

January 2011

on the

inside . .

Grief Group at St. John's ∻ p. 12

Camp Sunday is Jan. 30 ♦ p. 9



Worship Services: 8:30 a.,m. & 10:45 a.m.

The *Voice* is a monthly publication of St. John's Lutheran Church, Northfield, MN. Articles for the Voice must be submitted by the 15th of each month: office@stjohns-elca.org. For information, contact the Church Office: **phone:** 507-645-4429 fax: 507-645-9633 e-mail: office@stjohns-elca.org website: www.stjohns-elca.org

Church office hours:

Mon. - Thurs. 9:00 a.m. to noon and 1:00 to 4:00 p.m.

Friday

9:00 a.m. to noon and 1:00 to 3:00 p.m.

St John's Debt Reduction Appeal

The time is fast approaching when we as a congregation formally begin our Debt Reduction Appeal that will "Unbind Us" from a \$78,000 annual mortgage payment. The kickoff for this Appeal will occur on Sunday, Jan. 9,



2011. Pastor David Quarberg will offer the sermon and the Quarberg's and Carlson's will present the reasoning and facts during the Adult Forum hour between services. Additional presentations

will occur at 1:00 p. m. on Monday, Jan.10 and at 7:00 p.m. on Thursday, Jan.13. We urge every member to attend one of these presentations.

At present we are spending \$78,000 per year for the next 16 years to retire one of our \$800,000 mortgages. This annual cost is severely binding our programs at St John's. This is an obligation that we jointly hold as members of our particular unit of God's Church. This obligation can be met by doing nothing,

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but that binds us for 16 years. In addition this 'do nothing' option will cost over \$420,000 in interest over the next 16 years. Instead, the Debt Reduction Appeal proposes that members make a sacrificial contribution to debt reduction over the next two years'. The Debt Reduction Appeal is run completely by volunteer members of St John's. Every dollar contributed to debt reduction will be used for debt reduction. Money will be applied to reducing the mortgage principal as soon as it is contributed. With a successful Appeal St Johns will be able to support its mission as an important part of God's Church.

Volume 51, Number 1

During the public sessions in January we will present the Appeal and its benefits in detail. There will be time for questions and discussion as we as a congregation work together to meet our mission as St John's Church. As of the writing of this letter \$272,500 has been pledged and \$81,810 has been contributed to the Appeal by members of the Appeal committee, the Church Council, and a few early contributors.

We ask for your prayerful consideration of your part in this important step to move St John's forward.

> Genevieve and David Quarberg Char and Bill Carlson Appeal Co-Chairs

Prayer and Care Ministry

Pray without ceasing. I Thessalonians 5:17

> Prayer Ministry

Bear one another's burdens, and in this way you will fulfill the law of Christ.

Galatians 6:2



Providing oneto-one care and encouragement **Gathered in the Word:** Mark the season of Epiphany during this time of silence and prayer guided by Scripture. Meets Thursday, January 20, 7:00 p.m. in the Fireside Room. All are welcome.

Being Present for Others

An important part of being a Stephen Minister is being present for our care receivers — the ministry of presence. I met with my care receiver shortly after she moved to Northfield with her husband. She had been diagnosed with cancer and was told she had a year to live. While she was coping with her own life-shortening illness, her husband became ill and died. They had both assumed that she would be the first to die.

When I learned of her husband's death, I called her to offer words of comfort. She told me that funeral was on Saturday. "You'll be there, won't you?" I responded, "Of course." I know she would have understood if I said no, since the service was at her home congregation about an hour from Northfield. However, for all of us who are Stephen Ministers a big part of our role is just being there. Being present. Showing up. Offering Christian friendship. Pastor Johnson was also there; together we represented all of you, her St. John's congregation at the funeral.

Grief Support Ministry: St. John's Grief Support Group meets Mondays starting Jan. 3 through Feb. 7 from 7:00-8:30 p.m. in the Fireside Room. For more information contact Barb Knaak, 664-0444.

Blessed are they who mourn, for they shall be comforted.

Matthew 5:4

Grief Support Ministry **Grief Booklets:** "Journeying through Grief" booklets are available for those grieving the loss of loved ones. Contact one of the pastors if you would like a copy or if you would like to give a copy to a friend or family member. **Prayer Chain:** Prayer requests are welcome for any concern or thanksgiving. Requests are kept confidential and not included in Sunday morning prayers unless specifically requested. Contact Mary Cisar with a prayer request or to become a prayer chain volunteer: macisar@gmail.com or 663-1097.

As her Stephen Minister, no one at the funeral knew who I was. I was another friend and mourner. Being anonymous, I was able to observe as Pastor Johnson arrived and my care receiver's grandchildren rushed to her side excitedly proclaiming, "Pastor Johnson is here!" I observed her husband's baptismal certificate displayed prominently on the guest book table for all to see. I listened to the heartfelt grieving wails of my care receiver as Pastor Johnson delivered the final prayers for him. And, I thought about how my care receiver was passing the importance of her faith to her children and grandchildren. This faith had sustained her through some of the most difficult times in her life.

After her husband's death, her health deteriorated rapidly. Six weeks later, Pastor Johnson and I were at her home congregation once again celebrating her life and standing by her grave performing the final act of caring for her by being present.

At St. John's, we have care givers who are prepared to be present for you, offering a listening ear and Christian friendship. If you or someone you know can benefit from talking with a Stephen Minister, please call a pastor, 645-4429 or Pam Schwandt, 645-6120.

From our pastors . . .



Arise, shine; for your light has come, and the glory of the LORD has risen upon you. Isaiah 60:1

1 million +

Spanish conquistadors and settlers moved into the northern valleys of the Eastern Range of the Andes Mountains in Colombia during the middle of the 16th century. That complicated history, notwithstanding, one group of Spaniards arrived at the time of year when fireflies were lighting up the hillsides at dusk. The sight of the blinking insects impressed the settlers. They learned that the native people called the fireflies, "cocuy" and so the Spaniards decided to name the village they were establishing, El Cocuy or "the Firefly".

In November Jane Rinehart, Kristi Wermager, and I travelled to El Cocuy, Colombia as part of a Southeastern Minnesota Synod visit to our partners in the Evangelical Lutheran Church in Colombia. We spent three days in El Cocuv visiting with members of St. John's partner congregation, El Salvador Lutheran Church. We worshipped together, toured the congregation's elementary school, shared meals and spent time hearing about the congregation's ministry. Jane, Kristi, and I didn't see any fireflies during our stay in El Cocuy but we did see and hear how the light of Christ has shined in these mountains and how the light of Christ continues to light up the valleys in and around El Cocuy. A few examples:

• Members of El Salvador Lutheran Church gather for worship every Sunday morning at the small sanctuary in El Cocuy. Then, on Sunday afternoons, Pr. Mora drives up into the mountains where farm families gather in different homes each week for worship with communion. Most of these families are not members of the Lutheran Church. • The congregation's elementary school has 55 students – only three of the students are Lutheran. The school has a reputation for quality teaching, high academic achievement, and compassionate care for students.

• El Salvador Lutheran is a leader in partnering with other Christians – mostly Catholic and Pentecostal - to address social needs in the community. The congregation's women's prayer group became a leader in the village's resistance to the guerilla violence of the 1990s and early 2000s.

• In the past few years, the congregation has donated over 170,000 tree seedlings to local landowners in an effort to prevent widespread erosion and mudslides. The congregation's goal is to plant 300,000 trees in the valleys around El Cocuy.

• In 1940, it was the Lutheran World Federation that helped to bring electricity to the farm families living in the mountains around El Cocuy. Over seventy years later people still remember this event.

Jane, Kristi, and I look forward to sharing more stories with you about our visit to El Cocuy. We'll tell these stories at different times throughout the next two months which in the church year is the time after Epiphany. It's a time when the Church remembers the different ways God's presence in Jesus Christ is revealed in the world – the different ways Christ is lighting up the world and drawing all people to the glory of God.

...continued on pg. 04

December Actions

Memorials and Gifts Special Gifts and Memorials

In memory of **Haakon Fure** by: Sallie Clark, Donald and Nancy Holden, John and Elaine Thompson, Brynhild Rowberg, Lois Rand, Charles Lunder, Elaine Feroe, Norma Buholz, Allen and Lorraine Hanson, Gerhard and Gloria Knutson, Helen Larson, Dean and Dorothy Ostlie.

St. John's Foundation

In memory of **Haakon Fure** by: Solveig Steendal, Kathryn Haugen

Radio Fund

In memory of Virginia Gangsei by: Sarah Circle

Debt Retirement Fund

In memory of Haakon Fure by: Robert and Jane Gelle

Other Actions

Baptisms

Kuchceang Mangok, daughter of Nyebol Rik; sponsors are Jim and Marnie Thompson; Dec. 5, 2010

Moses Thoa, son of Nyebol Rik; sponsors are Jim and Marnie Thompson; Dec. 5, 2010

Radio Broadcasts

Dec. 5, 2010 in memory of Val Fure, by her friends.

Dec. 19, 2010, in memory of the birthday of **John Falck**, by his family.

Dec. 24, 2010, in memory of **Percy Johnson**'s Dec. 24 birthday, by Millie Johnson

Dec. 25, 2010 in loving memory of **Jennings Feroe**, by Elaine Feroe.

Dec. 26, 2010, in memory of **Richard Nasby** on his Dec. 31 birthday, by his family.

Have you Dedicated your Dollars?

Thrivent Choice dollars are now available! It's easy to dedicate your dollars:

- 1- Visit www.thrivent.com/thriventchoice
- 2- Click on "log in" at the top right of your screen and enter your username and password. If you do not have a username and password, click "register now"
- 3- Look for your designated Choice Dollars amount on the right side of your screen
- 4- Click on "Direct Choice Dollars" in the Thrivent Choice box on your MyThrivent page
- 5-Search the catalog of organizations to find your choice.
- 6-Click on "Direct Choice Dollars Now" to direct have your dollars directed to that organization.

Questions, please contact Shelley: 645-4429

...Pastor's Page, continued from pg. 3

That also makes Epiphany a good time to continue the discussion about St. John's strategic plan and vision – as we see the different ways the light of Christ is shining through the congregation's ministries and then as we try to discern the new ways we are being called to let that light shine in the congregation, community, and beyond. As we do this work at St. John's, in the season of Epiphany and throughout the coming year, we have brothers and sisters in Christ who live in a village in Colombia called El Cocuy who send us their love and who want us to know that they are keeping us in their prayers during this time of transition.

What a wonderful gift it is to live in the light of Christ.

Mark

from and around the greater Church

St. John's is a congregation of the Evangelical Lutheran Church in America, with nearly 5 million Lutherans across the United States and the Caribbean. There are 65 geographic synods within the ELCA, and St. John's is a part of the Southeast-ern Minnesota Synod. As baptized children of God in Christ, the congregation is also part of more than a billion Christians on earth. On this page each month news from our synod, from the churchwide organization, and beyond will be shared.



from the churchwide organization:

Lutheran Services in America

The story of Lutheran Services in America, the collective name of Lutheran social ministry, is the story God's love poured out for God's people. And God's people, with overflowing gratitude, love their brothers and sisters in the human community - next door and across the globe. Lutherans have directed that impulse to love the neighbor through individual and collective action for many generations. In the last half of the 19th century, in many rural towns and in many cities, Lutherans gathered their resolve and resources to begin orphanages and "family-finding" agencies to care for children left parentless by a variety of circumstances. Today, many of these Lutheran orphanages have grown into large organizations that meet a broad range of needs for children and their families. Each Lutheran social ministry organization can tell stories of faithful people, who, motivated by Christ's love, directed that care to others or advocated against injustice, especially when finding a place to care for aging people in a rural community or for opportunities for those marginalized by city life.

Today congregations in urban neighborhoods create community for people struggling with mental illness, chemical dependency, and transition from prison. New missions mobilize the resources of neighborhoods to care for the lives of kids at risk. In suburbs and small towns, people of faith band together to ensure access to safe and affordable housing and services for people with disabilities. Congregations and social ministry organizations in rural areas join forces to provide healthcare, transportation and chore services for people as they age. People come together to advocate, to organize, to serve.

This story of Lutherans working in the world is a clear witness to the Gospel. There are more than 300 independent Lutheran health and human service organizations in thousands of communities all across the country and the Caribbean. The employees and volunteers in these organizations treat acute and chronic illnesses of body and mind, provide care for the whole person in need, and strengthen and empower individuals and families to care for themselves, for one another, and for their communities. Last year services were provided to nearly six million people — or one in 50 Americans. The aggregated budgets of these organizations totaled over \$16.6 billion dollars. Through Lutheran Services in America, an alliance of the Evangelical Lutheran Church in America, The Lutheran Church-Missouri Synod and their related health and human service organizations, LSA strengthens its members' ministries and Lutheran identity, facilitates work that is best done together rather than as individual organizations, trains board and staff leaders, connects social ministry organizations to one another and with partners of many types, and stimulates collective action through advocacy and programs. For more information see www.lutheranservices.org

> Written by: Shirley Gangstad, Mission Interpreter Submitted by: Karleen Sherman karleen.sherman@gmail.com

Music Life at St. John's

Music Ministry Notes:

JanuarySinging Schedule for Choirs: January 2 – St. Olaf Choir January 9 – Laudate (8:30); Senior (10:45) January 16 – Rejoice Ringers; Senior (8:30); Hosanna and Jubilate (10:45) January 23 – Senior (8:30); Laudate (10:45) January 30 – Senior (8:30); Alleluia (10:45)



There's always room for YOU!



There's always room for YOU in the St. John's music ministry. If you're interested in ringing or singing in one of our choirs, or if you play an instrument, contact Dan Fenn at 645-4429 (ext. 58) or dfenn@stjohns-elca.org

...from our Boards

From the Adult Ministry and Education Board: Calling all fellowship fans!

If you enjoy gathering with others for the purpose of getting to know new people or hanging out with people you already know, St. John's need you! We are looking for people who enjoy participating in and planning fun activities, special events and opportunities for St. John's members to connect. Your mission, should you choose to accept it (and you should) will be come up with fun ideas for St. John's members to get together (or build on activities that already exist);

work with your partners on the St. John's events team to make these activities happen (hire the bus, reserve the tickets, create the sign-up, advertise the opportunity); and have fun connecting with other St. John's members!

The St. John's Adult Ministry and Education Board is looking for a small group of people to plan social activities for St. John's members and their guests. Recent events include annual summer trip to the Twins game, a trip to the Science Museum to view the Dead Sea Scrolls, and a day at the Childrens Theater production *Mulan*, family camp at area Bible camps, and bike rides or hikes in the area.



When we were expecting Micah, before we knew we were having a boy, Terrence and I couldn't agree on girl's name. He advocated for Mary but I resisted, claiming Mary is too common a name.

It is important to Terrence and I, when naming our children, that we give them names with meaning. We named Micah after the Old Testament prophet who proclaimed "He has shown you, O man, what is good. What does the Lord require of you but to do justice, love mercy, and walk humbly with your God."

A few weeks ago I was in the middle of one of the mundane tasks of motherhood and mulling over Mary's encounter with the angel Gabriel in which she says, "I am but a handmaiden of the Lord."# I was suddenly struck by how difficult Mary's task really was. My mind fast forwarded to the scene of Golgotha and the crucifixion. To the image of Mary standing at the foot of the cross as her son was crucified.

Now that I am a mother that image has become more powerful... and painful. I cannot imagine a greater torment than that of a mother losing her child. I think about Mary's simple statement, an act of simple and risky obedience. "I am but a handmaiden of the Lord."

She didn't know all that she was saying yes to. She didn't know then what we know now. She didn't know her obedience would bring her own great pain and she couldn't have comprehended that the child she would carry would bring the kingdom of God to earth.

Mary is not the only one of God's children who was called to blind obedience. Abraham was told to leave his homeland and go the land God would show him, wherever that was. Simon Peter was prompted by the Spirit to travel with three men he did not know to a stranger's home. Callings like this are common in Scripture. The frequency of God calling his people into unknown places in Scripture leads me to believe God continues to call his people in this way.

We're at the start of a new year and none of us knows what lies ahead in our personal lives or our congregational one. We don't know exactly where we're being called, just that we are. We have the promises of God to allow us to continue to move forward, boldly and in faith.

May we have the courage of Mary to simply say in response to God's call, "I am but a handmaiden of the Lord."

Maybe Mary is a common name, but if it is, it is for good reason.

Regina Hassanally Director of Shared Ministries reginah@stjohns-elca.org

LOVING TO SERVE

SERVING TO LOVE

From the Faith and Health Board: Fear Not the Winter Blues How To Thrive in the Bleak Midwinter

Here's how you can survive and even thrive during the winter months: trick your brain into thinking that it is actually summer.

1. Make the days longer: The best way to do this is with very bright lights. When you are exposed to bright light early in the day, it mimics an earlier sunrise. When you do it late in the day, it seems that the sun is setting later than it really is. I advise my patients to purchase a light box and use it for 30 minutes in the morning (before 8 a.m. if possible) and another 15-30 minutes late in the day (between 5:00 p.m.-7 p.m.). It is especially helpful to use lights then if you get very sleepy in the early evening.

2. Manage your sleep: You may feel like sleeping a lot will be good for you, but it will usually make you feel even more sluggish. Aim for about 8 hours per night, and try to get up at nearly the same time every day. If you sleep in by more than an hour, you will change your circadian rhythms. Avoid naps unless you sleep really well at night, and even then limit naps to 45 minutes or less in the early afternoon. If you need help falling asleep, consider trying a low dose of melatonin, which is available as a supplement without a prescription. I prefer using it only occasionally, and getting the sublingual

form (that dissolves under the tongue). It works quickly, so you can wait and take it just before bedtime if you know it will be hard for you to fall asleep.

3. Eat like it's the middle of summer: Think of how your body wants you to eat in the heat of summer: light, fresh foods, including lots of green vegetables and colorful fruits; modest amounts of lean protein; and few carbs and other comfort foods that become so prominent around the holidays.

4. Make more energy: You make energy by expending energy. The best way to do this is through regular exercise. It is a cruel irony that those who may benefit most from vigorous exercise also have the hardest time doing it because of low motivation. It works best to start early in the season, before sluggishness sets in. Try to break a sweat, and work out for 30-45 minutes nearly every day if you can. Exercise in the late afternoon may help to reduce the early evening fatigue, and also improve sleep.

5. Add a few nutritional supplements.

• B complex (or a very good multivitamin): aim for at least 50 mg of vitamin B6; 100 mcg of vitamin B12; and 400 mcg of folate daily. Take half the dose twice daily, with breakfast and dinner.

 $\cdot\,$ Omega 3 (fish oil or ground flax seed): Take at least 1000 mg twice daily

• Vitamin D3: 1000-2000 mg daily. Consider getting a vitamin D blood level through your primary physician, as some people need even higher doses.

Excerpted from an article by Henry Emmons, with permission Full article can be found at: <u>http://www.psychologytoday.com/blog/the-chemistry-calm</u>

News and Events

Camp Sunday

Sunday, January 30 is Camp Sunday! The 3rd through 8th grade students will meet downstairs in the Youth Room from 9:45 – 10:30am. A Green Lake and Shores of St. Andrew Camp attend, and we hope to see you there!



representative will be here to answer questions and to get kids excited about attending Summer Bible Camp. Parents are encouraged to

2011 Budget Watch

The charge to the Budget Committee and Congregational Council is present a balanced budget to the congregation at the annual meeting on January 30. In light of that, every entity (all Boards and Committees) in the congregation have been asked to submit budgets reflecting 87% of their budgets for 2010.

While most of these changes will become apparent when the budget is proposed, a number of cost-saving measures are already being placed into motion. Some of these are: 1) heat is being set at 68 degrees throughout the facility; 2) A concerted effort is being made to control the amount of lights being burned during periods of activity; 3) A return to smaller-sized bulletins for worship; 4) The use of white, versus colored, paper for Sunday bulletins, and The Voice.



Serving on Sundays in January

Acolytes

January 2 January 9 January 16 January 23 January 30	 (8:30) Bergen Hoff; (10:45) Alexa Nutt, Brandon Kimber (8:30) Taylor Pleschourt; (10:45) Grant Erickson, MaKenna Boyum (8:30) Dylan Matson, Mike DeCramer; (10:45) Grant Erickson, Evan Heather (8:30) Elizabeth Evenson; (10:45) Gregory Pelletier, Amelia Tjaden (8:30) Mike DeCramer, Bjorn Bade; (10:45) Cecilia Kryzda, Amanda Nelson
<i>Coffee</i> January 2 January 9 January 16 January 23 January 30	Mark and Mary Polzin, Dave and Ruthie Neuger, Sharon Bastian, Carol Benson Wes and Rae Pearson, Terry and Peggy Dell, Emma Kmoch Bruce and Alice Rickert, Brent and Shelley Keske, Cecilia Kryzda Howard and Julie Thorsheim, Brian and Lois Pleschourt Karl and Dao Hella, Erik and Sally Lindell
<i>Communion</i> January 2 January 9 January 16 January 23 January 30	preparers Jon and Jeanette Rondestvedt Marie and Duane Benson Elaine and Duane Kringen Marland and Grace Madson Mary Cisar and David Sudermann
<i>Nursery</i> January 2 January 9 January 16 January 23 January 30	(10:30 a.m noon) Saul and Amy McBroom (10:30 a.m noon) Jodi and Jamie Doeden (10:30 a.m noon) Todd and Connie Menssen (10:30 a.m noon) Amy Wilkomm and Amy McBroom (10:30 a.m noon) Angie McCarthy and Kris Vatter
Ushers January 2	(8:30) Doug Child, Alan Alberg, Duane Benson, Len Hoffmann, Rick Hillard, Loren Lee, Dan Lueck, Gordon Mickelsen; (10:45) Wes Pearson, Brian Boyum, John Hanson, Peggy Hanson, Brandon Kimber, Dale Kimber, Don Kimber
January 9	(8:30) Bob Gelle, Jim Enestvedt, Bob Johnson, Chuck Lunder, Rob McCarthy, Ruthie Neuger, Tom Porter, Don Sahling, Myron Solid; (10:45) Jonathan Norrie, Terry Dell, David Halsor, Dick Kleber, Todd Nichol, Kristin Nichol, Michael Sylvester, Suzanne Sylvester, Steve Williams
January 16	(8:30) Mark Anderson, Jim Bierman, Jerry Bothun, Dave Hagen, Sue Hagen, Nicholas Gonnerman, Patsy Ophaug, John Ophaug; (10:45) Margaret Hayford O'Leary, Bonnie Jean Flom, Todd Iverson, Lowell Johnson, Andy Langehough, Greg Norman, Doug O'Leary
January 23	(8:30) Dallas Berg, Niles Austvold, Myron Dack, Erik Hong, Eric Lund, Mark Polzin, Bruce Rickert, Ken Wilkens; (10:45) Corrine Heiberg, Elvin Heiberg, Tim Eklund, Lois Eklund, David Rudser, Susan Rudser, Andy Westerback
January 30	(8:30) Bob Gelle, Jim Enestvedt, Bob Johnson, Chuck Lunder, Rob McCarthy, Ruthie Neuger, Tom Porter, Don Sahling, Myron Solid; (10:45) Jonathan Norrie, Terry Dell, David Halsor, Dick Kleber, Todd Nichol, Kristin Nichol, Michael Sylvester, Suzanne Sylvester, Steve Williams

Thank you for teaching!

Teachers and Assistants:

Preschool 1:	Stephanie Aman, Dodie Mickelsen
Preschool 2:	Lauren Ehlers, Jordan Cook
Kindergarten:	Katie Bull, Peter Duba,
0	Andrew Mikula
First Grade:	Sue Brockman, Jo Chambers
Second Grade:	Kelly Culhane,
	Megan Andrews-Sharer
Third Grade:	Karleen Sherman, Julie Laven
Fourth Grade:	Amy Boxrud, Julie Becker,
	Kristy Mikula
Fifth Grade:	Scott Swanson, Kris Swanson
Music:	Jenny Pelletier, Andrea Hoff
Library:	Susan Canon, Kelsey Bull, Angie
C C	Gehring, Leah Sand
) /

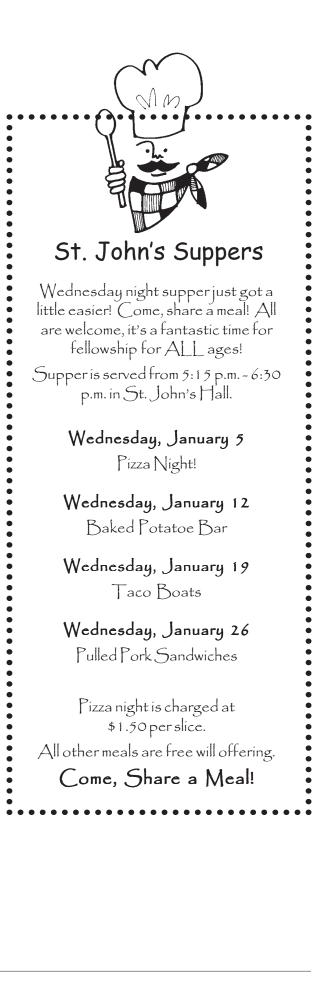


Have you Enjoyed Wednesday Night Meals?

Then we need you to help! Our chefs have done a fabulous job of planning, shopping for, and preparing our meals, but they've also turned into the clean up crew. Many would like to see the meals continue to be substantial, hot, prepared meals, but we need help from you in cleaning up, scrubbing pots and pans and running the dishwasher. Don't look at your neighbor and think he or she is helping...YOU can help!

Our chefs often arrive mid-morning on Wednedsay (not to mention the prep work before Wednesday) and are still here cleaning up late into the evening after the meal is over. Please contact the Church Office to show your support - sign up to help clean up! 4-5 volunteers are needed simply for cleaning up - much of this could be done while the meal is being served (washing pots and pans, running the dishwasher). Pitch in and do your share! Many hands make light of this work...and our chefs are getting tired!

A special THANK YOU to Linda Anderson, Peggy Dell, and Kristy Harms for their dedication to this important ministry that brings us all together for a meal!



Women's Retreat at Gustavus!

"The Gathering", a women's small ministry group at St. John's, invites women to a retreat in January at Gustavus Adolphus College in St. Peter. The retreat will focus on women's health and wellness, plus enjoy a relaxing night away! We will carpool to St. Peter on Friday, Jan. 21 leaving St. John's at 5:30 p.m. and returning on Saturday, Jan. 22 at 5:00 p.m. If you are interested in attending, give Julie Brehmer a call at 645-4429, ext. 25. Watch for more info, coming soon!

New Small Group Study: Luther's Large Catechism

A new small group will meet this winter and all are invited!

Five Thursdays, beginning Jan. 27 -Fireside Room, 7:00 p.m. - 8:30 p.m. DeAne Lagerquist and Mark Granquist, leaders

"Even if their knowledge of the Catechism were perfect . . . it is highly profitable and fruitful daily to read it and make it the subject of meditation and conversation." So wrote Martin Luther in his preface to the Large Catechism. He also begged "lazy-bellies and presumptuous saints" to realize that we have much to learn about God's gracious love for the world and our place in it.

With Luther's admonition in mind, we invite St. John's members to read and meditate on his Large Catechism as a guide to Christian life and faith. (You could think of this as confirmation class without spit-balls, adolescent hormones, or memory work.) In each of the first four sessions we will read, meditate upon, and converse about one major section; in the final, fifth session we will consider the whole from the perspective of Timothy J. Wengert's assertion that the Catechisms are a school for vocation.

So that we know how many chairs to set up and how many cookies are needed, please let L. DeAne Lagerquist know that you plan to attend. (l.d.lagerquist@gmail.com)or sign up in the Church Office. If you would like to purchase a copy of the Large Catechism and or Timothy J. Wengert's Martin Luther's Catechism: Forming the Faith, include that information in your message

Sharing our Grief, Easing our Loss - Grief Support Group Meets this month

"So high you can't get over it, so low you can't get under it, so wide you can't get through it. You gotta go through the door."

These words, from an old spiritual, speak to us of the experience of grief and of the most healing approach to



dealing with grief. God provides us strength and comfort as we grieve, and one important way that comfort is given is through

the love and care we share as brothers and sisters in Christ. Sharing thoughts and emotions with people who care and understand our grief is one of the most healing gifts we can give to ourselves. If you have lost a loved one, no matter how recently, it is important for you to know that you are not alone. The St. John's Grief Support Group will begin a new session on Monday, Jan. 3 at 7:00 p.m. in the Fireside Room. You are invited ot join us. For more information, you may contact Barbara Knaak, 664-0444

News and Events

Next meeting: Monday, Jan. 10 7:00 p.m. St. John's Hall

"Witness During Warfare" Ied by Jane Rinehart & Kristi Wermager

From the Peace and Justice group . . . El Salvador Lutheran Church in El Cocuy, Colombia: A Witness During a Time of Warfare

Last November, Pastor Mark, Kristi Wermager and Jane Rinehart were in Colombia for one week to visit our partner congregation, El Salvador (The Savior). Two days of riding on a winding, mountainous road made more treacherous by mudslides and giant potholes, brought us from Bogota to the charming pastoral village of El Cocuy. We were warmly greeted by Pastor Oliverio Mora and his family, and as it was late, fed a delicious dinner in a local hotel. Thus began our friendship with the members of El Salvador Lutheran Church.

During our journey to El Cocuy, we had heard the story of how the villagers survived years of occupation by guerillas. We learned that the prayers and witness of El Salvador Lutheran congregation were pivotal in the village taking a stand against the guerillas. During our three day stay in El Cocuy we also learned of how the church continues to live out their faith by their many acts of service in the community. We were entertained by children's dances, impressed by the quality of the Lutheran elementary school, and educated about the history of the Lutheran church in Colombia.

At 5 a.m. on a Saturday morning we left on a tour through the mountain countryside, seeing the founding places of the Lutherans in Colombia. The region is known for its dairy farms, pure water reservoirs, and the entrance to mountain trekking in a national park. The area is now under new threats from those who seek to own the water rights and international trade that could undermine the dairy farms.

We fell in love with the people and were inspired by their witness. There is a story to tell (and pictures to see). Please come to our presentation to the Peace and Justice Group on January 11. We want you to fall in love with the people of El Salvador Lutheran and their village, too.

Event: Jan. 21, 7:00 p.m. United Methodist Church

"Let Freedom Ring" Northfield Community Celebration

Martin Luther King, Jr. Day Renewing the legacy of commitment to justice is one of the goals of Northfield's annual Community Celebration of MLK Day, celebrated this year on January 21 at the United Methodist Church at 7:00 p.m.

"Let Freedom Ring" is the title of the address by Courtney Payne, a senior at St. Olaf College. Also on the program is music by The Northfield Youth Choir. The evening will end with the traditional birthday cake for Dr. King **Everyone is welcome!**

Mission Outreach

St. John's Scholarship at Luther Seminary

The St. Johns Lutheran Church Endowed Scholarship at Luther Seminary was established to celebrate the 125th anniversary of St. Johns in 1996. The fund provides financial support for deserving students in the M.Div., M.Th., or Ph.D. programs, with preference for members of St. Johns Lutheran Church. This years recipient is Gregory Olsen who is a senior Master of Divinity student.

Greg recently sent a word of thanks to St. Johns: "A profound word of thanks for your support of the scholarship fund established in

Trip to Tanzania planned in December 2011

A group is forming from the Southeastern Minnesota Synod who will join our partners in the Central Diocese of Tanzania for the 100th anniversary celebration of the Lutheran Church in the Central Diocese. The trip will include visits to the Diocesian Center in Singida, Iambi Hospital, the Lutheran Institute Kiomboi, the anniversary celebration at Ruruma Lutheran Church, and two animal preserves (Ngorongoro Crater and Tarangire National Park). Participants will need a current U.S. passport, entry visa and medical immunizations prior to the trip. Approximate travel dates are December 1-16, 2011, pending air travel arrangements. Approximate cost will be \$3000-\$3500. \$500 deposit is due by April 30, 2011 to the Synod office. For more information contact Pr. Craig Breimhorst at clc@christonthehill.org honor of your 125 years of ministry! What a breathtaking idea, to think of all those who have heard the Good News of Jesus Christ at St. Johns in now 140 years!...Praise be to God who has raised up those financial stewards who have helped make possible the journey of faith and ministry, like mine."

Thank you from Gretchen Colby

Dear St. John's, As I near the end of my first semester at Pacific Lutheran Theological Seminary I am continually aware of how blessed I am – to have time to study and to be surrounded by such wonderful classmates professors as I prepare for ministry. I am also blessed by the support I receive from St. John's – both in my theological education as I grew up and still in your prayers, financial support and love. You are truly my church family and I am so thankful for you. Thank you.

Christmas Greetings from Jambi Lutheran Church

The following is part of an email the church received December 21 from our partner congregation, Iambi Lutheran in Iambi, Tanzania.

Our dear friends in Christ at St. John's, We send you special Christmas greetings from Iambi Church leadership and all church members. It is our prayer that this message finds you all healthy and happy.

Our children have prepared programs for a Christmas celebration. They will sing songs, read poems, and recite memorized Bible verses. They will also answer Christmas questions from their teaching. There is no electricity in the village and so we wont have a worship service on the night of Christmas Eve but we will gather for worship on December 24 at 10 a.m. Pastor Shija will conduct a church service where there will be baptisms, marriage ceremonies, and special prayers for the boys of the congregation – a way to honor them and encourage them in their faith. Families will have small parties for the boys following the service.

We wish you joy peace and a wonderful beginning of the year 2011. May our almighty God bless you all.



Mission Statement: TO MOBILIZE WOMEN TO ACT BOLDLY ON THEIR FAITH IN JESUS CHRIST Lutheran Woman Today Bible study theme for 2010-2011 is

"The People of God: Unity in the Midst of Diversity"

Amos 3:3 "Can two walk together, except they be agreed?"

For newsletters and information: www.semnsynod.org and www.womenoftheelca.org

Next Meeting: January 6, 11:30 a.m.

Lunch in the Valhalla Room of the Kings Dining Room. Sign-up sheet is on the Women of the ELCA bulletin board near the Church Office. Come for food, music and fellowship!

Upcoming Events:

- Jan. 4 and 18, 9:30 a.m.: Knitters meet in the library
- Jan. 6, 11:30 a.m.: Lunch meeting, Kings Room
- Jan. 8, 8:30 a.m.: WBG, Fireside room.
- Jan. 10, noon: Study leaders, Fireside room

Jan. 12 & 13: Circles meet. Please note that starting in January the Martha/ Claudia circle will be meeting in homes instead of the Fireside room at NRC. The January meeting will be on the 13th at the home of BrynhildRowberg at NRC Parkview West, #2226.

- Jan. 17&20: Quilting prep on Monday, quilting on Thursday, 9:00 -11:00 a.m., in Fellowship Hall (clean, non-holey blankets needed for fillers)
- Jan. 27, 9:30 a.m.: Executive board meeting, Fireside room. Norma Gilbertson, devotions.

Looking Ahead:

Our **February** meeting promises to be a very special experience. We will be viewing the video "A Grandmother's Gift," a two-person play based on the book "Let Me Stand Alone." Kristin Franklin, granddaughter of our own Ruth Hansen, developed the play from the book, published by the parents of Rachel Corrie, a 23-year-old American student who lost her life in the turmoil in the Holy Land. Rachel's parents published the book based on their daughter's journals, poetry, e-mails and drawings from her early life until her death. Ruth Hansen will be with us to share some of her many experiences in the Holy Land.

Circles:

Women interested in joining a circle, please contact Barbara Walters (663-1055 or <u>waltersb2@gmail.com</u>). This year's study leader for St. John's WELCA is Pastor Bev Nestingen Lundeen (507-301-3088).

For a subscription to the LWT magazine, please email: <u>subscriptions@augsburgfortress.org</u> or ask one of the circle leaders for information.

Circle Bible Study Regular Meeting Times each month are the second Wednesday or Thursday after the first Thursday of each month at the times below:

Lydia – Wednesday, 9:30 a.m. Marilyn Boschee and Judy Smith, Leaders

Sarah – Wednesday, 9:30 a.m. Char Nelson, Leader Martha/Claudia – Thursday, 9:30 a.m. at Parkview West;

Eulalie Smestad and Joyce Schrader, Leaders

Elizabeth – Thursday, 1:30 p.m. Darlene Hand and Iva Dodson, Leaders

Abigail/Rebecca – Thursday, 2:00 p.m. at Parkview West, Gert Brosz, Leader

Mary – Thursday, 7:30 p.m. Rachel Stark, Leader

Women's Breakfast Group - second **Saturday** at 8:30 a.m. in Fireside Room, Kathy Mellstrom, Leader

Please submit items for this information page to Ruth Smestad Anglin: <u>ranglin@weststartv.com</u> or (507) 301-4744

News:

Beginning and experienced quilters: take a look at the article in the Women of the ELCA newsletter "Interchange": <u>http://www.elca.org/Growing-In-Faith/Ministry/Women-of-the-ELCA/</u><u>Newsletters/Interchange.aspx</u>. It's a quilting competition and looks very interesting!



Connecting people through small group settings...

Small Groups Ministry

For where two or three are gathered in my name, I am there among them. Matthew 18:20

Providing opportunities for fellowship, Bible study, health and wellness, faith in daily living, learning, and service.

C					
Connections Contact:	Carol Schoen	645-6840			
Everyone Has	a Story				
Contact:		645-4172			
Gathered in th	ne Word				
Contact:	Pr. Johnson	645-4429			
Grief Support Contact:	Barbara Knaak	664-0444			
Healing Praye	r				
	Dick Beckman	664-3882			
Large Catechi	sm Study				
Contact: De	eAne Lagerquist/Mark Gra	nquist			
Men's Breakfa	st Bible Study				
Contact:	Dean Ostlie	645-2597			
Men's Time Ou	ıt				
Contact:	Greg Kneser	663-0271			
Options Bible Study: Gospel Of John Contact: Dave and Gen Quarberg 645-0089					
Peace and Jus	- 6				
	Judith Stoutland	645-7842			
Prayer and Pra	aise				
	Mary White	645-4783			
Tuesday Noor	n Bible Study				
	r. Bob or Pr. Mark	645-4429			
Women of the	ELCA Circles				
Contact:	Barbara Walters	645-1055			
Women of the	ELCA Knitting				
Contact:	Bobbie Maakestad	645-4397			
Women's Bible	e Study at Parkview We	st			
Contact:	Dick Dahlin	645-5978			
Women of the	e ELCA Quilting				
Contact:	Kathy Vang	645-4849			
Women's Brea	kfast Group				
Contact:	Kathy Mellstrom	663-1451			

If you are interested in leading a small group or have a suggestion for a new small group please contact a member of the Small Group Leadership Team: Sandi Gerdes 645-2290, sandi@laurabaker.org Cheryl Buck, 663-9056, cabuck@charter.net Barb Eaves, 645-4172, pbeaves@hotmail.com Mark Johnson, 645-4429 mjohnson@stjohns-elca.org

A List Maker's Resolve

by Barbara Eaves

I am an incurable list maker. Generally, the lists are of things that need to be tended to, and for the most part they get done. Sometimes, however, lists go beyond the time or ability to accomplish them. And one such list, New Year's resolutions, is not even in the realm of reality and any attempts to fulfill it are usually pretty feeble and soon abandoned.

So this year, I have but one resolve, not of things to accomplish, but of who to be: one who is dependably thankful, not for the big and obvious things that are already remembered regularly...family, faith, life...but for the small things and the everyday occurrences that can so easily slip by unnoticed or be taken for granted. One example from December was the day of the blizzard when a neighbor stopped by, said he was going to the store and wondered if I needed anything. When the neighbor brought me a dozen eggs I was able to bake the cookies (on my list:&) and they turned out well.

And I wanted to join with the three kings from Amahl and the Night Visitors, in singing to the shepherds, "Oh thank you, thank you,"

Here at St. John's there are so many occasions to be people of gratitude, such as when the walks and parking are cleared, the choirs sing or play, the bulletins are ready for worship, the coffee is made, the finances cared for, and the ministries tended to.

The Small Group Ministry Team thanks those who have been committed and faithful in the past year in leading and facilitating small groups where individuals are invited to connect with others, to learn and grow. The names of the group leaders are listed on the side bar of this page.

For these and all others who serve to make St. John's a lively faith community, words borrowed from St. Paul seem fitting: We thank God every time we remember you, constantly praying with joy in every one of our prayers for all of you, because of your sharing the gospel from the first day until now.

The Winter/Spring 2011 Catalog available in January at the Small Group bulletin board in the Commons will have a listing of all groups meeting this season.

Adult Ministry and Education

Education Opportunities for Adults on Sunday Mornings

Education Hour is at 9:45 a.m. Coffee is in the Commons between services. The St. John's Forum meets in St. John's Hall between services.

- Jan. 2: St. John's Forum: Reception for St. Olaf Choir, St. John's Hall. No St. John's Forum.
- Jan. 9: *St. John's Forum:* Debt Reduction Appeal presentation by Debt Reduction co-chairs Bill and Char Carlson. St. John's Hall
- Jan.16: St. John's Forum: Presentation on Elder Care by Dick Edwards. Dick Edwards, retired Mayo eldercare specialist, former administrator at the Charter House in Rochester, and author of Mom,Dad...Can We Talk? will share some of his experiences and insights to help us do what's best for our aging parents and for ourselves. St. John's Hall
- Jan. 23: St. John's Forum: Annual Meeting Preview. St. John's Hall
- Jan. 30: St. John's Forum: Strategic Plan Update. St. John's Hall

News and Events

Coming During Lent!

From Small Group Ministry: A new small group opportunity for all at St. John's!

A Lenten Discipline: Book Discussion Gatherings

Groups will be formed by a sign-up process during January & February. Watch for details!

Washed in God's Water: Baptism Recognition Jan. 9

Sunday, Jan. 9, is the Sunday of the Baptism of our



Lord, the first Sunday after Epiphany. As is customary now at St. John's, we will not only celebrate Jesus' baptism in the Jordan that day, but also recognize and give thanks for all those brought through the waters of baptism in 2010. There will be engraved medallions for each of those newly baptized whom we recognize this day. In addition, in worship we all will affirm our own baptisms as we

remember our call to minister on Jesus' behalf in the world.

THE VORCE OF CHILDREN'S MINISTRY

Important Dates to Remember!

Sunday School Schedule

- Jan. 2 No Sunday School
- Jan. 9 Sunday School
- Jan. 16 Sunday School
- Jan. 23 Sunday School *Teacher Brunch*
- Jan. 30 Sunday School *Camp Sunday*

CATechism / "DOG"/ Chimes

Grades 4 & 5, 4:00 – 4:45 p.m.

Jan. 5	CAT	
Jan. 12	CAT	
Jan. 19	CAT	
Jan. 26	DOG/Bell Chime	s

Bowling for 2nd-5th Grades

Monday, Jan. 17 (No School Day) 12:30 - 2:00 p.m.

Teacher Appreciation Brunch

Sunday, Jan. 23, 9:45 a.m., Fireside Room Pre-service music starts at 2:45 p.m.

3rd Grade CAT Retreat

Wednesday, Jan. 26; 4:45 - 6:00 p.m., Youth Room

Camp Sunday, 3rd-5th Grade

Sunday, Jan. 30, 9:45 -10:30 a.m., Fellowship Hall

Summer Camp is coming soon!

Youth in grades 3-5: summer camp is right around the corner! On Sunday, Jan. 30, a representative from Green Lake/Shores of St. Andrews Bible Camp will be here to answer your questions and get you excited about attending summer camp this June. Parents – feel free to come and learn more about camp with your child. We will be meeting in the Youth Room during Sunday school from 9:45 – 10:30 a.m.

Let's Go Bowling!

On Monday, Jan. 17 (no school day!), kids in grades 2-5 are invited to go bowling at Jesse James Lanes from 12:30 p.m. - 2:00 p.m. The cost: \$10.00/child for 2 games and shoe rental.

Please sign up on the bulletin board in the Commons or downstairs by the Nursery.

Parents: Please drop off and pick up your child at the bowling alley. If they need a ride, give Julie a call at 645-4429, ext. 25. Parent or high school chaperones are needed.

The Sacrament of Holy Baptism

Parents who wish to have their baby or child baptized at St. John's are asked to attend a preparation session to discuss the meaning of baptism and to talk about the details of the day. Baptism preparation is held on the first Saturday of each month in the Fireside Room. The next session is Saturday, January 8 at 10:30 a.m. Please call the Church Office if you plan to attend.

Children & Communion

Holy Communion is the meal of all the baptized children of God. If your baptized child has expressed an interest in receiving Holy Communion please contact a pastor.

4th & 5th Grade CAT Resumes in January

4th and 5th graders resume Catechism classes starting on Wednesday, January 5. CAT classes will meet in the lower level of St. John's; 4th grade in Fellowship Hall and 5th grade in the Youth Room from 4:00 – 4:45 p.m. on the following Wednesdays in January: 5, 12, and 19. DOG and Bell Chimes resume on January 26.

3rd Grade CAT Retreat

Third graders will meet Wednesday, January 26 from 4:45 – 6:00 p.m. in the Youth Room for a Catechism retreat on the Sacrament of Baptism. Pizza will be provided. If you are unable to attend, please call Pastor Johnson or Julie Brehmer at 645-4429.

Teacher Brunch!

Sunday School teachers and assistants are invited to brunch on Sunday, Jan. 23 at 9:45 a.m. in the Fireside Room. When you see your child(ren)'s Sunday School teacher, remember to express your thanks! Teachers names are listed on pg. 11

YOUTH MINISTRY @ ST. JOHN'S

Middle School Sunday School Grades 6-8

Sundays 9:45 a.m. - 10:30 a.m.

- Jan. 2 No Sunday School Christmas Break
- Jan. 9 Confirmation Retreat
- Jan. 16 Andrea Hoff
- Jan. 23 Andrea Hoff
- Jan. 30 Camp Sunday!

High School Sunday School Grades 6-8 Sundays 9:45 a.m. - 10:30 a.m.

Jan. 2	No Sunday School - Christmas Break
Jan. 9	Epiphany
Jan. 16	TBA
Jan. 23	Tony Becker, Rebecca Judge
Jan. 30	Camp Sunday!

Sunday School Task Force

St. John's is looking to form a Sunday School Task Force. The task force their responsibilities will be to assist Sherm in developing a yearly theme, creating curriculum topics for each week based on that theme, and to help form and create long-term goals for the middle school and high school Sunday school program.

If Sunday School is something you're interested in and passionate about, join the force! Contact Mike Sherman if you'd like to be on the Task Force.

6th Grade CAT class and Retreat

 6^{th} Grade CAT meets January 5 from 5:45 p.m. – 6:30 p.m. We'll be discussing the 3rd Petition of the Lord's Prayer, and reviewing the 2^{nd} Petition. We meet in the Fireside Room, and we will be sharing a meal together (pizza).

Looking forward to seeing you there!

Also, don't forget about the 6th Grade CAT Retreat, on January 17. Parents will be receiving a letter with more details.

Confirmation Retreat

It's almost time for the Confirmation Retreat! The Retreat is a once a year tradition where our confirmands gather together for worship, learning, and lots of fun and fellowship. It's a great time for our students to get away and have fun, and to experience confirmation outside of the traditional setting. Here are some of the details. Parents, if you haven't rsvp'd yet, please do so as soon as possible.

When:

7th and 8th Graders – January 7,8 9th Graders – January 8,9 <u>Where:</u> We'll be heading down to Good Earth Village Bible Camp <u>Cost:</u> \$30 (Scholarships are available) <u>Chaperones:</u> We need chaperones and drivers for

this event. Please contact Sherm as soon as possible if you can help out!

High School and Middle School Ski trip to Welch

On Saturday, January 15, we are taking a ski trip out to Welch Village. This is a

Northfield Area Youth Church event, so our friends at Bethel, St. Peter's, Trinity, Emmaus, Rejoice, and the Methodist Church will be coming along as well.



Look for details and permission slips to be arriving soon. It'll be amazing!

Pastors

Bob Iverson Mark Johnson John Quam

Building Manager Rich Kleeberger

Children's Ministry Julie Brehmer

Music Ministry Daniel Fenn

Music Staff

Tyler Forsythe - Alleluia Cathy Rodland - Jubilate Ruth Legvold - Laudate Jo Dahlin - Rejoice Ringers

Office Manager Stephanie Aman

Parish Administrator Shelley Keske

Parish Nurse Lynette Marks

Shared Ministry *Regina Hassanally*

Youth Ministry Mike Sherman

Congregation President Tim Eklund



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Annual Meeting is January 30

The Congregation Council has set Sunday, Jan. 30, as the date for the Annual Meeting of St. John's Lutheran Church, immediately following a potluck dinner in St. John's Hall. Items of business will include receiving of reports, election of officers, board, and council members, and action on the proposed 2011 budget. Annual reports are scheduled to be printed by Sunday, Jan. 23, and there will be an annual meeting preview on Jan. 23 between services.

St. Olaf Choir sings here Jan. 2

We welcome the St. Olaf Choir and its director, Dr. Anton Armstrong, to our worship service on Sunday, Jan. 2. They will lead us in worship and sing anthems at several places in worship. This is a longstanding and deeply beloved tradition at St. John's as we welcome the choir back to the place of it's birth and as we are blessed by their wonderful leadership and music.

A reception will be held between services. Please take the opportunity to welcome the St. Olaf Choir to St. John's!