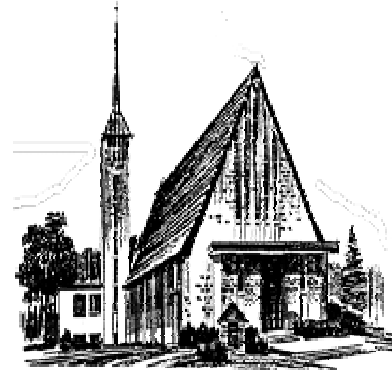


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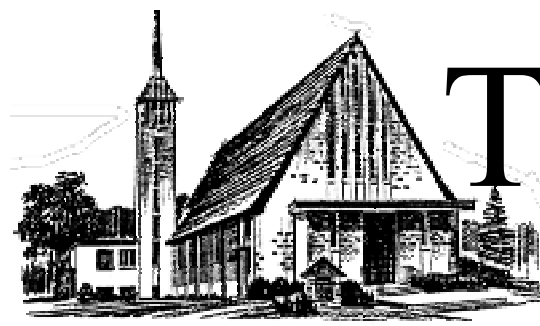
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Thinking of a Memorial . .



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# The Friend

*Serving God, His People, and our Community*

March, 2011

## *A Parsonal View*

Last month I promised to share my progress after a month of taking part in the “GO! 2011” Well-Being Challenge. Several of you were thoughtful enough to ask me “How’s the fitness challenge going?” Thanks. I appreciate your interest and the accountability the question demands. Here’s what I’ve found: Routine of any kind does not come easily to me, nor is it easily established in my profession. Predictably unpredictable best describes most work days. Fine—for the most part I like it that way. But lack of routine presents a problem for my **Physical Health** in terms of meal planning and regular exercise. I’ve begun to pack my own meals, so that when I find time to eat I’m not forced to “order out” in desperation. This turns out to be a benefit for **Financial Health**, with a potential savings of \$200 monthly, money better spent on a car loan or kids’ college. That said, one source of **Social Health** for me is eating out with friends and family. How to balance that against the financial and caloric costs? I try to “do lunch”, which is cheaper and lighter than the dinner menu; when my husband and I do go for dinner, we share an entrée—sometimes appetizers and dessert too, so we get a real treat, without busting the budget or my buttons. My Book Club(s) are a source of great energy and friendship. Whatever I’m reading I look for theological themes, and that

nourishes...my **Spiritual Health**. Pastors are often guilty of neglecting time for their own relationship with God, and I’m no exception. So this winter I learned to take my Continuing Ed benefits on the front end, traveling to places that refresh my curiosity, sharpen my theological process, or just warm up my aching joints. In fact, I’m writing this from Arizona, at a Spiritual Well-Being conference for clergy, soaking up shared wisdom from colleagues, and spending time in the desert alone with my Lord.

I’ve learned that these aspects of well-being are inter-connected. And that ***Spiritual Health must be the first priority, because everything else follows from a relationship with God.*** Which brings me back to the most challenging part of this challenge for me: Physical Health. During Lent, we’ll be calling on Spiritual practices to guide us all to better Physical health. **Don’t be alarmed—there will be an approach that suits every age and ability!** But in short, you can expect some kind of movement every time we gather. Our Parish Nurses will guide us in gentle exercises on Sunday mornings; all meetings will involve movement to scripture; and on Wednesdays you’re invited to join us at 10:00am for a neighborhood walk, followed by stretching exercises. So let the Spirit move: in us, through us, to us! Here’s to your HEALTH!

*Pastor Chris*

# LEN<sup>T</sup>

## Theme:

“Stations in Life: Places in the Heart”

## Travel Guidebook:

St. Matthew, the 26<sup>th</sup> Chapter

As a lifelong traveler, I am fascinated by those places where travelers congregate: airports, bus depots, sea ports, train stations.

Persons of faith also speak in travel metaphors like “paths” or “journeys”, implying both a process of growth/movement and a need for resting-places along the way. But we would be mistaken in viewing life as a linear journey, simply filling in events on our time line between birth and death. Christianity teaches that life is eternal, that Time and Life move in circular, often mysterious ways. The Christian’s task is to find meaning in the events of our own timelines, as seen through the eyes of faith. Indeed, we often find ourselves traveling in circles, revisiting the same dilemmas, issues, and themes until we resolve them; in other words, until we find healing in mind, body and spirit.

The Christian meditation known as “Stations of the Cross” invites us to circle back to the places Jesus traveled on his journey to the cross, and there find healing of the spirit. “Stations”, too, is a traveling-word, signifying those places at which we make key decisions about our life’s direction,

embark on the next leg of a trip, disembark to explore or rest, make a directional change, or sometimes realize the train we’re on won’t take us where we wanted to go.

This Lenten season we’ll take a journey through “Stations in Life” on Wednesdays during Lent. We’ll unpack the 26<sup>th</sup> Chapter of Matthew, a text packed full of interesting side-trips. We’ll visit a few “stations” along Jesus’ last earthly journey, and do a little people-watching as we observe his fellow travelers.

Sunday sermons during Lent we’ll explore “Places in the Heart”, those moments of key decisions about life’s directional changes, in themes such as Holidays and Holy Days; Aggression and Submission; Denial and Prayer; Truth and Consequences. Through the eyes of faith, we’ll search the scriptures for help in making sense of these “stations” along our own life’s journey. With Jesus as our travel companion, we’re sure to discover some fascinating places.

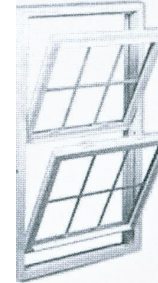
So, pack your bags. Bring your Bibles. And Bon Voyage!



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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

**Other Leadership**

Financial Secretary: Dodo Erickson 624-9315  
Camp Delegate: Pam Merrier 624-5953  
Bell Choir: Anita Fraundorf 628-1480  
**Vol. Parish Nurse** 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

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*Journey to the Cross*

During our Lenten worship services on Wednesday nights we will explore the fourteen "Stations of the Cross." They are:

1. Jesus is condemned to die
2. Jesus carries his cross
3. Jesus falls the first time
4. Jesus meets his mother, Mary
5. Simon helps Jesus carry his cross
6. Veronica wipes Jesus' face
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls the third time
10. Jesus is stripped
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is laid in the tomb

This "Journey to the Cross" will take us through the weeks of Lent, culminating on Maundy Thursday with a dramatic reading of The Passion as the lights are dimmed in the Sanctuary. Our Wednesday night Lenten worship services begin on Ash Wednesday, March 9<sup>th</sup>. The service will begin at 7pm. Soup suppers will begin the following Wednesday, March 16<sup>th</sup>, at 6pm.

# Ash Wednesday



Ash Wednesday worship is on March 9 at 7pm

# SOUP SUPPER



Lenten Soup Suppers begin March 16 at 6pm followed by worship at 7pm.



Hey! I hope everyone is keeping warm and had a terrific Valentine's Day! Coming up for our youth: We will **not** be taking the field trip to Holy Family Catholic Church on February 26th as it conflicts with other items. There will be NO CLASS February 27th but on Sunday, March 6th we will be going to the Damiano Center again for a servant activity. We will be working there from 8:30am until 1:30pm. Please have your kids at the church at 8:00am. Also, I need an adult volunteer to assist me that day. Thank you and I hope you are all having great, hopefully soon ending, winters!

Eric Beckner - Youth Director

### VARIETY SHOW

Join us on Saturday, March 19<sup>th</sup> at 7pm for an evening of fun and varied entertainment. Sign-up sheets are located on the bulletin board outside AL/Eric's office. Please fill them out and return them – either in person or through AL's mailbox- ASAP.



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!

## March Birthdays

- 2 Georgia Johnson
- 3 Sandy Andler
- 4 Bob Lippert
- 5 Allie Bauers
- 8 Sandy Zapp
- 10 Mike Bail  
Richard Lindberg
- 14 Duane Fike
- 15 Anita Fraundorf  
Dora Hughes  
Danielle Merrier  
Trish Winkelman
- 17 Pat Anderson  
Andrew Johnson  
Pat Lehr
- 18 Pat Nilsen
- 23 Shirley Muscatello  
Amy Pozniak
- 24 Tiffany Nelson
- 25 Dorothy Erickson  
Dean Herold  
Sharon Larson
- 26 Shannon Brown
- 27 Kay Evanson
- 28 Fannie Olson
- 30 Ron DeLawyer
- 31 Madelyn Lilliberg  
Dan Simonson

### 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, January 4, 2011

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

**ABSENT:** Theresa Jacobson, Sherm Carlson, Deb Jacobson

The meeting was called to order at 6:35 pm by President Jon Thornton. Devotions from *Developing a Servant's Heart* by Jan Thornton.

### Secretary's Report

Minutes from the December 7, 2010 meeting were reviewed. Motion to approve minutes as presented by Dave M. Seconded by Roger L. MP

### Treasurer's Report

As of 12/31/2010, checkbook balance is \$191.93. Overdue bills are \$1609.83. Receipts from January 2 service were not yet processed.

### Ongoing Business

Pastor and a few other PPC members have made contact with previously active members to check on their needs, and to invite them back to worship. These efforts will continue as needed.

### Ministry Team Reports

Social Ministry: Activities include health kits, Healthy Families Nights, and upcoming Chili Dinner on Jan 11 to raise money for West Duluth Discretionary Fund and Youth. Plans underway for a brunch to support Dave

Thornton's mission trip to Honduras.

Youth: Super Bowl Sub orders beginning soon.

Lay Ministry: Parish nurse program is running. Pastor Chris first anniversary celebration planned for Jan 16. Setting up email distribution groups for "Prayer in Action". Connection with recently received members. Still working on clarifying classifications of membership.

Property: \$1500-2000 is the estimate to complete the new sign in front of the church. Dave Thornton is working on the ice problem and the roof. Building use policy and fees are being reviewed. Looking into the feasibility of beginning a day care at the church.

Stewardship: Offering envelopes are available.

Fellowship: Recovering from Scandinavian Dinner & preparing for Pork Dinner in May. Kitchen storage has been reorganized.

Education: Sunday school numbers are up by a couple of children, led by a group of very dedicated teachers.

### Announcements

February Congregation Meeting scheduled for February 27, 2011 following worship service.

**Adjournment** Meeting adjourned at 8:00 pm. Motion to adjourn by Dave. Seconded by Mike. MP. Meeting ended with the Lord's Prayer

**DATE OF NEXT MEETING:** Tuesday, February 1, 2011 at 6:30 pm

**MINUTES SUBMITTED BY:** Roxanne Bijold

## COMMUNITY "TALK BACK" "Terrorism & Human Rights" With Dr. Hal Bertilson & Scott Lyons

TUESDAY, MARCH 29, 7 PM

Every year, the Alworth Center for the Study of Peace and Justice at the College of St. Scholastica has a free lecture series for students and the general public. Each lecture is followed by a chance for the community to "talk back" or discuss the ideas presented. This year's topic has been: "Terrorism and Human Rights". Five prominent authors, scholars and former government officials have spoken on this important and timely topic. Please attend the last two speakers at Scholastica, then join the larger Duluth and surrounding community for a Talk Back at Our Savior's Lutheran.

Facilitators Dr. Hal Bertilson, psychology professor at UWS., and former Duluth Police Chief Scott Lyons will share their thoughts on the lecture series and will then open up the conversation to the community. Dr. Bertilson teaches classes focusing on the psychology of interpersonal, community and global violence. Scott Lyon teaches in the law enforcement program at Fond Du Lac Community College. He will be discussing former FBI official Coleen Rowley's lecture on "Obama's Response to Terrorism". Rowley was one of three who shared Time Magazine's "Person Of The Year" Award in 2002.

ST. SCHOLASTICA LECTURES IN  
MARCH

Robert Pape March 17  
Coleen Rowley March 22  
for more info visit [spotlight.css.edu](http://spotlight.css.edu)

VLM INVITES YOU TO  
SPEND MORE TIME AT  
CAMP!

Camp Hiawatha is hosting a retreat for 3<sup>rd</sup>-6<sup>th</sup> graders, March 25-26th (7PM Friday to 5:30PM Saturday). 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 if you'd like to make a reservation.

Create your own  
bent shaft canoe paddle

On March 4-6 travel to Camp Vermilion to learn how to build your own canoe paddles. Local builder Lee Dybvig will lead this class. There is still room and at the cost of \$200 for all materials and room with meals it's a bargain for a weekend get-a-way!

## CARE IN ACTION MINISTRY

This ministry, formerly directed by Evangelism Team members Jen Conboy, Alice DeLawyer and Sandy Zapp, is now part of the Lay Ministry Team's focus of caring for members, leaders and staff of Our Savior's.

The purpose of Care in Action is "to be a blessing of aid and support to a member or members of the congregation by providing meals during a time of concern." If you know of a member/member's family who may desire CIA attention, please contact the church office.

We need volunteers who would be willing to make contacts with families, volunteers willing to provide a meal and volunteers willing to deliver food. If you are so moved, please fill out the information below and return it to the office, to the Lay Ministry mailbox or place it in the offering plate. Bless you and thanks from Lay Ministry Team Leader, Anita Fraundorf.

-----  
CARE IN ACTION

Name \_\_\_\_\_

Telephone Number(s) \_\_\_\_\_

I will help by (check those that apply):

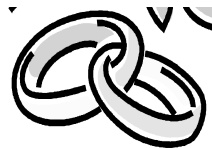
- contact members/families
- provide meals
- deliver meals

E-mail address (optional): \_\_\_\_\_



HEALTHY FAMILIES IN  
WEST DULUTH

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.

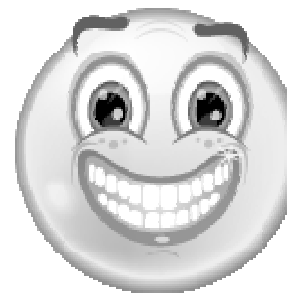
Weekends run from Friday at 7pm to Sunday at 5pm and include two nights lodging and 5 meals at a comfortable hotel. Four presenting couples, including a Lutheran clergy couple give a series of presentations followed by questions the couples discuss in the privacy of your hotel room. *(there is no counseling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

## Funny Bone Ticklers

Somebody has well said that there are two kinds of people in the world. There are those who wake up in the morning and say "Good morning, Lord." And there are those that wake up and say, "Good Lord, its morning."

A minister parked his car in a no parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. Forgive us our trespasses." When he returned, he found a citation from a police officer along with this note. "I've circled this block for 10 years. If I don't give you a ticket, I'll lose my job. Lead us not into temptation."



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 Adams** for providing meals for our Care in Action team to deliver

**Everyone** who brought birthday cakes for Birthday Sunday.

**Everyone** who brought kleenex in for those drippy noses!

**Dave Thornton** for his work in Honduras.

**Carol Fike and Jennifer Simonson** for painting the outside signs.

**Jon Thornton** and the whole **Parish Planning** council for their work in leading our church into the future.



### Naomi Circle

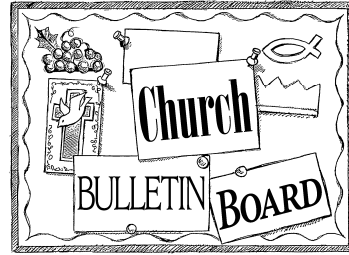
Naomi Circle meets the 2nd Thursday of each month at 12 noon in the Lounge.

### Dorcas Circle

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

### Rebekah Circle

Rebekah Circle will meet on Tuesday, March 8th at 7pm at the home of Jen Conboy, 807 N 61st Ave W. We will continue our Bible Study entitled "Fearless" by Max Lucado. New members welcome!



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.



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

