



flcsf.org



First Word

The monthly newspaper of First Lutheran Church

Give this day our daily bread!

Financial gifts become real bread for local ministries

By Pastor Natanael Lizarazo

As we begin this New Year, it is fitting we entrust our lives to God from whom all blessings flow! Rather than making resolutions we soon forget, it is also spiritually fitting we ground



Pastor Natanael Lizarazo

ourselves in a true attitude of gratitude even as we confidently pray for our daily bread!

Daily bread! Bread is essential to our lives! Martin Luther understood daily bread in a holistic way.

Responding to the question of what does daily bread mean, Luther states: "Everything included in the necessities and nourishment for our bodies, such as food, drink, clothing, shoes, house,

farm, livestock, money, property, an upright spouse, upright children, upright members of the household, upright and faithful rulers, good government, good weather, peace, health, decency, honor, good friends, faithful friends and the like." These are wholesome realities for which we fervently pray in this new year even as we ask God to "cause us to recognize what our daily bread is and receive it with thanksgiving."

Blessed with our daily bread and in grateful response to the generous provision of God for our lives, we joyfully embrace our holistic mission to share our God-given bread with those whose daily lives lack the most basic necessities of a dignified life. Chief among them are the spiritual hunger and thirst to know Jesus Christ as the bread of heaven who gives life to the world! Furthermore, we dare not close our hearts to fellow human beings near and far who also pray each day for daily bread!

Thanks to the generosity of the people of God at First Lutheran Church and the servant leadership of our Outreach Board, our relationships and financial gifts continue to become real bread for different ministries in our local community, our South Dakota Synod and among our global ELCA companion churches. God continues to give us the joy of sharing our daily bread with the hungry and serving holistic human needs in Jesus' name. As we celebrate the kaleidoscope of mission outreach that flows from our congregation, let me highlight two avenues through which our gifts become daily bread for millions of hungry people.



Campaign gifts change lives

Two gifts from the recent "God's Gifts. Our Responsibility." campaign have been given to the South Dakota Synod, ELCA, thanks be to God!

A gift of \$40,000 to build a residence at the hospital facilities in Ngaoundere, Cameroon, for visiting surgeons who will provide training for physicians and a gift of \$40,000 for the Cedro Galan farm in Nicaragua to educate farmers and research farming methods will serve as seed money for great things to come.

In God's hands, this seed money will inspire further gifts as



Two checks from FLC are presented to Bishop Zellmer and staff of the South Dakota Synod.

we celebrate the larger picture of being the church.

In a recent letter to President Eric Severson, the Rev. David B. Zellmer, bishop of the South Dakota Synod writes: "I wish to convey my appreciation to you, to your pastoral staff, the elected leadership

and the people of First Lutheran Church, for your gift to our brothers and sisters in Cameroon and Nicaragua. Your tithe of your building fund will have impact far beyond what can be imagined. Lives will be enriched and improved through this gift."

First Lutheran recognized for increased support of ELCA World Hunger

The first one is our ELCA World Hunger Ministry. Just recently, First Lutheran was publicly recognized for increased support of this critically important ministry. This level of support is an effective way to share our bread with hungry people both

locally and globally! Through gifts to ELCA World Hunger, we are supporting the development work of trusted and effective organizations such as Lutheran World Relief and the Lutheran World Federation. Literally, our gifts become daily bread for thousands of people throughout the world!

—continued on page 5

A Prelude Prayer for the New Year

JANUARY 2011 ANNO DOMINI

It's a new year, O Lord. But what shall we name it? 2011? That's it?! Seven, eight, nine, ten ... Just another turning of the calendar page and feeling the frailty of our finitude just a bit more gravely? As you came down from heaven with signs of humility—in a little town, a little manger, a little baby ... we pray that you would also come down the chimneys of our little lives.

O Lord, our lives are so full of soot and sin: lives that need to be awakened by the stirring fire of your Spirit that would make room for that name which is above every other name. Yes, 2011 anno Domini ("year of our Lord"). The name by which all time is measured. The name which means we're not alone. The name which brings salvation: Jesus, God-with-us, Emmanuel.

O Lord, come and dwell anew among us now—filling this new year in such a way that your name, your Word, your redeeming presence, would create a spacious and faithful residence ... in and through our words. Come Lord Jesus, anno Domini. (j.r. christopherson)

Annual meeting

Sunday, Jan. 30
12:30 p.m.
Reformation Hall

A light meal will be served.
Call the church office at 336-3734 to request childcare.



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 MINISTRY BROADCASTS
8:15 a.m. KELO-FM Radio (92.5)
11 a.m. KSFY-13 (Sioux Falls Cable 7), KPRY-4 (Pierre) and KABY-9 (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 February issue is Monday, Jan. 10. Please e-mail articles or questions regarding *First Word* to: kvilhauer@flcsf.org. *First Word* is also available online (www.flcsf.org).

Church Council Highlights: Nov. 18, 2010

Karen Kraus, development director of Lutherans Outdoors of South Dakota, spoke to the council about improvements that have been made at their five ministry sites through the "All Are Welcome" campaign. She thanked First Lutheran for its support and invited youth and families to the camps.

Jennifer Gerriets-Masters, chair of the Board for Outreach Ministries, reported that the board members recommended funding the two Companion Synod projects presented at the October meeting

but requested more time to further consider The Community Outreach and St. Dymas projects. A motion was made and seconded that the council designate from the Capital Campaign Mission and Outreach funds gifts of \$40,000 to build a residence at hospital facilities in Ngaoundere, Cameroon, for visiting surgeons who will provide training for physicians and \$40,000 for the Cedro Galan farm in Nicaragua to educate farmers and research farming methods. After discussion, the motion passed unanimously.

Do you have a new phone number?



If you have disconnected your land line, please call the church (336-3734) with your cell phone number to keep our records current.

MEDIA MINISTRIES

November and December broadcast sponsors

First Lutheran Church's worship can be seen every Sunday at 11 a.m. on KSFY-13, KPRY-4 and KABY-9 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:

Nov. 7: In memory of Chuck Osthus, who would have celebrated his birthday Nov. 5, by his wife, Tracie, and sons, Scott and David.

Nov. 14: In memory of Drs. Arthur Huseboe and Doris Eggers Huseboe and their parents, Delbert and Erna Eggers and Carl and Lillian Huseboe. Funds have been made available through a gift to the First Lutheran Church Foundation.

Nov. 21: In honor of Mr. and Mrs. Peter Hoidal's 61st wedding anniversary.

Nov. 28: In thankfulness for and in memory of Bonnie Merrill, Carl Wilkins, Maudie Wilkins, Bessie Thompson, Dorothy Peterson, Mabel Jasper and Agnes Welch. It is given by nieces and nephews.

Dec. 12: In memory of Bertha Reitz by family and friends.

Dec. 19: By Bob & Glennys Meerdink.

Dec. 26: In loving memory of Keith Ellwein, whose birthday would have been Dec. 27, by his family and friends through the earnings of gifts to the Media Ministry Fund.

KSFY telecast sponsored:

Nov. 7: In loving memory of Carolyn

Vail by her husband, children and their families.

Nov. 14: By a bequest of L. Inez Rognley to Media Ministry through the First Lutheran Church Foundation in commemoration of her birthday on Nov. 17.

Nov. 21: In memory of Morrie Magnuson by his wife, Edith Magnuson, and their children. Morrie and Edith would have celebrated their 65th wedding anniversary on Nov. 25.

Nov. 25: In loving memory of Samuel Spitzer, Edie Boomsma and Tory Boomsma by their family—Emma Spitzer, Elaine Spitzer and Ella Spitzer.

Nov. 28: By earnings of a gift to the First Lutheran Church Foundation in loving memory of Hilmer and Susie Lillebo.

Dec. 5: In memory of Jill McCormick and Verlyn and Corinne Petersen by Linda Gores and Brian and Denise Aamlid and family.

Dec. 12: By Judy Jasper in memory of her parents, Jack and Mabel Jasper.

Dec. 19: In loving memory of Orville and Sadie Doescher, James and Evelyn Williams, Leon and Earl Doescher by Bob and Margaret Doescher.

Dec. 24: By Bob and Glennys Meerdink in celebration of Christ's birth.

Dec. 25: The re-broadcast of the Christmas Eve service on KTTW-Fox on Christmas morning is fully sponsored by Roger Haugo in loving memory of his wife, Sandra and his parents, Erling and Clara Haugo.

Dec. 26: By the First Lutheran Church Women as a tribute to the pastors and staff of First Lutheran.

Closed captioning sponsored:

Nov. 7: By William and Nancy Olson in celebration and thanksgiving for their 50th wedding anniversary on Nov. 11.

Dec. 12: By Judy Jasper in memory of her parents, Jack and Mabel Jasper.

Gifts and memorials

Un-sponsored dates are made possible in part through gifts and memorials to First Lutheran Church Media Ministry. All donations make a difference. Thank you for your support.

Sponsorships available

To sponsor a broadcast or closed captioning, call LaVonne Wolf at 339-1983, ext. 18.

ADULT DISCIPLESHIP

Adult Forums in the New Year cover history, burial practices and longevity

Welcome to the next session of Adult Forums! Forums meet at 9:30 and 11 a.m. in the Friendship Room. Refreshments will be served.

Sunday, Jan. 16 – Dr. Tom Kilian "Dakota Vagabond"

Tom will present excerpts from his new book by the same title, presenting short accounts of relatively unknown people who have done remarkable things. He will also talk about scenic and historic places which are virtually unknown to most folks. Tom was on the staff at Augustana College from 1952 to 1976, where he served in a variety of capacities such as public relations director, admissions director and as vice president for development. He was also a part of the Richard Kneip administration.

Sunday, Jan. 23 – Pastor Jim Olson "Funeral and Burial Practices in

Norway: Whatever Happened to Great-Grandfather's Tombstone?"

Jim has been a parish pastor in North Dakota and Minneapolis, Minn., as well as New Effington, Claire City and Sturgis, S.D. He was campus pastor at the University of South Dakota and served on the staff of Life and Mission in the Congregation for the former American Lutheran Church. Before retiring, Jim was a part of the South Dakota Synod staff. He continues to be interested in all aspects of Norwegian history and life.

Sunday, Jan. 30 – John Hegg "The Mystery of Longevity: So You Would Like to be in Good Health and Live to 100 or Beyond?"

John will introduce us to "pockets" on our planet where it is normal for people to live to be more than 100 years old, while maintaining a



healthy lifestyle. What are the secrets to this mystery, especially since the United States ranks only 38th for life expectancy in a list of countries around the world? John has been a middle school counselor and, though semi-retired, continues to teach at South Dakota State University and fill in at local schools.

Bathing in the light of Christ

Come, hear, and be warmed by his word

By Pastor Jason Burggraff

Have you ever wished that you knew God's mind? I'm sure there have been times that you've wondered what in the world he was thinking—and many other times when you've been glad to leave God to his own thoughts. We as human beings have a penchant for looking for God where he doesn't want to be found, like in asking questions about why this happened or that didn't happen. Yet God has given us a treasure trove of places to actually find him in grace (or rather as Paul says in Galatians, for him to find us!) Where is this cornucopia of enlightenment? It is in his Word, and specifically Christ. Check it out:

"...so that what had been spoken through the prophet Isaiah might be fulfilled: 'Land of Zebulun, land of

Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.' From that time Jesus began to proclaim, 'Repent, for the kingdom of heaven has come near.'" Matthew 4:14-17

So it is that God gives us exactly what we need—shining light on our darkened desire to know God's mind (to know good and evil, like Adam and Eve, which resulted in death) or in other words, to become gods ourselves (sin). Yet more than that, God gives himself completely to us in Christ's death and resurrection, taking away our addiction to self-divinity and replacing it with the peace of Christ. It is a beautiful, freeing work that God does in you and me, yet how in the world would we know God's greatest gift, except that he shows us so in Scripture, preaching and the sacraments. This January, there are a number of opportunities to get



Men who take part in the Thursday morning Bible study with Pastor Dave Johnson travelled to Frank Alvine's hunting lodge recently for breakfast, Bible study and pheasant hunting.

immersed by this Word:

1. Come to worship on Saturday evenings or Sunday mornings—here you'll get a steady diet of God's Word and the sacraments
2. Check out one of the many Bible studies offered, for example:
 - Matthew and the Prophets (starting this month)
 - Men's Thursday morning Bible study
 - Theology on Tap
 - Weekly Bible study on Wednesdays with the pastors
 - And more!

For more information on Bible study opportunities, call the church office at 336-3734.

CHURCH COUNCIL

Officers

Eric Severson President
James Moore Vice President
Corey Halstenson Treasurer
Kris O'Connell Secretary

Council Representatives

Randy Olawsky Financial Services
Karyn Pederson Adult Discipleship
Toby Wellenstein Pastoral Care
Gregg Greenfield Member-at-Large
Jennifer Gerriets-Masters Outreach
Adam Smith Youth, Family and Young Adult Ministry
Ron Moegenburg Stewardship
Tracie Osthus Member-at-Large
Marilyn Korsten Member-at-Large
Norma Hofer 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

(12) Rev. Dr. John Christopherson Senior Pastor
(17) Rev. Jason Burggraff Associate Pastor
(21) Rev. Natanael Lizarazo Associate Pastor
(19) Rev. Barbara Wangsness Associate Pastor
(1) Rev. James Christopherson* Associate Pastor
(53) Rev. Dave Johnson* Associate Pastor
(11) Rev. LeeRoy Eikanger* Visitation Pastor
(1) Rev. LeRoy Nevin* Visitation Pastor
(11) Rev. M. Franklin Pudas* Visitation Pastor
(26) Marilyn McNeill Church Administrator
(1) Carol Knapp Pastors' Secretary

Youth, Family and Young Adult Ministries

(13) Marnie Dahle Backer Director of Youth Ministries
(34) Debbie Garcia* Administrative Assistant
(45) Nancy Henrichsen Director of Children's Ministries
(41) Mara Stillson Associate Director of Youth Ministries
(25) Melody Roberts* Nursery Coordinator/
Children's Ministries Assistant
(40) Irma Rodriguez Leon* Nursery Attendant
(10) Heidi Tooley* Recreational Ministries Coordinator

Financial Services

(18) LaVonne Wolf Financial Specialist

Library

(43) Barbara Siebelts* Library Coordinator

Media Ministries

(15) Kathy Hein* Broadcast Technical Director
(15) Tyler Johnson* Broadcast Technical Director
(20) Heather Kuecker* Media Assistant
(15) David Palmer* Broadcast Technical Director
(15) Kerrie Vilhauer* Communications Coordinator
(15) Joe Ward* Broadcast Technical Director

Outreach Ministries

(36) Linda Carpenter* Visitor/Volunteer Coordinator

Pastoral Care Ministries

(24) Paula Bartels* Parish Nurse
(26) Arlene Bich* Wedding Coordinator
(16) Dr. Mark Britzman* Christian Counselor (consultant)
(26) Sarah Hagenlock* Wedding Coordinator
(26) Sherri Schroden* Wedding Coordinator
(22) Charlotte Peters* Caring Ministry Coordinator

Property and Administrative Services

(29) John Cerwinski Custodian
(29) Jeff Hartnett Custodian
(29) Rob Oswald Facilities Manager
(10) Connie Corey* Receptionist/Member Secretary
(10) Barbara Johnson* Receptionist/Member Secretary
(10) Kristy Zuraff* Receptionist/Member Secretary

Worship and Music Ministries

(35) Shirley Barlow Administrative Assistant
(35) Dorothy Christopherson* Women's Choir Director
(14) Dr. Michael Elsbernd Director of Music Ministry
(35) Dr. Jerry Hanson* Director of Music Emeritus
(35) Marcia Kittelson* Organist Emerita
(35) Gerry Kropp* FLYGHT and Jubilant Singers Accompanist

(35) Bonnie Lindgren* Carol Choir Director
(35) Mary Pottratz* Belle Campana/Agape Ringers Director

(35) Sue Severson* Adult Choir Accompanist
(35) Pam Sonnichsen* Instrumental Coordinator
(35) Hazel Wek* Carol Choir/
Women's Choir Accompanist
(49) Christopher Windle Assistant Director of Music
*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

New Bible study opportunity

Matthew and the Prophets

- Wednesdays at 6:30 p.m. (starting Jan. 12) in the Friendship Room
- Thursdays at noon (starting Jan. 13) in the Friendship Room
- Sundays at 8:55 a.m. (starting Jan. 16) in Fellowship Hall

FLCW meeting schedule

There is no general meeting of the Women of the Evangelical Lutheran Church in America in January. The board meeting is on Tuesday, Jan. 4, at 9:30 a.m. in the Gathering Room.

Mark your calendar for the next general meeting on Thursday, Feb. 3, at noon in the Gathering Room. Parish Nurse Paula Bartels will speak on wellness and the Parish Nurse Ministry at First Lutheran Church.



There is no general meeting of the Women of the ELCA in January. The next general meeting is scheduled for Feb. 3.

SENIOR MINISTRY LUNCHEON

Tuesday, Jan. 11
Noon
Fellowship Hall

Program: "An Amazing Tragic Blessing" by Bret C. Merkle

No reservations needed.
All are welcome

YOUTH, FAMILY AND YOUNG ADULT MINISTRIES

Devotion Motion ... what's your potion?

Make daily family devotions a part of life in the new year

By Nancy Henrichsen, Director of Children's Ministries

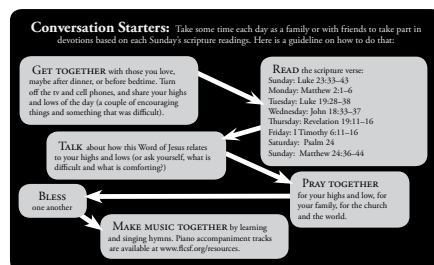
One of the four pillars of faith development is Family Devotions. It's a challenging area for many families to pursue because so many people have never established the habit of devotions. Like eating a healthy diet or maintaining physical fitness, it's easy to "fall off the wagon" and let our spiritual well-being take a back seat to the pressing issues of daily life.



Nancy Henrichsen

We're offering you the opportunity to claim a mentor, set a goal and even receive a reward for achieving that goal. The details of this initiative will be revealed in the near future. Watch for information in the bulletin and online.

Staff members will act as mentors for this project and we're looking for your help. What materials have you found useful in your devotional life? Let us know about websites, books, periodicals, CDs, places or people that have provided you (or your family) with rewarding devotional experiences. A list of resources is available on the First Lutheran Church website at www.flcsf.org/resources. Call the church office at 336-3734 or send any staff member an email (email addresses available at www.flcsf.org/staff_directory).



A variety of resources are available to help with daily devotions, such as the back of the bulletin and devotion Bibles. Which ones do you find useful? Contact Nancy at 339-1983, ext. 45.



Here's what's happenin'!

Middle School Ski Trip to Mount Kato

Monday, Jan. 17 • 7:30 a.m. – 7:30 p.m.

Cost is \$45 plus \$20 if you need to rent equipment. Register at www.flcsf.org or with Debbie Garcia at 339-1983, ext. 34, by Wednesday, Jan. 12

FAMILY FUN NIGHT

It's a Beach Party!

Friday, Jan. 28

6:30 to 8 p.m.

Reformation Hall



4th & 5th Grade Night

FRIDAY, Jan. 21

6 to 8 p.m.

The group will be ice skating at Sherman Park. Come to church to eat at 6 p.m. No cost for dinner, skate rental is \$1. Transportation is provided.



4:12 Tubing

Sunday, Jan. 16

5–8 p.m.

Cost is \$10 for tubing, pizza and cocoa.

Meet at the church at 5 p.m.

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



Camp Sunday reprise

Sunday, Jan. 16 • 9:15 to 11:30 a.m. • Reformation Hall



sign up

Stop by the Atrium desk to sign up for camp. This is your last chance! French toast will be served.

Thank You for giving to Joining Hands Around the World



- Your gifts make a difference!
- 114 people were sponsored
- Games, dolls, books and more were given to the Salvation Army's Toy Town
- Meals will be given to others through Meals from the Heart and the Mobile Food Pantry



Eight Great Dates

LAST CHANCE TO SIGN UP

Eight Great Dates is a ministry for couples of all ages who would like a jumpstart to their relationship. Eight Great Dates is a great tool to begin setting time aside for each other and most importantly focusing on your relationship as a couple. If you missed the sign-up deadline, there's still time!

Starting Sunday, Jan. 9, Eight Great Dates will meet at 5 p.m. in the Gathering Room as a large group for 30 minutes. Then couples go off on a date of their choosing. Childcare is provided at no cost until 8 p.m. Contact Marnie Dahle Backer at 339-1983, ext. 13, for more information.

Eight Great Dates takes place on Sundays in 2011 starting at 5 p.m.:

- Jan. 9, 23
- Feb. 13, 27
- March 13, 27
- April 10, 17

Other items to note:

- Childcare provided for each event (until 8 p.m.)
- \$10 registration fee
- Call Marnie Dahle Backer for more information at 339-1983, ext. 13

"This program allows you to talk as much or as little as you want, but also allows you to get ideas and insights from other couples going through similar issues." –Gregg Gohl

Anniversary of Baptism

The following children were baptized in 2010.

They will celebrate the anniversary of their baptism on Sunday, Jan. 9.

Joseph Aldrich
Maddex Anderson
Michael Bastemeyer
Erica Boyce
Nicholas Bradfeldt-Onivogui
Evlynn Carney
Jailynn Chau
Kaytlin Chau
Ashlyn DeJong
Ella DeKnicker
Harper Dillon
Ellery Donovan
Tylen Ducommun
Isla Eidsness
Charlie Entenman
Harlie Farr
Elias Ford
Lillian Gieser
Gavin Gilbertson
Evelyn Glover
Gretchen Glover
Brody Hall
Paige Hanson

Jaylyn Haraldson
Claire Hoar
Anna Kappenman
Decker Kerkaert
Isabelle Kraft
Dane Kubista
Garrett Kucker



Bryton Laddusaw
Abigail Lauck
Emmett Malone
Julia Masselink
Tyler Masselink

Olivia Munson
Declan Murphy
Kingston Nelson
Kennedy Nolz
Jay Novak
Riley Okeson
Carter Olinger
Anders Paulson
Kaylee Pearson
Oliver Pruitt
Owen Seegers
Natalie Sikkink
Reed Smith
Avery Soldatke
Mason Stanton
Bryce Thompson
Isabel Thorson
Isaac Van Veldhuizen
Madisyn Vilhauer
Claudia Visscher
Evan Willadsen
Joselyn Williams
Roxstin Zahrbock

OUTREACH MINISTRIES



Worship with the congregation at the penitentiary

By Orrin Townswick

St. Dysmas, the congregation at the South Dakota Penitentiary, is one of the ministries that will be emphasized by the Board for Outreach in 2011.

First Lutheran members will have the opportunity to worship with the St. Dysmas congregation twice during the new year, on Thursday, Feb. 3, and Thursday, Sept. 8. The number of worshippers at each service is limited to 12.

Clearance forms must be submitted by each person who attends a worship service. The forms are available from Carol Knapp (339-1983, ext. 11, or cknapp@flcsf.org) and must be returned to the church by Monday, Jan. 17. The forms are good for one year. Those who filled out the forms in September do not have to do so again, but they should call the church to indicate their interest in attending the service.



A stained glass window in the sanctuary at St. Dysmas.

Photos from the Mission Festival



Above: Cathy Larson from the South Dakota Synod office engages FaithWalkers in locating First Lutheran's Companion Synod, Cameroon, on a globe. **Right:** Ami Pearson holds her daughter, Kaylee, while taking part in the Offering of Letters on Mission Sunday. Forty letters were written to Rep. Stephanie Herseth-Sandlin during the festival. Thank you to those who took the time to communicate with members of Congress.



Give this day our daily bread!

—continued from page 1

Campaign funds God's mission beyond our walls

The second avenue we joyfully celebrate is the mission gifts from our "God's Gifts. Our Responsibility." campaign. These gifts further our outreach legacy of service, hope and sustainable development among four local Sioux Falls projects and four global projects. It is not always possible that such a strategic and long-term empowering opportunity can be fulfilled. Faithful to our tithing biblical

tradition, we celebrate that alongside what we are doing to address internal needs of our congregation, our mission commitments are also overflowing in service and outreach well beyond our walls!

In this particular context, we rejoice and celebrate that the first two gifts of \$40,000 each have been given to our South Dakota Synod for a hospital project and a farming project in our Companion Synods, the Evangelical Lutheran Church in Cameroon and the

Lutheran Church of Faith and Hope in Nicaragua. Thanks be to God and thanks be to you, the missionary people of God here at First Lutheran Church! As other projects are funded, we will update you and celebrate with you!

In closing, we share with you these words of the Apostle Paul as a tangible way of expressing our gratitude: "I thank my God every time I remember you, constantly praying with joy in every one of my prayers for all of you, because of your sharing in the gospel



from the first day until now. I am confident of this, that the one who began a good work among you will bring it to completion by the day of Jesus Christ" (Philippians 1:3-6).

WORSHIP AND MUSIC



Our family at worship

During Advent, the family of First Lutheran gathered together for Bells of Christmas and Christmas Music Sunday. Special thanks to the choirs who so beautifully enrich our worship experience.



PHOTOS BY GENE SMITH

Jump out of the pew and into a choir!



Chapel Choir is perfect for the person who loves to sing, but needs a short-term commitment to a choir program.

Join us on Sundays, Jan. 9 and 16. We will share a meal together at 6:15 p.m. and rehearse at 7 p.m.

Lead worship on Sunday, Jan. 23, at 11:15 a.m.

Contact Christopher Windle at 339-1983, ext. 49, for more information.

First Lutheran Church Calendar—January 2011



Saturday, January 1

11:30 AM Wedding Hospitality TR
3:00 PM Johnson/Maurice Wedding S
5:00 PM Vespers C

Sunday, January 2

8:15 AM Traditional Worship S
8:30 AM Genesis Cafe GR/GRK
9:15 AM Hy-Vee Grocery Card Sales W
9:45 AM Traditional Worship S
11:15 AM Contemporary Worship S
12:16 PM Worship in African Context C
3:00 PM Counseling PR

Monday, January 3

9:00 AM Sewing QSC
10:30 AM Organ Practice S
1:15 PM Kindermusik MR1
4:30 PM Kindermusik MR1
6:00 PM TOPS Weigh-In & Meeting PMR
6:45 PM Cub Scouts Pack 153 FH.FHK

Tuesday, January 4

9:00 AM Worship Planning TR
9:30 AM FLCW Board Meeting GR/ GRK
10:30 AM Women of the Bible Study L
1:30 PM Youth & Family Staff Meeting PMR
5:00 PM Stewardship Board Meeting TR
6:30 PM Agape Ringers Rehearsal HR/S

Wednesday, January 5

8:45 AM Faithfully Fit Forever PR
9:00 AM Quilting QSC
9:30 AM Kindermusik MR1
10:00 AM Organ Practice S
10:00 AM Bible Study with the Pastors GR/GRK
11:00 AM Wednesday Night Meal Set-Up/RH/RHK
1:30 PM Pastors Meetings TR
4:30 PM Good Vibrations Rehearsal HR
5:00 PM Wednesday Night Meal RH/RHK
5:30 PM Jubilant Singers Rehearsal CR/S
5:30 PM Belle Campana Rehearsal HR
5:30 PM Kindermusik MR1
6:30 PM FLYGHT Rehearsal CR
6:30 PM Women's Choir Rehearsal S
6:30 PM 6th Gr Confirmation GR/GRK
6:30 PM 8th Gr Confirmation D
6:30 PM 7th Grade Confirmation FH
6:30 PM FaithWalkers C/UR/PR
6:30 PM Jesus the One & Only Beth Moore Md
7:20 PM Wed Night Worship RH
7:30 PM High School Bible Study D
7:35 PM Adult Choir Rehearsals CR/Fr/S
8:00 PM High School Youth Group MdC/D/RH/RHK/SS

Thursday, January 6

7:30 AM Men's Bible Study GR/GRK
9:30 AM Kindermusik MR1
10:00 AM Visitation Pastors TR
5:00 PM Drew Gohl Birthday Party RH LFT
6:30 PM Kindermusik MR1
7:00 PM Pre-Baptism Class GR

Friday, January 7

9:40 AM Senior Ministry Board Meeting TR
4:00 PM Lutheran Sch Basketball Tourn RH GR

Saturday, January 8

9:00 AM Lutheran Sch Basketball Tourn RH GR
10:15 AM Carol Choir Rehearsal CR S FrR
2:00 PM NAMI Connections Support GroupPMR
5:00 PM Vespers C

Sunday, January 9

8:15 AM Traditional Worship S
8:30 AM Genesis Cafe GR/GRK
9:00 AM Freshman Church Visit Off-Site-Baptist
9:15 AM Hy-Vee Grocery Card Sales W
9:15 AM Equal Exchange Coffee WCD
9:45 AM FaithWalkers C/PR/UR
9:45 AM Traditional Worship S
10:30 AM Anniversary of Baptism Brunch RH/RHK
11:15 AM FaithWalkers C/PR/UR
11:15 AM Contemporary Worship S
12:16 PM Worship in African Context C
12:30 PM Adult Leaders Lunch Meeting PMR
3:00 PM Counseling PR

4:00 PM Set-up 8 Great Dates GR/GRK/FrR
5:00 PM 8 Great Dates GR/GRK/FrR/RH/N

Monday, January 10

9:00 AM Sewing QSC
10:30 AM Organ Practice S
1:15 PM Kindermusik MR1
4:30 PM Kindermusik MR1
5:30 PM Undecorate Christmas Trees in Sanctuary
6:00 PM Girl Scout Troop UR
6:00 PM TOPS Weigh-In & Meeting PMR
6:45 PM Cub Scouts Pack 153 D/FrR

Tuesday, January 11

9:00 AM Worship Planning TR
10:30 AM Women of the Bible Study L
12:00 PM Senior LuncheonFH/FHK
1:30 PM Youth & Family Staff Meeting PMR
5:00 PM Financial Services Bd Mtg SS 212
6:30 PM Adult Discipleship Board TR
6:30 PM Agape Ringers Rehearsal HR/S

Wednesday, January 12

8:45 AM Faithfully Fit Forever PR
9:00 AM Quilting QSC
9:30 AM Kindermusik MR1
10:00 AM Organ Practice S
10:00 AM Bible Study with the Pastors GR/GRK
11:00 AM Wednesday Night Meal Set-up RH/RHK
1:30 PM Pastors Meetings TR
4:30 PM Good Vibrations Rehearsal HR
5:00 PM Wednesday Night Meal RH/RHK
5:30 PM Jubilant Singers Rehearsal CR/S
5:30 PM Belle Campana Rehearsal HR
5:30 PM Kindermusik MR1
6:30 PM FLYGHT Rehearsal CR
6:30 PM Women's Choir Rehearsal S
6:30 PM 2nd Grade Parents Meeting C
6:30 PM 6th Gr Confirmation GR/GRK
6:30 PM 8th Gr Confirmation D
6:30 PM 7th Grade Confirmation FH
6:30 PM FaithWalkers C/UR/PR
6:30 PM Jesus the One and Only by Beth Moore Md
6:30 PM Study on Matthew FrR
7:20 PM Wed Night Worship RH
7:30 PM High School Bible Study D
7:35 PM Adult Choir Rehearsals CR/Fr/S
8:00 PM High School Youth Group MdC/D/RH/RHK/

Thursday, January 13

7:30 AM Men's Bible Study GR/GRK
9:30 AM Kindermusik MR1
12:00 PM Study on Matthew FrR
5:00 PM Church Council FH
6:00 PM Holistic Health Cabinet PMR
6:30 PM Kindermusik MR1
7:00 PM Board for Outreach FrR

Friday, January 14

6:30 PM 6th Gr Service Night RH/RHK/GR/GRK

Saturday, January 15

10:00 AM African Ministry Council Mtg GR
10:15 AM Carol Choir Rehearsal CR S FrR
10:15 AM Open Gym RH
2:00 PM NAMI Connections Support GroupPMR
5:00 PM Vespers C

Sunday, January 16

8:15 AM Traditional Worship S
8:30 AM Camp Sunday Reprise AD/RH/RHK
8:55 AM Study on Matthew FH
9:15 AM Hy-Vee Grocery Card Sales W
9:30 AM Adult Forum FrR
9:45 AM Pre-School FaithWalkers C/UR
9:45 AM Traditional Worship S
11:00 AM Adult Forum FrR
11:15 AM Pre-School FaithWalkers C/UR
11:15 AM Contemporary Worship S
12:16 PM Worship in African Context C
3:00 PM Counseling PR
5:00 PM 4:12 Tubing RH/LFT/D

Monday, January 17

7:30 AM Middle School Ski Trip off site
9:00 AM Sewing QSC
10:30 AM Organ Practice S
6:00 PM TOPS Weigh-In & Meeting PMR

Tuesday, January 18

9:00 AM Worship Planning TR
10:30 AM Women of the Bible Study L
1:30 PM Youth & Family Staff Meeting PMR
5:00 PM Youth & Family Board Meeting PMR
6:00 PM Board of Pastoral Care L
6:30 PM Agape Ringers Rehearsal HR/S
6:30 PM Stephen Ministries FrR/FrRK

Wednesday, January 19

5:30 AM Serve the Banquet Offsite
8:45 AM Faithfully Fit Forever PR
9:00 AM Quilting QSC
10:00 AM Organ Practice S
10:00 AM Bible Study with the Pastors GR/GRK
11:00 AM Wednesday Night Meal Set-up RH/RHK
1:30 PM Pastors Meetings TR
4:00 PM Foundation Mtg TR
4:30 PM Good Vibrations Rehearsal HR
5:00 PM Wednesday Night Meal RH/RHK
5:30 PM Jubilant Singers Rehearsal CR/S
5:30 PM Belle Campana Rehearsal HR
5:30 PM Kindermusik MR1
6:30 PM FLYGHT Rehearsal CR
6:30 PM Women's Choir Rehearsal S
6:30 PM 6th Gr Confirmation GR/GRK
6:30 PM 8th Gr Confirmation D
6:30 PM 7th Grade Confirmation FH
6:30 PM FaithWalkers C/UR/PR
6:30 PM Jesus the One and Only by Beth Moore Md
6:30 PM Study on Matthew FrR
7:20 PM Wed Night Worship RH
7:30 PM High School Bible Study D
7:35 PM Adult Choir Rehearsals CR/Fr/S
8:00 PM High School Youth Group MdC/D/RH/RHK

Thursday, January 20

7:30 AM Men's Bible Study GR/GRK
9:30 AM Lydia Circle TR
12:00 PM Study on Matthew FrR
1:00 PM Martha Circle GR/GRK
5:30 PM Kindermusik MR1
7:00 PM Hannah Circle GR/GRK

Friday, January 21

6:00 PM 4th/5th Grade Activity Night GR/GRK/RH/

Saturday, January 22

10:15 AM Carol Choir Rehearsal CR S FrR
10:15 AM Open Gym RH
12:00 PM Violin Lessons FrR
2:00 PM NAMI Connections Support GroupPMR
5:00 PM Vespers C

Sunday, January 23

8:15 AM Traditional Worship S
8:30 AM Discovery Class TR
8:30 AM Genesis Cafe GR/GRK
8:55 AM Study on Matthew FH
9:15 AM Hy-Vee Grocery Card Sales W
9:30 AM Adult Forum FrR
9:45 AM FaithWalkers C/RH/PR/UR
9:45 AM Traditional Worship S
11:00 AM Adult Forum FrR
11:15 AM FaithWalkers C/RH/PR/UR
11:15 AM Contemporary Worship S
12:16 PM Worship in African Context C
3:00 PM Counseling PR
4:00 PM Set-up 8 Great Dates GR/GRK/FrR
5:00 PM 8 Great Dates GR/GRK/FrR/RH/N

Monday, January 24

9:00 AM Sewing QSC
9:30 AM Kindermusik MR1
10:30 AM Organ Practice S
1:15 PM Kindermusik MR1
4:30 PM Kindermusik MR1
6:00 PM Girl Scout Troop UR
6:00 PM TOPS Weigh-In & Meeting PMR
6:45 PM Cub Scout Pack 153 D/RH

Tuesday, January 25

8:30 AM Foot Clinic PMR
9:00 AM Worship Planning TR
10:30 AM Women of the Bible Study L
5:00 PM Stewardship Board Meeting TR
6:30 PM Agape Ringers Rehearsal HR/S

Wednesday Night

Meal Menu

5–6:15 p.m. • \$3.50/person

Jan. 5: Shepherds pie/tater tot casserole, fruit

Jan. 12: Turkey and mashed potatoes

Jan. 19: Lasagna and tossed salad

Jan. 26: Roast beef and baby red potatoes

Wednesday, January 26

8:45 AM Faithfully Fit Forever PR
9:00 AM Quilting QSC
10:00 AM Organ Practice S
10:00 AM Bible Study with the Pastors GR/GRK
11:00 AM Wednesday Night Meal Set-up RH/RHK
1:30 PM Pastors Meetings TR
4:30 PM Good Vibrations Rehearsal HR
5:00 PM Wednesday Night Meal RH/RHK
5:30 PM Jubilant Singers Rehearsal CR/S
5:30 PM Belle Campana Rehearsal HR
5:30 PM Kindermusik MR1
6:30 PM FLYGHT Rehearsal CR
6:30 PM Women's Choir Rehearsal S
6:30 PM 6th Gr Confirmation GR/GRK
6:30 PM 8th Gr Confirmation D
6:30 PM 7th Grade Confirmation FH
6:30 PM FaithWalkers C/UR/PR
6:30 PM Jesus the One and Only by Beth Moore Md
6:30 PM Study on Matthew FrR
7:20 PM Wed Night Worship RH
7:30 PM High School Bible Study D
7:35 PM Adult Choir Rehearsals CR/Fr/S
8:00 PM High School Youth Group MdC/D/RH/RHK

Thursday, January 27

7:30 AM Men's Bible Study GR/GRK
12:00 PM Study on Matthew FrR
5:30 PM Kindermusik MR1

Friday, January 28

6:30 PM Family Fun Night RH/RHK/LFT

Saturday, January 29

10:15 AM Carol Choir Rehearsal CR S FrR
10:15 AM Open Gym RH
2:00 PM NAMI Connections Support GroupPMR
5:00 PM Vespers C

Sunday, January 30

8:15 AM Traditional Worship S
8:30 AM Discovery Class TR
8:30 AM Genesis Cafe GR/GRK
8:55 AM Study on Matthew FH
9:15 AM Hy-Vee Grocery Card Sales W
9:30 AM Adult Forum FrR
9:45 AM FaithWalkers C/PR/UR
9:45 AM Traditional Worship S
11:00 AM Adult Forum FrR
11:15 AM FaithWalkers C/PR/UR
11:15 AM Contemporary Worship S
12:16 PM Worship in African Context C
12:30 PM Annual Meeting RH RHK
3:00 PM Counseling PR
5:00 PM Discovery Class GR/GRK

Monday, January 31

9:00 AM Sewing QSC
9:30 AM Kindermusik MR1
10:30 AM Organ Practice S
1:15 PM Kindermusik MR1
4:30 PM Kindermusik MR1
5:00 PM Property Board TR
6:00 PM TOPS Weigh-In & Meeting PMR
6:45 PM Cub Scouts Pack 153 D/FrR

Life Transitions through November

Births

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

- Desmond Seth Walter, son of Seth & Mara Walter, born on Nov. 12, 2010
- Lauryn Faith Gohl, daughter of Gregg & J.J. Jennifer Gohl, born on Oct. 30, 2010
- Harper Ernastine Beatch, daughter of Jon & Tonja Beatch, born on Nov. 24, 2010
- Andrew Wayne Palmer, son of Robert & Tanya Palmer, born on Nov. 7, 2010

Baptisms

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

- Lillian Jan Gieser, daughter of Brian Gieser & Carrie Kramer
- Decker Noel Kerkaert, son of Tim & Carole Kerkaert
- Kaylee Jo Pearson, daughter of Patrick & Ami Pearson
- Dane Timothy Yager Kubista, son of Timothy & Carmen Kubista
- Evelyn O'Neill Glover, daughter of Patrick & Jill Glover
- Gretchen Vera Glover, daughter of Patrick & Jill Glover

- Owen Lawrence Seegers, son of Erik Groth & Crystal Seegers
- Daniel Mason Stanton, son of Daniel Stanton & Liza Gaspar
- Evan Jeffrey Willadsen, son of Matt & Rachel Willadsen
- Tyler James Masselink, son of Timothy & Jessica Masselink
- Julia Marie Masselink, son of Timothy & Jessica Masselink
- Elias William Ford, son of Quint & Jami Ford

Weddings

"So they are no longer two, but one flesh. What therefore God has joined together, let no one put asunder." (Matthew 19:6)

- Angela Nord & Tyler Johnson

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)

- Lloyd Ekern
- Edward Skrabuha
- Verna Roland
- Ryan Miller

FINANCIAL SERVICES



Gifts and memorials from November 2010

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

Marciene Matthius: Herb & Dorothy Mikkelson

Gifts to "God's Gifts. Our Responsibility." campaign in memory of

George Houg: Kim Djonne; Elaine Moore

Julie Munson: LaVonne Wolf

Gifts to debt reduction in memory of

Muriel Ekeland; Tom & Ginny Christopherson; Thomas & Marie Crusinberry

Gifts to Caring Ministry in memory of

Sandra Folkerts: Richard & Geri Kropp
Lloyd Husman: Jeff & Edna Husman; Don & Lola Nelson

Marciene Matthius: Don & Lola Nelson

Julie Munson: Jeff & Sarah Herbert

Gifts to Luther House in memory of

Gary Burggraff: Tom & Ginny Christopherson

Gifts to LIZWAN in memory of

Muriel Ekeland: Pr Natanael Lizarazo
Marciene Matthius: Mary Berdahl; Rev. Arthur & Karen Bolstad; Dwight & Donna Dexter; Daniel & Laura Donohue; Eleanor Emmel; Marty & Carol Engquist; Scott Fellows; Friends; Linda Gores; Beverly Greenfield; Dorothy Grevlos; Helen Gunderson; Maxine Hall; William & Kathryn Harris; Mark & Catherine Hegg; John &

Diane Helin; Lloyd & Donna Knutson; Pr Natanael Lizarazo & Pr Barbara Wangsness; Edith Magnuson; Barb Matson; Tom & Janet McCarron; Edith Mueckre; Wm & Deborah Munnich; Mary Nicolai; Roger & Janet Noer; James & Carol Oakland; Millicent Opheim; Cheryl Osborn; Keith & Jean Paisley; Darlene Paulson; Barb Peterson; John & Julie Roberts; Opal Rogness; Lester & Kathaleen Ross; Michael & Gloria Simpson; Kevin & Lorri Swenson; Robert & Kaye Whitmore; Robert & Virginia Wiereman

Doreen Pospisil: Pr Natanael Lizarazo & Pr Barbara Wangsness

Gift to Media Ministry in honor of

Selmer Johnsrud: Barb Matson

Gift to Media Ministry in memory of

Joe Cerwinske: Gerald & Barbara Entringer; Patti Erickson; Barb Matson
Lloyd Ekern: Loren & Charlene Jarratt; Pr Franklin & Marit Pudas

George Farmer: David & Shirley Stenseth

Sandra Folkerts: FLC Women; Barb Larson

Lillian Irwin: Family of Lillian Irwin

Art Kallesen: Richard & Alma Kallesen

Robert Lund: Backyard Broadcasting; Lois Gunderson; Barb Matson; Bob & Ellen Tabbert; Sally Watterson

Morrie Magnuson: David & Shirley Stenseth

Marciene Matthius: Shirley Ashworth; Mary Barkley; Margaret Dalthorp; FLC Women; Betty Gednalske; Mrs. Marvin

Halstenson; Allan & Phyllis Knutson; Bob & Glennys Meerdink; Joyce Sells; David & Shirley Stenseth; Bruce & Kristi Wallin

Julie Munson: Larry & Mary Brende; Doris Bushard; Chad & Carolyn Hoyme

Annie Nelson: Ordell Krogstad

Donald Olson: Richard & Alma Kallesen

Helen Resel: Doug & Carol Uthe

Clayton Scott: Craig Martinek

Edward Skrabuha: Bud & Barb Berg;

Dale & Sharon Ellens; Alice Engelbretson;

Robert & Betty Johnson; Rex & Ruby

Leubecher; Ed Mark; Ray & Kathy

Metzger; Millard & Marie Muchow; Pr

Leroy & Elaine Nevin; Loren & Nancy

Noess; Della Pulford; Fern Skrabuha

Hannah Smith: Marilyn Powers

Evelyn Timmons: Joyce Reinke

Gifts to the Music Department in memory of

Robert Lund: Pr Franklin & Marit Pudas; Greg & Karen Schultz

Marciene Matthius: Pete & Marilyn Hegg

Gifts to the Organ Fund in memory of

Marciene Matthius: Lavonne Anderson; Tamara Baker; Lois Boyce; Don & Donna

Broksieck; John & Jeanne Buren; R. &

Mary Burnette; Barbara Day; Warren &

Phyllis Day; Kristi Devick-Beek; Gloria

Jay Evans; Friends; Harold & Linda

Funke; Paul & Barbara Halstenson;

Esther Hanson; Grace Anne Heege; Lisa

Hindbjorgen; Mary Ann Hohman; Warren

& Jackie Kramer; Roger & Bev Lamp;

John Larsen; Ed & Eunice Mansfield;

Larry Manderscheid; E & S McGowan;

Joan Muns; Milt & Ruby Mutch; Michael

Financial update November 2010

Worship Attendance

November 2010 4,394

Total Revenues

2010 Actual \$1,741,017
2009 Actual \$1,701,873

Total Expenses

2010 Actual \$1,711,235
2009 Actual \$1,683,580

Notes Payable

Bank Loan - Capital \$1,194,070

Contract For Deed

Ideal \$616,159

"God's Gifts. Our Responsibility." Income
Through November 2010 \$1,334,988

& Deborah Olson; Anne Pearson; John & Trudy Peckham; Tim & Lynnette Qualm; Greg & Karen Schultz; Charlene Smith; Winnie Smith; Dave & Linda Stadheim; Steven & Ellen Unzicker; Robert & Marilyn Van Demark; Lois Williams; Lone Wirth; Gary & Coralyn Zimmerman

Gift to Parish Nurse Ministry in memory of

Marciene Matthius: Paul & Karen Van Bockern

Gift to Handbells in memory of

Robert Lund: Pr Jim & Dorothy Christopherson; David & Cathy Moklebust; Tracie Osthus; Barbara Woolworth

PASTORAL CARE MINISTRIES



Book series, Faithfully Fit Forever and Church Walkers offer chances to maintain health in 2011

By Paula Bartels, Parish Nurse

Men and women of all ages are invited to a 12-week series using the book and journal "Eat Well, Live Well, Love God" on Wednesdays starting Jan. 19, at noon in the Parish Meeting Room. Come and be encouraged by others who have a goal to lose weight and live healthy in body, mind and spirit.



Paula Bartels

Two people who attended last year's session said:

"I haven't gained any weight since we met last year!"

"I lost the 10 pounds the doctor asked me

to lose and I've not gained it back. My cholesterol level dropped from 279 to 199 just by eating healthier."

A copy of the book is on the Health Shelf in the library. Cost of the book and journal is \$10. (Scholarships are available.) Register by Thursday, Jan. 6, by calling Parish Nurse Paula Bartels at 339-1983, ext. 24. Participants are welcome to bring a brown bag lunch.

Faithfully Fit Forever starts winter session

Besides eating more nutritiously, exercise is a great way to get in shape or stay in shape. Faithfully Fit Forever, a chair exercise class for men and woman of all ages, meets on Wednesday mornings at 8:45 a.m. in the Pentecost Room. The winter session starts on Jan. 12.

Walk indoors at First Lutheran

Walking is a great exercise with many benefits. Weather doesn't have to be a factor for not walking! You can walk the Church Walkers path at First Lutheran. Five trips around equals one mile.

One Church Walker told me, "Walking through the sanctuary is so calming."

It is good for us all to "be still and know that I am God" as the scripture reminds us.

Foot Clinic continues

The next Healthy Feet Community Foot Clinic is Tuesday, Jan. 25, from 8:30 a.m.-3 p.m. in the Parish Meeting Room. Call the church receptionist at 336-3734 to schedule an appointment. The cost is \$25 cash or check payable on the day of appointment. Gift certificates are also available at the Information Desk.

If cost is a factor, foot care is also available through Stepping Into Good Health (SIGH) at Falls Community Health (132 N. Dakota Ave.) on Tuesday and Wednesday from 12:30-4 p.m. at no charge. Foot care is done by a trained foot care nurse. Free glucose screening and blood pressure screening is also offered. First Lutheran participates in SIGH by volunteering the first Wednesday of the month with a nurse for blood pressure monitoring and greeting participants. New large athletic socks are also needed. Thank you to all of you who have volunteered your time or given socks in 2010! If you would like to volunteer in 2011 please contact me.

I'd love to see you walking past my office on the Church Walkers path. I'm next to the nursery, across the hall from the Gathering Room. My usual office days are Wednesday and Thursday.

Thank you to all of you who have given your time, talents, prayers and treasure to the parish nurse ministry in 2010. It is very much appreciated! My prayer is that you have a 2011 that finds you taking care of your temple, body, mind and spirit!

Website available for screening drinking habits

The Board for Pastoral Care wants to pass along a new resource.

Hazelden, an organization that helps individuals and families struggling with alcohol abuse, substance abuse, and drug addiction, now has a website where people may go to evaluate their drinking or drug use, or that of a loved one. Visitors may take a free assessment, track sobriety accomplishments, and access important information on addiction at aboutmydrinking.org.

THANK YOU!

Sixty-two first aid kits were recently sent to Afghanistan as part of Operation Outreach Afghanistan, made up of volunteers from the military, including members of FLC.

Thank you for your donations! A special thank you to the children in FaithWalkers.



Pastor Barbara Wangsness recognized for leadership in mental health ministry

Pastor Barbara Wangsness of First Lutheran's Pastoral Care Ministries was recently honored by NAMI-Sioux Falls (National Alliance on Mental Illness) recognizing her leadership for addressing the brain disorder issues of mental illness and the stigma that accompanies it, for both diagnosed individuals and their loved ones. The plaque she received reflects a milestone at First Lutheran Church as it continues to emerge as a "flagship congregation" in addressing this important issue in the Sioux Falls community.

For the past several years, Pastor Barbara has been involved with educating people about mental health issues by teaching NAMI's Family-to-Family class (an educational course for family members), de-stigmatization workshops (confronting the stigma of mental illness) and In Our Own Voice (hearing the story of individuals in recovery). She has also coordinated NAMI Connections (a support group for diagnosed individuals), Deciphering Depression (led by an associate of Dr. Mark Britzman), and a NAMI educational presentation for FLC staff. She has worked on education issues by presenting a resolution

about Mental Health Ministry at last summer's South Dakota Synod Assembly, and is beginning work with the Association of Christian Churches/SD to educate other religious leaders in the community.

According to NAMI, one in four adults—approximately 57.7 million Americans—experience a mental health disorder in a given year. The church, following the mandate of Jesus to address the needs of those who are suffering, has a unique opportunity to be a resource. Pastors are often one of the first places newly-diagnosed individuals and/or those who love them turn to for support, understanding and pastoral guidance.

Pastor Barbara teaches in her de-stigmatization class that mental illnesses are not personality or character defects, but are biological brain disorders, much like other physiological disorders in the body that lead to disease in organs causing such other illnesses as cancer, heart disease and diabetes.

"Only when people diagnosed with a mental illness receive the same compassion and pastoral care attention, such as hugs, hot dishes, prayer shawls and prayers, that are regularly given to

newly-diagnosed individuals of other serious physical illnesses will we know that headway is being made in this centuries-long stigma!" says Pastor Barbara. "The church has a privileged opportunity to lead the way in changing this stigma in our society."

This month, she and the executive director of NAMI-SD have been invited to teach a week-long, half-day interim class at Sioux Falls Seminary on mental health ministry. Pastor John Christopherson will join them for a professional panel discussion. All of this is indicative of the seminary's understanding that Mental Health Ministry is an essential



Left to right: Pastors Barbara Wangsness, Natanael Lizarazo, Jason Burggraff and John Christopherson display a plaque given to Pastor Barbara by NAMI recognizing her for leadership in mental health ministry. First Lutheran Church's ministries are leading the way in providing resources and encouragement to those who are affected by brain disorders.

element of any congregation's Pastoral Care Ministry program.

Members of the congregation are invited to join all of the pastors of First Lutheran Church in support of this important ministry. For more information or support call Pastor Barbara at 339-1983, ext. 19.

A Postlude Prayer for the New Year

January, February, March, April,
'May it be so ...'

Te Deum. To you, O God. Te Deum ... To you, be the honor, the glory and praise of your whole creation. From the "music of the spheres" to the Milky Way dust-deep-down in our hearts—"songs of thankfulness and praise ..."

Te Deum. To you, O God. Te Deum ... Too often, in our consumer culture, we forget that worship is what we lift-up in thanks and praise to you (and not what we get out of it). For every good and perfect gift comes from your gracious hands—and not one breath of our doing.

Te Deum. To you, O God. Te Deum ... May our offerings in this new year, through ministry and mission, bear testimony to the wonder of your grace and truth for all people, your people. Te Deum. To you, O God: be a new refrain of praise and glory and honor forever... (j.r. christopherson)

Grief support group for children starts Jan. 4, session also planned for April 2011

By John Hegg

He hung his head in silence when it was his turn to tell the "Sad Isn't Bad" adolescent grief support group what was the event in his life that led him to be a member of our group. We all nodded our heads because we understood his silence since all participants have the right to



John Hegg

"pass" if they are uncomfortable with any discussion topic. But finally he said, "It is too painful to talk about it." Again, we nodded our heads as we all understood his silent pain. A senior adult when hearing about our grief support group for children stopped me in the hall of the church one day and remarked, "I lost one of my parents when I was young, and I had to grieve on my own. Can you imagine how difficult that was? If only I had had a support group like "Sad Isn't Bad" to share my despair and feelings with other children experiencing the same pain and sorrow."

"Sad Isn't Bad" is a remarkable four-session grief-support program for children, adolescents and their parents/guardians who are experiencing the death of a loved one. All sessions are preceded by a meal when all participants come together as community before forming into separate child, adolescent and adult groups facilitated by certified counselors and social workers.

The task force that initiated this program was largely composed of members from local hospices, funeral homes, the Sioux Falls School District and various churches including First Lutheran. Participants from all denominations and those without a religious affiliation are encouraged to attend. All sessions are held in various Sioux Falls churches.

The second session for this year will be held on four consecutive Tuesdays beginning Jan. 4, at Our Savior's Lutheran Church. Please refer children and their families to this program. If you have questions or concerns, or you would like to make a referral, please connect with me at johnhegg@sio.midco.net or 339-2582. Or contact

Pastor Barbara Wangsness or Paula Bartels by calling the church office, 336-3734. Another four session series will be held in April. Funding is crucial to keep this program in operation since it is offered free to all participants. If you have an interest in helping to fund this worthwhile project, please connect with me or Pastor Barbara or Paula Bartels at the church.

Sad Isn't Bad

Starting Jan. 4
5:30–7:30 p.m.

Our Savior's Lutheran Church
Open to the community.



Pastor Barbara Wangsness or Paula Bartels by calling the church office, 336-3734. Another four session series will be held in April.

Funding is crucial to keep this program in operation since it is offered free to all participants. If you have an interest in helping to fund this worthwhile project, please connect with me or Pastor Barbara or Paula Bartels at the church.

First Word

First Lutheran Church
327 S Dakota Ave
Sioux Falls SD 57104

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IN THIS ISSUE...

- 1 Financial gifts become real bread for local ministries
- 3 Make daily family devotions a part of life in the new year
- 4 Camp Sunday reprise Sunday, Jan. 16
- 5 Worship with the congregation at the penitentiary
- 7 Book series, Faithfully Fit Forever and Church Walkers offer chances to maintain health in 2011