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# First Word

The monthly newspaper of First Lutheran Church

## Christmas presence shining into the new year . . .

A few days after Christmas, 12 years ago now—while our little family was still living in Bozeman, Mont.—I read the closing line from an obituary in the local newspaper: “On June 10th, 1939, she married . . . *And the couple lived together in Bozeman their entire lives.*”



Pastor John Christopherson

Her name was Anne. She had been a widow for many years, living alone, without any family. In recent years, it had become something of a tradition

for Cathy and me to pack the kids in a small sled and pull them “over the river and through the woods” across town—to deliver Christmas cookies and cinnamon rolls to Anne. But this year, Anne was Home (among the heavenly host) before we were able to make our delivery to her house on South Willson. “*And the couple lived together in Bozeman their entire lives.*”

For some reason, this closing line still strikes a chord deep in my heart, with the abiding warmth of the true Christmas Spirit. Perhaps it’s because Cathy and I had come to cherish the calm, cradling mountain majesty of the Rockies over the chaos of The Big City (our former Chicago life) and all of its supposed “culture” . . . the simplicity of things over complexity . . . or enjoying—

as we do again, on the open prairie land of the Dakotas—folks who reflect the honest humus of our humanity. The Per Hansa and Beret of O.E. Rolvaag novels. Yes, such giants in the faith still roam the earth. And many of them call First Lutheran “home.”

Deeper still, this warming “comfort and joy” has to do with the sense of being wrapped once again in the serene serendipity of swaddling cloths, spelled-out in, of all places, an obituary: “*And the couple lived together in Bozeman all their lives.*”

Isn’t this what the God-named-Emmanuel finally reveals to us in the Christmas event and lets shine now into the Epiphany Season? For you see . . . the baby Jesus couldn’t get into an inn (Luke 2:7c)—not even the Holiday?

This comes from the prophet Jeremiah who says: “Who am I? Am I just a traveler on this land who stays at an inn?!” . . . Jesus couldn’t get into an inn because he is not a traveler. He’s going nowhere. He has to be born on earth because he’s not going to pack up and leave. This is a permanent presence—a gift of God in person, con carne, “God deep in the flesh” (Martin Luther; cf. John 1:14), for all our human frailty and need.

Yes indeed . . . in person! . . . here’s the good news of the Gospel! There will be no walking out of the covenant. There will be no abandonment—for all who feel lonely, left behind, outcast. This is not some tourist. This is One who is born on earth. And the reason

—continued on page 2



## John Cerwinski retires after 31 years of service

A day of work for Custodian John Cerwinski could include setting up rooms, tearing down rooms, mowing grass, blowing snow, polishing the floor, preparing the sanctuary for worship and much more. But after 31 years of service to First Lutheran, John is now parking his janitorial cart. A reception in his honor is planned for Sunday, Jan. 8, between services in Reformation Hall. Everyone is invited to stop by and thank him for his dedication and wish him well.



Custodian John Cerwinski vacuums the floor. John retired at the end of 2011 after 31 years of service.

Dear family of First Lutheran:

It is hard to imagine that it has been 31 years since Pastor Barney Friesth gave me my keys to begin full time here at First Lutheran Church.

I want you all to know how much I have been blessed by all of you. God has blessed me and my family so much. Also, I will miss working with all of the great staff.

As I retire from First Lutheran, I will take many great memories and stories with me. May God bless each of us as we continue to serve him and his church.

Romans 8:31–39

*John Cerwinski*

John Cerwinski

## Two great books for personal devotions in the new year

By Pastor Jason Burggraff

Personal devotions can sometimes feel like exercising: it’s something we feel like we should do, but often it can fall by the wayside. If this is the case for you, let me direct you to two resources that we have at First Lutheran. They are not meant to “guilt” you into spending more time in Scripture, but actually are offered to preach the mercy of Christ and free you from your deserved guilt. They are also quite approachable for individuals and families.

**Luther’s Small Catechism:** This should be a familiar book to many of you who grew up going to confirmation classes in a Lutheran congregation. This is the book of the Christian basics that Luther put together to help teach his young students about the Ten Commandments, the Apostles’ Creed, the Lord’s Prayer, Holy Baptism, the Lord’s Supper, and Confession (among other things). But it was also used to teach the faith in the setting of the home, around the kitchen table.

While you may have long since shelved this classic, I encourage you to dust it off, check it out, and see how Luther recommends using it every day in a devotional manner for a morning blessing:

“How the head of the house is to

teach the members of the household to say morning and evening blessings:

“In the morning, as soon as you get out of bed, you are to make the sign of the holy cross and say: ‘God the Father, Son, and Holy Spirit watch over me. Amen.’”

“Then, kneeling or standing, say the Apostle’s Creed and the Lord’s Prayer. [and recite their meanings too, if you have time!]”

“If you wish, you may in addition recite this little prayer as well:

“I give thanks to you, my heavenly Father through Jesus Christ your dear Son, that you have protected me this night from all harm and danger, and I ask you that you would also protect me today from sin and all evil, so that my life and actions may please you completely. For into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen.”

“After singing a hymn perhaps (for example, one on the Ten



Pastor Jason Burggraff

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## 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 February issue is Monday, Jan. 9. Please e-mail articles or questions regarding *First Word* to: [kvilhauer@flcsf.org](mailto:kvilhauer@flcsf.org). *First Word* is also available online ([www.flcsf.org](http://www.flcsf.org)).

## Church Council Highlights: Nov. 17, 2011

Vice President Mitch Krebs introduced Eric Gilbertson, a member of the South Dakota Synod Council. Gilbertson explained that representatives of the council were visiting congregations to thank them for their support. A chart that he provided showed that First Lutheran contributed \$76,600 in regular mission support, and \$200,049 in other benevolence (including \$127,000 in Capital Campaign Mission Funds). He explained that the mission support received

was used to fund the ministry of ELCA Churchwide, South Dakota ministries such as Lutherans Outdoors, and synodical ministries such as preparing future church leaders and planting new churches. He concluded by challenging First Lutheran to consider increasing mission support by one percent in 2012. Vice President Krebs thanked Gilbertson for his report and extended greetings to the South Dakota Synod staff.

Pastor Jason Burggraff announced

the hiring of Erik Aamlid as middle- and high-school youth director. Erik, who previously worked as a youth director in Montana, is a son of the congregation and a graduate of the University of Sioux Falls.

Business Administrator Marilyn McNeill reported that Thrivent Financial for Lutherans members can designate funds to churches through the Choice Plus program. Boards can receive a portion of these funds to enhance programs by submitting a request to Marilyn by January 1.

## Christmas presence shining into the new year ...

—continued from page 1

that Jesus—the Christ Child—could not be born in an inn is because the only people who stay in inns are people who move out. They stay a night and then they leave. But “this, this” (ELW Hymn #296 v.1) does not leave. And we have God’s personal, incarnate Word on it—from cradle to cross. O, heav’n and nature are still singing! “*And the couple lived together in Bozeman their entire lives.*”

In the Spirit of this Epiphany Season ... wherever you are, wherever you may go in this new year ... may the light of Christ “SHINE ON YOU” and be gracious to you (Numbers 6:25)—knowing that you are never alone (Psalm 23:5; Matthew 28:20b; John 14:18f). For the One named God-with-us, Emmanuel, is always with you. “*And they lived together in Bozeman [Beresford, Bogota, Berlin, Bangladesh, Bethlehem ...] their entire lives.*”

As a family of faith, among the people of First Lutheran Church, and beyond ... our Lord and Savior, Jesus Christ, calls us to share his life and light (John 1:1–5; 8:12) ... which breaks into a resounding song: “Joy to the world!”

A blessed new year,



j.r. Christopherson  
Senior Pastor

## ADULT DISCIPLESHIP

### Two great books for personal devotions in the new year

—continued from page 1


Commandments) or whatever else may serve your devotion, you are to go to work joyfully.” (Martin Luther, *The Small Catechism, The Book of Concord*, Fortress Press, Minneapolis, 2000, p. 363.)

Luther also includes a similar pattern for an evening blessing, after which he says, “You are to go to sleep quickly and cheerfully.” In this way, you can begin to mine the riches of the little book which has guided the church for generations.

If you really want to dig in to the *Small Catechism*, join us as we continue our in-depth study on Wednesdays, Thursdays or Sundays, starting Jan. 4 at 6:30 p.m., Jan 5, at noon, and Jan. 8 at 8:55 a.m.)

**Daily Texts:** *Daily Texts* is becoming a classic devotional in its form, though its content changes every year. Mt. Carmel Ministries, out of Alexandria, Minn., has been utilizing the Moravian practice of choosing a verse from the Old Testament of truth and encouragement for every day of the year, and then finding a corresponding verse from the New Testament to go

**Make daily devotions a part of your routine**



- *Daily Texts* is available at the Information Desk for \$6 each.
- Contact Pastor Jason Burggraff for a copy of the *Small Catechism* or they are available in the Youth and Family Office.

along with it, and publishing all of this together under the title *Daily Texts*.

The *Daily Texts* offers a pairing of scripture and a prayer for every day of the year, along with a hymn to sing for each week. This is the most basic way of using the *Daily Texts*, and it offers a brief and very accessible way to hear God’s Word each day, and respond in prayer and praise.

There are, however, additional features in the *Daily Texts*, if you find that you want more, including a reading schedule that will guide you through the Bible in a year, an explanation of

the way that Luther taught prayer to his barber, and an invaluable list of promises Christ has made for you. All of this together forms a very nice devotional book for an individual or family—and makes a great gift.

Please check out both of these great resources for hearing Christ’s Word for you each day—we need it every day! *Small Catechisms* are available by contacting me (339-1983, ext. 210). If you would like one, please ask. And *Daily Texts* for 2012 are being sold for \$6 at the Information Desk. I highly recommend both.

## SUGGESTED READING for January

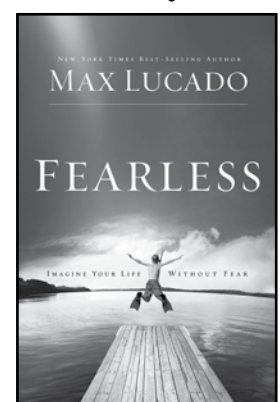
By Barbara Siebelts, Librarian

*Fearless: Imagine your Life Without Fear* by Max Lucado is the suggested book for January 2012. This book is a part of the South Dakota Synod’s Big Read. A copy is available in the First Lutheran Church Library.

In describing the book, Max Lucado’s website says, “Imagine your life, wholly untouched by angst. What if faith, not fear, was your default reaction to threats? If you could hover a

fear magnet over your heart and extract every last shaving of dread, insecurity, and doubt, what would remain?”

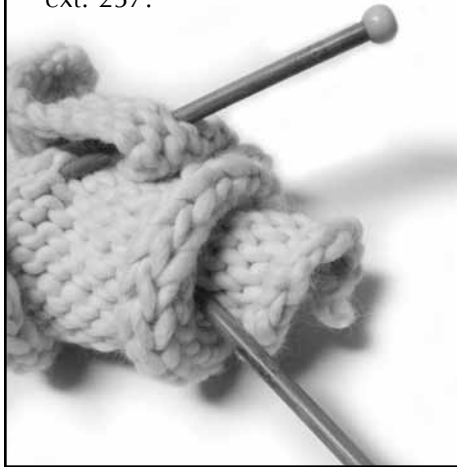
Books can be purchased through the South Dakota Synod for \$15 each. The deadline for ordering is Friday, Jan. 20. A six-session study at First Lutheran is planned for 2012. Contact Barbara Siebelts, library coordinator, at [bsiebelts@flcsf.org](mailto:bsiebelts@flcsf.org) or 339-1983, ext. 237, if you are interested or have questions.



## Prayer Shawl ministry meeting

Sunday, Jan. 29  
2 p.m.  
Gathering Room

Current and interested prayer shawl knitters and crocheters are welcome. Dessert will be served. RSVP by calling Barbara at 339-1983, ext. 237.



## Congrats to honored Library Lambs

Reading program to offer new session Jan. 22

Congratulations to the following Library Lambs who were honored during the 2011 Library Lambs session.

- Little Lamb Participant: Maia Carl
- Little Lamb Active Reader: Mya Rogers
- Little Lamb Special Honor: Will Ortman
- Lively Lamb Participant: DeLenn Palmer
- Lively Lamb Active Reader: Payton Ortman
- Lively Lamb Special Honor: Jack Glenn
- Latte Lamb Participant: Jane Palmer

Honors recipients will receive their prizes in the mail. Library Lambs is a program designed to inspire readers of all ages to take advantage of the resources in the First Lutheran Church Library.

### New session starts Jan. 22

The winter/spring session of Library Lambs will start on Sunday, Jan. 22. Everyone is invited to participate! It's easy!

1. Check out a book from the First Lutheran Church Library

A new session of Library Lambs starts Jan. 22.

Stop by the FLC library for more information.



2. List the book on a Library Lambs response form. (Available in the library.)

3. Return the book on or before the due date. (Repeat with additional books.)

4. Submit the Library Lambs response form.

The last date for turning in a response form for the winter/spring session is Wednesday, March 28. All participants will be entered into drawings for reading honors!

## 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 Burggraaf..... Associate Pastor  
(214) Rev. Natanael Lizarazo..... Associate Pastor  
(212) Rev. Barbara Wangsness..... Associate Pastor  
(202) Rev. James Christopherson\*..... Associate Pastor  
(202) Rev. LeeRoy Eikanger\*..... Visitation 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 Siebelts\*..... Library Coordinator

### Media Ministries

(213) Kathy Hein\*..... Broadcast Technical Director  
(213) Heather Kuecker\*..... Communications Assistant  
(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

## Senior Ministry Luncheon

Tuesday, Jan. 10  
Noon in Fellowship Hall

Bob Swanhorst will present a program called "Changes in Rural South Dakota—Loss or Gain."



## FLCW meeting schedule

The First Lutheran Church Women will meet on Thursday, Jan. 5.

The board will meet at 10:30 a.m. in the Friendship Room. The general meeting will be at noon in the Gathering Room.

Mary Boyd will be speaking about her trip to Egypt with the Augustana College Band. She will speak a bit about the trip itself, but focus more on the "disturbances" there, and how it impacted her thinking in regards to other countries, other types of government, as well as how it impacted both her family and the students and their families.



## Grief, camping and life lessons Adult Forum swings into new season

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:

### January 22—Pastor Barbara Wangsness "Dealing with Grief"

New grief resources have recently expanded to focus on the grief of survivors. One such resource offers optional tools for confronting significant loss, based on interpreting one's response to a loved one's death, and offers assistance for creating a "new normal" in one's life. This week's study includes reflection on Dr. Susan Berger's recent book, *The Five Ways We Grieve: Finding Your Personal Path to Healing after the Loss of a Loved One*.

### January 29—Pastor Layne Nelson and Marnie Dahle Backer "Camping in South Dakota"

Layne is the Lutheran Outdoors executive director, and Marnie leads family and young adult ministries at First Lutheran. If you and your family are interested in camping this year, come and get the lowdown on what's available (and new) plus how to sign up for fun this summer.

### 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.



Campers take part in a team building activity at Outlaw Ranch in the Black Hills. Attendees of the Jan. 29 Adult Forum will learn more about the many camping opportunities available this summer.

## OUTREACH MINISTRIES



# So teach us to count our days...

## Let God become your ever-guiding relationship in life

By Pastor Natanael Lizarazo

I love the book of Psalms in the Bible! I find its message extremely realistic to our lives and a fresh expression of the paradoxical rhythms of life with all its ups and downs, hopes and disillusionments, joys and sorrows. The Psalmist is one who knows well our human existence and who gives voice to our laments as well as our praises.

By the time you read this article, the new year 2012 will have already come. No doubt 2012 will be another year filled with unique possibilities and challenges, with fresh hopes and new anxieties! Such is the fabric of real life! As we enter this new year, first and foremost, let us join the Psalmist in his prayer and longing, which deep down is also our own prayer and longing: "Lord, so teach us to count our days that we

**My friends, what if instead of new year's resolutions we would dare to honestly entrust our entire lives, our relationships and our vocations to the guiding and sustaining presence of God?**

may gain a wise heart" (Psalm 90:12).

When a new year begins, many people make well-meant resolutions. Resolutions such as to be kinder and gentler, to spend more time with family and friends, to exercise more and to become a more focused and spiritual person. The list could go on and on. Good as they are, the problem with such resolutions is that they do not last beyond the first month. Sooner rather than later, we resort to old habits and routines without even realizing it.

My friends, what if instead of new year's resolutions we would dare to honestly entrust our entire lives, our relationships and our vocations to the guiding and sustaining presence of God? What if instead of trusting on our feeble and weak human power, we dare to trust in the awesome and life-giving power of God? What if instead of falling back into the old habits, we dare to seek diligently the newness and freshness that only God can provide through the joyful spiritual habits of regular worship, prayer, Bible study, Christian fellowship and servant opportunities?

When God becomes our ever-guiding relationship in life, amazing and surprising new realities break in into our old complacent habits! And contrary to our human resolutions, the all-embracing presence of God would truly sustain us at all times. Times of joy

and times of sadness, times of hope and times of despair, times of plenty and times of want!

In the context of our shared life and mission as people of God here at First Lutheran Church, we fervently pray that throughout this new year God would indeed be gracious to us and bless our humble efforts to further grow into his image and likeness, to truly taste his goodness and mercy, to fully surrender our lives to his Lordship and guiding missionary purposes.

As we look in faith and hope to this new year, with Jabez in the Old Testament, we also dare to pray for God to "enlarge the borders" of our shared ministry and mission and to bless us with new spiritual growth and fresh commitments! We pray that God will indeed be experienced and glorified among the rich diversity of ages and walks of life in our congregation and among the diverse ministry organizations we serve in our community and God's larger world!

As we pray for God-given wisdom,



We pray that God will indeed be experienced and glorified among the rich diversity of ages and walks of life in our congregation and among the diverse ministry organizations we serve in our community and God's larger world!

we also pray for God to bless the ongoing ministry and mission of our South Dakota Synod, our Evangelical Lutheran Church in America, our sponsored missionaries, our ELCA World Hunger and our walking together in solidarity and inter-dependence with companion churches in Nicaragua, Cameroon, the Holy Land, Colombia, and throughout the world! On behalf of First Lutheran Outreach Board, a blessed new year 2012 to you and your loved ones! Let us pray: "Lord, so teach us to count our days that we may gain a wise heart" (Psalm 90:12).

## First Lutheran to worship at St. Dysmas

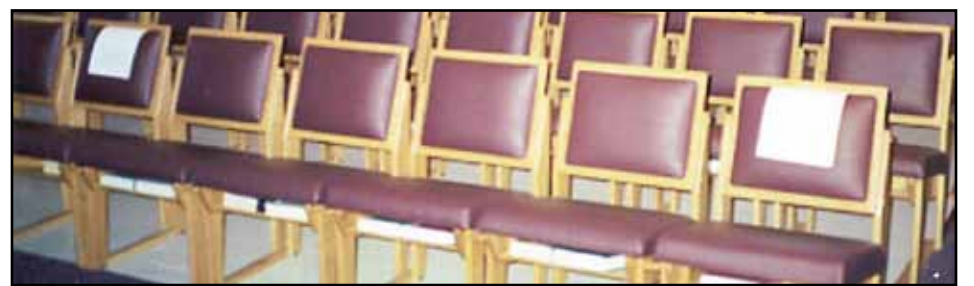
First Lutheran members are invited to worship with the St. Dysmas congregation at the South Dakota State Penitentiary on Thursday, Feb. 2. Twelve visitors will meet at 6 p.m. in the lobby of the Penitentiary for the service, which begins at 6:15 and concludes at 7:45 p.m. A ride will be provided for anyone who needs one.

After the service Pastor Marlin Wangness and a former inmate will

meet with the visitors at a restaurant to talk about the experience.

This optional activity provides an opportunity to learn more about St. Dysmas and prison life.

Please call Carol Knapp at the church office (339-1983, ext 202) to obtain the paper work that must be filled out to attend the service. The forms are due at First Lutheran by Monday, Jan. 16.



There's a spot for you! Take the opportunity to worship with St. Dysmas, the ELCA congregation at the South Dakota State Penitentiary. Contact Carol at 339-1983, ext. 202, to sign up.

## WORSHIP AND MUSIC



*Gloria, in Excelsis Deo*

The family of First Lutheran gathers in joyful, Advent anticipation of Jesus' birth. Photos by Gene Smith.



## YOUTH, FAMILY AND YOUNG ADULT MINISTRIES



# Make healthy decisions in 2012, take part in gym night

By Heidi Tooley

Recreational Ministries at First Lutheran is excited to begin another year. There is a lot that you can do to make this year the best ever! Here are some things to ponder as you and your family work to make healthy decisions every day of the year.



Heidi Tooley

**Eat breakfast:** A high-fiber breakfast is a great option, reducing fatigue and enhancing cognitive skills. Well-balanced combinations of carbohydrates, protein and a small

amount of fats are also healthy choices to spread throughout the day. Winter is cold, so start the day with a bowl of oatmeal or some whole wheat toast and fruit.

**Exercise:** Exercising at least three times a week—or taking quick 10 minute walks once or twice a day can change your energy level and can also assist with clearing your head on a stressful day. Keep in mind that coming to the church and walking the ChurchWalkers route is another option, especially if your work is close or if you have a day off. This time could be used for prayer, too!

**Drink more water:** Keep energized and focused by drinking eight eight-ounce glasses of water each day. Treat yourself to a new water bottle.

**Eat less processed food:** Think fresh and eat fresh! Shop the perimeter of the grocery store for better options for preparing meals at home. Look for:

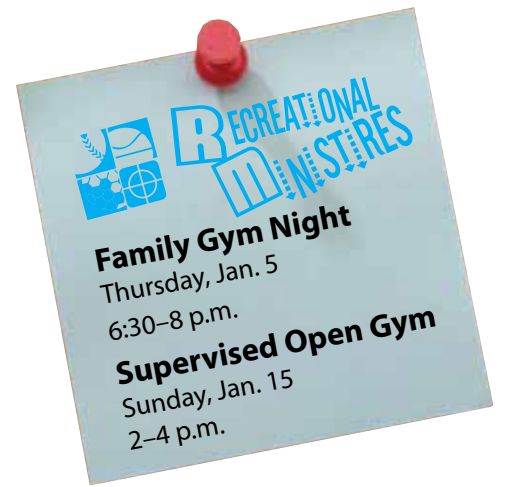
- Dairy products—milk, yogurt, and cheese;
- Fresh meats—seafood, chicken breasts, ground beef and deli meats; and
- Produce—berries, apples, oranges and melons.

**Take care of your emotional and spiritual health:** Help keep your attitude positive by setting goals for reading the Bible daily and taking part in devotions and prayer time. Buy a *Daily Texts* devotional (available at the Information Desk), download a Bible app on your smart phone, or use the Small Catechism (available in the Youth and Family Office) for daily prayers.

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away, behold, the new has come” (2 Corinthians 5:17).

### Gym nights coming up

We will start out the year with a Family Gym Night on Thursday, Jan. 5, from 6:30 to 8 p.m. and Supervised Open Gym on Sunday, Jan. 15, from 2 to 4 p.m. This event is open to all ages. An adult must be present with children under age 9 and parent sign-in is required for children ages 9–14.



Also, keep in mind that Reformation Hall is available each Saturday morning for Unsupervised Open Gym from 10:15 a.m. to 12 p.m. (Please bring your own equipment.) Check the weekly church bulletins for additional information and upcoming events. If you have additional questions, please feel free to email me at [htooley@flcsf.org](mailto:htooley@flcsf.org).



Sunday, Jan. 15.  
Reformation Hall  
Between services

French toast will  
be served by the  
fifth-graders!

There's still time to  
sign up for camp!

get more  
information

by contacting the Youth and Family  
Office at 339-1983, ext. 228.

## HERE'S WHAT'S HAPPENING ...

**Sixth-, seventh-, and eighth-grade confirmation** returns on Wednesday, Jan. 4. Class continues Jan. 11, 18, and 25, and Feb. 1 and 8. During Lent, confirmands will attend Lenten worship services.

**The final church visit** for ninth-grade confirmation is Sunday, Jan. 8, at 10:45 a.m. at First Assembly of God. Classes meet again starting Wednesday, Jan. 11, with Parents Night, at 7:30 p.m. in the chapel. The Faith Photo Project is due that night. Additional class dates are: Jan. 11, 18 and 25, and Feb. 1 and 8. Classes conclude on April 18.

**The Anniversary of Baptism** brunch and worship service will be celebrated on Sunday, Jan. 8. All families who have had a child baptized in 2011 are invited and encouraged to attend this milestone event. Brunch will begin at 10:30 a.m. in the Gathering Room

followed by a special blessing at the 11:15 a.m. worship service. Parents, children, grandparents, sponsors and friends are all invited. Please RSVP by Wednesday, Jan. 4, to Marnie Dahle Backer at [mdbacker@flcsf.org](mailto:mdbacker@flcsf.org) or call 339-1983, ext. 204.

**4:12 Game Night & Qdoba** is Sunday, Jan. 15, at 5 p.m. in Manos de Cristo. Bring a favorite board game. Cost is \$5 for the meal. Childcare is provided. Bring your friends! 4:12 is Christian adults in their 20s and 30s experiencing ministries through a balance of fellowship, life sharing, spiritual growth and outreach.

**Middle School Bowling Night** is Friday, Jan. 20, from 6 to 9 p.m. Pizza will be served. More details to come. Watch for a postcard!

**BBQs, Baskets & Bidding** is Sunday, Jan. 22. All are welcome to come for food, fellowship and a down-home

auction. Lunch will be served starting at 11 a.m. (freewill offering). New this year is a chili cook-off: Check out the delicious chilis/soups prepared for you by four teams of pastors and FLC members. For \$5, participants can taste all four chilis/soups and then vote for their favorite.

The auction will start after the 11:15 a.m. worship service. The auctioneers are First Lutheran members Vernell Johnson and Dan Uthe.

**Breadsmith cards** are the latest fundraiser for youth attending the 2012 Youth Gathering in New Orleans. These punch cards sell for \$10 each and allow 10 opportunities to buy one loaf of Breadsmith bread and receive a second loaf free. They are available from a participating high school youth or at the Welcome Center where HyVee Cards are sold!

## Welcome to new youth staff member Erik Aamlid

By Pastor Jason Burggraff

We are very pleased, after a successful search and interview process, to welcome our newest youth and family staff member, Erik Aamlid. Erik will be the director of middle-school and high-school youth ministries. We're all very excited to see God use the many gifts and talents he's given Erik



Erik Aamlid

to find exciting ways to share the gospel of Jesus Christ with the youth of First Lutheran and Sioux Falls. Erik's arrival will allow Marnie

Dahle Backer to focus her talents in the areas of young adult and family ministries.

Erik grew up in Sioux Falls, attending First Lutheran Church. He studied elementary education at the University of Sioux Falls, graduating with a Bachelor of Science in 2009. He was a camp counselor at Flathead Lutheran Bible Camp at Flathead Lake, Mont., for two summers and worked most recently as the director of youth ministry at Christ Lutheran Church in Whitefish, Mont. Erik loves outdoor activities, hanging out, and helping lead kids in the adventure of faith. Erik is happy to be close to his family here at First Lutheran, and we're all excited to welcome him to his new role here!

## Parents, popcorn and problem solving Parenting group offers sounding board, support

Spend time in a casual environment with other parents of teenagers or soon-to-be teenagers to discuss parenting and adolescent issues.

Parents, Popcorn and Problem Solving, a group facilitated by John Hegg, will take place on five Wednesday evenings starting Jan. 11 through Feb. 8, from 6:30 to 7:30 p.m., in Manos de Cristo.

Come with a concern or question in mind or come just to sit back and listen. Each Wednesday will be different, so attend one or all of the gatherings. Popcorn and a soda will be available.

John Hegg is a part-time counselor at Memorial Middle School and adjunct professor at Augustana College teaching Adolescent Development.

RSVP by Monday, Jan. 9, to Marnie Dahle Backer at 339-1983, ext. 204.



## FINANCIAL SERVICES



# Gifts and memorials from November

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 honor of

**Bob & Glennys Meerdink's 60th Anniversary:** Jean Ellwein

## Gifts to the Foundation in memory of

**Mary Barkley:** Louis & Kathy Dittmar; Frank & Joan Hansen; Richard & Eileen Jones; Lois Matson; Herb & Dorothy Mikkelsen; Carl & Janet Naessig; Cecil & Geraldine Sanders

**Herman Lerdal:** Paul & Jean Colon

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

**Mary Barkley:** LaVonne Wolf

## Gifts to Caring Ministry in memory of

**Mary Barkley:** Don & Lola Nelson; Beatrice Reyelts

**Winifred Eichhorn:** Friends; Maxine Freed; Jerri French; Barb Matson; Howalt McDowell Insurance; Don & Lola Nelson; Howard & LouAnn Paulson; Arlette Scherschligt; Gretchen E. Shirely; Tamara Stortz; Gerald & Alexis Wangsness

**Neil Fritz:** Don & Lola Nelson

## Gift to LIZWAN Ministry in memory of

**Emilio Lizarazo:** Sandra Pedersen

## Gifts to Media Ministries in honor of

**Pastor LeeRoy Eikanger:** Ingolf &

Marilyn Maurstad

**Arlen & Marcia Knutson's 50th anniversary:** Barb Peterson

**Wendy Elliot's 80th birthday:** Mike & Gloria Simpson

## Gift to Media Ministries in memory of

**Mary Barkley:** Shirley Anderson; Shirley Ashworth; Jeff Barkley; Arlene Bendix; Les & Shirley Bly; Jan Boettcher; Lois Boyce; Pastor LeeRoy & Marilyn Eikanger; Eleanor Emmel; First Lutheran Church Women; Helen Gunderson; Nancy Henrichsen; Sandra Holleman; Gil & Dorothy Koepsell; Barb Matson; John Matthius; Thelma Moberly; Roseann Parker; Howard & Lou Ann Paulson; LaMoyné & Karen Pederson; Gerry & Mary Ann Potter; Eunice Quamen; Mike & Heidi Schacht; Brian & Mary Sheffield; Dave & Pam Sonnichsen; Milo & Arvella Stokke; Joe & Michele Vogel; Leon & Carol Wald; Irene Weiland

**Don Brekke:** MaryAnn Hallbert

**Beulah Buttz:** MaryAnn Hallbert

**Carol Coyle:** Jean Osthus

**Winifred Eichhorn:** Shirley Ashworth; Patti Erickson; First Lutheran Church Women; Barb Matson

**Leora Gapa:** MaryAnn Hallbert

**Eldon Hallberg:** MaryAnn Hallbert

**Ken Herbert:** James Hiner; Barb Peterson

**Jeff Lindsey:** MaryAnn Hallbert

**Carol Nygaard:** MaryAnn Hallbert

**Eric Olauson:** Wilma Trygstad

**Edna Olawsky:** Pete Hegg;

## Financial update November 2011

### Worship Attendance

November..... 4,438

### Total Revenues

2011 Actual ..... YTD \$1,628,203

2010 Actual ..... \$1,654,890

### Total Expenses

2011 Actual ..... \$1,686,646

2010 Actual ..... \$1,711,235

### Notes Payable

Bank Loan - Capital ..... \$859,757

### Contract For Deed

Ideal ..... \$583,980

**"God's Gifts. Our Responsibility." Income**  
Through November 2011 ..... \$2,295,362

Larry Olawsky

**Harlan Payne:** E. McGowan; Barb Peterson

**Phyllis Schock:** Jerry Drake; Barb Matson

**Anna Spilde:** MaryAnn Hallbert

**Esther Yates:** First Lutheran Church Women; Pastor LeRoy & Elaine Nevin

## Gift to Music Ministries in memory of

**Mary Barkley:** Kirke & Dorothy Wheeler

## Gift to the organ fund in memory of

**Arlyce Peterson:** Harvey Nelson

## MEDIA MINISTRIES



# November and December 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:

**Nov. 6:** In memory of Chuck Osthus, who would have celebrated his birthday on Nov. 5, by his wife, Tracie, and sons, Scott and David.

**Nov. 13:** In memory of Dr. Arthur Huseboe and Dr. 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. 20:** In honor of Mr. and Mrs. Peter Hoidal's 62nd wedding anniversary.

**Nov. 27:** In thankfulness for and in memory of Bonnie Merrill, Carl Wilkins, Maudie Wilkins, Bessie Thompson, Dorothy Peterson, Mabel Jasper, and Agnes Welch, by their nieces and nephews.

**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.

## KSFY telecast sponsored:

**Nov. 6:** In loving memory of Loren Jarratt, whose 79th birthday would have

been on Oct. 15, by family and friends. (Partial sponsorship.)

**Nov. 13:** By a bequest of L. Inez Rognley to Media Ministries through the First Lutheran Church Foundation in commemoration of her birthday, Nov. 17.

**Nov. 20:** By earnings of a gift to the First Lutheran Church Foundation in loving memory of Hilmer and Susie Lillebo.

**Nov. 23:** In loving memory of Samuel Spitzer, Edie Boomsma and Tory Boomsma given by their family—Emma Spitzer, Elaine Spitzer and Ella Spitzer.

**Nov. 27:** By Bob and Glennys Meerdink in celebration of their 60th wedding anniversary on Nov. 24.

**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.

## Closed captioning sponsored:

**Nov. 6:** By Selmer and Helen Anderson in recognition of their 63rd wedding

anniversary. They were married on Nov. 7, 1948, by Dr. H.J. Glenn at First Lutheran Church.

**Nov. 28:** By supporters of First Lutheran Church Media Ministries through donations received at Genesis Café served in July.

**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.

## Gifts and memorials

Un-sponsored dates are made possible in part through gifts and memorials to First Lutheran Church Media Ministries. 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. 211.

## Available dates:

**KSFY sponsorships** (\$1,300 for a full sponsorship, \$675 for a partial): Jan. 8, 15 and 29; Feb. 5 and 19

**Closed Captioning** (\$140): the months of January and February

**KELO** (\$115): Jan. 15; April 29

# Life Transitions through November

## Births

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

- Brody Dallas Fincher, son of Chad & Amanda Fincher, born on Oct. 28, 2011
- Wright Atkins Brown, son of Rob & Laura Brown, born on Nov. 9, 2011
- Sydney Rose Sorenson, daughter of Richard & Ashley Sorenson, born on Oct. 8, 2011
- Noland Paul Munson, son of John & Caroline Munson, born on Nov. 11, 2011
- Jason Lee Younger-Watson, son of Joey Watson & Kristin Younger, born on Nov. 11, 2011
- Matilyn Claire Fedders, daughter of Matthew & Starr Fedders, born on Nov. 27, 2011



## Baptisms

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

- Jack Finley Brockmeier, son of Matthew & Catherine Brockmeier
- Annika Rae Smith, daughter of Adam & Heather Smith
- Jason Lee Younger-Watson, son of Joey Watson & Kristen Younger



## Weddings

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

- Kyle Thorstenson & Maren Eggers



## 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)

- Mary Barkley
- Phyllis Tysdal

# First Lutheran Church Calendar—January 2012



**Sunday, January 1**  
 8:15 AM Traditional Service S  
 9:45 AM Traditional Service S  
 12:16 PM Worship in African Context C  
**Monday, January 2**  
 12:00 AM Office Closed (New Year's Holiday)  
**Tuesday, January 3**  
 9:00 AM Worship Planning TR  
 1:30 PM Youth & Family Staff Meeting PMR  
 6:00 PM Music Rehearsals S  
 6:30 PM Agape Ringers HR  
**Wednesday, January 4**  
 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  
 4:15 PM Music Rehearsals S  
 4:30 PM Good Vibrations Rehearsal HR  
 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  
 6:00 PM TOPS Weigh-In & Meeting PMR  
 6:30 PM Women's Choir Rehearsal CR  
 6:30 PM FLYGHT Rehearsals ML  
 6:30 PM 7th Gr Confirmation FrR  
 6:30 PM 6th Gr Confirmation GR/GRK  
 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  
 7:35 PM Adult Choir Rehearsal CR  
 8:00 PM High Sch Youth Group MdC/D/RH/RHK/  
**Thursday, January 5**  
 7:30 AM Men's Bible Study GR  
 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  
 4:00 PM Foundation Mtg TR  
 4:00 PM Gohl Birthday Party RH L  
 6:30 PM Kindermusik MR1  
 6:30 PM Family Gym Night RH  
 7:00 PM Pre-baptism Class GR  
**Friday, January 6**  
 8:00 AM Bulletin Volunteers QSC  
 4:00 PM Lutheran Sch Basketball Tourn RH GR  
 6:00 PM Bonnie's Bible Group MdC  
**Saturday, January 7**  
 8:30 AM Lutheran Sch Basketball Tourn RH GR  
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S  
 12:00 PM Carol Choir Party FrR/FRK  
 5:00 PM Vespers C  
**Sunday, January 8**  
 8:00 AM John Cenwiske Retirement Reception RH  
 8:15 AM Traditional Service S

8:55 AM Adult Study of Catechism TR  
 9:15 AM Equal Exchange Coffee WCD  
 9:45 AM FaithWalkers C/PR/UR  
 9:45 AM Traditional Service S  
 10:30 AM Anniversary of Baptism Brunch GR/GRK  
 10:45 AM Freshman Church Visit - 1st Assembly of God  
 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 PMR  
 3:00 PM Counseling PR  
**Monday, January 9**  
 9:00 AM Sewing QSC  
 4:30 PM Kindermusik MR1  
 6:00 PM TOPS Weigh-In & Meeting PMR  
 6:30 PM Cub Scouts Pack 153 D/FrR  
**Tuesday, January 10**  
 9:00 AM Worship Planning TR  
 12:00 PM Senior Ministry Luncheon FH  
 1:30 PM Youth & Family Staff Meeting PMR  
 5:00 PM Financial Services Bd PMR  
 5:30 PM Basketball Practice (AL) RH  
 6:00 PM Music Rehearsals S  
 6:30 PM Board of Adult Discipleship TR  
 6:30 PM Agape Ringers HR  
**Wednesday, January 11**  
 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  
 4:15 PM Music Rehearsals S  
 4:30 PM Good Vibrations Rehearsal HR  
 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  
 6:30 PM Women's Choir Rehearsal CR  
 6:30 PM FLYGHT Rehearsals ML  
 6:30 PM 7th Gr Confirmation FrR  
 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 2nd Gr Parents Meeting C  
 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  
 7:30 PM 9th Gr Confirmation D  
 7:35 PM Adult Choir Rehearsal CR  
 8:00 PM High Sch Youth Group MdC/D/RH/RHK/SSR  
**Thursday, January 12**  
 7:30 AM Men's Bible Study GR  
 9:30 AM Kindermusik MR1  
 12:00 PM Adult Study of Catechism FrR  
 5:00 PM Church Council FH  
 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, January 13**  
 8:00 AM Bulletin Volunteers QSC  
 6:00 PM Bonnie's Bible Group MdC  
**Saturday, January 14**  
 10:00 AM African Ministry Mtg GR  
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S  
 10:15 AM Open Gym RH  
 5:00 PM Vespers C  
**Sunday, January 15**  
 8:00 AM Camp Sunday Reprise AD  
 8:15 AM Traditional Service S  
 8:30 AM French Toast Breakfast RH/RHK  
 8:55 AM Adult Study of Catechism TR  
 9:45 AM Preschool FaithWalkers C/UR  
 9:45 AM Traditional Service S  
 11:15 AM Preschool FaithWalkers C/UR  
 11:15 AM Contemporary Worship S  
 12:16 PM Worship in African Context C  
 2:00 PM Supervised Open Gym RH  
 3:00 PM Counseling PR  
 5:00 PM 4:12 Qdoba & Game Night MdC/RH/RHK/N  
 6:00 PM Dave Ramsey Financial Peace FrR

**Monday, January 16**  
 9:00 AM Sewing QSC  
 4:30 PM Kindermusik MR1  
 6:00 PM TOPS Weigh-In & Meeting PMR  
 6:00 PM Girl Scouts UR  
 6:30 PM Cub Scouts Pack 153 D/FrR  
**Tuesday, January 17**  
 9:00 AM Worship Planning TR  
 1:30 PM Youth & Family Staff Meeting PMR  
 5:00 PM Youth & Family Board Meeting Offsite  
 5:30 PM Basketball Practice (AL) RH  
 6:00 PM Music Rehearsals S  
 6:30 PM Agape Ringers HR  
**Wednesday, January 18**  
 5:30 AM Serve the Banquet 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  
 4:00 PM Foundation Mtg TR  
 4:15 PM Music Rehearsals S  
 4:30 PM Good Vibrations Rehearsal HR  
 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  
 6:30 PM Women's Choir Rehearsal CR  
 6:30 PM FLYGHT Rehearsals ML  
 6:30 PM 7th Gr Confirmation FrR  
 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  
 7:30 PM 9th Gr Confirmation D  
 7:35 PM Adult Choir Rehearsal CR  
 8:00 PM High Sch Youth Group MdC/D/RH/RHK/SSR  
**Thursday, January 19**  
 7:30 AM Men's Bible Study GR  
 9:00 AM Sarah Circle PMR  
 9:30 AM Lydia Circle TR  
 9:30 AM Kindermusik MR1  
 12:00 PM Adult Study of Catechism FrR  
 1:00 PM Martha Circle GR  
 5:30 PM Board of Worship & Music TR  
 5:30 PM Kindermusik MR1  
 5:30 PM Basketball Practice (AL) RH  
 6:30 PM Kindermusik MR1  
**Friday, January 20**  
 6:00 PM Middle School Bowling RH/Offsite  
 6:00 PM 4th/5th Gr Activity Night GR/GRK/RH/LFT  
 6:00 PM Bonnie's Bible Group MdC  
**Saturday, January 21**  
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S  
 10:15 AM Open Gym RH  
 12:00 PM BBQs Baskets Bidding Setup RH/RHK  
 5:00 PM Vespers C  
**Sunday, January 22**  
 8:15 AM Traditional Service S  
 8:30 AM Genesis Cafe GR  
 8:55 AM Adult Study of Catechism PMR  
 9:30 AM Adult Forum FrR  
 9:45 AM FaithWalkers C/PR/UR  
 9:45 AM Traditional Service S  
 11:00 AM Adult Forum FrR  
 11:15 AM FaithWalkers C/PR/UR  
 11:15 AM Contemporary Worship S  
 12:15 PM BBQs Baskets Bidding RH/RHK  
 12:16 PM Worship in African Context C  
 3:00 PM Counseling PR  
 6:00 PM Dave Ramsey Financial Peace FrR  
**Monday, January 23**  
 9:00 AM Sewing QSC  
 4:30 PM Kindermusik MR1  
 6:00 PM TOPS Weigh-In & Meeting PMR  
 6:30 PM Cub Scouts Pack 153 D/FrR  
**Tuesday, January 24**  
 8:30 AM Foot Clinic PMR  
 9:00 AM Worship Planning TR  
 5:00 PM Stewardship Board Meeting TR  
 5:30 PM Basketball Practice (AL) RH  
 6:00 PM Music Rehearsals S  
 6:30 PM Agape Ringers HR  
**Wednesday, January 25**

## Wednesday Night Meal Menu

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

**Jan. 4:** Chicken and cheesy potatoes

**Jan. 11:** Turkey and mashed potatoes

**Jan. 18:** Shepherd's pie and tator tot hot dish

**Jan. 25:** Roast beef and baby red potatoes

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  
 4:15 PM Music Rehearsals S  
 4:30 PM Good Vibrations Rehearsal HR  
 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  
 6:30 PM Women's Choir Rehearsal CR  
 6:30 PM FLYGHT Rehearsals ML  
 6:30 PM FaithWalkers C/UR/PR  
 6:30 PM 8th Gr Confirmation FrR  
 6:30 PM 6th Gr Confirmation GR  
 6:30 PM 3 "P s"-Parenting popcorn & Prob SolvMd  
 7:30 PM 9th Gr Confirmation D  
 7:35 PM Adult Choir Rehearsal CR  
 8:00 PM High Sch Youth Group MdC/D/RH/RHK/  
**Thursday, January 26**  
 7:30 AM Men's Bible Study GR  
 9:30 AM Kindermusik MR1  
 5:30 PM Kindermusik MR1  
 5:30 PM Basketball Practice (AL) RH  
 6:30 PM Kindermusik MR1  
**Friday, January 27**  
 6:00 PM Bonnie's Bible Group MdC  
 6:30 PM Family Fun Night RH/RHK/LFT  
**Saturday, January 28**  
 10:15 AM Carol Choir Rehearsal CR/FR/FRK/S  
 10:15 AM Open Gym RH  
 5:00 PM Vespers C  
**Sunday, January 29**  
 8:15 AM Traditional Service S  
 8:30 AM Genesis Cafe GR  
 9:30 AM Adult Forum FrR  
 9:45 AM FaithWalkers C/PR/UR  
 9:45 AM Traditional Service 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  
 6:00 PM Dave Ramsey Financial Peace FrR  
**Monday, January 30**  
 9:00 AM Sewing QSC  
 4:30 PM Kindermusik MR1  
 5:00 PM Property Board TR  
 6:00 PM TOPS Weigh-In & Meeting PMR  
 6:00 PM Girl Scouts UR  
 6:30 PM Cub Scouts Pack 153 D  
**Tuesday, January 31**  
 9:00 AM Worship Planning TR  
 1:30 PM Youth & Family Staff Meeting PMR  
 5:30 PM Basketball Practice (AL) RH  
 6:00 PM Music Rehearsals S  
 6:30 PM Agape Ringers HR

## Scripture lessons

**Jan. 1:** Isaiah 61:10–62:3; Psalm 148; Galatians 4:4–7; Luke 2:22–40

**Jan. 8:** Isaiah 60:1–6, Psalm 72:1–7, 10–14; Ephesians 3:1–12; Matthew 2:1–12

**Jan. 15:** Genesis 1:1–5; Psalm 29; Acts 19:1–7; Mark 1:43–51

**Jan. 22:** Jonah 3:1–5, 10; Psalm 62:5–12; 1 Corinthians 7:29–31; Mark 1:14–20

**Jan. 29:** Deuteronomy 18:15–20; Psalm 111; 1 Corinthians 8:1–13; Mark 1:21–28

## PASTORAL CARE MINISTRIES



### Sad Isn't Bad

Grief support group for children and the adults who care for them led by trained counselors.



Four Tuesdays starting Jan. 10  
 5:30–8 p.m.  
 Our Savior's Lutheran Church  
 Open to the community  
 No cost. Free meal.  
 Email [cook@io.midco.net](mailto:cook@io.midco.net) or  
 call 332-0094 to register.



Do you know someone who could use some encouragement and kindness? Deliver him or her a Meal from the Heart.

Stop by the Information Desk to get a key to the freezer in Luther Lounge where you will find a variety of frozen meals.

### Faithfully Fit Forever

Chair exercise for men and women of all ages.

Wednesdays starting Jan. 4  
 8:50–9:30 a.m.  
 Pentecost Room



# A faith-forgiveness resolution!

## Experience a deeper truth of forgiveness this new year

By Pastor Barbara Wangsness

When setting new year's resolutions, it's helpful to return to the "Old, Old Story" of Jesus and his love, remembering the new life and daily renewals that are ours in Jesus, through our Baptism. To speak of such new beginnings is to speak also of



Pastor Barbara Wangsness

repentance and forgiveness as we enter this new year of 2012.

While Martin Luther reminds us: "It (Baptism) signifies that the old person in us with all sins and evil desires is to be drowned and die through daily

sorrow for sin and through repentance, and on the other hand that daily a new person is to come forth and rise up to live before God in righteousness and purity forever" (Small Catechism).

Luther also believed: "(For) repentance,

remorse, and knowledge of sin, though necessary, are not enough: faith in the forgiveness of sins in the name of Christ must be added. But where there is such faith, God no longer sees any sins: for then you stand before God, not in your name but in Christ's name."

The author Fyodor Dostoevsky echoes that thought in his book, *The Brothers Karamazov*, as his character Father Zossima speaks to a burdened, fearful widow, saying: "Man cannot commit a sin so great as to exhaust the infinite love of God."

That being said, many of us continue to struggle with both repentance and forgiveness throughout the year—not only in its beginning days—when we set our yearly resolutions. Yet, our Lutheran understanding of Baptism allows us and encourages us to begin each day of the year as a day of New Beginnings, including repentance and forgiveness! But doing so also involves our understanding of Living in the Forgiveness of God.

As we enter this new year I

encourage you, as part of your new year's resolution(s), to consider reading a book with that same title, by Rev. James Bjorge, an ELCA North Dakota pastor who speaks of forgiveness as foundational for daily living the Christian life, as he writes: "Forgiveness is frequently preached and, by most of us, falteringly practiced. We admire forgiveness but have difficulty applying it" (p. 9). How good then to remember Dostoevsky's grace-filled words!

If these words touch you as they do me, I invite you to begin this new year with a personal "house-cleaning" of issues needing repentance and a resolution to begin each day of this amazing grace of life, by reviewing it with this Pastoral Care tool of forgiveness. For with this foundational tool we are also encouraged to confess our own sins to God which, with the potential of our remorse, can further lead us to true repentance, as well.

And as we are enabled by the grace of God to forgive ourselves,

And as we are enabled by the grace of God to forgive ourselves, we will also find ourselves becoming better able to forgive others.

we will also find ourselves becoming better able to forgive others. Being resolute in this foundational process, we can also learn firsthand about unconditional love and acceptance, as well as experience a deeper truth of forgiveness as we come to the Lord's Supper: forgiveness with power to free us from even the fear of death.

Can you think of any better resolution for starting this new year of 2012?

## Check your focus: Ways to take care of your temple in the new year

By Paula Bartels, Parish Nurse

A simple yet thought-provoking message on a sign outside a vision office caught my eye a few weeks back. It said: "Check Your Focus." Since then, the gift of corrective eyewear, contacts or glasses, has been in my thoughts.

I recently had the exciting privilege to be a part of Jewish Voice Ministry International's week-long medical clinic in Sielmat, India. Medical, dental and vision care was offered. I, along with four others and many more interpreters and helpers, distributed 2,174 pairs of reading glasses. A total of 6,340 people were seen. Three hundred and fourteen of them, 59 of whom were Jewish, became Christians that week.

I left the beautiful country of India thanking God for living where I could have access to contacts as well as reading glasses. Most of all, I am thankful that I had the opportunity to learn at an early age that Jesus Christ is the Messiah and that he loved me so much that he died on the cross to forgive my sins.

### Do you need vision care?

Resources are available here in Sioux Falls for those who need vision care. Does this sound like you or someone you know?

- Regular glasses don't correct vision
- It is difficult to work due to vision loss
- Daily tasks are a challenge due to vision loss

South Dakota Service to the Blind

and Visually Impaired is a service that provides:

- Training on techniques to overcome barriers due to vision loss;
- Assistance with finding and keeping a job; and
- Help to maintain independence at home.

Contact the Sioux Falls area office at 367-5330 or [www.dhs.sd.gov/sbvi](http://www.dhs.sd.gov/sbvi) for more information. This service is available to people of all income levels.

### Take care of your temple

If your focus is on taking great care of your temple in 2012, there are two studies you may be able to be a part of.

- The South Dakota Department of Health is conducting a study to determine if people would keep better record of their blood pressure if they had a monitor in their own home. The study requires a short survey and three contacts with the parish nurse (one can be by phone) in the next several months. When the requirements are met, the participants can keep the blood pressure monitor.

- South Dakota State University and Dow Rummel are conducting a 12-week study to determine the effect of exercise and vitamin D on bone density. To be eligible participants must be at least 60 years old and not currently taking a vitamin D supplement or Calcium+D. The study requires a commitment to resistance exercise Monday, Wednesday, and Friday from 7 to 8 a.m. Participants will receive a free exercise class,



A group of volunteers poses for a picture at the Jewish Voice Ministry International's medical clinic in Sielmat, India.

resistance bands and a Dexscan at the beginning and end of the 12-week period. Those who complete the study will receive \$100. Contact Jenna or Melissa at 575-0193 soon, as the exercise class starts in January.

### Events at First Lutheran Church

Faithfully Fit Forever will begin its winter session on Wednesday, Jan. 4, and will go from 8:50 to 9:30 a.m. in the Pentecost Room. It continues each Wednesday.

*Eat Right, Live Well, Love God*, a 12-week study that encourages participants to live healthy in body, mind and spirit, begins Wednesday, Jan. 4, at 1 p.m. in the Parish Meeting Room (and continues on at the same time each Wednesday). The cost of the book and journal is \$10. Scholarships

are available. Contact me at 339-1983, ext. 234, for more information.

The next Healthy Feet Community Foot Care Clinic is set for Tuesday, Jan. 24. Call the church at 336-3734 to schedule an appointment. Cost \$25 via cash or check the day of the appointment.

Focusing on Philippians 4:8 is good for your emotional and spiritual health: "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

Remember, walking is a great way to take care of your temple. You are welcome to walk in the warmth at First Lutheran. God bless you in 2012.

## First Word

First Lutheran Church  
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