



Abundant Life

"I have come that they may have life, and have it abundantly." – John 10:10b

This short verse from John's gospel was the heart of the recent confirmation retreat, a time where youth from across the Twin Cities came together to discern what it means to have an abundant life, particularly in regards to their bodies, identities, and relationships. I am always amazed by the responses they give when we ask them what abundant life looks like and feels like. Take a moment with this sample of what they said:

- Abundant life feels like: "being fully rested, being healthy, feeling satisfied with what I have, feeling like I'm enough, stability, being in the middle of a big hug from all my favorite people."
- Abundant life looks like: "playing the sports I love with people I love, a genuine smile, a supportive community, giving of my time and skills to others."

How would you answer the question of what abundant life looks like? I was surprised to see that for the youth, abundant life was rarely associated with material things but with relationships (to others and

the self) ... and how abundant life can seem like a distant dream when we are not safe in our relationships, feel lonely or cut-off from others, harmed by others, or are filled with self-hate and shame. Understanding how to be in authentic relationships and accountable community feels like the underpinning to living an abundant life – the kind of life Christ came for us to know and experience.

This month brings with it the season of Lent, a time of deep reverence for many Christians. Lent is 40 days marked with intentionality through spiritual practices such as prayer, almsgiving, and fasting from specific food or drink, or other behaviors. This time of year, it's common to be asked, "What are you giving up for Lent?" Those two words – giving up – are not often associated with abundance! Abundance implies *more* of something, not less! But I think the confirmation students were onto something... that abundant life is not about having more, but about being at peace.

Making peace with one another (and ourselves) will be the focus of this year's Lenten journey at St. Michael's. Alongside soup supper and Holden Evening Prayer, we will be in conversation and reflection about repentance, using the book, *"On Repentance and Repair: Making Amends in an Unapologetic World"* by Rabbi Danya Ruttenberg. Perhaps the topic of repentance repels you a bit; it's one of those loaded church words often wielded at others as a tool of judgement. But before you are scared off, read how Rabbi Ruttenberg frames repentance:

"The work of repentance is, in many ways, the work of looking outside of ourselves, looking with an empathetic eye at what we have done, letting it matter to us, and trying earnestly to figure out how we can both meaningfully address it and ensure it never happens again. This is, in some ways, an act of tenderness, of extending ourselves to care for others, of giving ourselves the time and attention we deserve to grow, of investing in our own learning and capacity to grow...repentance is, I believe, in part, a kind of self-care." (pg. 59)

Each week we will focus on a different section of the book. You are welcome to read along, join a small group for conversation and accountability, or simply show up on Wednesday nights to worship to hear our reflections from the pulpit. Reading the book will provide fuller understanding of the content and its application in your own life, but reading



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the book isn't required to understand how repentance can change us, heal us, and bring us closer to abundant life in Christ.

~ Pastor Ali Ferin

Life of the Congregation

In Memory

David Norrgard passed away on Sunday, January 7 at the age of 84 years. We hold David's wife, Jane LaFroth, and their friends and family in prayer. The memorial service for David will be held at 11:00 a.m. on Friday, March 15. A luncheon will follow the service.

New Member Gathering

We are planning a new member class later this winter/spring. If you are interested in participating let Pastor Ali or Pastor Brad know as they begin planning and looking at potential dates.

February Worship & Education Schedule

Lent at St. Michael's

On Repentance and Repair: Making Amends in an Unapologetic World

Lent is a season for us to draw closer to God, beginning when we are marked with the sign of the cross on Ash Wednesday, hearing the call to repent. But what does repentance truly mean? We will ask this question together as we reflect on Rabbi Danya Ruttenberg's book, "On Repentance and Repair: Making Amends in an Unapologetic World" On Wednesdays we will gather for worship using Holden Evening Prayer and reflections from the book. You are encouraged to read along with a small group or individually. Small group sign ups are available online (see QR code below) or on the bulletin board outside of the church office. (Sign up before February 14th!) Books are available at your local library, or favorite bookstore (also available as an audio book/e-readers!)

Ash Wednesday, February 14

12:00 p.m. & 7:00 p.m.

A Repentance Overview (Chapter 1)

February 21, 7:00 p.m.

*Repentance in Personal &
Public Square (Chapters 2-3)*

February 28, 7:00 p.m.

Institutional Obligations (Chapter 4)

March 6, 7:00 p.m.

National Repentance (Chapter 5)

March 13, 7:00 p.m.

Justice Systems (Chapter 5)

March 20, 7:00 p.m.

Forgiveness & Atonement (Chapters 6-7)



Scan with device camera for
Lenten Small Groups or sign
up outside of Church Office
on the Bulletin Board



2024 Wednesday Soup Suppers

Thank you to our confirmation students for leading the soup suppers!
Free-will donations to cover the cost of food are appreciated!

5:50 p.m. Soup supper opens

6:45 p.m. Soup supper closes (unless soup runs out sooner – come early if you can!)

Two soup options will be offered, including one vegetarian/gluten free option. Soup is served with dinner rolls, salad, and dessert. PB&J fixings will be available for those who would like it!

Ash Wednesday, February 14 (No Lunch)

Old Fashion Chicken Noodle & Tomato Basil (V, GF)

February 21

Beef Chili with Beans & Victory Garden (V, GF)

February 28

Baked Potato with Cheese & Tomato Basil (V, GF)

March 6

Chicken Wild Rice & Sweet Corn Chowder (V, GF)

March 13

Split Pea with Ham & Tomato Basil (V, GF)

March 20

Baked Potato with Cheese & Vegetable Black Bean (V, GF)



Are you
a Baker?

We are looking for folks to provide cookies or bars for the Lenten Soup Suppers starting on February 14th. There are 6 soup suppers that need desserts provided.



Scan here to sign up or contact the office if you'd like to bring treats for one of the weeks! Thank you!

February Sunday Worship Schedule

February 4

- 8:45 a.m. Worship
- 10:00 a.m. Education Hour
- 11:00 a.m. Worship - Livestreamed

February 11

- 8:45 a.m. Worship
- 10:00 a.m. Education Hour
- 11:00 a.m. Worship & Youth Musical - Livestreamed

February 18

- 8:45 a.m. Worship
- 10:00 a.m. Education Hour
- 11:00 a.m. Worship - Livestreamed

February 25

- 8:45 a.m. Worship - Livestreamed
- 10:00 a.m. Education Hour
- 11:00 a.m. Worship

Live-Streamed Services

Wednesday evening Lent services will be Livestreamed and recorded for later viewing. Each Sunday, one of our services will be live-streamed. Subscribe to the St. Michael's YouTube Channel to watch worship live on Sunday mornings if you are not able to come in person.

Scan this QR Code to go to the St. Michael's Channel:



Watch your Friday Flyer for a copy of the Bulletin to download and follow along, as well as the link to the live service.

Streamed services will also be recorded and posted on Sunday evening on our website <https://www.stmichaelselca.com/> for viewing at your convenience

Sunday Education & Fellowship Hour

Join us at 10:00 a.m. between worship services for a time of fellowship and education.

Religion in Life

Sunday Morning Adult Education Forum

Religion in Life is an adult education forum on Sunday mornings during the program year (September-May) held as part of the 10:00-11:00 a.m. education hour. This forum brings in a variety of guest speakers and presenters to address topics such as scripture and theology, ethics and faith in the public sphere, and health and wellness.

February 4

U.S. Foreign Policy & the World Today

Thomas Hanson

As a member of the Great Decisions advisory committee of Global Minnesota, Mr. Hanson speaks frequently on international issues and contributes to local and international media. He delivers an annual US Foreign Policy Update under the auspices of Global Minnesota and the Humphrey School of Public Affairs. Today he will present a foreign policy overview of current global inter-related topics.



Thomas Hanson is a former U.S. Foreign Service Officer with the Department of State whose diplomatic postings included East Germany, France, Norway, the Soviet Union, Sweden, and the former Soviet Republic of Georgia. He also participated in the opening of new U.S. embassies in Mongolia and Estonia, worked on the Foreign Relations Committees of the U.S. Senate and House of Representatives, and served as Director for NATO and European Affairs at the Atlantic Council of the United States in Washington, D.C. He has been a member of numerous national and international committees and provided services in many areas of foreign policy. Mr. Hanson holds a BA degree from the University of Minnesota and graduate degrees from the Fletcher School of Law and Diplomacy; the Institute of Advanced International Studies in Geneva, Switzerland; and the National School of Administration (ENA) in Paris, France.

February 11

Fixing How We Pay for Health Care, Now That We've Tried Everything Else

Anne C. Jones, RN, BSN, MA

"Fixing How We Pay for Health Care, Now That We've Tried Everything Else" will be presented by Anne Jones, the Vice Chair for Health Care for All Minnesota, and Health Care Payment Reform Advocate. She has a long-standing interest in health policy and the financing of healthcare in the U.S. Anne retired from active nursing in 2015 to focus on advocacy for health care payment reform to assure comprehensive, affordable, high quality, universal coverage in Minnesota, and ultimately in the U.S.



Anne has been in the nursing profession for over 45 years and her experience includes direct patient care for general surgery patients, medical and surgical intensive care, and multi-specialty operating rooms. Her experience includes positions as a staff nurse, clinical educator, nurse manager, and work at the Minnesota Department of Health in the Health Policy Division. Additionally, Anne served 23 years in the United States Air Force Reserve Nurse Corps and retired from military service in 2006 at the rank of Lieutenant Colonel.

February 18

The Bible and Recent Archeological Discoveries

Dan Pioske, PhD

Dan Pioske is Assistant Professor of Theology at the University of St. Thomas where he holds a position in Old Testament. Before coming to St. Thomas, Dan taught at Georgia Southern University outside of Savannah, Georgia, and at Union Theological Seminary, New York, located on the Upper West Side of Manhattan. He completed his Ph.D. at Princeton Theological Seminary and is the author of three books on topics related to archaeology and biblical interpretation. He grew up on a family farm near Le Sueur, Minnesota, and is a graduate of Gustavus Adolphus College. In the conversation Dan will highlight recent archaeological discoveries (since 2020) that help to shed further light on the world of the biblical writings, including artifacts and remains related to both the Old Testament and the New Testament.



February 25

The ERA: Forward to Fruition

Betty Folliard

Betty Folliard, Founder of ERA Minnesota, will give a presentation on the ERA's history and why it is so badly needed today. She will outline arguments for & against the ERA and provide an up-to-the-minute report on progress of the ERA State Ballot Initiative Bill currently under consideration as well as on federal ERA efforts.

The Honorable Betty Folliard is a longtime women's rights advocate, thought leader, state & national Equal Rights Amendment speaker, mother, grandma, Founder of ERA Minnesota, former school board member and former 3-term state legislator.



Music News

Children's Music

Rehearsals Wednesdays

Youth Bells 5:30 - 6:00 p.m.

Youth Choir 6:15 - 7:00 p.m.

Wednesdays in Lent

Bell Choir 5:30 - 6:00 p.m.

Youth Choir 6:20 - 6:55 p.m.

Adult Choir: St. Michael's Singers

Rehearsals Wednesdays

6:30 - 8:00 p.m.

For more information please contact Karen Wilkerson, St. Michael's Singers Director.

Wednesdays in Lent

February 14, Ash Wednesday

6:30 - 7:00 p.m.

February 21, 28, March 6, 13, 20

6:30 p.m. - 7:00 p.m. & 7:45 - 8:30 p.m.

Adult Bells: St. Michael's Chapel Ringers

Rehearsals Thursdays

6:00 - 7:15 p.m.

For more information please contact Charlie Preis, Chapel Ringers Director.

Children, Youth, & Family Ministries

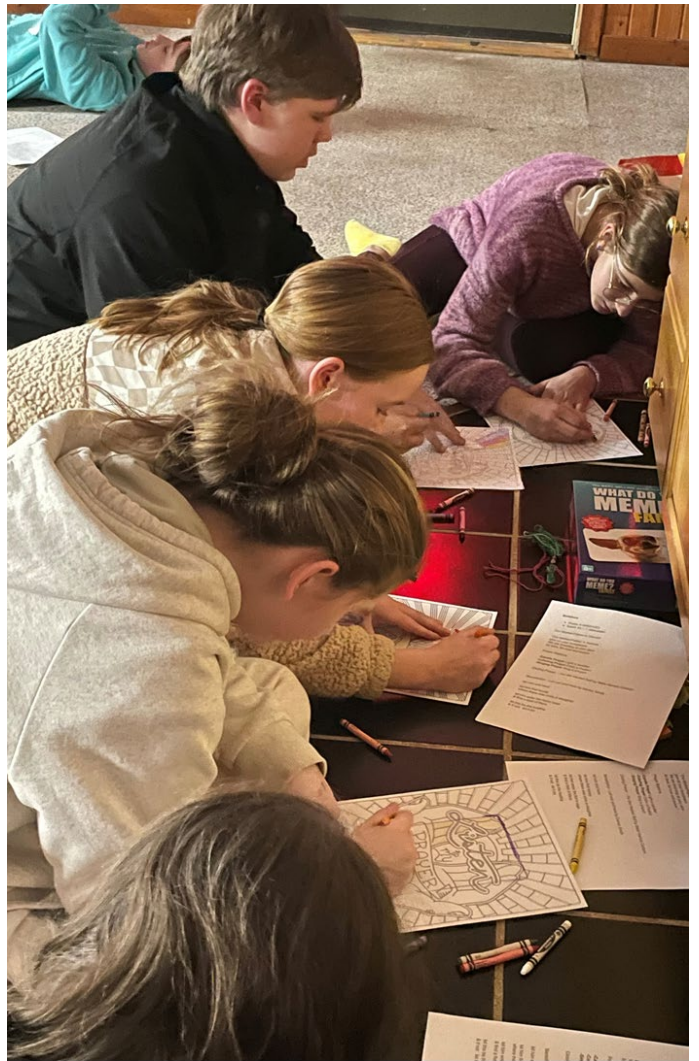
love out loud

Abundant Life Retreat

In the middle of January, the confirmation students attended their annual retreat at Camp Wapo in Amery, Wisconsin. The theme of this retreat is and continues to be “Abundant Life” focusing on John 10:10, when Jesus says, “I came that they may have life and have it abundantly.” Students explore gender, identity, what it means to live life abundantly, and so much more. They hear stories of people living their lives as someone belonging to the LGBTQ+ community and how that impacts their faith. This time spent is rich with tools on how to have hard conversations, what consent looks like and how God created us, and it was GOOD. This year was my third retreat, and the experience continues to change my life. I do not make this statement lightly. When I say this retreat continues to change my life, it comes in two major ways. The first is that I feel my inner middle school-self healing a little more. In my middle school years, I could have NEVER imagined being able to talk about any of these topics with safe adults, let alone in a church. The faith piece of it is huge. Purity culture has made its way into my thought process and the way I would view others. Abstinence teaching didn’t give me the tools to understand what informed consent was or how to keep myself safer emotionally and physically. I’m not saying that this retreat is the magical “cure all” to that. We still have so many other influences in our lives that can confuse us on what safer sex or consent can look like, but I know that this information is so valuable to our youth to hear. The second way this retreat changes me every year, is how thoughtful our students are. They are so knowledgeable and yet are still brave to ask hard questions. It’s a joy to be in a space where I’m learning with our students and have the chance to affirm their value in this world.

~Natali Romero, Director of Children, Youth & Family Ministry

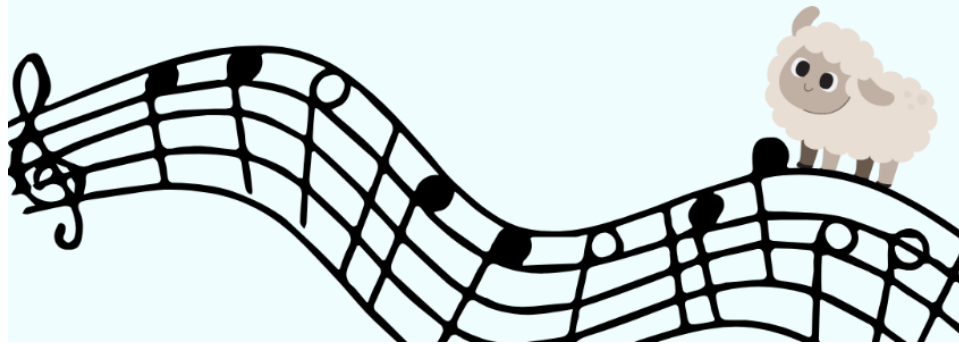




MUSICAL!

St. Michael's youth present
THE LOST SHEEP

Join us on February 11th
at the 11am Worship



BOUNDLESS

EPHESIANS 3:14-21



Our focus will be “God's love is immeasurably more than we can ask or imagine.” Students will explore this theme through music, crafts, games, conversations and many other activities.

Sunday School Registration is open all year. Friends are Code here to register!

SUMMER CAMP

AT LUTHER CREST

CURRENT 3RD GRADERS TO HIGH SCHOOLERS

Camp is Sunday to Friday

Cost: by Feb 14 - \$475
On or after Feb 15 - \$675
(free to high schoolers)

Enjoy all that Luther Crest has to offer by making memories, worshipping with friends, swimming in Lake Carlos, study the Bible, sing songs, do arts & crafts, cook outside, and grow in faith!

GHR ID is: CTBSMLC24
Families provide transportation TO camp.
St. Michael's will provide transportation FROM camp.
Use this link to Register: <https://www.luthercrest.org/camp1.html>

Early Bird Ends February 14th!

Camp Information:

July 7-July 12, 2023

Luther Crest Bible Camp
8231 County Road 11 NE
Alexandria MN 56308

CONTACT NATALIE FOR MORE INFO

651.631.1510
youth@stmichaelselca.com



Saturday, March 16th
9:30-11:15am
Coon Rapids Location
401 93rd Ave NW, Coon Rapids, MN 55433

**For children 5 years and older,
youth, families, and the
St. Michael's community!**
**Sign up using the code: WWXGL1
or the QR Code**



7th – 9th Grade Confirmation

February 7th at 6:30 p.m. in the Fellowship Hall

February 14th Soup Supper volunteers arrive at 5:00 p.m, worship volunteers by 6:30 p.m.

February 21st Soup Supper volunteers arrive at 5:00 p.m, worship volunteers by 6:30 p.m.

February 28th Soup Supper volunteers arrive at 5:00 p.m, worship volunteers by 6:30 p.m.

*Mentors will be volunteering with Youth

Lenten Confirmation Schedule:

Soup Suppers/Wednesday Worship: February 14, 21, 28 & March 6, 13, 20

NO CONFIRMATION MARCH 27 & APRIL 3



Soup Supper & Lent Worship begins on February 14th! Students should sign up to volunteer with dinner or worship using the QR code below.

See weekly parent emails for additional information.



Social Ministry Activities

Social Ministry Calendar

February 5: **Rezek House Meal**

February 13: **Keystone Mobile Food Distribution**
2:00 – 4:00 p.m. in Circle Drive (west side of the church)

February 14 & 28: **Quilting and Bandage Rolling**
9:00 a.m. Fellowship Hall

February 11: **Sandwich Making for Union Gospel Mission**
Gather between 9:45-10:00 a.m. in the Serving Area & Kitchen to assemble sandwiches

Daily: **Panera Bread Ministry**
Evening pick up at Rosedale Panera; Morning Bagging at St. Michael's kitchen

Fridays: **Every Meal Food Distribution**
Two volunteers meet on Fridays at 10:00 a.m. at Parkview Center School and distribute meals. Placing bags in kids backpacks to provide extra food support over the weekends

Save the date! Loaves & Fishes in March

St. Michael's will be serving at Loaves & Fishes next on **Monday, March 18.**

Our Guatemala Partnership



2024 Guatemala Trip

October 11 - 20, 2024



Build Pews
Visit the Village

2 Travel
Options

Youth Events
Stay in the City



Interested? Contact Pastor Brad or Lisa Koland.

Join us as we travel October 11 – 20, 2024

ILAG has approved our travel dates between October 10th and 20th of 2024, which covers the weekend of MEA. Our next step will be reserving airline tickets.

Our partner congregation, Santa Cruz de la Esperanza in Cimiento, Guatemala, has asked us if we would like to work alongside them in building pews for their church. We are excited to have been asked to work on a project together; it shows that our companionship has developed a level of trust and mutual respect. The simple benches we will build mean a lot to our friends in Cimiento. They signify permanence, stability, and a prosperous future for their church community. We are honored that they have asked us to be a part of building their community.

We are looking for travelers interested in simple carpentry work, no need for advanced skills! It is a unique experience and we welcome your inquiries!

As an additional option for this trip, a group will be able to stay at the Lutheran Center in Guatemala City and participate in activities with the Elementary School, the MILAGRO Women’s Center, and the local congregation. This is an excellent opportunity for people who wish to participate in our partnership but are hesitant about the trip into the mountains to the village.

OCTOBER 11 – 20, 2024

Church Pew Project



Examples

Simple Construction with Local Products



Education & Fellowship Activities

Thursday Morning Bible Study

Thursdays, 9:30-10:30 a.m.

Courtyard Room or Classroom 1 @ St. Michael's

The Thursday morning Bible Study meets weekly as we explore Scriptural texts for the coming Sunday, themes throughout the Bible, and ways texts intersect with our daily lives and experiences.

Over the coming weeks we look forward to reading and discussing the upcoming lectionary texts:

February 1

Isaiah 40:21-31 The creator of all cares for the powerless
Psalm 147:1-11, 20c The Lord heals the brokenhearted.
1 Corinthians 9:16-23 A servant for the sake of the gospel
Mark 1:29-39 The healing of Peter's mother-in-law

February 8

2 Kings 2:1-12 Elijah taken up to heaven and succeeded by Elisha
Psalm 50:1-6 Out of Zion, perfect in beauty, God shines forth in glory.
2 Corinthians 4:3-6 God's light seen clearly in the face of Christ
Mark 9:2-9 Revelation of Christ as God's beloved Son

February 15

Genesis 9:8-17 The rainbow, sign of God's covenant
Psalm 25:1-10 Your paths, O Lord, are steadfast love and faithfulness.
1 Peter 3:18-22 Saved through water
Mark 1:9-15 The temptation of Jesus in the wilderness for forty days

February 22

Genesis 17:1-7, 15-16 God blesses Abraham and Sarah
Psalm 22:23-31 All the ends of the earth shall remember and turn to the Lord.
Romans 4:13-25 The promise to those who share Abraham's faith
Mark 8:31-38 The passion prediction

February 29*

Off-site Bible Study Experience

ATTENDING: FOSDICK LECTURE ON PREACHING @ Augsburg University

2024 FOSDICK LECTURE ON PREACHING

"Shall the Christian Nationalists Win?"

Presenter: the Rev. Barbara Lundblad

Thursday, February 29, 2024 at 10:00 am

Hoversten Chapel, Foss Hall

625 22nd Avenue South, Minneapolis, MN 55454

Bible Study participants will meet at St. Michael's at 9:15 a.m. and carpool to Augsburg University. We anticipate having at least one car that will return following the Bible Study (arriving back at St. Michael's around 11:45 a.m.) and others who will return after the chapel service (arriving back at St. Michael's around 12:30 p.m.)

Schedule

10:00 – 11:00 am – Lecture with Rev. Barbara Lundblad

11:00 – 11:20 am – Q&A session

11:20 – 11:30 am – Break

11:30 – 11:50 am – Campus Ministry Chapel service

“Shall the Christian Nationalists Win?”

One of Harry Emerson Fosdick’s most well-known sermons is “Shall the Fundamentalists Win?” He preached that sermon in 1922: would he preach it today? Would we? What are the loudest Christian voices in the United States? Let’s reclaim our voices for the sake of the Gospel!

About our Speaker:

Barbara Lundblad is the Joe R. Engle Professor of Preaching Emerita at Union Theological Seminary in New York City. She received a B.A. in English from Augustana College, an M.Div. from Yale Divinity School, and a D.D. from Lutheran School of Theology in Chicago. She is an ordained minister in the Evangelical Lutheran Church in America (ELCA) and served 17 years as a parish pastor in New York City. She has been a campus pastor at Lehman College and New York University and has taught homiletics at several schools, including Yale Divinity School, Princeton Theological Seminary, Hebrew Union College, and in the D.Min. program of the Association of Chicago Theological Schools. She also served as president of the Academy of Homiletics and in 2014 the Academy honored her with the Lifetime Achievement Award.



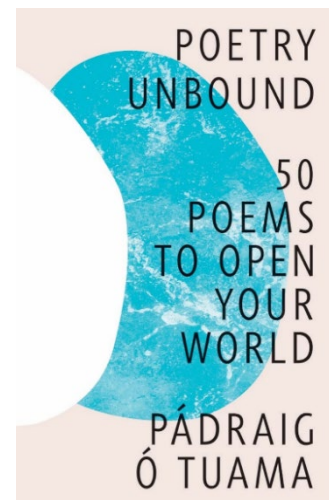
Faith in Daily Life

Faith in Daily Life is the opportunity to gather for meaningful conversations and book study over lunch.

The Faith in Daily Life gathering this month will be **Wednesday, February 21, at 12:00 p.m. (Note the change in date this month due to Ash Wednesday)**. We will be reading from *Poetry Unbound: 50 Poems to Open Your World*, compiled by Pádraig Ó Tuama. For February we will be reading through p. 211.

This book is a compilation of poems from a variety of writers assembled by Pádraig Ó Tuama, an Irish poet and theologian. For each poem Pádraig provides a reflection/essay, inviting us to explore the words, themes, and poetry together.

Pádraig served as the leader of the Corrymeela Community (Ireland’s oldest Peace and Reconciliation community from 2014-2019). He is also known for his podcast *Poetry Unbound* with On Being Studios.



Bible and Brew



Thursday, February 18, 7:00 -9:00p.m. at St. Michael’s

This Lenten season the congregation will be exploring what repentance, forgiveness, and repair looks like in our lives and in the world. On **Thursday, February 29, 7:00-9:00 p.m.** the Men’s Bible & Brew group will be gathering to discuss these topics.

- What does it mean when John the Baptizer and Jesus call people to “repent” for the kingdom of God has come near?
- What is the repentance called for in the prophets, especially as we hear words from Joel and Isaiah?
- Where are the places we are being called to “turn around” and chart a new course today?

Feel free to bring your own alcoholic or non-alcoholic “brew” and snacks to share.

YOU'RE INVITED TO...

CONTRA DANCING NIGHT



SATURDAY,
FEBRUARY 3,
7PM

COST:
\$15 COUPLE
\$8 SINGLE

BEVERAGES INCLUDED
BRING A SNACK OR
DESSERT TO SHARE!

CONTRA DANCING FAQ

WHAT IS CONTRA DANCING?

Contra Dance is a form of American folk dancing, similar to square dancing. In contra dancing, a caller calls out steps for everyone to follow.

WHAT IF I'VE NEVER DANCED BEFORE?

Then you should come! A professional caller will teach us the steps and lead us through the night. You don't need to be a skilled dancer to have fun!

DO I NEED A PARTNER?

No! Contra dancing is a combination of line dancing and partner dancing - we will mix up partners throughout the night. Come alone or bring some friends!

Desserters II: the St. Michael's Book Club

Enjoying good discussion and desserts since 1979!

The group meets at 7:00, Tuesdays in Classroom 1 at the church.
Zoom by request to Verena Larson.

Note: * The meetings in February and May are scheduled one week early.

Feb 20*, 2024 *Give a Girl a Knife* by Amy Thielen

This memoir moves from Minnesota to Manhattan and back to reclaim and redeem Midwestern cooking.

Mar 26, 2024 *The Double Helix* by James Watson

The story of one of history's most significant scientific findings.

Apr 23, 2024 *Fox Creek* by William Kent Krueger

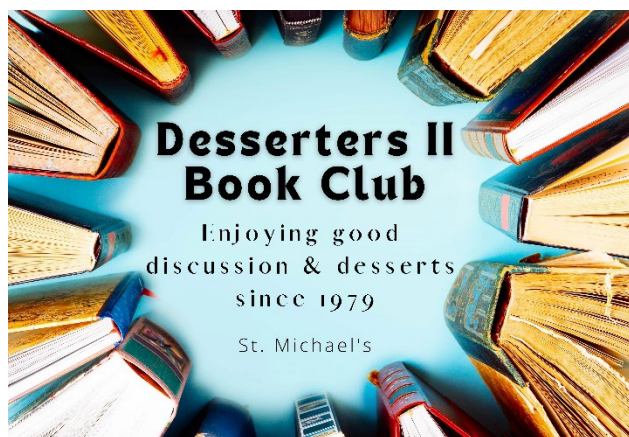
Ojibwe culture is featured in this Cork O'Conner adventure in northeast Minnesota and Wisconsin.

May 21*, 2024 *Hannah Coulter* by Wendell Berry

Hannah Coulter looks back on her childhood, her loves and loss, her children, and Kentucky farm life.

Meetings on the 4th Tuesdays, as listed above.

*The May date is one week early. The group meets in Classroom 1 at the church, with Zoom by request.



Board Game / Card Day

Mark your calendars for Game Day! **March 3rd starting at 2:00 p.m. in the Fellowship Hall.** Gamers of all ages are encouraged to bring their favorite game to play at church!

Quilting and Bandage Rolling

Quilting and bandage rolling will meet twice a month on the 2nd and 4th Wednesdays at 9:00 a.m. in the Fellowship Hall. Quilts are made for High School graduation, the Veterans Home, and new babies. We also make tote bags for wheelchair and walker handles. Come join the fun on **February 14 & 28**, everyone is welcome!

Mahjongg

Are you looking for a group to play with or do you want to learn? Join the group that plays at 1:00 p.m. on the 2nd and 4th Thursdays each month. Contact Sue Kuhn or Jane Doyle with any questions.

Yoga Devotion



Register & pay with this link:

Cost \$88.00



The next Yoga Devotion session runs January 8 through February 26
Classes are Mondays at 6:30 p.m. In person or by Zoom.

The class starts at 6:30 p.m.

Beginners are always welcome! If you would like to try a free class to learn more about yoga, please contact Mary Drache for the zoom link and join us.

Esther Circle

The Esther Circle is a community of women who gather for connection, conversation, and fun! The group meets monthly on the first Tuesday of the month at 10:00 a.m.

The Esther Circle will meet at church on **February 6 at 10:00 a.m.** for connection, conversation, and devotions centered on hymns! Join us!

A Church at Work

Save the Date – Annual Meeting

The congregational annual meeting will be held on **February 4 at 12:30 p.m.** Join us for this celebration of ministry in the past year, and planning for the year ahead! Reports will be made available prior to the meeting.



Reimagining Worship Discernment Discussions

A central and cherished value within the St. Michael's community is vibrant worship. As you have likely experienced, we have noted a post-pandemic reduction in the number of people worshipping in-person and volunteering on Sunday mornings with more people worshipping online or traveling. We know that worship attendance trends were shifting long before the pandemic, but that experience expedited the changes we were anticipating. In addition to lower attendance, the church (and many nonprofit organizations) has experienced decreased volunteerism. We frequently do not have sufficient volunteers to lead worship, and rely heavily on a small, faithful team of worship volunteers. Another important reality is that fewer people worshipping in-person has made relationship building between the two services difficult. In response to these factors, the church council and staff have begun conversations around the possibility of altering the worship schedule, possibly moving to one Sunday morning service year-round. The church leadership would like to invite you to these discernment discussions, taking place in a variety of formats this winter and spring.

- Sunday Morning Forums on March 3rd & May 5th at 10:00 a.m. in the Courtyard Room
- "Table Topic" discussion and feedback forms available during soup suppers in Lent
- Individual conversations with Church Council members and pastors

If you have any questions as these conversations unfold, please contact Pastor Brad or Pastor Ali

Church Council Corner

The St. Michael's church council met on Tuesday, January 9 12, at 7:00 p.m.

Items to note:

- **Correspondence and membership updates**—The council has received letters of thanks from the various organizations who received gifts from St. Michael's throughout recent months. Additionally, staff member Natalie Romero provided a thank you note for council members providing support as she begins taking classes at Luther Seminary to complete a degree that will allow her to serve as a deacon in the Lutheran Church. (Natalie would continue in her work with Children, Youth, and Family, and be rostered by the ELCA as a minister of Word and Service—or deacon.) The council also received the membership update with the recent death of David Norrgard.
- **Finance Committee and Treasurer's reports**—Brian Cihacek, treasurer, reported on giving through the end of the year. Recent months saw significant giving. At the end of the year the congregation ended with an extremely small deficit of just over \$5000.
- **Council Action Items**
 - **Budget:** The church council voted to recommend a budget presented by the Finance Committee to the congregation for approval. Information will be available to the congregation in the weeks leading up to the annual meeting.
 - **Disaster Relief:** Council approved \$5000 for Gaza Aid through the Lutheran Disaster Response.
 - **Annual Meeting:** Council members signed up with duties to assist with the annual meeting.
 - **Worship:** Bill Lindquist and Chuck Hanson agreed to work with a team to facilitate conversations this spring as we think about worship—building on our value of vibrant worship, looking at future needs.
- **Reports & Updates**
 - Committees and pastors provided reports.
 - The council took the opportunity to thank Mary Nosek and Greg Zarambo who are completing their terms on council.

The Congregation's Annual Meeting will be held on Sunday, February 4, following the 11:00 a.m. worship service.

The next council meeting will be held on Tuesday, February 13, 7:00 p.m.

2023 Budget Overview and Financial Update

	December Actual	December Budget	YTD Actual	YTD Budget	Annual Budget
Income	\$114,023	\$153,958	\$837,752	\$860,296	\$868,882*
Expenses	\$75,211	\$70,852	\$837,752	\$868,882	\$868,882
Net Balance	\$38,813	\$83,106	\$0	\$-8,586	\$0

December income includes a gift from the Herz Legacy of \$9,606 and a Reserve Fund transfer of \$5,867.

* At the Annual Meeting on January 29, 2023, the congregation approved use of Reserve Funds to balance the budget, if needed at the end of the year. This is included in the Annual Approved budget of \$868,882.

We Invite You to Participate in Worship



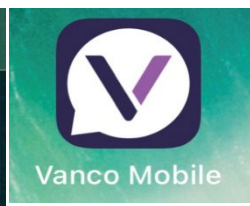
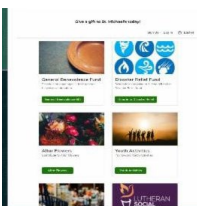
Volunteers are needed to serve as **ushers, lectors, communion deacons, and fellowship hosts**. These are great opportunities for folks of all ages - families are encouraged to sign up together! Visit Sign-up Genius to see the opportunities awaiting you. The quickest way to get there is to visit St. Michael's website: www.stmichaelselca.com and click on the Volunteer Sign-up icon

Donate Worship Flowers

Did you know that you can donate toward the fresh flowers at the altar each week? We welcome you to celebrate a special occasion or honor a loved one with a dedication that will be printed in the bulletin. After services are done on Sunday, you are welcome to take the flowers home with you to enjoy. (We ask that you return the arrangement so they can be reused!)

Use the Flower Signup on the bulletin board, call the church office, or sign up online with the above QR code or through the church website www.stmichaelselca.com and click "Volunteer" to access signups.

Online Giving & Mobile Giving



Did you know that you can pay for an event or set up a recurring automatic gift to support the work of St. Michael's? Authorization forms are available from the church office or follow this link:

<https://www.stmichaelselca.com/givenow.html>

Vanco also has a mobile App as another method to set up a payment or a recurring automatic gift to support the work of St. Michael's. Download the Vanco Mobile App from the App Store and search for "St. Michael's Lutheran Church".

The above QR code takes you to our Donate Now page on our website.

St. Michael's is a Reconciling in Christ Congregation



St. Michael's Lutheran Church lives out God's grace and love for all people. Faithful to the Gospel of Jesus Christ, we welcome those who have been part of church communities, those who have no previous church experience, and those who have felt excluded by the Church because of their race or ethnicity, gender identity, sexual orientation, age, physical or mental capabilities, financial resources, or family circumstances. In this witness we seek reconciliation, healing, and wholeness. As a diverse people we are then empowered by the Holy Spirit to live and work together for God's promised day of justice, peace, and mercy.

Land Acknowledgement

The ELCA has published "A Declaration of the Evangelical Lutheran Church in America to American Indian and Alaska Native People," in which the church confesses its sins toward Indigenous peoples and lists the commitments it will begin working toward as it responds to its original "Repudiation of the Doctrine of Discovery" from 2016.



St. Michael's Lutheran Church is located on the original and ancestral homeland of the Dakota people, and we give thanks for their presence here since time immemorial. We also wish to recognize and honor all our indigenous siblings who have and continue to call this land their home.

Not getting your *Friday Flyer*?

Are you having a problem with our weekly e-newsletter, the *Friday Flyer* not showing up in your primary inbox? First check your other inbox folders—it often shows up in a spot called the *Promotions* folder. Or it could be in your *Spam* folder. If a search of those yields nothing, then contact Lisa Koland at office@stmichaelselca.com, and we'll find a way to make sure the newsletter gets to you!

Making the *Messenger Green*

If you prefer to read your upcoming issues of St. Michael's monthly *Messenger* newsletter in your email or on our church website instead of having a paper copy mailed to you, please notify the church office.

Got something for the March *Messenger*?

The *Messenger* submission deadline is Friday, February 16, 2023.

St. Michael's Staff Directory

St. Michael's Lutheran

www.stmichaelselca.com
651-631-1510

Brad Froslee

Pastor
brad@stmichaelselca.com

Ali Ferin

Pastor
ali@stmichaelselca.com

Lisa Koland

Church Administrator
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Natalie Romero

Director of Children, Youth, & Family Ministries
youth@stmichaelselca.com

Max Gouette

Communications Associate
Communication@stmichaelselca.com

Thomas Bartsch

Organist

Jill Schendel

Pianist

Karen Wilkerson

Adult Choir Director

Charles Preis

Adult Bell Choir Director

Cory Bock

Youth Choir Director
cory@stmichaelselca.com

Hannah & Carrie Bock

Nursery Attendants

Fernando Garcia

Custodian

Grace Berndt & Marissa Breneman

Weekend Custodians

Peggy Mehen

Administrative Assistant



St Michael's

LUTHERAN CHURCH

1660 County Road B West
Roseville, Minnesota 55113



Ash Wednesday Worship & Soup Supper – February 14th

Planning a special night with that special someone on Valentines Day? Ditch the fancy dinner reservation and bring your sweetheart to soup supper and Ash Wednesday Worship!

- Soup Supper runs from 5:50 – 6:45 in the Fellowship Hall (no reservations needed!) 😊
- Worship begins at 7:00 p.m.