfast love with others. Be with those in our congregation who are in need of health and healing including: *Lois Anderson, David Bjorkquist, Helen Brandon, Carol Brown, Jacqueline Butkowski, Larry Geer, Carolyn Lageson, Joyce Merkel, Jo Parvey, Edith Theilmann, Jackie Woolgar, Vic Woolgar, Betty Schmidt and Mary O'Neil*. We commend these people and all who are in need to your loving care. In Jesus' name, Amen.

### **ELCA Disaster Response Efforts in Turkey and Syria**

It has been difficult to see the aftermath of the recent earthquakes in Turkey and Syria. We pray for God's presence in these places, and support the work of disaster response organizations bringing aid. The ELCA Disaster Response is in Turkey and Syria to help those impacted by the earthquakes.

If you would like to support the mission of ELCA Disaster Response you can write a check to the church designated for ELCA Disaster Response, or follow the link below to give online. One hundred percent of your donation will go directly to these efforts.

<https://www.elca.org/Our-Work/Relief-and-Development/Lutheran-Disaster-Response/Our-Impact/Middle-East-Crisis>



**Save the Date!**  
**Faith-Lilac Way Hosts**  
**Hennepin County**  
**Fix-It Clinic**  
**Saturday, May 13**

Fix-It Clinics offer free, guided assistance from volunteers with repair skills to disassemble, troubleshoot, and (hopefully) fix small household appliances, clothing, electronics, mobile devices and more. Fix-It Clinics teach valuable troubleshooting and basic repair skills, build community connections and reduce the number of repairable items that are thrown in the trash. Clinics are held once a month from noon to 4:00 p.m., with the last items accepted at 3:30 p.m. Events are first come, first served. No pre-registration required. Here's the link for more information:

<https://www.hennepin.us/fixitclinic>



**ELCA Lutheran Disaster Response**

Your Spirit-filled generosity helps families and communities reeling from disasters here in the United States and across the globe. No matter the disaster, no matter the need, your gifts to Lutheran Disaster Response enable people to rebuild their lives and livelihoods now and far into the future. Thank you!

Amanda White  
 Director of Congregational Generosity

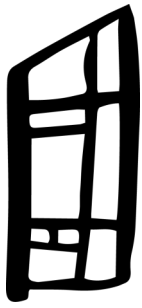
**ELCA World Hunger**

Your generosity is getting at the root causes of hunger and poverty in over 60 countries, including the United States. It is providing access to clean water, health care, agriculture, livestock, education, and peace and justice. Through your gifts, you are joining with the whole church as we work toward a just world where we are all fed.

In Christ,  
 Amanda White  
 Director of Congregational Generosity



Amanda Vallis	1st	Rory Joygaard	11th	Alyssa Anderson	20th
Rylee Vierzba	1st	Amery Vierzba	11th	Linda Fernelius	20th
Cindy Brausen	2nd	Lydia Foster	12th	Debbie Overman	23rd
Julie Stobbs	5th	Clint Hughes	12th	Edith Thielmann	24th
Pastor Rebecca Holland	6th	Sally Fuchs	14th	Brenda Thompson	24th
Pastor Ashley Updegraff	6th	Mary Peloquin	15th	Taylor Ipsen	29th
Michelle Wood	7th	Diane Bahneman	19th	Samantha Swanson	30th
Mark Wietzke	8th	Catherine Edstrom	19th	Mary Weilage	31st



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### **Lenten Spiritual Practices**

Lent is a great time to try a new Spiritual Practice - or return to one you have enjoyed before. Here are a few suggestions and some resources we will have available at church.  
*(Hint: you don't have to do them all!)*

#### **Daily Devotions**

- + Word and Season books are available in the narthex
- + Devotion Books in our library - check one out for the season!
- + God Pause from Luther Seminary in your email each day:  
<https://www.luthersem.edu/godpause/email/>

#### **Art and Color**

- + Try Visio Divino (seeing God in Paul Oman's art) Sun mornings after worship at Treat & Talk on Feb 26, March 5 and March 12
- + Lenten Wednesdays - pick up a coloring sheet made by Paul Oman

#### **Prayer**

- + Pick up a worksheet on various ways to pray available at church (or ask us to email or mail you a copy)
- + Join Contemplative prayer on Wednesdays in the chapel at 10 AM
- + Journal - try a spiritual journal - see Pastor Pam if you have questions