



# First Lutheran Caller

MAY 2011

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## HOME

One of the most important things in my life is my home. It's a place of comfort, renewal, and love. I can't imagine living without it.

Unfortunately, thousands of Minnesotans can. They do not have a home. According to the Wilder Foundation, about 9,800 people are homeless on any given night in Minnesota. Incredibly, over 4,000 of them are children. That is a 300% increase since 1991.

Can you imagine what it would be like not having a home to return to at night? Or trying to raise your children like that?

One organization doing something about homelessness in the Twin Cities is Families Moving Forward, and they are utilizing churches. After all, many faith communities have nice, warm buildings that are empty all night long.

We are working to become a host site for Families Moving Forward. We would host four families for a week, perhaps twice a year. We would provide them an evening meal, overnight sleeping rooms, and a quick breakfast. The families would spend their days at school, work (yes, some homeless people have jobs, but still can't afford housing), or the Families Moving Forward day center in north Minneapolis.

Clearly this would require a large commitment from our congregation. We would need many volunteers: to cook, serve, and clean up after a meal each night; to visit with the families and make them feel at home; to stay overnight to provide security and be available for emergencies; to serve breakfast.

Many of our members heard Felicia Mason-Edwards, Director of Families Moving Forward, speak at our adult class on February 27, and were impressed with her presentation. Now we need people who will step forward and volunteer.

A training session for all volunteers will be held on Saturday, May 14, from 9:00 to noon. (Lunch provided.) We will learn more about the homeless problem in our state, and how we can make a difference. We might even find out what the homeless can teach us.

I ask you to consider attending the training on May 14. If you can't make it that day, but would like to help, contact me or Pastor Amy. I believe our congregation has the potential to play a small part in making homelessness history in Minnesota. I also believe that Christ calls us to this work.

Pastor Tom

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## **FIRST LUTHERAN'S 100TH ANNIVERSARY**

First Lutheran Church was incorporated on April 4, 1912. So next year will be a milestone year for us and we want to celebrate!! 2012 will be a year full of events and celebrations to commemorate our 100th Anniversary! It will be an opportunity to learn about and honor our history but also a time to look to the next century!

The "Century Committee" has been formed to plan for celebrations and events during 2012. As we begin the planning, we welcome your suggestions, ideas and advice. All will be considered. Please contact anyone on the committee.

Members of the Century Committee are Ruth Dodson, Chair; Paul Christensen, Vice Chair; Lyn Larson, Secretary; Dorothy Markowitz, Tara Mumm, Chad Habeck, Ross Hedlund and Julie Johnson.

## **PAINTING PARTIES**

We're beginning preparations for the 100th Anniversary. There are only eight months before the Anniversary year of 2012 and we have a lot to do so we're getting an early start on painting projects around here. Three parties have been scheduled on Wednesday, May 11 - 8:30 to 12:30 pm; Thursday, May 19, 4:30 pm - 7:30 pm and Saturday, May 21 - 9 am to noon. Weather permitting we'll paint outside on the windows in the north wing and sanctuary windows. If rainy, we'll paint classrooms and hallway walls.

Please plan to attend and sign up in the Commons as to when you are available to help! We need you!

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## **\$50,000 Matching Gift for the Mortgage and Maintenance Fund**

In March, First Lutheran received a very generous offer to match up to \$50,000 in new pledges and/or one-time gifts for the Mortgage and Maintenance Fund (formerly Building Fund) as an incentive to increase the total amount pledged/received for 2011.

The 2011 pledges for the Mortgage and Maintenance fund received at Consecration Sunday last fall were down substantially from what is needed for the mortgage payment and also for major repairs. Our mortgage payments for one year total \$225,000.00. Pledges received were \$95,000.00. However, with the matching fund gift and your gifts and pledges, we have great news!

**THANK YOU!! THANK YOU!!** to all those who responded to this Matching Fund offer. To date we have received \$48,950.00 toward our goal of \$50,000.00. We are so very close to our goal!!!

You can help us achieve the goal in the following ways:

1. Make a pledge to 2011 Mortgage and Maintenance Fund
2. If you've already pledged, consider pledging an additional amount.
3. Make a one-time gift. (Mark on your check for Mortgage & Maintenance Match)

Pledge forms are available at the Receptionist Desk in the Commons. Please help us meet our goal of \$50,000.00!

# WORSHIP AND MUSIC

By Peter Carlson, Director of Music



Another Music at First series has almost come to a close. Our last concert will be on June 6, with the Mississippi Valley Orchestra presenting Mahler's amazing Fourth Symphony. Our good friend and soprano Margaret Houlton will be singing with the orchestra...you won't want to miss her beautiful voice.

As with so many things around here, the Music at First series is undergoing some changes. If you're a regular visitor to our concerts, you'll notice that next year we will no longer be offering post-concert receptions. It was always nice to provide this for our guests, but the financial realities are catching up with us. A bigger change is that we will no

longer be printing and mailing a season brochure. Research shows that more and more people are getting (and paying attention to!) notices via electronic means: email, Facebook, Twitter, etc. So we will be focusing our resources on these avenues of communication. It will ultimately be much cheaper for us and, of course, easier on the environment. If you want to stay informed about all the concerts happening at First, make sure you're on our email list. You can very easily get signed up through the church's website ([www.flcch.org](http://www.flcch.org)) or just come talk to me. Also, search for us on Facebook and become a fan!

Some of you may wonder why we host so many concerts here at church. For one thing, musicians consistently rave about

the acoustics in our sanctuary. Since we are blessed with such a nice space, we think it's important to share it with other performing groups. Also, the concerts held here bring in a good deal of revenue. By trimming costs in the ways I mentioned above, we stand to bring in several thousand dollars next year to help with building operating costs. And all these concerts help raise our church's profile in the community, hopefully bringing in the occasional new member. Finally, this congregation has always recognized music as one of God's greatest gifts. We are in a position to offer convenient, reasonably-priced, quality concerts to the people in our community. What a privilege! Hope to see you at a concert here soon...

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## SUMMER MUSICIANS NEEDED!

Musicians are needed to provide special music this summer while our choirs take a summer break. There will only be one service at 10:00 each Sunday. If you sing or play an instrument and would be willing to help out, please contact Peter Carlson.

### Pentecost is June 12!

Each year we decorate our sanctuary with red geraniums for Pentecost, in memory of loved ones who have passed away. If you would like to purchase a plant, please sign up at the reception desk in the Commons beginning May 15. After Pentecost, the flowers will be planted outside on church grounds. Thank you!

### MUSIC AT FIRST

Sunday, June 6, 4:00 pm  
Mississippi Valley Orchestra

For their final concert with Music Director Ed Schlueter, the orchestra will present Mahler's wondrous Fourth Symphony. Joining the group in the final movement—depicting a child's vision of heaven—will be Twin Cities soprano **Margaret Houlton**. *Free-will offering (\$10 suggested donation)*

### WORSHIP ALERT!

The summer worship schedule **beings on May 29!** There will be one service only at 10:00 am in the Sanctuary.

## YOUNG AT HEART

**Tuesday, May 3, 12 noon**

An early observance of ...

***Cinco de Mayo, (May 5th.)***

### Hola!

Welcome to the fiesta! We are going to celebrate Mexican style. Eustacio (Tacho) Dominguez and his wife Sally will be with us to share some Latino music and tell us his family's faith story. Tacho is originally from Mexico and is finishing his M. Div. degree at Luther Seminary. He also serves as Spanish Outreach pastor at Calvary Lutheran Church in Golden Valley. How did it come to pass that Mexico, which is historically Roman Catholic, produced a Lutheran pastor? Come and hear. And further, what does ***Cinco de Mayo*** really celebrate? Yes, come and hear.

Martin Luther Hall will be adorned in colorful Mexican decor complete with the traditional piñata. If you have some 'south of the border' attire or artifacts, it would be fun to bring them out for this occasion.

The program will be at noon because Señor Dominquez needs to get back to class at the seminary. The tasty Mexican feast will follow at 1 p.m. or so. Please sign up on our bulletin board; and remember to cancel if necessary! An accurate count is important when food or transportation is involved.

\$12, payable at the door.

**Hasta la vista!**



## SUNDAY ADULT EDUCATION

**Go on safari with Peter!**

On Sunday, May 1, Peter Carlson will be sharing photos and stories from his trip to Africa during the 11:00 education hour. Learn about the townships of Cape Town and the many organizations and people who are working there to combat poverty, hunger and disease. Then see some amazing safari pictures of animals of all kinds!

## JOIN OUR MISSION

First Lutheran is always open to having more people join us in the mission we share. If you are interested in finding out more about membership, Pastor Tom and Pastor Amy invite you to attend the following activities:

Sunday, May 8 - Lunch with the Pastors  
11:00 am.

Meet with Pastor Tom and Pastor Amy over lunch in Martin Luther Hall. We want to get acquainted with you, and tell you more about our mission.

Sunday, May 15 - New Member Orientation  
11:00 a.m.

A chance to learn more about the Lutheran church in general, and First Lutheran in particular. We will meet in the Peace Room, on second floor.

Sunday, May 22 - Reception of New Members  
10:00 a.m.

New members will be officially welcomed into our congregation at the 10:00 worship service. Speak to one of the pastors if you would like more information.



## VALLEYFAIR!

Monday, June 27

Meet at FLC at 1pm

Returning to FLC at 11pm

(Eat lunch before arriving and bring extra money for dinner, games and/or souvenirs.)

**\$35.00 per person**

(\$20.00 for those 3 years & older *and* less than 48" tall in shoes, or 62 years & older)

Price includes admission, unlimited drink wristband, transportation and parking.

Those 2 years old and under are **free** – no drink wristband.

ALL ages are welcome.

Under age 12 must have a parent/guardian attending.

Sign up on the youth board or on facebook and turn in your payment by **Sunday, June 5<sup>th</sup>!**

## WAPO SCHOLARSHIPS NEEDED

Are you able to contribute towards a youth's camp experience? Camp is a life-changing event in a child's faith journey. Camp prices have also gone up. The Youth and Family Ministry Board have committed to making this an affordable experience for families.

Can you help? Any gift will help. The cost of a SEEDS camper is \$130 and the cost of a Youth camper is \$385.

If you are willing to contribute any amount towards our camp scholarship fund, please place gifts in the Youth Box in the Commons (underneath the youth bulletin board).

## SAFEGUARDING GOD'S CHILDREN

Sunday, May 15, 12:30pm-2:30pm in the chapel.

Free workshop, led by Youth and Family Minister Leisha Tays.

Learn about how you can protect your loved ones from sexual abuse. Learn how to be proactive rather than reactive and make our world a safer place.

Sign up on the Youth Board in the Commons if you plan to attend.

All volunteers with the Children, Youth and Family Ministries at First Lutheran must take this course.

### START SAVING YOUR PENNIES!

The penny tank is coming to First! The Million-Penny-Pincher is on its way! Stay tuned for more details. In the meantime, save your pennies for our youth!!!!

## SPUDFEST!

Sunday, May 22, 11:30am-1pm in Martin Luther Hall we will be having a Spudfest! Come and enjoy a HUGE spud with all of the toppings. All proceeds will go to our Camp Wapo campers. \$5 per person, \$20 max/family

Camp Wapo campers, please plan on helping from 11:00am-2:00pm. Please also bring 2 dozen desserts (cookies, pieces of cake, bars, etc.)

## FLOWER SALES PICK-UP MARK YOUR CALENDAR

Did you order flowers, vegetables or herbs from our youth? Did you forget and want to check out the extras that will be for sale? Come and get your flowers during one of the following times:

Wednesday, May 4, 5pm-8:30pm; Thursday, May 5, 9:30am-4pm; Friday, May 6, 9:30am-4pm; Sunday, May 8, 8:30am-12:30pm and 5:30pm-7:30pm

# WORSHIP ASSISTANTS

## 10:00 AM

### Acolytes:

|        |               |                 |
|--------|---------------|-----------------|
| May 1  | Jospeh Super  | Jessica Kaliher |
| May 8  | Allison Olsen | Catie Miller    |
| May 15 | Nasya Marquis | Erin Johnson    |
| May 22 | Laura Super   | Erica Edstrom   |
| May 29 | Simone Woods  | Jessica Kaliher |

### Readers:

|        |                    |
|--------|--------------------|
| May 1  | Catie Miller       |
| May 8  | Ruth Craft         |
| May 15 | Gloria Christensen |
| May 22 | Erin Johnson       |
| May 29 | Carol O'Brien      |

### Communion

#### Servers:

|        |                    |                   |
|--------|--------------------|-------------------|
| May 1  | Rose Ann Nelson    | John Miller       |
|        | Sonja Super        | Phil Mattison     |
| May 8  | Jane Bugbee        | Larry Bugbee      |
|        | Christine Anderson | Pam Hartel        |
| May 15 | Chester Shattuck   | Clara Shattuck    |
|        | Elayne Knutson     | Dorothy Markowitz |
| May 22 | Rock Hauser        | Vern Hoium        |
|        | Ruth Dodson        | Rita Shultz       |
| May 29 | Jon Lueth          | Malcolm Watson    |
|        | Bev Thompson       | Sandy Lewis       |

#### Bus Driver:

|        |                     |
|--------|---------------------|
| May 1  | Vance Husen         |
| May 8  | Charles Pierson III |
| May 15 | Pam Sigurdson       |
| May 22 | Dale Streed         |
| May 29 | Scott Arne          |

## 10:00 AM

### Ushers:

|        |                        |                    |
|--------|------------------------|--------------------|
| May 1  | Matt Palm              | Sid Anderson       |
|        | Maggie Proft           | Doug & Pat Johnson |
|        | Helen Skoglund         | Donna Novak        |
|        | John Kennedy           |                    |
| May 8  | Randy Dodson           | Forrest Anderson   |
|        | Jay Craft              | Kevin Kaliher      |
|        | Charles Pierson III    | Judy Opheim        |
|        | Wendy Ramirez          | Allison Olsen      |
| May 15 | Clarence Skaaden       | Tony Olson         |
|        | Don & Carol Wahlstrom  | Gordon Johnson     |
|        | Sheldon Knutson        | Marge Jeska        |
|        | Peter & Edward O'Brien |                    |
| May 22 | Pat Pasiewicz          | Paul Eddy          |
|        | Vi Makie               | Dale & Faith White |
|        | Adlore & Mable Braaten | Wes Watson         |
| May 29 | Vern Hoium             | Pam Sigurdson      |
|        | John & Mary Kay Miller | Catie Miller       |
|        | Victor Zarich          | Gary Carlson       |



| <b>FIRST LUTHERAN CHURCH 2011 BUDGET - INCOME Through March 31, 2011</b>   |  |                   |              |            |                |  |
|----------------------------------------------------------------------------|--|-------------------|--------------|------------|----------------|--|
|                                                                            |  |                   | Total Annual | To Date    | To Date        |  |
|                                                                            |  |                   | 2011 Plan    | Budget     | 2011 Actual    |  |
| Envelope                                                                   |  |                   | \$ 425,000   | \$ 58,855  | \$ 114,973     |  |
| Electronic Fund Transfer Memo                                              |  |                   |              | \$ 30,143  | \$ 29,703      |  |
| Cash                                                                       |  |                   | \$ 10,000    | \$ 1,625   | \$ 2,472       |  |
| Children's Globe                                                           |  |                   | \$ 500       | \$ 119     | \$ 176         |  |
| Initial Offering                                                           |  |                   | \$ 1,000     | \$ 782     | \$ 803         |  |
| Thrivent Choice Gifts                                                      |  |                   | \$ 1,000     | \$ 250     | \$ 2,627       |  |
| Special Gifts                                                              |  |                   | \$ 35,000    | \$ 7,966   | \$ 10,502      |  |
| Debt Savings                                                               |  |                   | \$ 52,000    | \$ 14,870  | \$ 13,756      |  |
| Total                                                                      |  |                   | \$ 524,500   | \$ 114,609 | \$ 175,011     |  |
| <b>ADMINISTRATION</b>                                                      |  |                   | \$ 19,000    | \$ 10,156  | \$ 39,307      |  |
| Rentals, Weddings, Interest                                                |  |                   |              |            |                |  |
| <b>EDUCATION</b>                                                           |  |                   | \$ 5,000     | \$ 323     | \$ 337         |  |
| <b>EVANGELISM &amp; OUTREACH</b>                                           |  |                   | \$ 7,500     | \$ 2,620   | \$ 3,370       |  |
| Supper Income                                                              |  |                   |              |            |                |  |
| <b>MUSIC</b>                                                               |  |                   | \$ 8,000     | \$ 2,097   | \$ 2,749       |  |
| <b>MINISTRY</b>                                                            |  |                   | \$ 10,000    | \$ 2,313   | \$ 1,133       |  |
| Lent, Easter, Christmas Thanksgiving                                       |  |                   |              |            |                |  |
| <b>YOUTH MINISTRY</b>                                                      |  |                   | \$ 14,000    | \$ 5,852   | \$ 6,097       |  |
|                                                                            |  |                   | \$ 588,000   | \$ 137,970 | \$ 228,004     |  |
| <b>Other Income</b>                                                        |  |                   |              |            |                |  |
| Lutefisk Dinner                                                            |  |                   | \$ 18,000    | \$ 18,879  | \$ 18,594      |  |
| Bazaar                                                                     |  |                   | \$ 13,000    | \$ 200     | \$ 20          |  |
| Other: Fundraising, Funerals, etc.                                         |  |                   | \$ 4,000     | \$ 635     | \$ 481         |  |
| Men's Club Income                                                          |  |                   | \$ 14,000    | \$ 3,500   | \$ -           |  |
| <b>GRAND TOTAL INCOME</b>                                                  |  |                   | \$ 637,000   | \$ 161,184 | \$ 247,098     |  |
| <b>FIRST LUTHERAN CHURCH 2011 BUDGET - EXPENSES Through March 31, 2011</b> |  |                   |              |            |                |  |
|                                                                            |  |                   | Total Annual | To Date    | To Date        |  |
|                                                                            |  |                   | 2011 Plan    | Budget     | 2011 Actual    |  |
| <b>PAYROLL</b>                                                             |  |                   | \$ 362,400   | \$ 102,687 | \$ 95,311      |  |
| <b>ADMINISTRATION</b>                                                      |  |                   |              |            |                |  |
| Office Supplies, Insurance, Postage                                        |  |                   | \$ 60,100    | \$ 14,530  | \$ 15,351      |  |
| <b>OPERATIONS AND MAINTENANCE</b>                                          |  |                   | \$ 72,000    | \$ 26,082  | \$ 26,377      |  |
| <b>EDUCATION EXPENSES</b>                                                  |  |                   | \$ 7,000     | \$ 1,380   | \$ 780         |  |
| <b>EVANGELISM AND OUTREACH EXPENSE</b>                                     |  |                   | \$ 9,000     | \$ 2,421   | \$ 2,658       |  |
| Advertising, Suppers, Stewardship                                          |  |                   |              |            |                |  |
| <b>MUSIC EXPENSE</b>                                                       |  |                   | \$ 13,000    | \$ 1,209   | \$ 1,955       |  |
| <b>MINISTRY EXPENSE</b>                                                    |  |                   | \$ 4,500     | \$ 701     | \$ 1,176       |  |
| <b>YOUTH EXPENSE</b>                                                       |  |                   | \$ 17,000    | \$ 540     | \$ 4,968       |  |
| <b>BENEVOLENCES</b>                                                        |  |                   | \$ 54,000    | \$ 9,591   | \$ 9,911       |  |
|                                                                            |  |                   | \$ 599,000   | \$ 159,141 | \$ 158,488     |  |
| <b>Lutefisk Expenses</b>                                                   |  |                   | \$ 9,000     | \$ 9,000   | \$ 9,791       |  |
| <b>Bazaar Expenses</b>                                                     |  |                   | \$ 1,000     | \$ -       | \$ -           |  |
| <b>Kitchen Supplies</b>                                                    |  |                   | \$ 1,500     | \$ 663     | \$ 399         |  |
| <b>WELCA Expenses</b>                                                      |  |                   | \$ 3,500     | \$ 390     | \$ 434         |  |
| <b>Men's Club Expenses</b>                                                 |  |                   | \$ 14,000    | \$ 3,500   | \$ -           |  |
| <b>GRAND TOTAL EXPENSES</b>                                                |  |                   | \$ 628,000   | \$ 172,694 | \$ 169,112     |  |
| <b>PERPETUAL RESERVE LOAN</b>                                              |  |                   |              |            | \$ 41,000.00   |  |
|                                                                            |  | Paid Loan 2/24/11 |              |            | \$ (41,000.00) |  |
|                                                                            |  |                   |              |            | \$ -           |  |



## FAMILIES MOVING FORWARD VOLUNTEER TRAINING



On Saturday, May 14, from 9:00 - 12:00 we will learn how we can be a host site for this organization that utilizes churches to help homeless families. Anyone who wants to help in this project can be trained on this day. It will be an interactive training event, both informative and fun.

We will need people to help cook meals, clean up, entertain children, provide overnight security, and share friendly conversation.

Need more information? Talk to one of the pastors.

Ready to help? Sign up on the poster in the Commons.



### **NO SCRIP SALES ON MAY 29TH!**

#### **Summer Scrip Schedule Begins June 5**

Please note - There will be no Scrip sales on Sunday, May 29th! Please plan your scrip purchases accordingly. Also, scrip sales will move to alternating Sundays for the summer months. Scrip will be sold on the following Sundays during the summer: June 5th, June 12th, June 26th, July 10th, July 24th, August 7th and August 21st. Weekly scrip sales will resume on September 11th.

### **COMMUNITY TREASURE:**

#### **Celebrating the Gift of Age**

You are invited to an ecumenical worship service at Crest View Senior Communities which will:

- § Celebrate the challenges and gifts of age.
- § Hear stories of how our faith changes and matures as we become older.
- § Celebrate the ministries done by and on behalf of seniors.

The worship service will be followed by a reception.

The service will be held at Crest View Senior Communities in their Community Room/Chapel, located at 4444 Reservoir Boulevard NE.

## Hot Meals For Shut Ins

**550 Osborne Road N.E. Phone: 7632363636**

**Fridley, MN 55432 Fax: 7632363642**

**Office Hours: 8 a.m. -3 p.m. eve@hotmealsforshutins.com**

Mission statement: The mission of Hot Meals for Shut-Ins, Inc. is to maintain a coordinated local system of hot noon meal delivery to qualified elderly and disabled persons in Columbia Heights, Fridley, Hilltop and Spring Lake Park, MN. As a supporter of our Meals on Wheels program we are sending you a short report on 2010.

**Number of clients served: 412**

**Number of meals delivered: 36,278**

**Number of churches providing support and volunteers: 15**

Abiding Savior Lutheran, Community United Methodist, Fridley United Methodist, Grace Evangelical, First Lutheran, Immaculate Conception Catholic, Michael Servetus Unitarian, Redeemer Lutheran, Oak Hill Baptist, St Matthew Lutheran, St Philip Lutheran, St Timothy Catholic, St Timothy Lutheran, St William Catholic and Sunrise United Methodist.

**Business who provide volunteers:** Medtronic Inc., CUMMINS Power Generator, Achieve Services and Med Tech.

About one third of our clients list a church affiliation. 16 clients listed First Lutheran as their church.

**Support:** County payment for clients \$109,760. Donations 14,909. Fund raiser 336. Client payments 59,760. Grants 11,635. Interest of CD 473.

**TOTAL \$196,873**

Expenses: Meals Staff (4 part time)  
Taxes Insurance Legal fees & accounting  
Office equipment & supplies  
Telephone Repairs & Maintenance Mileage

**TOTAL 202,332**

**Year end loss**

**5,459**

Thank you for your support. Your coordinator, Sandy Vant and all the volunteers *from* First Lutheran Church do a fantastic job!!  
Eve Frank, Executive Director 763-236-3636

## SYNOD ASSEMBLY OPENING WORSHIP

Everyone is invited to attend the opening worship service of this year's synod assembly at St. Andrew Lutheran Church, Eden Prairie, on Friday, May 6. The service begins at 7:30 pm. ELCA Bishop Mark Hanson will be preaching. Come together with other Lutherans to enjoy choral music from the Minnesota Swahili Choir and the Twin Cities Gospel Choir.

## Parish Nurse Notes--Caregiving

In my Parish Nurse visits these past two months I have observed caregivers along with the parishioners I am visiting. Young and old providing care to their loved ones, in sickness, disability, hospitals, or hospice situations. There is just no getting around it we will all need care at some point in our lives.

Centers for Disease Control and Prevention Family Caregiving Facts:

- More than 34 million unpaid caregivers provide care to someone age 18 and older who are ill or have a disability
- An estimated 21% of households in the US are impacted by caregiving
- Unpaid caregivers provide an estimated 90% of the long term care
- Caregivers report having difficulty finding time for one's self, managing emotional and physical stress, and balancing work and family responsibilities
- 73% of caregivers say praying helps them cope with stress
- Half of caregivers say their health has gotten worse due to caregiving and that the decline in their health has affected their ability to provide care. Caregivers ignore their health, putting their family's needs first, or they do not have time to take care of themselves, or are too tired to do so.

**Ten Symptoms of Caregiving Stress** (from "Take Care of Yourself" Alzheimer's Association) **How many of these symptoms have you had?**

- Denial about the disease or problem and its effect on the person who has been diagnosed—*I know Mom is going to get better.*
- Anger at the person or others, realizing there is no cure sometimes  
*If he asks me that question again, I'll scream!*
- Social withdrawal from friends or activities—things that once gave you pleasure—*I don't care if we get together with the neighbors.*
- Anxiety—about facing another day and what the future holds—*What happens when he needs more care than I can provide?*
- Depression—that begins to break your spirit and affect your ability to cope—*I just don't care anymore.*
- Exhaustion—impossible to complete daily tasks—*I am just too tired.*
- Sleeplessness—caused by never-ending lists of concerns—*What if he wanders out of the house??*
- Irritability—that leads to moodiness and triggers negative responses—*Just leave me alone!*
- Lack of concentration—making it difficult to perform familiar tasks—*I was so busy, I forgot we had an appointment!*
- Health problems—begin to take their toll, both mentally and physically—*I can't remember the last time I felt good.*

**How can you manage stress?** Being so overwhelmed as a caregiver causes neglect of your own physical, mental, and emotional well-being. Tips to manage your stress: (Alzheimer's Association & United States Department of Health and Human Services Administration on Aging)

- Understand what is going on as early as possible, do not delay understanding symptoms in your loved one, consult with your doctor.
- Find what community resources are available, even if you may not need them now, you will have the information when you need it.
- Become an educated caregiver—find information about your health condition, securing appropriate information.
- Get help; don't be afraid to ask for help. Use family, friends, or neighbors for support. Family can help with caregiving tasks and a neighbor could help with chores.
- Take care of yourself. Don't neglect your health, get regular check ups, tell your doctor if you are depressed or nervous. Depression is twice as common among caregivers compared to non-caregivers. Take time for yourself each day. Read, listen to music, phone a friend. Eat healthy and do not skip meals.
- Manage your level of stress. Stress can cause physical problems, such as --blurred vision, stomach distress, and high blood pressure, lack of concentration or changes in appetite. Use relaxation techniques that work for you, and talk with your doctor.
- Accept changes as they occur. As health declines or changes, become aware of community resources, this makes the transition easier.
- Make legal/financial/future plans. Plan ahead; consult a professional or pastor about financial issues, advanced directives, estate planning, housing issues, long-term care planning, and yes, funeral plans.
- Give yourself credit, not guilt. Know that the care you provide *does* make a difference.

As Parish Nurse I hope to be a resource in your caregiving journey.

As always, stay well! Jane

# May 2011

## Monthly Planner

| Sunday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Monday                                                                                                                                                                                                                                                                                       | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                   | Saturday                                                                                                                                                                                                                                                                                                                                                                       |
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| <p style="text-align: center; font-size: 2em; font-weight: bold;">1</p> <p>8:45 AM Chapel Service with Communion<br/>10:00 AM Monte Horeb Prayer Time - Gabriel<br/>10:00 AM Worship with Communion<br/>11:00 AM Adult Education - Chapel<br/>11:00 AM Adult Fellowship...<br/>11:00 AM Sunday School<br/>11:30 AM Monte Horeb W...<br/>11:45 AM Lunch - MLH<br/>12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Danie...<br/><b>FOOD SHELF SUN...</b></p>                                                    | <p style="text-align: center; font-size: 2em; font-weight: bold;">2</p> <p>9:30 AM Monday Morning Music - Sanctuary<br/>5:00 PM - 9:00 PM Decorating for Young at Heart - MLH<br/>6:30 PM Hope Circle - Peace</p>                                                                            | <p style="text-align: center; font-size: 2em; font-weight: bold;">3</p> <p>9:30 AM Joy Circle - Peace<br/>9:30 AM Staff Meeting - Faith<br/>10:00 AM LaLeche League - Noah's Ark<br/>11:00 AM Columbia Heights GA - Gabriel<br/>12:00 PM Young at Heart - Cinco de Mayo - MLH<br/>7:00 PM Monte Horeb Worship - Sanctuary</p>                                                                                                                             | <p style="text-align: center; font-size: 2em; font-weight: bold;">4</p> <p>7:30 AM Men's Bible Study Breakfast - Bobby &amp; Steves Auto<br/>10:00 AM Rebekah Circle - MLH<br/>5:00 PM - 8:30 PM Youth Flower Sale Pick-up<br/>7:00 PM Baptism Orientation - Faith<br/>7:00 PM Confirmation<br/>7:00 PM Senior Choir Rehearsal - Bach<br/>7:15 PM Rachel Circle</p>                                                                                                   | <p style="text-align: center; font-size: 2em; font-weight: bold;">5</p> <p>9:00 AM Intercessory Prayer - Chapel<br/>9:30 AM Wiggle, Giggles &amp; Tickle - Elijah<br/>9:30 AM - 4:00 PM Youth Flower Sale Pick-up<br/>10:15 AM Wiggles, Giggles &amp; Tickle - Elijah<br/>6:15 PM Campanile Rehearsal - Bach<br/>7:30 PM AA Meeting - Gabriel<br/>7:30 PM SHOUT! Rehearsal - Choir Room</p>                                                                                        | <p style="text-align: center; font-size: 2em; font-weight: bold;">6</p> <p>9:30 AM - 4:00 PM Youth Flower Sale Pick-up<br/>7:00 PM Kogler/Greenlee Wedding Rehearsal - Sanctuary<br/>7:30 PM - 10:30 PM Tim Practice Time - Sanctuary<br/>9:00 PM Monte Horeb Worship Team - Gabriel</p> | <p style="text-align: center; font-size: 2em; font-weight: bold;">7</p> <p>11:00 AM - 4:00 PM Wedding Prep - Sanctuary, Commons, Chapel, Peace, Gabriel<br/>4:00 PM Kogler/Greenlee Wedding - Sanctuary<br/>5:00 PM Monte Horeb Prayer Time - Elijah<br/>7:00 PM Monte Horeb Worship - Sanctuary</p>                                                                           |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">8</p> <p>8:30 AM - 12:30 PM Youth Flower Sale Pick-up<br/>8:45 AM Chapel Service<br/>10:00 AM Monte Ho...<br/>10:00 AM Worship with C...<br/>11:00 AM Adult Fellowship...<br/>11:00 AM Sunday School<br/>11:30 AM Monte Horeb W...<br/>11:45 AM Lunch - MLH<br/>12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Danie...<br/>3:30 PM SHOUT! Rehears...<br/>5:00 PM SHOUT! Worshi...<br/>5:30 PM - 7:30 PM Yo...<br/><b>MOTHER'S ...</b></p> | <p style="text-align: center; font-size: 2em; font-weight: bold;">9</p> <p>9:30 AM Monday Morning Music - Sanctuary<br/>12:30 PM Hilltop Circle - MLH<br/>4:00 PM - 5:30 PM Girl Scout Troop 14072 - Elizabeth<br/>7:00 PM Martha Circle - Peace</p>                                         | <p style="text-align: center; font-size: 2em; font-weight: bold;">10</p> <p>9:30 AM Staff Meeting - Faith<br/>10:00 AM Writer's Group - Peace<br/>11:00 AM Columbia Heights GA - Gabriel<br/>1:00 PM Prayer Shawl Gathering - MLH<br/>1:30 PM Stephen Ministry - Peace<br/>5:15 PM Memorial &amp; Endowment - Faith<br/>6:00 PM Monte Horeb/FLC Task Force Meeting - Elijah<br/>6:30 PM Men's Club - Hope<br/>7:00 PM Monte Horeb Worship - Sanctuary</p> | <p style="text-align: center; font-size: 2em; font-weight: bold;">11</p> <p>7:30 AM Men's Bible Study Breakfast - Bobby &amp; Steves Auto<br/>8:30 AM - 12:30 PM Painting Party<br/>9:00 AM Mission Workshop - Lydia &amp; Gabriel<br/>1:00 PM Wednesday Study Group - Paul Christensen's<br/>5:00 PM - 8:00 PM Confirmation students to Feed My Starving Children<br/>6:00 PM - 9:00 PM Trombone Rehearsal - Sanctuary<br/>7:00 PM Senior Choir Rehearsal - Bach</p> | <p style="text-align: center; font-size: 2em; font-weight: bold;">12</p> <p>9:00 AM Intercessory Prayer - Chapel<br/>9:30 AM Wiggle, Giggles &amp; Tickle - Elijah<br/>10:15 AM Wiggles, Giggles &amp; Tickle - Elijah<br/>6:15 PM Campanile Rehearsal - Bach<br/>7:30 PM AA Meeting - Gabriel</p>                                                                                                                                                                                 | <p style="text-align: center; font-size: 2em; font-weight: bold;">13</p> <p>7:30 PM Trombone Trio Concert - Sanctuary</p>                                                                                                                                                                | <p style="text-align: center; font-size: 2em; font-weight: bold;">14</p> <p>9:00 AM - 12:30 PM Families Moving Forward Training - MLH<br/>5:00 PM Monte Horeb Prayer Time - Elijah<br/>7:00 PM Monte Horeb Worship - Sanctuary</p>                                                                                                                                             |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">15</p> <p>8:45 AM Chapel Service<br/>10:00 AM Monte Horeb Prayer Time - Gabriel<br/>10:00 AM Worship with Communion<br/>11:00 AM Adult Fellowship - MLH<br/>11:00 AM Sunday School<br/>11:30 AM Monte Horeb Worship - Sanctuary<br/>11:45 AM Lunch - MLH<br/>12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Danie...<br/>12:30 PM - 2:30 PM Safe-guarding God's Childre...</p>                                                             | <p style="text-align: center; font-size: 2em; font-weight: bold;">16</p> <p>9:30 AM Monday Morning Music - Sanctuary<br/>Youth Encounter Team arriving - Youth Room, Gym, Peace</p>                                                                                                          | <p style="text-align: center; font-size: 2em; font-weight: bold;">17</p> <p>9:00 AM - 3:00 PM Staff Retreat - Offsite<br/>11:00 AM Columbia Heights GA - Gabriel<br/>7:00 PM Monte Horeb Worship - Sanctuary<br/>Youth Encounter Team arriving - Youth Room, Gym, Peace</p>                                                                                                                                                                               | <p style="text-align: center; font-size: 2em; font-weight: bold;">18</p> <p>7:30 AM Men's Bible Study Breakfast - Bobby &amp; Steves Auto<br/>10:00 AM Book Club - Peace<br/>3:15 PM Crestview Care Center Communion<br/>5:30 PM Strategic Planning Committee - Hope<br/>7:00 PM Confirmation<br/>7:00 PM Senior Choir Rehearsal - Bach<br/>Youth Encounter Team - Youth Room, Gym, Peace</p>                                                                         | <p style="text-align: center; font-size: 2em; font-weight: bold;">19</p> <p>9:00 AM Intercessory Prayer - Chapel<br/>9:30 AM Wiggle, Giggles &amp; Tickle - Elijah<br/>10:15 AM Wiggles, Giggles &amp; Tickle - Elijah<br/>4:30 PM - 7:30 PM Painting Party<br/>6:30 PM - 8:30 PM Norwegian Dance Group - Gym<br/>7:30 PM AA Meeting - Gabriel<br/>Youth Encounter Team - Youth Room, Gym, Peace</p>                                                                               | <p style="text-align: center; font-size: 2em; font-weight: bold;">20</p> <p>7:30 PM - 10:30 PM Tim Practice Time - Sanctuary<br/>Youth Encounter Team - Youth Room, Gym, Peace</p>                                                                                                       | <p style="text-align: center; font-size: 2em; font-weight: bold;">21</p> <p>9:00 AM - 12:00 PM Painting Party<br/>5:00 PM Monte Horeb Prayer Time - Elijah<br/>7:00 PM Monte Horeb Worship - Sanctuary<br/>7:00 PM No Experience Necessary Bible Study - Peace<br/>7:00 PM Youth Lock-In - Youth Room, MLH, Kitchen, Gym<br/>Youth Encounter Team - Youth Room, Gym, Peace</p> |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">22</p> <p>8:45 AM Chapel Service<br/>10:00 AM Monte Horeb Prayer Time - Gabriel<br/>10:00 AM Worship with Communion<br/>11:00 AM Adult Fellowship - MLH<br/>11:00 AM SPUDFES...<br/>11:00 AM Sunday School<br/>11:30 AM Monte Horeb W...<br/>11:45 AM Lunch - MLH<br/>12:00 PM Century Commit...<br/>12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Danie...<br/>Youth Encounter Tea...</p>                                                | <p style="text-align: center; font-size: 2em; font-weight: bold;">23</p> <p>9:30 AM Monday Morning Music - Sanctuary<br/>1:00 PM - 2:30 PM St. Anthony High School Choir Rehearsal - Sanctuary<br/>4:00 PM - 5:30 PM Girl Scout Troop 14072 - Elizabeth<br/>Youth Encounter Team leaving</p> | <p style="text-align: center; font-size: 2em; font-weight: bold;">24</p> <p>9:30 AM Staff Meeting - Faith<br/>11:00 AM Columbia Heights GA - Gabriel<br/>1:00 PM - 2:30 PM St. Anthony High School Choir Rehearsal - Sanctuary<br/>5:30 PM - 10:00 PM Mississippi Valley Rehearsal - Sanctuary<br/>6:30 PM Boards (Bach, Elijah, Gabriel, Hope, Peace, Youth Room)<br/>7:00 PM Monte Horeb Worship - Gym<br/>7:45 PM Council Meeting - Faith</p>          | <p style="text-align: center; font-size: 2em; font-weight: bold;">25</p> <p>7:30 AM Men's Bible Study Breakfast - Bobby &amp; Steves Auto<br/>9:00 AM Mission Workshop - Lydia &amp; Gabriel<br/>1:00 PM - 2:30 PM St. Anthony High School Choir Rehearsal - Sanctuary<br/>6:00 PM Choir Banquet - Offsite</p>                                                                                                                                                        | <p style="text-align: center; font-size: 2em; font-weight: bold;">26</p> <p>9:00 AM Intercessory Prayer - Chapel<br/>9:30 AM Wiggle, Giggles &amp; Tickle - Elijah<br/>10:00 AM - 7:00 PM St. Anthony High School Dinner Set-Up &amp; Dinner - MLH<br/>10:15 AM Wiggles, Giggles &amp; Tickle - Elijah<br/>1:00 PM - 2:30 PM St. Anthony High School Choir Rehearsal - Sanctuary<br/>7:00 PM St. Anthony High School Choir Concert - Sanctuary<br/>7:30 PM AA Meeting - Gab...</p> | <p style="text-align: center; font-size: 2em; font-weight: bold;">27</p> <p>7:30 PM - 10:30 PM Tim Practice Time - Sanctuary</p>                                                                                                                                                         | <p style="text-align: center; font-size: 2em; font-weight: bold;">28</p> <p>5:00 PM Monte Horeb Prayer Time - Elijah<br/>7:00 PM Monte Horeb Worship - Sanctuary</p>                                                                                                                                                                                                           |
| <p style="text-align: center; font-size: 2em; font-weight: bold;">29</p> <p>10:00 AM Monte Horeb Prayer Time - Elijah &amp; Gabriel<br/>10:00 AM Worship with Communion<br/>11:30 AM Monte Horeb - Sanctuary<br/>12:00 PM Monte Horeb Sunday School - Gabriel, Elijah, Noah's Ark, Daniel &amp; Faith</p>                                                                                                                                                                                                                       | <p style="text-align: center; font-size: 2em; font-weight: bold;">30</p> <p style="text-align: center;"><b>CHURCH CLOSED<br/>MEMORIAL DAY</b></p>                                                                                                                                            | <p style="text-align: center; font-size: 2em; font-weight: bold;">31</p> <p>9:30 AM Staff Meeting - Faith<br/>11:00 AM Columbia Heights GA - Gabriel<br/>5:30 PM - 10:00 PM Mississippi Valley Orchestra Rehearsal - Sanctuary<br/>7:00 PM Monte Horeb Worship - Gym</p>                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                |

## WHAT DO M&Ms HAVE TO DO WITH OUR CHURCH?

Our M&M campaign is off to a great start. You haven't heard? It is not about bags of candy, but about our Mortgage and Maintenance Fund. We started the year with fewer total pledges than what is needed for paying our monthly mortgage and to fund major maintenance projects in 2011.

To help meet our goal, there is a \$50,000 match for all new or increased pledges given to the Mortgage and Maintenance fund. Every new dollar is matched, up to \$50,000 (for a total of \$100,000).

A successful M&M campaign is needed as we plan for the 100<sup>th</sup> anniversary of First Lutheran Church in 2012! A well maintained facility is an important component that will help us implement our Strategic Plan to increasingly meet the needs of families and younger adults in worship, relationships, personal growth and service.

Please consider Simply Giving (electronic funds transfer) of your M&M pledge!



## Dear First Lutheran Congregation,

Thank you for your prayers and support for the PUSHPA work in India. Shirley and I spent three, and four and a half months, respectively, in India, this winter. During this year's stay, a good number of family and other visitors had the opportunity to visit PUSHPA villages.

PUSHPA's work is progressing well. Our motto is helping people help themselves. We continue to develop PUSHPA evening schools in ten villages, working with parents, community, and our staff to encourage children from disadvantaged communities to attend and succeed in school.

We plan to strengthen the evening schools by providing ongoing teacher training and support to the teachers. The sewing school is going on as usual.

We thank you for your support and interest, and request you to continue to remember us in your prayers. Please think and pray about coming along with us, to see and volunteer, next winter!

In Christ,

G.J. and Shirley Franklin

## ENDOWMENT

"Dollars Forever"

### Alternative Minimum Tax

Determining whether you're a candidate for the alternative minimum tax (AMT) can help shape your tax-planning strategy for 2011. If you don't know whether you are likely to be subject to the AMT, it's a topic worth discussing with your tax professional, while reviewing your portfolio with your financial advisor. That discussion may help you time income and deductions to avoid the AMT, or at least reduce its impact.

The AMT is essentially a separate tax system. Those who fall under its jurisdiction will find that its rules are quite different than the conventional income tax. The AMT restricts many deductions and eliminates others, including: state and local income tax deductions, property tax deductions and miscellaneous itemized deductions subject to the 2% of adjusted gross income (AGI) floor (including investment advisory fees and employee business expenses)

In addition, you are required to pay the AMT if your AMT liability exceeds your regular tax liability. Make certain to evaluate all appropriate planning strategies in terms of how they may affect your potential AMT liability.

For those who must pay the alternative minimum tax, some strategies are available to reduce the taxes paid. For example if you gift certain types of property such as appreciated securities you may be able to reduce your AMT liability. If that's indeed the case, you might want to give stock instead of cash to First Lutheran or other charity.

Excerpt from Raymond James Financial Perspectives

# ***Thank You***

Although this is a little bit late, I still want to say "Thank You" to those who were so kind and concerned about me the day I got ill at church!

God bless you all,  
Ardis Hanson

Thank you to all our First Lutheran friends who sent cards and prayers our way upon the death of my brother, Larry.

Rose Ann Nelson

From set-up to clean-up it took an army of 45+ dedicated men and women to prepare the Gym for the Garage Sale. Setting up 45+ tables and displays and then carrying box after box of contributions to Katie Luther Cellar to clean, price and display in an attractive way. Yes, 4+ weeks of tedious work! But we also had fun and made new friends. Thanks a million to each of you!

Marlys & Marge

**Have you noticed our new piano?** This beautiful 9' Steinway was a gift to the congregation from some of our members. We thank them for their generosity and look forward to the many ways that this instrument will enhance the music and worship here at First.

## **WRITERS GROUP**

First Lutheran Writers Group is growing!

Four to six people come to share and discuss their current work. The next session will be on Tuesday, April 12th at 10:00 am. We meet the second Tuesday of every month. Feel free to join us or just come to see what it is all about! For more information call Pat Stinson or Shirley Franklin.

## **FROM OUR RECORDS**

### **April Baptisms**

*Emily Nickole Anderson daughter of  
Trent Anderson & Angela Akenson*

### **April Funerals**

*Ardis Norlander*

*Ferne Anderson*

*Cheryl Engquist*

*Almay Edwards*

*Karen Barron (Cassy Zamora's aunt)*

## **BOOK CLUB**

May 18, 2011

10:00—11:00 am

Meet in Peace

"The Year of Magical Thinking"

By Joan Didion

For information call or E-mail

Char Zarich

763-572-1220

LadyChar@comcast.net

**FIRST LUTHERAN CHURCH**  
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Phone: 763-788-9653

### Staff

Thomas M. Carlson.....Senior Pastor  
Amy Orstad .....Associate Pastor  
Leisha Tays.....Director of Youth & Family Ministry  
Peter Carlson.....Minister of Music  
Timothy Short.....Associate Organist  
Rock Hauser.....Food Services Director  
Joline Dittbenner.....Nursery Coordinator  
Carol O'Brien.....Assoc. Nursery Coordinator  
Julie Johnson.....Business Administrator  
Dayle Boyce.....Parish Secretary  
Jane Bugbee.....Parish Nurse

#### Custodians

Roger Johnson, Sheldon Knutson, Don Rosell,  
Florian Janey, Ron Boyce, Josh Tays

## WORSHIP SCHEDULE

### Sunday Mornings

|          |                                     |
|----------|-------------------------------------|
| 8:45 AM  | Chapel Service                      |
| 10:00 AM | Worship                             |
| 11:00 AM | Education Hour<br>& Fellowship Time |

### SHOUT! Worship

5:00 pm 2nd Sunday of the month



## CALLER DEADLINES:

Please have any information for the Caller into the church office by the end of the business day on the **12th** of each month.

E-mail address: [firstlutheran@qwest.net](mailto:firstlutheran@qwest.net)

WEB Address: [www.flcch.org](http://www.flcch.org)