



ficsf.org
First Word
The monthly newspaper of First Lutheran Church

God's Healing Embrace: The Sacraments

Would you like to know where God is giving himself to you completely and without reservation? Would you like to find that place where all of your anxieties, ailments and death itself have their end? Look no further than the preaching of the Word and the Sacraments.

"Suppose there were a physician who had so much skill that people would not die, or even though they died, would afterward live eternally. Just think of how the world would snow and rain money upon such a person! Because of the throng of rich people crowding around, no one else would be able to get



Pastor Jason Burggraff

near. Now, here in baptism [and the Lord's Supper], there is brought, free of charge, to every person's door just such a treasure and medicine that swallows up death and keeps people alive" (Martin Luther, *The Large Catechism, The Book of Concord*, Fortress Press, Minneapolis, 2000, p. 462).

Our Lenten theme for this year is: "God's Healing Embrace: The Sacraments." It is through the preaching of the Word and the

Sacraments of Baptism and the Lord's Supper that God announces and elects us to the forgiveness of sins and eternal salvation. How else would you ever know who Jesus is, and what a precious claim he has on your lives?

Throughout the 40 days of Lent, we'll be taking a closer look at these sacraments and how we as Lutherans teach and preach them. Each week we'll take up a specific part of Luther's teaching as given in Scripture and the Small Catechism. Here's a preview:

We teach that a sacrament consists of God's Word of command and promise given along with an earthly thing. That is, a sacrament is God's Word given in a way that you can touch, feel, taste and even eat!

So we hear Jesus teach: "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28) or "All who believe and are baptized, will be saved" (Mark 16) and "This is my body, given for you.... This is my blood, shed for you..." (Matthew, Mark, Luke, and St. Paul). There is the Word, given "in, with and under" the earthly things of water, bread and wine—something you can feel and taste. And there is God's promise for you.

What is it good for? Luther writes that the sacraments bring about

—continued on page 2

GOD'S HEALING EMBRACE: *The Sacraments*

Ash Wednesday, Feb. 22

Sacraments: God's Word & Earthly Stuff
 11:15 a.m. & 7 p.m.
 Preacher: Pastor John Christopherson
 Airs on KSFY at 3 p.m.

Lent 1, Feb. 29

Baptism: It's the Water and a Lot More
 11:15 a.m. & 7 p.m.
 Preacher: Pastor Jason Burggraff

Lent 2, March 7

Baptism: Daily Repentance & Rebirth
 11:15 a.m. & 7 p.m.
 Preacher: Pastor Natanael Lizarazo

Lent 3, March 14

Confession and Forgiveness: Almost a Sacrament
 11:15 a.m. & 7 p.m.
 Preacher: Pastor Barbara Wangsness

Lent 4, March 21

The Lord's Supper: This Is My Body
 11:15 a.m. & 7 p.m.
 Preacher: Pastor Jason Burggraff

Lent 5, March 28

Lord's Supper: All Sinners Welcome
 11:15 a.m. & 7 p.m.
 Preacher: Pastor John Christopherson

Lenten Devotionals, written by members of First Lutheran, will be available in the atrium and Welcome Center in mid-February. Or, request one through the mail. Call 336-3734.



Worship service broadcast now in high definition, streaming online

By Dave Palmer,
 Broadcast Technical Director

Thanks to funds from the "God's Gifts. Our Responsibilities." Campaign, Media Ministries recently upgraded its equipment and is now broadcasting in high definition (HD). Equipment to stream the Sunday service on the Internet was also purchased, and by the end of February each 9:45 a.m. Sunday broadcast will be posted to www.youtube.com/user/ficsf. The 2011 Christmas Eve Worship is now available. Make sure to check it out.

The behind the scene work that takes place to prepare a worship service to be broadcast is not widely known. Each week, a team of Media Ministries volunteers arrives well before the 8:15 a.m. service starts and prepares the media equipment for the radio and TV broadcasts. Without these volunteers the production of the Media Ministries programs would not be possible.

In addition to the volunteers, the equipment plays an important part in the quality of the broadcast. In the fall of 2007, the Sony DCX-3000 cameras

—continued on page 6



New high definition equipment (right) replaced the standard definition equipment that had been in use for more than 25 years.

Come, follow...

In the Lenten Season that's drawing nigh ...
 as shadows lengthen ...
 open our hearts and ears, O Lord,
 that we would more closely follow where e'r the gravity
 of your grace might tug and take us ...
 For we hear it spirited through Scripture and song ...
 "Come, let us talk about these things.
 Though your sins are like scarlet,
 they can be as white as snow."
 "All you who are thirsty come and drink."
 "Come to me all, all of you who are tired and have heavy
 loads, and I will give you rest."
 "Come to the wedding feast."
 "Come follow me, and I will make you fish for people."
 May our embracing hands and
 faithful feet sound a joyful, splashing answer ...
 Lord in your mercy.
 (j.r. christopherson)

MISSION STATEMENT

First Lutheran Church welcomes all people into the community of Jesus Christ, equipping and sending them forth to serve and witness in Jesus' name.

GUIDING PRINCIPLES

We are grounded in the great commandment of Jesus.
(Matthew 22:34-40)

We are grounded in the great commission of Jesus.
(Matthew 28:16-20)

We are committed to welcome and minister to all people.

We are committed to equipping people for ministry.

We are committed to service in our community and world.

We are committed to a ministry of relationship building.

We are committed to our heritage and identity as a reforming church.

We are committed to excellence in broadcast ministry.



WORSHIP SERVICES

SATURDAY (Christ the Victor Chapel)
5 p.m. Vespers with Communion

SUNDAY (Sanctuary)
8:15 a.m. Traditional Worship with Communion
9:45 a.m. Traditional Worship
11:15 a.m. Contemporary Worship
12 p.m. Worship in an African Context (Chapel)

MEDIA MINISTRIES BROADCASTS
8:15 a.m. KELO-FM Radio (92.5)
11 a.m. KSFY (Sioux Falls), KPRY (Pierre) and KABY (Aberdeen)

First Word

First Word is the monthly newspaper of First Lutheran Church in Sioux Falls, S.D. It is distributed to members of the congregation and others upon request.

If you have material for *First Word*, please contact the editor, Kerrie Vilhauer, or a member of the First Lutheran Church pastoral or program staff (see staff listing on page 3).

Opinions expressed in *First Word* are those of the author and are not necessarily shared by the First Lutheran Church congregation or staff. The editors of *First Word* reserve the right to edit submissions. Responses are welcome.

The deadline for the March issue is Wednesday, Feb. 8. Please e-mail articles or questions regarding *First Word* to: kvilhauer@flcsf.org. *First Word* is also available online (www.flcsf.org).

God's Healing Embrace: The Sacraments

—continued from page 1

Christ's promise of the forgiveness of our sins – and that “where there is forgiveness of sins, there is also life and salvation.” Another way of saying this is that through his Word and the sacraments, God takes away your old self, and makes you a fresh and new creature (true healing on a daily basis).

So dust off your Small Catechism, if you haven't already, and let's explore the blessings that are “so boundless that if our timid nature considers them, it may well doubt whether they could all be true” (Luther, p. 461).

Yet true they are—and being given for you every day you hear and receive them!

In Christ's healing embrace,

Jason Burggraff
Associate Pastor of Adult Discipleship and Youth and Family Ministries

Lenten soup and bread meal menu

This Lent, join your FLC family for a soup and bread meal. Meals are served in Reformation Hall from noon to 1 p.m. and 5:15 to 6:15 p.m. Cost is \$3.50 for adults, \$2 for those age 5–12, and 5 and under are free.

Feb 29: Chili

March 7: Chicken noodle

March 14: Ham vegetable

March 21: Hamburger

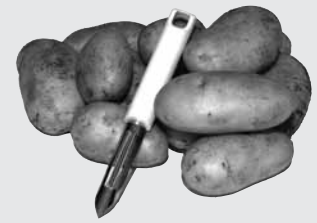
March 28: Potato ham

Volunteers needed!

Volunteers are needed to help cook, clean, bake, set up and more. Can you help? Please contact Linda Carpenter at 339-1983, ext. 231, or at lcarpenter@flcsf.org.

Did you know? The soups require:

- ✓ 250 lbs. potatoes
- ✓ 175 lbs. jumbo carrots
- ✓ 75 lbs. onions
- ✓ 48 bunches of celery
- ✓ 36 gallons of milk
- ✓ 225 loaves of bread
- ✓ 140 lbs. hamburger
- ✓ 60 lbs. chicken
- ✓ 90 lbs. ham



Welcome to new staff members

First Lutheran Church welcomed new staff members in recent months.

Jarl von Arlyon began his work as a custodian in late December. He is a native of Lewistown, Mont., where he was raised on a cattle ranch. He acquired a degree in chemistry and biology from St. Olaf College in Minnesota and attended medical school for two years in Wisconsin before studying opera at the Academy of Music in Vienna, Austria.

He then relocated to New York City where he continued his vocal training and worked as a director of opera, theater and television, as well as an actor, singer and dancer. He returned to Bozeman and studied film at Montana State University where he also worked as a custodian. He also directed a number of festivals in the New England area.

One of his most proud accomplishments was directing OpSail 2000, the United States's July 4th millenium birthday celebration billed as the largest peacetime assembling of naval and training ships, including 200 tall ships, along the New York City harbor.

“I am thrilled with the excellent music program of praise at First Lutheran. On Sunday mornings and Wednesday evenings, I love the joyful noise vibrating through the sanctuary and education building praising God who creates our life of abundance,” says Jarl.

With Jarl's expertise in theatre and

stage production, he is also taking on Sunday morning soundboard duties during worship.

Kitchen Assistant Deb Koch has added Sunday morning custodial responsibilities to her duties. Deb is a long-time volunteer at First Lutheran, most recently adding Monday morning finance office volunteer duties to her repertoire.

Media Ministries has also had some staffing changes along with the new digital broadcast system that was recently installed.

Broadcast Technical Director Bryce Jarrett is back on the schedule after taking a hiatus. Bryce has a degree in film and theatre arts from Montana State University in Bozeman.

Long-time media volunteer Tom Nelson has added the directing skill-set to his duties. Tom's career in photography and film began in high school in the late 1960s. He has a degree in mass communications specializing in radio, film and television production along with marketing and advertising from South Dakota State University. He currently works at The Evangelical Lutheran Good Samaritan Society as the director of marketing. He has a photo and video post-production studio at home and enjoys sharing the hobby with his two sons.

Tom has volunteered for Media Ministries for many years, serving as audio



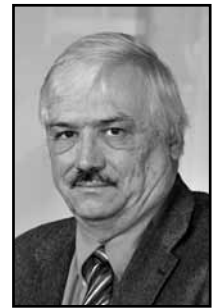
Jarl von Arlyon



Deb Koch



Bryce Jarrett



Tom Nelson

board operator, announcer and camera operator. He says that taking on directing duties is a natural progression, and he looks forward to learning more about the new digital broadcast system.

He says volunteering at First Lutheran is a family affair. His wife, Martha, has been involved in youth ministries for many years and his son, TJ, has played in the contemporary music groups. Daniel landscaped the FLC sign on Dakota Avenue as part of his Eagle Scout Project.

Church Council Highlights: Dec. 15, 2011

Pastor Natanael Lizarazo reported that during November and December First Lutheran members responded generously to alleviate hunger. In just one month they donated 3,826 pounds of food. One hundred seventy individuals signed a letter that was sent to congress to advocate for programs aiding hungry people. And through the Ministry Gift Market members directed gifts to six ministries to honor special people in their lives. He also announced that he returned to full-time ministry at First Lutheran as of Nov. 1 and has added some visitation and

work with the African ministry to his responsibilities.

Marilyn McNeill provided a report on the progress of the installation of the media equipment. She expressed appreciation to Dave Palmer, who began researching and selecting the equipment two years ago and installed it within the last few weeks. The cost so far is \$91,177. President James Moore added his thanks to Dave for setting up the technology and screen needed to project the image of organist Paul Jacobs during the re-dedication recital.

ADULT DISCIPLESHIP



An epiphanic moment Call of marriage calls for celebration

By Pastor Jason Burggraff

As one of your pastors, I have to say that I thoroughly enjoy the many opportunities to experience moments of epiphany in hearing God's Word along with you and sharing it in your presence. I've recently experienced another type of epiphany—one that is directly connected to God's Word of command, and one that many of you have let me know is a long time in coming!

That is the humbling and terrific calling of marriage. I've recently become engaged to marry Erin Hewitt—the woman that many of you have seen in my company. I'm delighted

to share this news with you all and am quite happy to begin thinking of a life and ministry together with such a beautiful and smart woman.

As much fun as this news is to share with you, it does introduce some uncertainty about where Erin and I will be living. This may not be in Sioux Falls. So while Erin and I are planning wedding details for late this summer in Fargo, N.D., we're also exploring the possibilities for what life looks like after that. We ask for your prayers in this exciting development and are thrilled to celebrate our engagement with you all.



Pastor Jason Burggraff is pictured with his fiancée, Erin Hewitt. The couple is planning a late summer wedding.

Adult Forum covers healthy habits, letters of love and more

The winter/spring Adult Forum includes a wide variety of topics and speakers. Identical forums will take place on Sundays at 9:30 and 11 a.m. in the Friendship Room. Here's the schedule:

February 5—Stan Christopherson "Life Lessons Learned"

Stan's career in social work for Veterans Affairs with the State of South Dakota spanned more than 40 years. He's gained a wealth of knowledge and insights based on his experiences. Join Stan as he shares his insights and wisdom.

February 12—Georgia Larson "Healthy habits in a fast food world"

Georgia is the clinical nutrition manager at Sanford Health. She will offer ways to make healthy choices among fast food menus as well as how to cook quick and healthy meals at home. Plenty of food for thought is in store as we contemplate New Year's resolutions.

February 19—Sandy Jerstad "Letters of Love"

Letters of Love, represents a compilation of 26 sermons authored by Sandy's husband, the late Mark Jerstad, pastor and former president and CEO of the Good Samaritan Society. Sandy, Mark's wife of 31 years, a successful coach and South Dakota state legislator, completed the task her husband began years ago. She'll share her reflections contained in *Letters of Love* based on Mark's preaching during his tenure as Augustana College campus chaplain.

February 26—Cary Wencil "LifeSource"

Cary serves as the eastern South Dakota hospital services manager for LifeSource. He'll explain medical advances in transplants, an easy way to become a donor, and how LifeSource benefits 500 people in the Dakotas and Minnesota each year.



Ami Pearson is speaking on her years as a zookeeper on March 4.

March 4—Ami Pearson "My 15 years as a zookeeper at the Great Plains Zoo"

Ami's career included a wide variety of funny, scary and emotional experiences. She'll reflect on a number of those events as well as how caring for creatures of God's creation also included a strong non-verbal and spiritual component.

CHURCH COUNCIL

Officers

James Moore..... President
Mitch Krebs..... Vice President
Corey Halstenson..... Treasurer
Kris O'Connell..... Secretary

Council Representatives

Randy Olawsky..... Financial Services
Alex Jensen..... Adult Discipleship
Toby Wellenstein..... Pastoral Care
Gregg Greenfield..... Member-at-Large
Bill Bradfeldt..... Outreach
Adam Smith..... Youth, Family and Young Adult Ministry
Stan Meyers..... Stewardship
Tracie Osthus..... Member-at-Large
Marilyn Korsten..... Member-at-Large
Kathrine Clark..... FLCW
Julia Kramer..... Media
John Hegg..... Worship and Music
Tim Heinemann..... Property

FIRST LUTHERAN CHURCH DIRECTORY

To reach a staff member directly, dial 339-1983 and the phone extension listed in parentheses.

Pastoral/Administrative Staff

(203) Rev. Dr. John Christopherson..... Senior Pastor
(210) Rev. Jason Burggraff..... Associate Pastor
(214) Rev. Natanael Lizarazo..... Associate Pastor
(212) Rev. Barbara Wangsness..... Associate Pastor
(202) Rev. James Christopherson*..... Associate Pastor
(202) Rev. LeRoy Nevin*..... Visitation Pastor
(202) Rev. M. Franklin Pudas*..... Visitation Pastor
(202) Alan Saatkamp*..... Associate in Ministry
(236) Marilyn McNeill..... Church Administrator
(202) Carol Knapp..... Pastors' Secretary

Youth, Family and Young Adult Ministries

(235) Erik Aamlid..... Director of Middle School and High School Youth Ministries
(204) Marnie Dahle Backer..... Director of Family and Young Adult Ministries
(228) Debbie Garcia..... Administrative Assistant
(238) Nancy Henrichsen..... Director of Children's Ministries
(262) Melody Roberts*..... Nursery Coordinator/Children's Ministries Assistant
(228) Irma Rodriguez Leon*..... Nursery Attendant
(228) Heidi Tooley*..... Recreational Ministries Coordinator

Financial Services

(211) LaVonne Wolf..... Financial Specialist

Library

(237) Barbara Siebels*..... Library Coordinator

Media Ministries

(213) Kathy Hein*..... Broadcast Technical Director
(213) Bryce Jarrett*..... Broadcast Technical Director
(213) Heather Kuecker*..... Communications Assistant
(213) Tom Nelson*..... Broadcast Technical Director
(213) David Palmer*..... Broadcast Technical Director
(252) Kerrie Vilhauer*..... Communications Coordinator
(213) Joe Ward*..... Broadcast Technical Director

Outreach Ministries

(231) Linda Carpenter*..... Visitor/Volunteer Coordinator

Pastoral Care Ministries

(234) Paula Bartels*..... Parish Nurse
(202) Arlene Bich*..... Wedding Coordinator
(209) Dr. Mark Britzman*..... Christian Counselor (consultant)
(202) Sarah Hagenlock*..... Wedding Coordinator
(262) Melody Roberts*..... Caring Ministry Coordinator
(202) Sherri Schroden*..... Wedding Coordinator

Property and Administrative Services

(232) Jeff Hartnett..... Custodian
(201) Deb Koch*..... Kitchen Assistant
(232) Rob Oswald..... Facilities Manager
(201) Connie Corey*..... Receptionist/Member Secretary
(201) Barbara Johnson*..... Receptionist/Member Secretary
(201) Jarl von Arlyon..... Custodian
(201) Kristy Zuraff*..... Receptionist/Member Secretary

Worship and Music Ministries

(261) Shirley Barlow..... Administrative Assistant
(261) Dorothy Christopherson*..... Women's Choir Director
(260) Dr. Michael Elsbernd..... Director of Music Ministry
(261) Dr. Jerry Hanson*..... Director of Music Emeritus
(242) Dr. James Johnson..... Principal Conductor of Choral and Instrumental Ensembles
(261) Marcia Kittelson*..... Organist Emerita
(261) Bonnie Lindgren*..... Carol Choir Director
(261) Sue Severson*..... Adult Choir Accompanist
(261) Pam Sonnichsen*..... Instrumental Coordinator
(261) Hazel Wek*..... Carol Choir/Women's Choir Accompanist
*Part-time

Main Phone Line:..... (605) 336-3734

Direct Dial:..... (605) 339-1983

Toll-Free:..... (800) 425-9899

Fax:..... (605) 336-8370

Emergency Cell:..... (605) 323-7667

Custodian Cell:..... (605) 351-8281

Project Car:..... (605) 332-2777

FLCW INSTALLS OFFICERS, COMMITTEE CHAIRS AND CIRCLE CHAIRS



FLCW installed its officers and committee and circle chairs on Thursday, Jan. 5.

Pictured are back row left to right: Gladys Horstad, Gloria Simpson, Darlene Colwill, Karen Lidel, Faith Christiansen, Hazel Wek, LouAnn Paulson, Carmen Reinholt, Charlene Stebritz, Shirley Larson, Lillian Carlson, Wanda Todd and Bev Lamp. Front row left to right: Karon Gubbrud, Doris Nelson, Arlene Bich, Mary Nicolai, Kathrine Clark, Jeanne Buren and Jan Boettcher

Senior Ministry Luncheon



Tuesday, Feb. 14
Noon
Fellowship Hall
"Feeding Our Feathered Friends"
Thea Miller Ryan,
Director of The Outdoor Campus

No reservations needed. All are welcome

FLCW meeting schedule

The First Lutheran Church Women will meet on Thursday, Feb. 2, at noon in the Gathering Room. Speaking on Youth, Family and Young Adult Ministry will be Pastor Jason Burggraff. Lois Circle will be serving.

The First Lutheran Church Women Board will meet the same morning at 10:30 a.m. in the Friendship Room.



OUTREACH MINISTRIES



Abraham Gayetaye reconnects with family, helps to support African Ministry at First Lutheran Church

Abraham Gayetaye had not seen his family for more than 20 years.

"I left home counting on the biblical training from my father," says Abraham. "I often thought of my parents, and it helped me to carry myself well. I looked to God, though there was always the risk of losing track with peer pressure and friends."

Abraham left his home in Liberia in 1990 as a refugee of one of Africa's bloodiest civil wars—a war that claimed the lives of more than 200,000 Liberians and displaced millions of others. His path took him through refugee camps in Sierra Leone, the Republic of Guinea and finally Nigeria, where he lived in the Oru refugee camp.

Meanwhile, Abraham's parents, Benjamin and Mary Gayetaye, made their way to Sioux Falls, S.D., where they began the African Ministry that meets weekly at First Lutheran Church.

From one continent to another,

a connection began to form. While Abraham made the decision to begin formal biblical training at the Bethel Institute of Theology and Biblical Research in Nigeria, his resources could not support both his family and his education. Needing to choose between his wife and six children or his formal training, he chose his family.

This is when his parents turned to First Lutheran Church's Board for Outreach Ministries. Abraham sent the board a letter introducing himself and sharing his professional goals. Then, he waited. And he was rewarded for his patience.

"I was out of school one week. I was just sick," says Abraham. "But then the funding came. I rushed back to the school and made a payment. I was so encouraged that there were churches around the world who could support me. It revived me and put me in a position that I knew God had not forgotten me."

"The help the board provided

was extremely humble," says Pastor Natanael Lizarazo. "It's proof that God can take insignificant resources to prepare servants for ministry."

Abraham graduated in 2009 with a bachelor in theology. He moved back to Liberia with his family, wife Joan, and six children, and worked on rebuilding

his country. He volunteered with local churches, took part in revivals and did church planting mission work walking from village to village (a trip that at times took four hours one way).

Soon, another milestone would present itself: reunification with his family.

In late 2011, Abraham was invited to travel to the United States for his niece's wedding. After much prayer, he was able to raise the funds to travel to Sioux Falls and reconnect with his family. His presence in Sioux Falls also gave him the opportunity to assist with the African Ministry, of which his brother, Daniel Gayetaye, is a spiritual leader.

"The African Ministry has such potential to grow. First Lutheran is seen as the parent church," says Abraham. "Everything we do is through the encouragement of First Lutheran. We are outgrowing the chapel and are looking for new accessible places to worship."

One of the challenges of the African Ministry is leadership. The financial situation is also a significant challenge. The ministry is focusing on becoming more organized and working on biblical training. Many of the members of the African congregation come from all over, and they don't always have the background of biblical faith.

"Abraham has been a blessing to the African Ministry in the time he



Pastor Natanael Lizarazo (left) and Pastor John Christopherson (right) present Pastor Abraham Gayetaye with a cross recognizing his leadership in the African Ministry that meets at First Lutheran.

has been here. He is theologically and biblically trained and is able to handle the administrative responsibilities that are critically important," says Pastor Lizarazo.

The ministry continues to grow. A pilot Sunday school program was organized by volunteers from First Lutheran. They've had meetings with local organizations with the possibility of finding a place to worship that would be suitable to their growing group. They've had conversations with the South Dakota Synod. But most importantly, Abraham has given the congregation spiritual food.

Abraham needs to return to his home in Liberia, but hopes to be able to come back with his family. He's hoping to have a visa that will allow him to work. He hopes to have the money to return.

"For now, we pray for God to open the doors to his ministry," says Pastor Lizarazo. "The rest belongs to God."



A pilot Sunday school program was recently organized for the African Ministry by members of First Lutheran.

WORSHIP AND MUSIC



Piano Laboratory offers group piano lessons for adults



The Piano Laboratory at First Lutheran Church is opening a section for adult learners.

Group piano lessons will take place on Thursdays from noon to 1 p.m. starting on Feb. 9 running through April 26. The cost is \$25 for materials. Eight spots are available.

The Piano Laboratory started as a program designed to reach youth who may not otherwise be able to afford piano lessons. Thanks to volunteer instructor Karen Schultz, adult lessons are offered as well.

Sign up or learn more by contacting Michael Elsbend at melsbernd@flcsf.org or 339-1983, ext. 260. The registration deadline is Tuesday, Feb. 7.

Piano Laboratory at First Lutheran Church volunteer instructor Karen Schultz is given an apple by student Vance Goldammer. The lab is offering a section of lessons for adult learners starting Thursday, Feb. 9.



A Church in the Key of G

In this Season of Epiphany ... a season marked for mission ... of following the star ...

we thank you, Lord, for the "buddy system" of your church. Drawing us close, for we need each other, like it or not.

And then send us forth in mission "two-by-two" casting wide the nets of your kingdom come.

Thank you, Lord, for this charter of mission, for it helps to make faith real in the doing, with a casting sense of purpose.

Indeed, mission has a veritable key signature that guides the whole score of your church—one that's written in the Key of G.

G for "Go and heal the sick."

G for "Go and cast out demons of depression and doubt."

G for "Go and make disciples."

And so ... remind us ... yes, again, in this new year, that in the key of **G** there's one sharp at the very top of the score: your cross. Casting your arms wide open for all people—as your Holy Word echoes down the shoreline of our sinful lives—

"This is my body, my blood, given and shed for you, for forgiveness, for new life, for good."

(j.r. christopherson)

YOUTH, FAMILY AND YOUNG ADULT MINISTRIES



Middle School Mount Kato Ski Trip is Feb. 15

The middle school youth are headed to Mount Kato ski area located one mile south of Mankato for a day of skiing or snowboarding and fun!

Youth will be leaving from the church on Wednesday, Feb. 15, at 7:30 a.m. and will return by 7:30 p.m.

Cost of the trip \$47. Ski and snowboard equipment rental is available if desired for \$25. Beginners lessons are available for free. Sign up at the Youth and Family Office by calling Erik at 339-1983, ext. 235, by Wednesday, Feb. 8. Invite a friend!

Prices:

- Cost of trip is \$47 (includes transportation and lift ticket)
- Group beginning lessons are available for free!
- Ski, boot and pole rental is \$25
- Snowboard and boot rental (ID required) is \$25



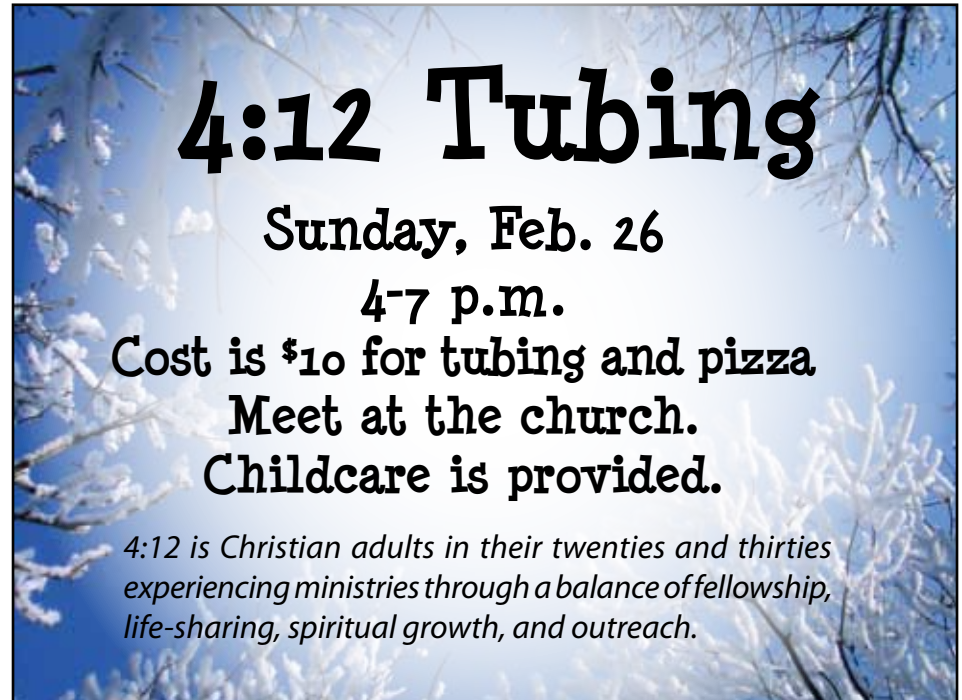
4:12 Tubing

Sunday, Feb. 26

4-7 p.m.

Cost is \$10 for tubing and pizza
Meet at the church.
Childcare is provided.

4:12 is Christian adults in their twenties and thirties experiencing ministries through a balance of fellowship, life-sharing, spiritual growth, and outreach.



HERE'S WHAT'S HAPPENING ...

Wednesday FaithWalkers will not have class on Wednesday, Feb. 15 or 22, due to a school break and Ash Wednesday. During Lent, classes will take place from 6 to 6:45 p.m. and families will attend worship from 7 to 7:45 p.m.

Fourth- and Fifth-Grade Activity Night is Friday, Feb. 10, from 6 to 8 p.m. in the Gathering Room. Meal provided. No cost. Friends welcome.

Fifth-graders will celebrate their first communion on Maundy Thursday, April 5, at the 7 p.m. worship service.

Students and parents will take part in classes in preparation during Lent on Wednesdays starting Feb. 29 through March 28, from 6 to 6:45 p.m.

Confirmation does not take place on Wednesday, Feb. 15, due to a school break. During Lent, confirmation takes the form of the mid-week Lenten service. Services take place each Wednesday at 7 p.m. starting Ash Wednesday, Feb. 22, continuing through March 28. Sign in at the Welcome Center desk. Students should complete a worship reflection sheet.

Shrove Tuesday Pancake Feed

Tuesday, Feb. 21

5-6:30 p.m. in Reformation Hall

Cost is \$3 per person

Come for pancakes, carnival games, Mr. Twister balloon animals, king cake and more. Fun for the whole family!

Lutheran college scholarships available

For many years First Lutheran has been committed to encouraging and supporting its members who attend church colleges by offering \$100 scholarships. Generally, this amount is matched by the college.

To obtain a scholarship for 2012-2013 school year, students should write a letter indicating their intention to attend a Lutheran

college and send it to Marnie Dahle Backer at the church or e-mailed to mdbacker@flcsf.org. College freshmen, sophomores and juniors who have previously received scholarships are asked to re-apply. High school seniors should submit their request for all Lutheran colleges that they are considering attending. Letters must be submitted by Wednesday, Feb. 15.

Youth and Family photo album



The Youth Group take a break after an activity called "Iron Chef" where they prepared tacos and presented them to a panel for review. The group had a variety of ingredients to choose from: ground beef and taco shells to candy dots and pickled pigs feet.



Doris Haugen (left), James Smorada and Libby Smorada pose for a picture during the chili cook-off.



The Iron Chef judges react to the "delectable delights" the youth group presented for "dinner" as part of a Youth Group activity.



FaithWalkers take part in a creative activity acting out a story from the book of Daniel about a fiery furnace.



Jeff Backer serves up the prize-winning chili he and Pastor Barbara Wangsness concocted as part of First Lutheran's first ever chili cook-off. The addition of the chili cook-off helped the BBQs, Baskets and Bidding event raise more than \$6,000 for the youth attending the ELCA Youth Gathering this summer.

FINANCIAL SERVICES



Gifts and memorials from December

Thank you to our generous donors who have shared many thoughts, prayers and financial gifts with the ministries of First Lutheran Church. We are blessed by the support of the following people...

Gifts to the Foundation in memory of

Mary Barkley: Averle Bevan; Cherith Bevers; Bruce & Betty Collins; Friends and family; Dorothy Grevlos; Joseph Hankin; Jean Hoff; Debra Larsen; Barb Matson; Robert & Beth Elen Vroman

Gifts to the Foundation (for youth) in memory of

Travis Kenyon: Carl & Janet Naessig

Gift to Caring Ministry in memory of

Esther Yates: Lyle & Jean Eidsness

Gift to the FLC Library in honor of

Kathrine Clark: First Lutheran Church Women

Gift to LIZWAN Ministry in memory of

Emilio Lizarazo: Barbara Peterson

Gifts to Media Ministries in memory of

Jeanette Anderson: Ann Fodness
Mary Barkley: First Lutheran Church Women; Sammons Financial Group
Lucille Boadway: Ann Fodness
Violet Dahmen: Ann Fodness

Winnie Eichhorn: Dorothy Donohue; Clare & Carolyn Vollan

William Goebel: Don & Joyce Helberg; Barb Matson; Pastor LeRoy & Elaine Nevin

Lila Kessinger: Barb Matson

Ray Kragness: Mrs. Marvin Halstenson

Elva Kull: Barb Matson

Adolf Larson: Pastor LeeRoy & Marilyn Eikanger

Wayne Marquesen: Selmer & Helen Anderson; Barb Matson

Chuck Osthus: Roger & Betty Wolff

Harlan Payne: Vance & Sherry Goldammer

George Phillips: Karen Lidel

Dolly Ross: Rhonda Baker; First Lutheran Church Women; Cheryl Grevlos; Don & Joyce Helberg; Barb Matson; Pastor Franklin & Marit Pudas

Byron Salmonson: Kathy Ager; Carol Bormann; Mr. & Mrs. Jack Boldon; Mr. & Mrs. Doug Budig; Darlene Colwill; Crawford family; Blanche Cronin; Dr. & Mrs. Will Eidsness; Gerald & Barb Entringer; Vance & Sherry Goldammer; Bonnie Hougom; Mr. & Mrs. Marty Jans; Mr. & Mrs. Everett Marsh; Pastor LeRoy & Elaine Nevin; Mr. & Mrs. Herman Peterson; Tarri Roti family; Mr. & Mrs. Duane Stevenson; Marvin & Elaine Symes; Bill & Opal Westerdahl; Mr. & Mrs.

Wesley Yates

Elaine Wenge: Dale & Cheryl Berkland; Wilma Trygstad

Esther Yates: Lois Boyce; Lyle & Jean Eidsness; Edith Magnuson; Barbara Peterson; Opal Rogness; Janet Yates

Gifts to Media Ministries in honor of

JoAnne Ambrosen: Wayne & Madonna Steensma

Pastor LeeRoy & Marilyn Eikanger: Jeanette Edman

Bob & Glennys Meerdink's 60th Anniversary: Dorothy Grevlos; Esther Hanson; Herb & Dorothy Mikkelson

Pastor Natanael Lizarazo: Frank & Marilyn Alvine

Pastors of FLC: Ron & Jan Erkes
Helen Raker's 90th birthday: Barbara Peterson

Hazel Wek: First Lutheran Church Women

Gifts to Music Ministries in honor of

Gerry Kropp: Don & Joyce Helberg

Karon Gubbrud: First Lutheran Church Women

Gifts to the Organ Fund in memory of

Arlyce Peterson: Laura Gates; Jeffrey Peterson

Financial update December 2011

Worship Attendance

December..... 6,386

Total Revenues

2011 Actual \$1,886,317
 2010 Actual \$1,902,388

Total Expenses

2011 Actual \$1,856,624
 2010 Actual \$1,875,140

Notes Payable

Bank Loan - Capital \$746,489

Contract For Deed

Ideal \$581,128

"God's Gifts. Our Responsibility." Income Through December 2011 \$2,536,496

Our apologies to MaryAnn Hallberg for misspelling her name in the January *First Word*:

Gifts to Media Ministries in memory of

Don Brekke, Beulah Buttz, Leora Gapa, Eldon Hallberg, Jeff Lindsey, Carol Nygaard and Anna Spilde: MaryAnn Hallberg

MEDIA MINISTRIES



Equipment upgrades allow broadcast in high definition

—continued from page 1

purchased in 1986 started down their final path of failure. Sony had stopped making parts for that camera in 1996, so there was no other option but to search for replacement cameras.

Over the years the desire to remove the bulky human operated cameras from the balconies was discussed, so when it came time to replace the TV cameras, it made sense to move to wall-mounted, remote-controlled cameras.

The cameras chosen and purchased

in 2007 were Canon XL-H1s, and while these cameras were capable of producing a high definition (HD) picture, the equipment in the control room would need to be upgraded to support HD. It wasn't until the fall of 2011, when the standard definition (SD) control room equipment began to show signs of failure, that funds were made available to Media Ministries to upgrade the First Lutheran control room from SD to HD. Also included in the HD purchase were new wireless microphones for the pastors to use in the sanctuary.

The approved funds were allocated to purchase a HD switcher, HD monitors, HD recording and playback devices and a HD character generator (which puts the words on the screen). The FLC Sunday broadcast aired in HD on KSFY for the first time on Dec. 4, 2011.

We are hopeful the equipment purchased to upgrade to HD will serve First Lutheran for the next 25 years, like the SD equipment did, and spread the word of the Lord. Make sure to tune into the Sunday broadcast to see the improvements.

By the end of February, each 9:45 a.m. worship service will be posted to YouTube. Check it out!

www.youtube.com/user/flcsf

Snap a picture of this QR code to view the Christmas Eve worship service.



December and January broadcast sponsors

First Lutheran Church's worship can be seen every Sunday at 11 a.m. on KSFY, KPRY and KABY in Eastern South Dakota, Southwest Minnesota, Northwest Iowa and Northeast Nebraska. A live radio broadcast of worship can be heard each Sunday at 8:15 a.m. on KELO-FM, 92.5.

KELO broadcast sponsored:

Dec. 4: In loving memory of Vi Smith by her family.

Dec. 18: In loving memory of Orville and Sadie Doescher, James and Evelyn Williams, Leon and Earl Doescher by Bob and Margaret Doescher.

Dec. 25: In loving memory of Keith Ellwein, whose birthday would have been Dec. 27, by his family and friends, through earnings of gifts to Media Ministries through the First Lutheran Church Foundation.

Jan. 8: In loving memory of Samantha Kramer, made possible through earnings of a gift made by family and friends to the First Lutheran Church Foundation.

Jan. 15: In loving memory of Betty Martinek and Leonard Martinek. Betty's birthday would have been on Jan. 10. It is also given in honor of Carl and

Craig Martinek, who will celebrate their birthdays on Jan. 17.

Jan. 22: In memory of Cora Boneff through earnings from a bequest she made to the First Lutheran Church Foundation.

Jan. 29: In loving memory of Helen Hay, whose birthday would have been on Feb. 2, by her family.

KSFY telecast sponsored:

Dec. 4: In memory of Verlyn and Corinne Petersen and Jill McCormick, by Brian and Denise Aamlid and family, and Linda Gores.

Dec. 11: By Judy Jasper in memory of her parents, Jack and Mabel Jasper.

Dec. 18: In loving memory of Orville and Sadie Doescher, James and Evelyn Williams, Leon and Earl Doescher by Bob and Margaret Doescher.

Dec. 24: By Frank and Marilyn Alvine in

honor of their children and grandchildren.

Dec. 25: By the First Lutheran Church Women as a tribute to the pastors and staff of First Lutheran.

Jan. 1: In memory of Harlan Payne by his friends and family.

Jan. 15: In honor of Emma Spitzer, whose 95th birthday is on Jan. 23, given by her daughters, Elaine and Ella Spitzer.

Jan. 22: In memory of John Tibbetts by his friends and family. (Partial sponsorship.)

Closed captioning sponsored:

Dec. 11: By the Van Veldhuizen families.

Dec. 18: In honor of the many blessings and gifts shared by parents, Bob and Margaret Doescher, by their children and families.

Dec. 25: In memory of parents, Leonard and Betty Martinek, by their sons and family.

Jan. 15: In loving memory of Leo Roti,

whose 90th birthday would have been Jan. 11, given by his wife, Alta Roti.

Gifts and memorials

Un-sponsored dates are made possible in part through gifts and memorials to First Lutheran Church Media Ministries. Thank you for your support.

Sponsorships available

To sponsor a broadcast or closed captioning, call LaVonne Wolf at 339-1983, ext. 211.

Available dates:

KSFY sponsorships (\$1,300 for a full sponsorship, \$675 for a partial): Feb. 5 and 19; March 18 and 25; April 29

Closed Captioning (\$140): Feb. 5, 12 and 26; March 4, 11, 18 and 25; April 1, 8, 15, 22 and 29.

KELO (\$115): April 29; Aug. 5, 19 and 26.

First Lutheran Church Calendar—February 2012



Wednesday, February 1
 8:50 AM Faithfully Fit Forever PR
 9:00 AM Quilting QSC
 9:30 AM Kindermusik MR1
 10:00 AM Bible Study with the Pastors GR
 1:00 PM Eat Right Live Well Love God PMR
 1:30 PM Pastors Meeting TR
 2:00 PM Prayer Shawl Ministry Promo L
 4:00 PM Piano Class PL
 4:15 PM Music Rehearsals S
 4:30 PM Good Vibrations Rehearsal HR
 4:45 PM Piano Class PL
 5:00 PM Wednesday Night Meal RH/RHK
 5:30 PM Jubilant Singers Rehearsals CR
 5:30 PM Belle Campana Rehearsal HR
 5:30 PM Kindermusik MR1
 5:30 PM Piano Class PL
 6:30 PM Women's Choir Rehearsal CR
 6:30 PM FLYGHT Rehearsals ML
 6:30 PM 7th Gr Confirmation D
 6:30 PM 6th Gr Confirmation GR
 6:30 PM FaithWalkers C/UR/PR
 6:30 PM 8th Gr Confirmation FH/S
 6:30 PM Beth Moore Study - Daniel TR
 6:30 PM Adult Study of Catechism FH/S
 7:30 PM 9th Gr Confirmation FrR
 7:35 PM Adult Choir Rehearsal CR
 8:00 PM High Sch Youth Group MdC

Thursday, February 2
 7:30 AM Men's Bible Study GR
 9:00 AM Staff Meeting FR
 9:30 AM Kindermusik MR1
 10:30 AM FLCW Board Meeting FR
 12:00 PM Welca General Meeting & Lunch GR
 12:00 PM Adult Study of Catechism FrR
 5:30 PM Kindermusik MR1
 5:30 PM Basketball Practice (AL) RH
 6:30 PM Kindermusik MR1
 6:30 PM Kindermusik MR1
 6:30 PM Stephen Ministry Meeting FrR
 7:00 PM Pre-baptism Class GR

Friday, February 3
 8:00 AM Bulletin Volunteers QSC
 6:00 PM Bonnie's Bible Group MdC

Saturday, February 4
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S
 10:15 AM Open Gym RH
 1:00 PM Mended Hearts Mtg GR GRK N
 4:30 PM Cub Scouts Pack 153 FH
 5:00 PM Vespers C

Sunday, February 5
 8:15 AM Traditional Service S
 8:30 AM Genesis Cafe GR
 8:55 AM Adult Study of Catechism TR
 9:30 AM Adult Forum FR/FRK
 9:45 AM FaithWalkers C/RH/PR/UR
 9:45 AM Traditional Service S
 11:00 AM Adult Forum FrR/FRK
 11:15 AM FaithWalkers C/RH/PR/UR
 11:15 AM Contemporary Worship S
 12:30 PM Adult Leader Lunch/Meeting PMR
 12:30 PM Basketball Practice (AL) RH
 3:00 PM Counseling PR
 6:00 PM Dave Ramsey Financial Peace FrR

Monday, February 6
 9:00 AM Sewing QSC
 4:00 PM Piano Class PL
 4:30 PM Kindermusik MR1
 4:45 PM Piano Class PL
 5:30 PM Piano Class PL
 6:00 PM TOPS Weigh-In & Meeting PMR
 6:00 PM Girl Scouts UR

Tuesday, February 7
 9:00 AM Worship Planning TR
 1:30 PM Youth & Family Staff Meeting PMR
 4:00 PM Piano Class PL
 4:45 PM Piano Class PL
 5:30 PM Piano Class PL
 6:00 PM Music Rehearsals S
 6:30 PM Agape Ringers HR

Wednesday, February 8
 8:50 AM Faithfully Fit Forever PR
 9:00 AM Quilting QSC
 9:30 AM Kindermusik MR1
 10:00 AM Bible Study with the Pastors GR
 1:00 PM Eat Right Live Well Love God PMR
 1:30 PM Pastors Meeting TR
 4:00 PM Piano Class PL
 4:15 PM Music Rehearsals S
 4:30 PM Good Vibrations Rehearsal HR
 4:45 PM Piano Class PL
 5:00 PM Wednesday Night Meal RH/RHK
 5:30 PM Jubilant Singers Rehearsals CR
 5:30 PM Belle Campana Rehearsal HR
 5:30 PM Kindermusik MR1
 5:30 PM Piano Class PL
 6:30 PM Women's Choir Rehearsal CR
 6:30 PM FLYGHT Rehearsals ML
 6:30 PM 7th Gr Confirmation D
 6:30 PM 6th Gr Confirmation GR
 6:30 PM FaithWalkers C/UR/PR
 6:30 PM 8th Gr Confirmation FH/S
 6:30 PM Beth Moore Study - Daniel TR
 6:30 PM 3 "P s"-Parenting popcorn & Prob SolvMd
 6:30 PM Adult Study of Catechism FH/S
 7:35 PM Adult Choir Rehearsal CR
 8:00 PM High Sch Youth Group MdC

Thursday, February 9
 7:30 AM Men's Bible Study GR
 9:00 AM Staff Meeting FR
 9:30 AM Kindermusik MR1
 10:00 AM Adult Piano Class PL
 11:00 AM Adult Piano Class PL
 12:00 PM Adult Study of Catechism FrR
 12:00 PM Project Car Steering Comm. TR
 12:00 PM Adult Piano Class PL
 5:30 PM Media Board TR
 5:30 PM Kindermusik MR1
 5:30 PM Basketball Practice (AL) RH
 6:00 PM Board of Outreach FrR
 6:00 PM Holistic Health Cabinet PMR
 6:30 PM Kindermusik MR1

Friday, February 10
 8:00 AM Bulletin Volunteers QSC
 6:00 PM 4th/ 5th Gr Activity Night GR/GRK/RH/LF

Saturday, February 11
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S
 10:15 AM Open Gym RH
 12:00 PM Carol Choir FrR
 12:00 PM Violin Recital UR
 1:00 PM Fawcett Birthday Party RH LFT
 5:00 PM Vespers C
 6:30 PM Girl Scouts Dance RH RHK

Sunday, February 12
 8:15 AM Traditional Service S
 8:30 AM Genesis Cafe GR
 8:30 AM New Member Orientation RH
 8:55 AM Adult Study of Catechism TR
 9:15 AM Equal Exchange Coffee WCD
 9:30 AM Adult Forum FR/FRK
 9:45 AM FaithWalkers C/RH/PR/UR
 9:45 AM Traditional Service S
 11:00 AM Adult Forum FrR/FRK
 11:15 AM FaithWalkers C/RH/PR/UR
 11:15 AM Contemporary Worship S
 3:00 PM Counseling PR
 6:00 PM Dave Ramsey Financial Peace FrR

Monday, February 13
 9:00 AM Sewing QSC
 4:00 PM Piano Class PL
 4:30 PM Kindermusik MR1
 4:45 PM Piano Class PL
 5:30 PM Piano Class PL
 5:30 PM Basketball Practice (AL) RH
 6:00 PM TOPS Weigh-In & Meeting PMR
 6:00 PM Girl Scouts UR
 6:30 PM Cub Scout - Pack 153 D/FrR

Tuesday, February 14

9:00 AM Worship Planning TR
 12:00 PM Senior LuncheonFH/FHK
 1:30 PM Youth & Family Staff Meeting PMR
 4:00 PM Piano Class PL
 4:45 PM Piano Class PL
 5:30 PM Piano Class PL
 6:00 PM Music Rehearsals S
 6:30 PM Board of Adult Discipleship TR
 6:30 PM Agape Ringers HR

Wednesday, February 15
 7:30 AM Middle School Ski Trip Offsite
 8:50 AM Faithfully Fit Forever PR
 9:00 AM Quilting QSC
 9:30 AM Kindermusik MR1
 10:00 AM Bible Study with the Pastors GR
 1:00 PM Eat Right Live Well Love God PMR
 1:30 PM Pastors Meeting TR
 5:30 PM Kindermusik MR1
 6:00 PM Women's Choir Rehearsal ERR
 6:30 PM Women's Choir Rehearsal S/CR
 7:35 PM Adult Choir Rehearsal CR/ S

Thursday, February 16
 7:30 AM Men's Bible Study GR
 9:00 AM Staff Meeting FR
 9:30 AM Lydia Circle TR
 9:30 AM Kindermusik MR1
 10:00 AM Adult Piano Class PL
 10:00 AM Basketball Practice (AL) RH
 11:00 AM Adult Piano Class PL
 12:00 PM Adult Piano Class PL
 1:00 PM Martha Circle GR
 5:00 PM Financial Services Bd PMR
 5:30 PM Kindermusik MR1
 5:30 PM Board of Worship & Music TR
 6:30 PM Kindermusik MR1
 6:30 PM Kindermusik MR1
 7:00 PM Hannah Circle GR/GRK
 7:00 PM Ruth Circle FrR
 7:00 PM Letters from Dad MdC

Friday, February 17
 8:00 AM Bulletin Volunteers QSC
 6:00 PM Bonnie's Bible Group MdC

Saturday, February 18
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S
 10:15 AM Open Gym RH
 5:00 PM Vespers C
 5:30 PM Concordia Pizza GR GRK

Sunday, February 19
 8:15 AM Traditional Service S
 8:30 AM Genesis Cafe GR
 9:30 AM Adult Forum FR FRK
 9:45 AM FaithWalkers C/RH/PR/UR
 9:45 AM Traditional Service S
 11:00 AM Adult Forum FrR/FRK
 11:15 AM FaithWalkers C/RH/PR/UR
 11:15 AM Contemporary Worship S
 3:00 PM Counseling PR
 6:00 PM Dave Ramsey Financial Peace FrR

Monday, February 20
 9:00 AM Sewing QSC
 6:00 PM TOPS Weigh-In & Meeting PMR
 6:00 PM Girl Scouts UR

Tuesday, February 21
 9:00 AM Worship Planning TR
 1:30 PM Youth & Family Staff Meeting PMR
 4:00 PM Piano Class PL
 4:45 PM Piano Class PL
 5:00 PM Youth & Family Board Meeting PMR
 5:00 PM Shrove Tuesday Pancakes RH/RHK/Loft
 5:30 PM Piano Class PL
 6:30 PM Agape Ringers HR
 7:00 PM Theology on Tap Offsite
 7:30 PM Women's Choir Rehearsal S/ CR

Wednesday, February 22
 6:00 AM Shrove Brkfst Cleanup RH/RHK/Loft
 8:50 AM Faithfully Fit Forever PR
 9:00 AM Quilting QSC
 9:30 AM Kindermusik MR1
 10:00 AM Bible Study with the Pastors GR
 11:15 AM Ash Wednesday Service S
 1:00 PM Eat Right Live Well Love God PMR
 1:30 PM Pastors Meeting TR
 4:15 PM Music Rehearsals S
 4:30 PM Good Vibrations HR
 5:15 PM Belle Campana Rehearsal HR
 5:15 PM Jubilant Singers Rehearsal CR
 5:30 PM Kindermusik MR1
 6:00 PM Women's Choir Rehearsal ERR
 6:00 PM Praying the Hours LL
 6:00 PM FLYGHT Rehearsals CR
 7:00 PM Ash Wednesday Service S
 8:00 PM Adult Choir Rehearsal CR
 8:15 PM Music Rehearsals S

Wednesday Night Meal Menu

5–6:15 p.m.
\$4/person • \$26 and under

Feb. 1: Ham and au gratin potatoes

Feb. 8: Lasagna and tossed salad

Thursday, February 23
 7:30 AM Men's Bible Study GR
 9:00 AM Staff Meeting FR
 9:30 AM Kindermusik MR1
 5:00 PM Church Council FH
 5:30 PM Kindermusik MR1
 6:30 PM Kindermusik MR1

Friday, February 24
 8:00 AM Bulletin Volunteers QSC
 4:30 PM Basketball Practice (AL) RH
 6:00 PM Bonnie's Bible Group MdC

Saturday, February 25
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S
 10:15 AM Open Gym RH
 5:00 PM Vespers C
 6:00 PM Fedders Baptismal Supper GR GRK

Sunday, February 26
 8:15 AM Traditional Service S
 8:30 AM Genesis Cafe GR
 9:30 AM Adult Forum FR FRK
 9:45 AM FaithWalkers C/RH/PR/UR
 9:45 AM Traditional Service S
 11:00 AM Adult Forum FrR/FRK
 11:15 AM FaithWalkers C/RH/PR/UR
 11:15 AM Contemporary Worship S
 3:00 PM Counseling PR
 4:00 PM 4:12 Tubing GR/GRK/RH/RHK/N
 6:00 PM Dave Ramsey Financial Peace FrR

Monday, February 27
 9:00 AM Sewing QSC
 4:00 PM Piano Class PL
 4:30 PM Kindermusik MR1
 4:45 PM Piano Class PL
 5:00 PM Property Board TR
 5:30 PM Piano Class PL
 6:00 PM TOPS Weigh-In & Meeting PMR
 6:00 PM Girl Scouts UR

Tuesday, February 28
 7:00 AM Lent Prep RHK
 8:30 AM Foot Clinic PMR
 9:00 AM Worship Planning TR
 4:00 PM Piano Class PL
 4:45 PM Piano Class PL
 5:30 PM Basketball Practice (AL) RH
 6:30 PM Agape Ringers HR
 7:30 PM Women's Choir Rehearsal S/ CR

Wednesday, February 29
 8:50 AM Faithfully Fit Forever PR
 9:00 AM Quilting QSC
 9:30 AM Kindermusik MR1
 10:00 AM Bible Study with the Pastors GR
 11:15 AM Lenten Service S
 12:00 PM Lenten Soup Meal RH
 1:00 PM Eat Right Live Well Love God PMR
 1:30 PM Pastors Meeting TR
 4:00 PM Piano Class PL
 4:15 PM Music Rehearsals S
 4:30 PM Good Vibrations Rehearsal HR
 4:45 PM Piano Class PL
 5:15 PM Bell Campana Rehearsals HR
 5:15 PM Lenten Soup Meal RH
 5:15 PM Jubilant Singers Rehearsal CR
 5:30 PM Kindermusik MR1
 5:30 PM Piano Class PL
 6:00 PM FaithWalkers C/UR/PR
 6:00 PM First Communion GR/GRK/D
 6:00 PM Women's Choir Rehearsal CR
 6:00 PM Praying the Hours LL
 6:00 PM FLYGHT Rehearsals ERR
 6:30 PM Beth Moore Study - Daniel TR
 7:00 PM Lenten Service S
 8:00 PM Adult Choir Rehearsal CR
 8:00 PM Music Rehearsals S
 8:00 PM High Sch Youth Group MdC

Scripture lessons

- Feb. 5:** Isaiah 40:21-31; Psalm 147:1-11, 20c; 1 Corinthians 9:16-23; Mark 1:29-39
- Feb. 12:** 2 Kings 5:1-14; Psalm 30; 1 Corinthians 9:24-27; Mark 1:40-45
- Feb. 19:** 2 Kings 2:1-12; Psalm 50:1-6; 2 Corinthians 4:3-6; Mark 9:2-9
- Feb. 22:** Joel 2:1-2, 12-17 or Isaiah 58:1-12; Psalm 51:1-17; 2 Corinthians 5:20b-6:10; Matthew 28
- Feb. 26:** Genesis 9:8-17; Psalm 25:1-10; 1 Peter 3:18-22; Mark 1:9-15

Life Transitions through December

Births

"May the Lord give you increase, both you and your children." (Psalm 114:15)

- Finnley Marie Tirrel, daughter of Joshua & Sara Tirrel, born on Nov. 30, 2011.
- Colton Spencer Hawley, son of Jason Hawley and Jocelyn Pedersen, born on Dec. 11, 2011.
- Liv Mae Langenfeld, daughter of Luke & Misten Langenfeld, born on Dec. 12, 2011.

Baptisms

"Go ... make disciples ... baptizing them in the name of the Father, Son and Holy Spirit." (Matthew 28:19)

- Lucy AnnMarie Hamblton, daughter of William Hamblton & Kasey Adamson

Deaths

"Death is swallowed up in victory...thanks be to God, who gives us the victory through our Lord Jesus Christ." (1 Cor. 15:57)

- Byron Salmonson
- Laverne (Dolly) Ross
- William Goebel
- Joseph Hanson
- David Leraas
- Wayne Marquesen
- Charles Houg

PASTORAL CARE MINISTRIES



Find balance in the midst of busy days

Praying the Hours study group to meet during Lent

By Pastor Barbara Wangsness

Lent is a separate and special time in the church year that offers an opportunity for renewed involvement with spiritual practices through which



Pastor Barbara Wangsness

God can choose to reveal his self to us in new ways.

Simply adding an additional opportunity for communal, mid-week worship is one way this can happen. Another way is choosing to practice a particular spiritual

habit in this sacred time—whether it be through increased time in prayer, meditation or even in a private retreat.

This year, the Board for Pastoral Care Ministries offers you an additional spiritual opportunity—not only through

corporate worship on Wednesdays but also by joining a group to learn more about the Christian spiritual practice of Praying the Hours.

Join us on Wednesday evenings before Lenten worship beginning on Ash Wednesday, Feb. 22, through March 28, from 6 to 6:45 p.m. in Luther Lounge. Praying the hours is the practice of consciously pausing for prayer at specific moments of each day. The subject is nothing new and goes back to the early years of the Christian church, having survived through the Middle Ages even through today. We have much to learn from this ancient spiritual practice.

We will use several respected meditation resources, including *Seven Sacred Pauses: Living Mindfully Through the Hours of the Day*, by Macrina Wiederkehr and *The Divine Hours*, by Phyllis Tickle. Those of you who are alumni of the Alpha Course and/or

are familiar with Brother Lawrence's *The Practice of the Presence of God* (considered a classic of practical Christian devotional

material) will be pleased to add these to your spiritual resource materials.

Whether you are wanting a guide to praying this Liturgy of the Hours or materials to assist your daily choosing to walk in a rhythmical path of the spiritual life that has continued in the Christian Church for centuries, you'll have assistance.

Feel free to purchase either of these books before coming to the class or simply come and be a part of the conversation.

PRAYING THE HOURS

Wednesdays starting Feb. 22 through March 28

6–6:45 p.m.

Luther Lounge



If you would like to purchase the book through First Lutheran, contact Melody Roberts at 339-1983, ext. 262, by Wednesday, Feb. 8.

Our goal is to culminate this Lenten experience with a retreat after Easter, (place yet to be determined), as an opportunity to set aside personal time for experiencing this spiritual practice in the uniqueness of a quiet space, away from the hectic-ness of our busy daily lives. We'd be pleased to have you join us!

Stressed? Keep a gratitude journal, read the Bible, play with dough

By Paula Bartels, Parish Nurse

When I worked in pediatrics, the “playroom lady” would bring playdough to a child's room. It wasn't uncommon to find the parents squeezing and playing with the playdough along with their child. It helped both the child and the parents relieve the stress of hospitalization and the unknown. Playing with playdough (with or without a child) can be a stress reliever at home, too!

Jim Otremba, licensed social worker and Christian coach says this about stress: “Stress is a normal part of life, and Christians are not immune to the destructive powers of stress. When our normal daily stress goes unchecked, it can lead to anxiety. Deep breathing is usually taught in most stress-management books because it works. Breathe in for three seconds, hold the breath for three seconds, and then exhale for three seconds. While you are doing your deep breathing, focus on breathing in the Holy Spirit's love for you and exhaling out the stress of the day; give it all to God.”

We all know people whose engagement with life can only be described as joyful. What's behind their hardiness? They minimize the destructive effects of stress. “Of course, optimists get stressed,” says David Snowdon, a professor of neurology at the University of Kentucky who studies aging. “But they

automatically turn the response off much more quickly and return to a positive mental and physical state.”

Following are some good habits from an article by Nancy Kalish in *Prevention* magazine that experts say are the heart of a sunny disposition.

1) Having good long-term relationships provides as many physical benefits a being active or a nonsmoker. Just talking on the phone to a friend has the immediate effect of lowering your blood pressure and cortisol levels, says Teresa Seeman, PhD, a professor of medicine and epidemiology at UCLA.

2) Keep a weekly gratitude journal. “It's hard to be bitter and mad when you're feeling grateful,” says Sonja Lyubomirsky, PhD.

3) Do you perform five acts of kindness in any given day? That's the number of good deeds that boosts your sense of well-being and happiness, according to Lyubomirsky's research.

It is interesting that studies are validating what God has already told us in the Bible! We can look to Scripture:

“And let us consider how we may spur on another toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another ...” (Hebrews 10:24, 25).

“Always try to be kind to each other and to everyone else. Be joyful always; pray continually; give thanks in all

RECIPE FOR STRESS RELIEF

1 ½ C. water	2 C. flour
2 tsp. liquid food coloring	½ C. salt
2 tbs. cooking oil	4 tbs. cream of tarter

- 1) In a small bowl, combine water, food coloring and oil. Set aside.
- 2) Put flour, salt and cream of tarter into a large saucepan.
- 3) Over medium heat, pour water mixture into the saucepan, stirring constantly. Cook and stir for five minutes, until a ball of dough forms.
- 4) Cool the dough for five minutes and then knead it with your hands until smooth.
- 5) Store in sealed bag or container in refrigerator when not in use.



circumstances, for this is God's will for you in Christ Jesus” (I Thessalonians 5:15b–18).

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus” (Philippians 4:6, 7).

“Command them to do good, to be rich in good deeds, and to be generous and willing to share” (I Timothy 6:18).

Making reading the Bible a part of your day is good for your mental, physical and spiritual health!

Or, consider attending Faithfully Fit Forever on Wednesday mornings from 8:50–9:20 a.m. in the Pentecost Room. You will leave with a smile, not to mention how good it is for your body physically.

Walking is always a great way to exercise and it is a stress reliever! Remember: you're welcome to come in out of the cold and walk at First Lutheran!

First Word

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IN THIS ISSUE...

- 1 God's Healing Embrace: The Sacraments
- 1 Worship service broadcast now in high definition, streaming online
- 4 Abraham Gayetaye reconnects with family, helps to support African Ministry at First Lutheran Church
- 4 Piano Laboratory offers group piano lessons for adults
- 5 Shrove Tuesday Pancake Feed on Feb. 21