



Welcome to the Light

AUGUST 2012
VOLUME 55, No. 8

Worship Services
9:30 a.m. each Sunday

Education
Adult Forums
will resume in the fall

Inside this Issue

Contacts	2
Announcements (including Retirees)	2
Readings	3
Births	3
Baptisms	3
Death	3
More Sad News...	3
15 Keys to a Healthy Diet	4
Birthday List	4
Helping Hands	4
June Council Minutes	5
July Council Minutes	6
Calendar	7
Volunteer Schedule	8

South Minneapolis Meals on Wheels

Note: The following was inadvertently omitted from the 2011 annual report. Because it is such an important part of Christ Church Lutheran's mission, as well as an important part of the community, it is being included in this edition of the Courier.

During 2011, Meals on Wheels continued to serve clients that are dependent on daily meals delivered to their homes. Our group of 21 churches, with their dedicated drivers, has worked hard to provide this needed service in our community.

Financial problems that surfaced in 2010 have been carefully addressed and, with the help of a new volunteer treasurer with a solid accounting background, our indebtedness has been reduced to less than half of the \$20,000 owed at that time. It is expected to be totally eliminated in the future.

Almost all of the member churches in our group have increased their donations to our program this past 12 months. The payments for the meals provided to our customers have been kept on a more current basis. The trend is encouraging, but we are still dependent on individuals willing to continue their generous personal financial support.

We request your prayers for this important mission of our congregation.


Howard and Erla Polsfuss, coordinators

History of Meals on Wheels

According to the Meals on Wheels Association of America (MOWAA) website, the first "meals on wheels" were delivered in canteens to British servicemen during World War II. In America, the first formal Meals on Wheels program originated in Philadelphia in the 1950s. Today, the program serves millions of seniors and others across the country.

MOWAA is the oldest and largest organization in the United States representing those who offer meal services to people in need. Since 1976, MOWAA has worked to arm local senior nutrition programs with the resources, tools and information they need to provide meals and make a difference in the lives of our neighbors, our veterans and all of our nation's seniors who are facing the threat of hunger. For more information, visit <http://www.mowaa.org/>.

Contacts and Information

	3244 34 th Avenue South Minneapolis, MN 55406-2185	
	Phone: 612.721.6611 E-mail: mail@christchurchluth.org	
	Fax: 612.728.0552 Web: http://christchurchluth.org	
	Office Hours	
	8:30 a.m. to 1:30 p.m. Monday–Friday	
	Worship	
	9:30 a.m. each Sunday Education hour follows at 11:10 a.m. (excluding summer months)	
Contacts		
Pastor:	Kristine Carlson	
Music:	Pastor Robert Buckley Farlee Pastor Martin Seltz	
Vicar:	Will Starkweather	
Youth:	Luann Skrivseth	
Office:	Stephanie Okoneski	
Facilities:	Chuck Merrell	
*Courier:	Lynn Larson	
Officers		
President:	Erik Haaland	
Vice President:	Kevin Olsen	
Secretary:	Josh Messner	
Treasurer:	Melody Pauling	
Council		
Pat Baehler Grace Duddy Michael Jefferis Dan Mueller Rita Schoenike		

***Next submission deadline for the *Courier*: August 15**

To submit content, e-mail Lynn Larson at: kevlar2955@hotmail.com or give to Stephanie in the church office, who will pass along to Lynn.

Announcements

Retirees

Gather on Wednesday, August 29, at 11:00 a.m. for a social hour followed by a potluck lunch. Everyone is welcome.

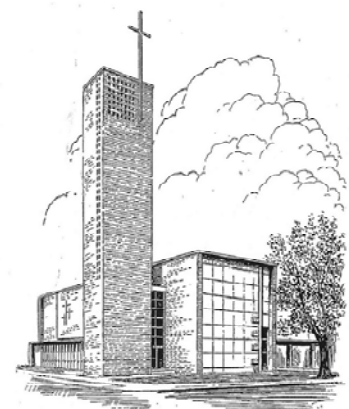
– Bill and Phyllis Dunstone

Books for Sale

There are still discounted copies of the forum-related books from last season. See Josh Messner to purchase. All funds go back into the forum budget, so we can continue our strong educational programming.

Article on Community

In case you missed it, the July 15 Sunday bulletin encouraged CCL members to check out Taylor Brorby's July 10 article in the Huffington Post, "The Need for Community." He talks a bit about finding our church community: http://www.huffingtonpost.com/taylor-brorby/the-need-for-community_b_1661724.html.



Readings and Psalms

Date: **August 5**

First Lesson: Exod 16:2-4, 9-15

Psalm 78:23-29

Second Lesson: Eph 4:1-16

Gospel: John 6:24-35

Date: **August 12**

First Lesson: 1Kings 19:4-8

Psalm 34:1-8

Second Lesson: Eph 4:25—5:2

Gospel: John 6:35, 41-51

Date: **August 19**

First Lesson: Prov 9:1-6

Psalm 34:9-14

Second Lesson: Eph 5:15-20

Gospel: John 6:51-58

Date: **August 26**

First Lesson: Josh 24:1-2a, 14-18

Psalm 34:15-22

Second Lesson: Eph 6:10-20

Gospel: John 6:56-69

Date: **September 2**

First Lesson: Deut 4:1-2, 6-9

Psalm 15

Second Lesson: James 1:17-27

Gospel: Mark 7: 1-8, 14-15, 21-23

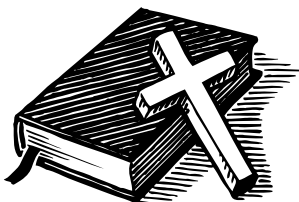
Date: **September 9**

First Lesson: Isa 35:4-7a

Psalm 146

Second Lesson: James 2:1-10 [11-13] 14-17

Gospel: Mark 7: 24-37



**Please contact the church office about which option will be used.*

Births

Joining big brother, Tatum, we welcome Eli Steven and Zander Patrick, born July 3, 2012, to Robyn and Marcus Nooney.

Baptisms

Christ Church celebrated two baptisms during the second half of June (after the June 15 deadline for the July *Courier*):

- Annalies Nancy Messner, daughter of Josh and Sally Messner, was baptized June 17. Her sponsors are Taylor Brorby, Rebekah Riley, Rebekah Schulz and Matthew Tingler, Kelly and Michael Wagner, and Marissa Wold.
- On June 24, June Ashley Lou Woestehoff, daughter of Matt and Mary Woestehoff, was baptized June 24. Her sponsors are Andrew Crawford and Maggie Whitley.

Death

Helen Miller died on July 4. Her funeral was held at Redemption Lutheran. She was an active CCL member for many years and, most recently, lived at Meadow Woods.

More Sad News in the Body of Christ

Todd Murken, 57, son of former member Myrna Murken, died July 7 from a tragic bicycle accident near Appleton, Wisconsin. Todd was pastor at West Holden Lutheran Parish near Green Bay. He is survived by his mother Myrna, wife Julie, son Nathaniel, daughter Anastasia, and sister Mary. We hold Myrna and her family in our prayers.

Funeral services were held July 11 at Grace Lutheran Church near Green Bay. Condolences may be mailed to Myrna Murken. Please contact the church office for her mailing address in Wisconsin.

15 Keys to a Healthy Diet

by Lynn Larson

Healthy eating is a passion of mine, so I'm sharing the following tips, which originated from the *Wellness Letter* by the University of California, Berkeley; volume 28, issue 11.

1. Keep portions moderate
2. Eat a variety of foods
3. Focus on high-fiber food
4. Eat lots of produce
5. Eat more whole grains
6. Limit your intake of refined carbohydrates
7. Emphasize "good" (unsaturated) fats
8. Limit your intake of saturated fats
9. Avoid, or at least minimize, trans fats
10. Limit your intake of dietary cholesterol
11. Cut down on sodium and eat more potassium-rich foods
12. Consume enough calcium and vitamin D
13. Get vitamins and minerals from foods as much as possible (versus supplements)
14. Watch out for liquid calories
15. If you drink alcohol, do so in moderation

Adding to the list, here are my thoughts:

- Limit going out to eat, as well as takeout meals and deli fare
- Avoid processed foods, such as those containing difficult to pronounce ingredients
- Read labels to know what you are eating
- Use smaller plates at home to make your plate look fuller
- Strive for a colorful plate of food (vegetables do the trick)

Happy Birthday to You!

If you are not listed here, or, if your birth date is incorrect, please contact the church office.

8/1	Glen Polsfuss
8/2	Olaf Carlson-Wee
8/3	G.T. Madson, Chris Schmidt
8/5	Kay Madson, Loren Wiklander
8/6	Alan Graebner
8/7	Matias Sarkanen
8/8	Linda Petro
8/11	Don Swenson
8/12	Noah Buckley-Farlee, Danielle Tucker
8/14	Peter Doll
8/15	Janice Radloff, Joanne Seltz, Karen Woestehoff
8/16	Gloria Johnson
8/17	Henry Polsfuss
8/21	Bernice Eisfelder, James Gawreluk, Josh Messner
8/22	David Petro, Sandra Tindell
8/23	Wally Wermager, Richard Thompson
8/25	Jamie Hembroff, Lucas Reiger
8/26	Terra Girard
8/27	Bob Swenson, Lisa Smetana
8/28	Henri Kukkonen
8/29	Luann Skrivseth
8/31	Gerald Girard

Helping Hands

The complete schedule for the year is posted in the Concordia room. The coordinators are Phyllis Dunstone and Juanita Burke.

July and August 2012

Pat Baehler	June Johnson
Vivian Bartsch	Ken Koense
Fred Bentz	Rachel Mann
Dori Brandon and family	Simo Sarkanen & Yi-ru Chen-Sarkanen
Lucille Buelow	Sandra Tindell
Juanita Burke	
Shawn Deresch	

Summary of Council Meeting Minutes from June 19, 2012

Affably submitted by Josh Messner, council secretary

Committee Reports

Mission: Meals on wheels, the food shelf, and LSS Safe House operations continue normally; there is a current need to fill opportunities to prepare the Safe House meal for the remainder of the year and January, 2013; the next meal at Our Savior's shelter will be in July; volunteers will be invited to join in the project; Bob Victorin-Vangerude has begun meeting with the Seward Restorative Justice program; inquiries into other churches' neighborhood outreach programs.

Organ Task Force: Task force has decided to operate as two subgroups: financial/fundraising and organ design/property. This provides ability to focus more sharply on specific tasks and to keep up with their tasks with more agility. Feasibility study update: Upon recommendation from the Christ Church Council and approval at a special June 5, 2012, meeting, fundraising consultant Elaine Weber Nelson has been contracted to conduct a feasibility study that began June 13. Members of the fundraising task force have been meeting with Elaine Weber Nelson, along with Pastor Carlson, to create a plan for the feasibility study process. A report is expected by the August council meeting.

Property: At the spring cleanup on May 19, volunteers polished wood in the sanctuary and cleaned plastic skylights in the education building; Dalsin Roofing repaired a leak above the portable altar by replacing a deteriorated lead pan, repaired a leak in the gym, and fixed a crack in one of the plastic skylights; south lawn improvements are in the works.

Treasurer's Report: Council members reviewed the May 2012 profit/loss and balance sheets. Rental income and envelope giving are still down. A discussion of our financial picture will be part of the Sunday forum discussion.

Pastor's Report

Submitted in writing

Vicar's Report

Submitted in writing

Business

Vision Implementation Update

- *FIGS.* Bake-and-barter project has been a success and will continue. The goal is to create social connections, share our gifts with each other, and perhaps to raise funds for a particular project.
- *Structure.* Group is gathering information via surveys to understand roles of all staff, volunteers, committees, and organizations in CCL community. They are now beginning to review and analyze the information and are also exploring how other congregations are structured.
- *Invitational evangelism and tagline.* Discerning tasks as they might relate to larger questions of communicating CCL's identity. They plan now to meet with the communications committee and/or our external web developer.
- *Website.* Decided to disband due to the task being taken on by the communications committee. Groups needing further work will report to council at the end of the summer.

Communications Committee Application for Vision Grant

The communications committee is applying for \$4,400 from the vision grant funds. The council asked the communications committee to add social media details to contract with Web developer. There was a motion to approve the amended contract (Pat/Rita). Approved unanimously.

Archives Report from Paul Daniels

Paul Daniels, Luther Seminary and ELCA Region 3 archivist and curator, offered a positive report on progress he and his staff are making with Christ Church Lutheran's Saarinen Architectural Collection. They are preserving the collection and carefully duplicating much of it digitally, so the church can continue to have ready access to this treasure. For more details, see Paul's article in the recent Friends of CCL newsletter.

Summary of Council Meeting Minutes from July 17, 2012

Cordially submitted by Josh Messner, council secretary

Committee Reports

Mission: Continued involvement in community meals, food shelves, and Meals on Wheels. Question whether CCL wants to host a community meal for church and neighborhood people.

Property: The elevator project continues. Our submission for a legacy grant was acceptable and further meetings are planned with an elevator consultant for firmer figures on the proposal. Much thanks is offered to Will Stark and Darrell Anderson for their superb work on this.

Organ Task Force: We are halfway through the feasibility study and task force is still working with SPHO on the details of the design. A full update will be offered to congregation this fall.

Treasurer's Report: Income and expense trends continue (both income and spending are under budget).

Pastor's Report

Submitted in writing

Vicar's Report

Submitted in writing

Business

Vision Implementation Update

Structure. Met at the end of June. Still gathering information, but also beginning to discuss process for understanding our organizational situation. The committee's discussion focused on general administrative needs and the need for a mutual ministry committee.

Proposal regarding Minnesotans United for All Families

Lengthy discussion of the suggestion from several members that Christ Church Lutheran join the MN United coalition. Several other local congregations have joined this coalition to support defeat of the Marriage Amendment in Minnesota. Discussion was mainly around the question of whether the church council was the appropriate body to decide to enter into such an arrangement. Council decided to hold a forum or two yet this summer to facilitate discussion of the issue and then to return to the question in a future meeting.

End of Meeting Minutes

Christ Church Lutheran—August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 9:30 AM Eucharist	6	7 <i>National Night Out</i> 7:00 PM Tai Chi	8	9 LSS Safe House Meal	10	11
12 9:30 AM Eucharist	13	14 7:00 PM Tai Chi	15	16	17	18
Meals on Wheels						
19 9:30 AM Eucharist	20	21 7:00 PM Tai Chi 6:30 PM Executive Committee 7:00 PM Council	22	23	24	25 9:00 AM KidArt 10:00 AM– 5:00 PM LoLA Art Crawl
26 9:30 AM Eucharist 11:00 AM– 5:00 PM LoLA Art Crawl	27	28 7:00 PM Tai Chi 7:00 PM Friends of CCL Board Meeting	29 11:00 AM Retirees	30	31	1 2:00 PM Wedding Jamie Holding and David Dorman

**Christ Church Lutheran
Volunteer Schedule for Sunday Worship Services (9:30 a.m.)**

Date	Assisting Ministers	Acolytes	Lectors	Head Ushers	Greeters	Prayer Writers	Nursery Workers
August 5	Simo Sarkanen Grace Duddy	Andy Hokkanen Phyllis Mattill	Lynn Larson	Max Wiperman Fred Bentz	Howard Polstuss Carol Flanders	Melody Pauling	Ute Swenson
August 12	Jason Bergquist Jan Radloff	Phyllis Mattill Pat Baehler	Daniel Rinehart	Dave Kutzbach Dick Thompson	Pat Baehler Rachel Mann	Daniel Rinehart	Marni Schmdt
August 19	Grace Duddy Chuck Merrell	Andy Hokkanen Lucille Buelow	Paul Hanson	Gary Skrivseth Dan Mueller	Dick Bruesehoff Naomi Bruesehoff	Paul Hanson	Karen Woestehoff
August 26	Will Starkweather Ben Cherland	Andy Hokkanen Phyllis Mattill	Simo Sarkanen	Max Wiperman Fred Bentz	Kevin Olsen Will Stark	Grace Duddy	Luann Skrivseth
September 2	Pat Baehler Erik Haaland	Phyllis Mattill Lucille Buelow	Noah Niermann	Michael Jefferis Greg Madson	Jan Radloff Gene Bruss	Pat Baehler	Yi-tu Chen Sarkanen