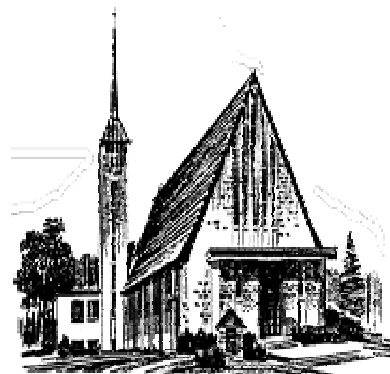


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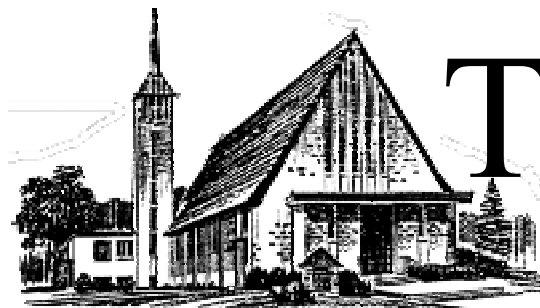
RETURN SERVICE REQUESTED

Thinking of a Memorial . .



Think of the Foundation . . .

Our Savior's Evangelical  
Lutheran Church  
4831 Grand Avenue, Duluth,



# The Friend

*Serving God, His People, and our Community*

February, 2011

## *A Personal View*

*"You shall love the Lord your God and...  
[love] your neighbor as yourself."*

*Luke 10:27a*

February is "Heart Month", and this command is at the heart of Jesus' teaching about how Christians are to live in this world. A tall order, seemingly impossible to fulfill. Carrying it out won't win a "Get Out of Jail Free" card, much less a ticket to heaven. That gift is already promised to those who believe. So what is there to motivate us to care for the neighbor? For this question, the "Lutheran lens" comes in handy, reminding me/us to look for the Good News that's often hidden within the Law. Aha! There it is: The implicit command to "Love Yourself".

*Pamper myself?* Permission granted. *Rest myself?* Reassurance offered. *Care for myself?* Command given.

As one colleague put it, "we first know God through our own bodies." From there we could consider that maybe our first act of worshipping God is to care for ourselves. It certainly is the first step in being able to care for others.

This February I am joining a nationwide challenge, "GO! 2011", to take better care of the body God gave me. I invite you to join me in tracking your own health and

wellness on a daily basis. The chart on the following page is yours to copy if you choose to join me in the "GO!" challenge. Try it for one week, note what needs tweaking in your lifestyle, and consider committing to another three weeks. Next month I'll give a "report" on my own results, and I'll gladly share the page with anyone who'd like to share their progress. My doctor promises I'll find more energy in the process. Probably I'll be better equipped for work and play. Who knows? I may even find it easier to fulfill the demanding task of loving my neighbor. But, if nothing else, Jesus follows his command with a promise that sounds like very Good News, simply put: "...*Do this, and you will live.*" (Luke 10:28) Here's to Life in Christ!

*Pastor Chris*



## THUNDER FROM ABOVE

For weeks now the church office personnel have heard a thundering sound from above as they worked through their daily routines. They wondered if Our Lord was giving them one of His Authoritarian messages or was it the sound of ice falling from the chimney and hitting the roof. Maybe it was both. When we planned the work on the roof after last year's disastrous flood, we talked about the need to add extra support to the new rubberized roof around the chimney because ice was building up on top of the chimney and falling down on the roof. This idea got lost in the shuffle of things as the repairs processed along and we did not do much solving this problem. Now, we do have a possible first step solution to the problem. On Saturday, January 15, a group of men from our church constructed a wood deck around the base of the chimney to protect the roof from falling ice. We still need to research an alternative way to cap our metal chimney flue that will prevent water from dripping onto the top of the chimney and forming ice to eventually fall onto the roof. For now, however, the protective deck should keep our roof in good shape. A thank you goes out to all involved in working on this project.

Dave Thornton

VLM INVITES YOU TO  
SPEND MORE TIME AT  
CAMP!

### Winter Fun Day at Camp Vermilion

Saturday, February 26 1-4pm \$5/person  
Enjoy a winter afternoon at camp, with sledding, cross country skiing, relaxing in the sauna and perhaps even a polar plunge! Cider, hot chocolate and snacks will be available throughout the afternoon.



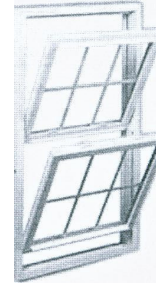
I'm looking for some good "Junior Ushers" (youth in grades 2-6 or so) who would be willing to help with the distribution and collection of the friendship sheets. If you are interested, call me (Anita Fraundorf, 628-1480), leave a note in the Lay Ministry mailbox or place a note in the offering plate. THANKS!



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CHURCH NOTES  
WORTH KNOWING

- We recycle inkjet cartridges. We receive money for each cartridge put into the box outside Fellowship Hall, by the Martin Luther Room. Collect them from your office, friends and relatives. **NO EPSON PLEASE!**
- **The sign up sheet for flowers** for the altar is on the bulletin board outside the church office. This is a great way to memorialize a loved one.
- The church office needs to know **if your address or phone number has changed.** Please put us on the list of people to tell that you have moved. This saves time, postage (\$) and missed communications.

Parish Planning Council

Jon Thornton, President	624-8090
John Jacobson, Vice President	624-7144
Shari Mlodozyniec, Vice President	624-9642
Jan Thornton, Treasurer	729-6137
Roxanne Bijold Secretary	624-4729
Stewardship: Linda Olcott	626-1381
Education: Roger Lofald	624-4607
Lay Ministry: Anita Fraundorf	624-1480
Worship & Music: Debbie Jacobson	624-7144
Evangelism/Soc.Ministry: Jen Conboy	624-2264
Youth: Dave Miller	464-0405
Parish Fellowship: Cathy Hannan	624-3419
Property: Mike Simonson	624-4888
Public Relations: Theresa Jacobson	624-7144
Vacation Bible School: Jen Conboy	624-2264
<b>Other Leadership</b>	
Financial Secretary: Dodo Erickson	624-9315
Camp Delegate: Pam Merrier	624-5953
Bell Choir: Anita Fraundorf	628-1480
<b>Vol. Parish Nurse</b> Kathy Janzig	341-7483

**Staff**

Pastor: Rev. Christine Anttila	879-1224
Music Director: Jennifer Simonson	624-3648
Web Page: Jennifer Simonson	624-3648
Parish Secretary: Cheryl Reynolds	624-3648
Editor of The Friend: Cheryl Reynolds	624-3648
Custodian: John Erdahl	624-3649
Youth: Eric Beckner	464-2636
Sun. School Coordinator AL Young	269-9871



The Martin Luther Room is sporting a brand new carpet and is all set for the Sunday Schooler's. Morning Movers activities begin at 9AM. Teachers and students can meet there on Sunday's and ease into their mornings by hanging out, playing games, singing songs, and generally moving around. Classes are officially back in rotation style and we are currently delving into "The House on the Rock". I look forward to seeing a bunch of smiling faces every Sunday!

\*Who wants to go sledding? Jenny Thornton has opened up her home for a fun day of sledding set for February 20<sup>th</sup> directly after church. One big hill, a fire pit, plus s'mores, hotdogs, and hot chocolate add up to an afternoon of fun for ALL youth. Please, join us.

\*Camp Hiawatha is hosting a retreat for 3<sup>rd</sup>-6<sup>th</sup> graders, March 25-26 (7PM Friday to 5:30PM Sunday). The cost is \$35 per camper. I would like to invite all children and parents (chaperones are free) to indulge in this great event sponsoring a "Friends Forever" theme. Call me immediately if you'd like to make a reservation.

\*A reminder, the Variety Show is set for Saturday, March 19<sup>th</sup> at 7PM. Sign-up sheets are located on the bulletin board outside my office. Please fill them out and return them – either in person or through my mailbox- as soon as possible. I'd like

to get a roundabout number of acts.

Thank you,  
AL Young, Sunday School Coordinator  
218.269.9871

Happy New Year everyone! I would like to thank all of the youth who helped with our worship on Jan 2nd, it was fun for me and I believe the congregation really enjoyed it too. Pastor Chris and I are excited to dig into our new term of confirmation after our very lengthy winter break. We will be spending our time reading from our Bibles so please make sure to bring your study Bible and workbook every week. Coming up in the beginning of February we will be making Super Bowl subs on Saturday, February 5th from 9am-Noon, this is a major fundraiser for our youth so please make every effort to come. The next day we will be attending an open skate at the Amsoil Arena from 3-5pm. Hot beverages will be served there, this should be a fun event. We even get to watch Pastor Chris skate! This is all of my news for now. Stay warm everyone!

Erick Beckner, Youth Director

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First Communion instruction will begin on February 1 at 4:30pm and end on February 8th.

If you are a parent of a 5th grader or if you want more information on First Communion instruction please contact Pastor Chris at the church.



### 3rd GRADE BIBLE PRESENTATION

On February 13 Seth Erickson will be presented with his 3rd grade bible during worship. Congratulations Seth on reaching this Faith Milestone.



### TWO NEW DVDS

**Check out these new movies from our church Library.**

*Letter to God*, would be a great movie to watch as a family.

Tyler is an extraordinary 8 year old boy armed with faith and courage as he faces his daily battle with cancer.

*Veggie Tales, Sweetpea Beauty, A Girl After God's Own Heart*. This children's movie is a fairy tale about the real meaning of true beauty.

### CONGREGATIONAL MEETING

February 27 after church in Fellowship Hall

## February Birthdays

- 2 Sawyer Johnson  
Ing Stockland  
Ahley Stromberg
- 3 Alice DeLawyer
- 7 Judy Miller
- 9 Renee Bauers
- 14 Harold Hanson  
Jim Macdonald
- 15 Tyler Lunke  
Ann Peterson  
Sandy Peterson
- 18 June Brooks
- 19 Nils Kappel
- 20 Christian Olson
- 22 Kathy Hein  
Barb Reider
- 23 Pat Erickson
- 26 Chloe LaFont  
Sara Merrier  
Christopher Demenge  
Linzie Turcott
- 28 Peter Thornton

### Church Secretary Hours

Monday	Off
Tuesday	9-5
Wednesday	9-4
Thursday	9-4
Friday	9-12

### Church Custodian Hours

Monday	9-2
Tuesday	Off
Wednesday	9-2
Thursday	9-2
Friday	9-2

### Contact Us

Office: 624-3648 or 624-3649  
 Fax: 624-0333  
 E-mail: oursaviors3@juno.com  
 Web Page: www.oursaviorsduluth.org

### FAIR EXCHANGE

You can help under-privileged farmers receive fair market value for products when you buy "Fair Exchange Products".

Coffee	\$6.75
Cocoa	\$6.00
Candy Bars	\$1.50 and \$3.00

These products are available during coffee hour through Dave Thornton.

## PARISH PLANNING COUNCIL MEETING

**DATE:** Tuesday, December 7, 2010

**PRESENT:** Anita Fraundorf, Jan Thornton, Jen Conboy, Pastor Christine, Cathy Hannan, David Miller, John Jacobson, Deb Jacobson, Shari Mlodozyniec, Roger Lofald, Sherm Carlson, Mike Simonson, Roxanne Bijold

**ABSENT:** Theresa Jacobson, Jonathan Thornton

The meeting was called to order at 6:30 pm by Vice Presidents Shari and John J. Devotions by Sherm Carlson.

**Secretary's Report** Minutes from the November 2, 2010 meeting were reviewed. Minutes approved as read.

**Treasurer's Report** All bills and benevolences are current. Checkbook balance is \$746.09. Scandinavian dinner proceeds were \$3020 toward the general fund.

**New Business** Jon requests that each Ministry Team submit a summary of their 2010 accomplishments, and goals for 2011, to be shared with the congregation at the December 12 meeting.

The Property Team is working on updating rental fees for use of the church and kitchen. Jon is hoping to prepare a power point presentation to highlight what has been going on within the ministry teams, as a prelude to the budget presentation.

**Pastor's Report** Pastor Chris shared updates on the **Healthy Families in West Duluth** project, and submitted both her **November Pastor's Report** and the **Pastor's Year in Review**.

**Ongoing Business** Discussion was held on contacting families who have been inactive in the church for at least eighteen months, to update membership list. Several PPC members agreed to contact various members/families to offer support, and invite these members back to worship.

**Announcements** Sunday, January 16, 2011 will be **Pastor Chris Appreciation Sunday** to honor her one-year anniversary at Our Savior's.

Adjournment Meeting adjourned at 8:05

**DATE OF NEXT MEETING:** Tuesday, January 4, 2011. Jan T will do devotions.

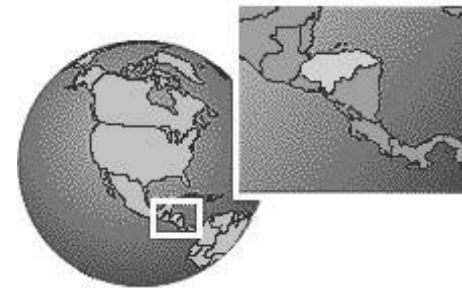
**MINUTES SUBMITTED BY:** Roxanne Bijold

## CONGREGATIONAL MEETING

February 27 after church in  
Fellowship Hall

## HELP SUPPORT OUR MISSIONARY

From Feb. 17 -26 Dave Thornton will join the synod mission trip to an orphanage in Honduras. The orphanage will get help on construction of new classrooms and more missionary residence space. The children will also get to interact with the mission team in a Bible school environment. The construction projects can be supported by buying a \$25 share in the work being done down there. Dave Thornton will take the money with him and hand it over to the orphanage supervisor. There is also a need for fresh new sheets and small baby blankets. Games for kids and coloring books and supplies would also be useful. You can go on line to see the mission by visiting [www.hhmmission.org](http://www.hhmmission.org)



**BRUNCH FOR HONDURAS**  
On February 13 Evangelism/Social Ministry team will host a brunch to raise money for Dave Thornton to use for Orphanage repairs in Honduras. On the menu: egg bake, fruit muffin and coffee/ juice.

## MINISTRY IN ACTION

With the start of a new calendar year, the Lay Ministry Team is re-organizing the Prayer Chain which will be called "Prayer in Action". We will not be including every member in the "chain" but asking for volunteers willing to pray for our members and friends, for our church, its leadership and ministry. We need a Coordinator (someone who receives the information and activates the prayer groups), prayer volunteers willing to be in an e-mail group and prayer volunteers willing to make telephone calls. Please prayerfully consider being part of this vital ministry. If you are so moved, fill out the information below and return it to the office, to the Lay Ministry mailbox, or place it in the offering plate. Thanks and bless you from Lay Ministry Team Leader, Anita Fraundorf.

### PRAYER IN ACTION

Name \_\_\_\_\_

Telephone number(s) \_\_\_\_\_

I would like to (check those that apply):

\_\_\_\_\_ be the Coordinator

\_\_\_\_\_ be in a telephone contact group

\_\_\_\_\_ be in an e-mail contact group (print your e-mail address below)

e-mail: \_\_\_\_\_



If you've been in church on a Sunday or two in the last 6 weeks, you hopefully have noticed (and filled out!) one of the new "friendship sheets" that are being distributed to the pews. I know, I hear you grumbling about filling it out each week but thank you for continuing to sign your name! It's a sad fact that we are often too busy doing (or thinking about our "to do" list) that we don't always notice who is attending each week. And worse, we don't always notice who's NOT attending until too many weeks have gone by. We want to keep in touch with our church family and this is one way easy way we can do that!



## HEALTHY FAMILIES IN WEST DULUTH

For our February Healthy Families Project we will host a CPR class on Monday, February 7. We will meet at 6pm in Fellowship Hall for a FREE meal to be followed by instruction on how to give CPR correctly. Please invite your friends & neighbors!

Mark your calendars for our upcoming March class: Meals for 4 under \$10 on March 7.

## LUTHERAN MARRIAGE ENCOUNTER

Register for a Lutheran Marriage Encounter weekend and show how much you care.

Weekends run from Friday at 7pm to Sunday at 5pm and include two nights lodging and 5 meals at a comfortable hotel. Four presenting couples, including a Lutheran clergy couple give a series of presentations followed by questions the couples discuss in the privacy of your hotel room. *(there is no counseling or required group sharing)*

The next weekend in Duluth is April 8-10. Please register a month in advance by calling 952-432-3105 or visit [www.godlovesmarriage.org](http://www.godlovesmarriage.org)

## CHUM WISH LIST

Following are items needed for families and guests of CHUM's Emergency Shelter, Permanent Support Housing Facility and Food Shelf. For more information, contact CHUM at 720-6521.

- Day Planners
- Portfolios with dividers
- Electric alarm clock
- Vacuum cleaners
- Cleaning buckets
- Cleaning supplies
- Brooms/dust pans
- Towels
- Wash clothes
- Bunk beds
- Totes
- Laundry baskets/detergent
- \$ for mattresses (\$120 ea)
- Large baby diapers (size 2 and up)
- Baby wipes
- Baby shampoo
- Kids underwear from 3T through 8
- New white socks
- New fingernail clippers
- New chap sticks
- New men's and women's underwear
- Hand sanitizer
- Bowls
- Toilet paper
- Coffee
- Napkins



There are so many people that do so much around the church, most often behind the scenes. This is a page to recognize those who help get things done! So if you have anyone you would like to thank, just drop a note in my *(secretary)* box outside the office.

Thank you to . . .

**Kim & Korbyn Danielson** for redoing the bulletin boards on Fellowship Hall level.

**Dave Thornton & the Evangelism/Social Ministry Team** for organizing the Chili Cook Off.

## CONGREGATIONAL MEETING

February 27 after church in  
Fellowship Hall



### Naomi Circle

Naomi Circle meets the 2nd Thursday of each month at 12 noon in the Lounge.

### Dorcas Circle

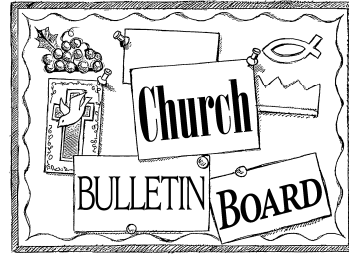
Dorcas Circle meets the 2nd Thursday, of each month 9:30am in Fellowship Hall.

### Rebekah Circle

Rebekah Circle will meet on Tuesday, February 8th at 7pm at the home of Alice DeLawyer, 9002 Lenroot St. We will continue our Bible Study entitled "Fearless" by Max Lucado. New members welcome!

## CONGREGATIONAL MEETING

February 27 after church in Fellowship Hall



Be sure to check the bulletin boards on the sanctuary level for community happenings. There are lots of fun things to do and there is a lot of info that you might find interesting.

### CHILI COOKOFF UPDATE

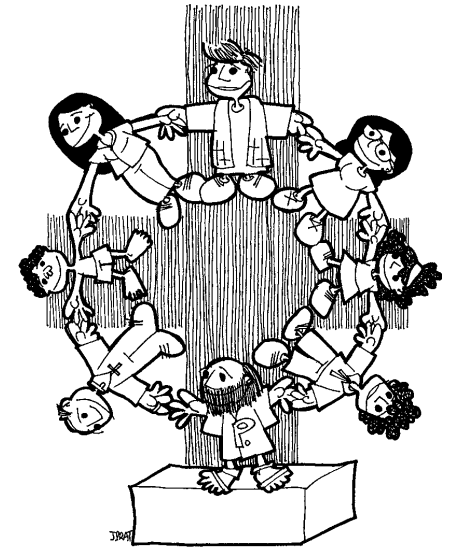
The Chili Cook-off held last month was a great success. Over \$700 was raised for the West Duluth Clergy Emergency Fund and a great time was had by all. The Saturday Men's Breakfast Group won the best chili contest and the \$200 prize money. They decided to give the money to the Honduras Mission in February. This money will be used in the construction projects at the Honduran orphanage. Thank you to all that worked at and donated items to this event.



The annual Potato Bar is scheduled for Sunday, March 13, 2011 in the fellowship hall following the service. You can enjoy a baked potato with all the "fixin's". The cost is only \$6 which includes beverage and dessert. Thank you in advance for helping us raise money for the bell program!

Ash Wednesday is March 9th this year...That means Easter is April 24.

The Pork Loin Dinner is tentatively set for May 5



## CONGREGATIONAL MEETING

February 27 after church in Fellowship Hall

