



THE LIGHT

The monthly newsletter of Christ Lutheran Church, Lake Elmo, Minnesota
January 2010

How Are We Doing?

The "We" in this question is us, members of Christ Lutheran Church. We are Christ Lutheran. So how are We doing? That is a tough question and if it were asked of us on a Sunday morning, the number of different answers one might hear would at least equal our number. There may even be more different answers than people because some of us (like me perhaps) would change our minds!

With the turning of the New Year I think it is important to look back and reflect on how We are doing. This helps us to focus and gather our strength for the year ahead. One approach to answering the question is to look at ourselves both internally and externally. The internal things are the foundation of our church and include vibrant worship, support and care for each other, and teaching each other and our children to follow Jesus' examples.

Like a house, if the foundation is strong then a second level can be built upon it. The second level is our support for external things, our missions that improve the lives of people outside of Christ Lutheran.

We and our forbearers at Christ Lutheran have built a strong foundation. Of course We need to maintain it, repair relationships if they become strained, and We need to care for each other and our spirits. But the fact that We so strongly support our external missions, our second level, indicates that We have a strong first level. It would be an unsustainable church if external mission support was high but the internal foundation was weak. We have long been able to support our external missions because We have a strong internal foundation.

So how strong is our support of missions? In 2009 We spent thousands of unmeasured hours volunteering our time to help others. We also committed over \$100,000 to our external missions! Can you believe that?! Our money went to causes like the Lulanzi Medical Dispensary, Synod Benevolence, Crossing Bridges, Scholarships for Tanzania students, Feed My Starving Children, First Lutheran Church in St. Paul, Valley Outreach Food Shelf, Tanzania Famine Relief, Sigrid LePage, Charlie LePage, Habitat for Humanity, St. Croix Valley Christians In Action (Car Care), St. Croix Chaplaincy, Relay for Life, Robin's Nest, Human Services, Inc.(HSI), Operation Christmas Child, Lutheran Social Service, and Lutheran World Relief.

These organizations directly improve the lives of literally thousands of our fellow human beings. Our support went to people locally, regionally, and globally and to those people our support made, and will continue to make, a huge difference in their daily lives.

I love the story of the young boy who, walking along the beach, came upon a starfish stranded yards from the tide, struggling for life. The boy reached down and gently lifted the starfish and returned it to the ocean. A man approached the boy and asked. "Why are you bothering with that starfish? They die all the time, by the hundreds. That won't make a difference." Raising his eyes to the man the young boy said "It makes a difference to this one."

Little Christ Lutheran Church in Lake Elmo is like that young boy. We are well aware of the vast need in our world but We have the strength and generosity to refuse be intimidated by it and We do what we can to help.

So 'How Are We Doing'? My answer is We have a solid internal foundation, our external support for missions is incredible, and our future is bright!

Council President, *Jeff Ubl*



January Adult Forums:

- Jan. 3 - No forum—Adult Social Hour
- Jan. 10 - Budget Review
- Jan. 17 - Program Committee Review
- Jan. 24 - Healing Touch Ministry
- Jan. 31 - H1N1 Update

Camp Sunday: January 10—watch for more information in the bulletin. Find out about the fun and fellowship to be had at Camp Wapo and Journey of the Cross.

More Than Money Matters:

An interactive, values-based money management workshop, offered at Christ Lutheran on Saturday, January 16 & 30 from 8:30 a.m. - noon. Childcare provided (please pre-register this need). The workshop, developed by Thrivent Financial for Lutherans, will be presented by David Boorman. You'll learn how to identify what's most important in your lives and set goals. You'll also learn how to make sharing, saving and spending decisions in line with your values, and use basic management tools to help you budget, reduce debt and find money to save. To register, call the church office at 777-2881—please indicate if you will need childcare. The registration deadline is Sunday, January 20. For more information, call the church office at 777-2881. No products are offered for sale at these informational events.

Senior Lunch: All seniors are invited for lunch on Wednesday, Jan. 20 at 12:00 noon in the lower level. All are welcome.

Women's Book Club: We will meet on Monday, Jan. 25 at 6:30 p.m. to discuss "The Book Thief" by Markus Zusak at the home of Joan Johnson. All are welcome!

Valley Outreach Workers needed:

CLC is scheduled to provide volunteers at the Food Shelf in Stillwater on Monday, March 1, Wednesday, March 3, and Friday, March 5. We will assist clients in shopping and stocking shelves. We need 5-6 people for each shift from 9:30 a.m.—12:15 p.m. Please sign up near the food drop off site by the Fireside Room. If you have any questions, please call Vicki in the office.

Summer '10 Youth and Adults Trip to Tanzania:

If you are interested in being part of a trip to Tanzania next summer, please contact Pastor Julie or Nora Gilbertson. The tentative travel dates are June 27-July 16, 2010.



Ash Wednesday is coming soon—worship at noon with lunch afterwards or come to Soup Supper at 6:00 p.m. followed by a service at 7:00 p.m.

Wednesday Nights at CLC

People of all ages are invited to join us.

- 3:45-4:20 p.m. Kids Choir (3-6 grade)
Homework Help, Games and Snacks
- 4:25-5:00 p.m. Kids Handbells (Gr. 3-6)
- 5:00-5:30 p.m. Youth Choir (7-12 grade)
- 5:15-6:15 p.m. **Dinner served for all**
- 5:30-6:15 p.m. Bells of Joy—Handbell Choir
- 6:15-7:30 p.m. Servant Song
- 6:30-7:30 p.m. Good News Bearers(Gr.3-6)
- 6:30-8:00 p.m. Confirmation (7-9 graders)
- 6:30-7:30 p.m. Adult Bible Study Group
- 7:30-9:00 p.m. Chancel Choir
TIM team

A message from Herbert W. Chilstrom and H. George Anderson

Dear friends in Christ and brothers and sisters in the Evangelical Lutheran Church in America:

We write today to invite you to join us in prayer and action for the mission and ministry of the Evangelical Lutheran Church in America (ELCA).

Like you, we became children of God in the waters of Baptism. And, like you, we have found our primary identity with this church through local congregations, including the ones to which we now belong. This is where we receive Word and Sacrament that keep faith alive. We have also been blessed through the other two expressions of this church: our synods and the church-wide organization of the ELCA. All are gifts from God. Through them:

- Our faith was nourished in Sunday church school.
- Our gifts for leadership were nurtured in youth ministry.
- Our education at our colleges and seminaries enhanced our witness and service.
- Our vocations to serve Jesus Christ as pastors and leaders have been opened for us.
- Our call to minister to the poor and hungry and those treated unjustly is fulfilled.
- Our connection to believers in companion churches around the world has enriched us.

All of this, and much more, has happened because we have been part of the ELCA, a church whose roots reach all the way back to the beginning of Lutheranism in this country.

In recent months, our society and this church have been sailing through rough waters. Personal income is down for many; some are unemployed. We recognize that some sisters and brothers in Christ were disappointed in the decisions regarding human sexuality at the church-wide assembly, although we believe they were the right decisions. As a result, some have withdrawn or reduced support for our mission. The consequences of these events are painful. This church's mission and ministry have been diminished.

Our troubled world needs the Good News of the Gospel and all that flows from it. Our differences must not divide us at a time like this. We are absolutely certain that we can continue to live together and serve as one family in the ELCA.

This is why we are calling on you, our brothers and sisters in the faith, to pray daily for the unity of this church and its mission.

We ask you to join us as we step up our support of the ELCA with a generous gift. You may wish to do so before the end of the year and on occasion in the months to come. You may make your gift to the ELCA's Vision for Mission in one of three ways:

*Online at <http://www.elca.org/supporttheelca>

*By check made payable to the Evangelical Lutheran Church in America and sent to:

Evangelical Lutheran Church in America, PO Box 71764, Chicago, IL 60694-1764

*By credit or debit card by calling 800-638-3522.

This effort is entirely through the Internet. **We urge you to send this e-mail message to your friends who share our concern for this church.**

Sincerely in Christ,

Herbert W. Chilstrom ELCA presiding bishop, 1987-95

H. George Anderson ELCA presiding bishop, 1995-2001

Calendar of Events:

January 5th - Coffee Tuesday's
 January 6th - Confirmation Resumes
 January 8th - Friday Fellowship
 January 12th - Coffee Tuesday's
 January 13th - Confirmation
 January 13th - 30 HOUR FAMINE
 REGISTRATIONS OUT!
 January 20th - Confirmation

Looking ahead!

February 26th - 27th - 30 Hour Famine



Christ Lutheran Church

Youth Page



From The Youth Director. . .

HELLO 2010!!! Can you believe the New Year has already come and gone? I feel like time has truly flown since school started again in August. It still seems like all I was hearing from all of the youth was how unexcited they were about starting up again, but like always, school got started and before we knew it, it was time to pick out the Christmas tree and celebrate the New Year. I hope that everyone has had/are having a truly wonderful holiday season and has been surrounded by both family and friends.

There are a few things that are already under planning for the spring that I would love for you too consider attending. The annual 30 Hour Famine is coming up! We will once again be joining in with quite a few of the churches in the surrounding area to raise hunger awareness not only amongst our community's teens, but also amongst the community as a whole. The event is open to 7th-9th graders and then our high schoolers, 10th-12th graders are welcome to be leaders during the event. We fast together for 30 hours, just to have a sense of what it is like to be hungry and be unable to eat. Amongst these 30 hours together, there will be fun activities, time to worship and play together. If you have any questions about this event, don't hesitate to contact me.

Just a quick reminder, Friday Fellowship still takes place the first Friday of every month at the church, it is just a time to hang out together at church. There is youth Sunday School offered in the youth room (downstairs) every Sunday, there are always doughnuts and good times to be had, so come join us! Coffee Tuesdays for our Senior High is each Tuesday at the Starbuck's by the high school, right off of Neal. We meet at 6:45a.m. for coffee, fellowship and devotion together. I hope that there would be a niche for you to join and come be a part of what's happening at Christ Lutheran - Lake Elmo!

Happy New Year to all CLC women! May we suggest a grand new year's resolution: "Learn more about our Women of the ELCA unit and decide to participate more fully in the wide variety of opportunities available through your membership with us. Here are just a few examples of what lies in store if you choose to discover them:

1) Bible Study: For centuries, this has been the core that has helped women grow and has strengthened us for the other work and fun we have in serving. Our three sessions meet on the FIRST Tuesday of each month at 9:00 a.m., 12:30 p.m., and 7:00 p.m. in the Coffee Room. This year we are being wonderfully challenged by our study of Paul's letter to the Romans. Hostesses Rosalie Gadiant, Pat Urtel, and Meredith Moser will be eager to welcome you to our **January 5** session. Leaders Jackie Boorman, Sharon Dornfeld, and Naomi Bagley will provide the guidance that takes us through the lesson. Truly a great way to start a new year!

2) Women's Renewal Retreat: This annual "day apart" will be held Saturday, January 23, at Our Savior's in Stillwater. The presenters will help us focus on the topic of Making a Difference- Passing on the Art of Affirmation. They challenge us to lighten up our life and the lives of those around us by sharing generous doses of love, laughter, gratitude and appreciation. Visit our bulletin board near the church office for a brochure/registration form. It's another great gift for the beginning of a new year!

3) "Ministering Angels" Mission emphasis: See details in an article elsewhere in this newsletter about what is needed. Consider what you might be able to contribute to our January-February effort to help people get back on their feet. We are grateful to Pat Urtel and Meg Corrigan for guiding us in gathering the needed items and getting them delivered.

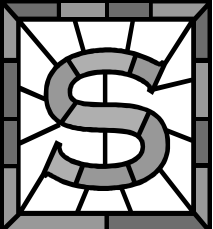
4) Lenten Soup Suppers: Begin to think about which delicious soup you might be able to prepare and/or about helping as a worker to arrange the lower level for one of these suppers. Watch the narthex board for sign-up sheets and add your name to one of the shifts.

5) Lutheran Woman Today magazine: Visit the outer narthex desk and examine a sample copy of our great magazine and consider treating yourself to a subscription. At \$12 a year, it is a bargain. Call 800-328-4648 or go to subscriptions@augzburgfortress.org and get all the details.

6) Annual Unit Yearbook: If you don't have one, speak with one of the board members (Diana Merkl, Sharon Dornfeld, Pat DuFresne, or Cleone Pritchard) and they will help you get a copy. It will give you several pages of overview information and provide a monthly description of this year's programs and activities.

7) In Addition, be curious about Cluster gatherings, spring Synod Convention, Lutheran World Relief quilt and kit projects, Prayer Shawl Ministry, "The Raising Health Women and Girls Initiative", and many more facets of Women of the ELCA.

You already belong to our unit, so why not take advantage of that membership. Find the areas which intrigue, interest, or inspire you. Giving your time and talents will enrich your life and benefit all of us in our journey together.



**SUNDAY
SCHOOL
SECTION**



The Christ Lutheran Sunday School students are learning that the seasons of Advent, Christmas and Epiphany inaugurate a new liturgical year with stories, songs, and rituals that ground us in centuries-old traditions of faith. Advent begins with reflective preparations for welcoming God's love among us. Christmas celebrates the light of God's love given new life to Jesus. Epiphany invites us to action as we imagine ways we might shine with the light of God's love in our own ways and our own world.

December was filled with tremendous energy and enthusiasm as students prepared for the Christmas program "O Wondrous Mystery!" presented at the 10:30 a.m. service on the 13th. This memorable endeavor that begins as a seed in Laurel Drevlow's imagination, later flourishes to a morning filled with music, scripture and theater, thanks to her countless hours of time and talent. Additional gratitude to Sunday School superintendent Jennifer Ryan and teachers, musicians Gary Wemeier and Paul Bingea, assistants Nora Gilbertson and Sydney Gilliam, readers Pastor Julie Rogness, John Lasswell, and Roxanne Rosell, and projector operator Liz McNaughton. Also, thanks to the parents and families that bring the students to the rehearsals - then behold their God given abilities.

Additional photos of the Christmas program can be viewed on the CLC website:
www.christlutheranlakeelmo.org.

Facilities Task force—January 2010

We are starting 2010 making good progress toward our goal of getting facility improvements documented and designed.

Initial design floor plans were provided by Busch Architects in early December. These plans showed how additional space may be added/reconfigured to meet our needs in the education, gathering, and office areas. Additional space requirements were determined by a master plan process which identified current and forecasted participation levels and the square footage needed to accommodate them.

The next step is for the architect to refine the initial plans to reflect improved space utilization traffic patterns, and suggestions from our team. We will meet again with the architect in early January and continue this process until we feel we have the best plan taking into account our current building structure and location limitations.

Our goal is to have a plan to share with you by February. At this time, we should also have some initial cost estimates. After the design plan has been approved by the congregation, we will move into the capital campaign phase which may take a couple months. The outcome of this will determine if we can complete the entire project in one phase or take a phased approach.

After the funding is known, the project can move into the construction document and bidding phases. All of these phases are dependent on each other, so firm dates are not known at this time. Each may take a couple months. Our best guess at a construction phase could be late 2010.

As always, we welcome your questions and input. As noted above, we should have something for you to look at soon.

Thanks for your support, *Claudia Anderson, Ron Johnson, Jim Lohmann, Jennifer Owens, , Jeff Ubl, Pastor Julie Rogness, Pat Skaiem, Steve Urtel and Dave Whiting*

STORIES OF FAITH IN ACTION STORIES OF FAITH IN ACTION

What We Accomplish Together in Mission: A portion of your financial support will travel through the three expressions of the ELCA and, together with the offerings of other members, fund the following ministries:

- Approximately 204 congregations under development
- Long-term community development
- 49 new starts under way in 2008, including 33 new congregations under development
- 159 existing congregations intentionally focused on renewal
- 260 missionaries in 50 countries
- Support of ministry and projects in over 90 countries
- 8 seminaries
- 28 colleges and universities
- 187 campus ministries
- 1,530 Lutheran early childhood education centers, includes birth to age five
- 267 Lutheran elementary schools, K-8
- 147 outdoor ministries
- Health and pension benefits for retired clergy, missionaries and lay church workers
- Advocacy with the United Nations, federal and state governments and corporate development
- Partnerships with The Lutheran World Federation, World Council of Churches and National Council of Churches in Christ

*This is only a snapshot of the work being done by this church in God's name,
thanks to the generous support of members like you.*

Highlights from the Church Council

Minutes from the December meeting:

Bill Wacker – On behalf of Mission Endowment Fund (MEF) committee, thanked the council for designating \$10,000 to the MEF from the Growth Fund. Per the committee's rules, they must distribute 10%, therefore, \$500 went to HSI and \$500 to Robin's Nest. Thanks to President, Jeff Ubl, Treasurer, Diana Erickson and Pastor Julie for their participation on this committee.

Pastor's Report: Normal pastoral duties; Highlighted Saturday visit to Bethlehem activity....many youth involved. Thanks to all who helped make this possible. Sent \$1,600 to TZ for famine. Upcoming: Camp Fair – January 10; H1N1 – Pandemic policy being created

Old/Unfinished Business

Facility Task Force Update – Claudia Anderson – Met with Busch Architects who presented their ideas and will be meeting again next week to hopefully review some concept drawings for the Master Plan which is the first step in the design process.. Hope to have something to show to congregation in February. They are in the process of defining the "Master Plan." See the website for more info. Interesting fact: our building functional space is 64%. In other words, about 1/3 of our space is unusable space such as hallways, walls, etc.

Lulanzi Dispensary – Raised \$9,245. We have \$4000 in well fund that is not fully needed for that purpose. **MMSC to transfer monies (\$755) from the Lulanzi well fund to dispensary fund to get reach the \$10,000 goal.** The \$10,000 will be matched with \$30,000 from the Growth Fund for the dispensary.

Youth Board Projection/Sound System for Lower Level – Two bids received. Need more detail and possibly another bid before making a recommendation or decision.

Parish Nurse Update – In the interviewing process. Hope to have a permanent person on board by January, 2010.

Carillon - up and running.

New Business:

Nominating Committee –Continuing to work on getting roster filled.

Annual Reports Due January 4, 2010

Main Street Forum – December 13, 2009 – Tammy Malmquist will be presenting her concept of a Senior Living Center and answer questions.

Board Highlights/Action Items:

Youth: Friday Night Fellowship continues to be very successful. Had 25 participants at the last event. May need to recruit an adult volunteer to help supervise during these events.

2010 Mission trips options: Denver or northern Idaho.

Evangelism: Shared a concept they are looking into as food for thought. Gave a synopsis of "A Renewal Enterprise." Theme – God is on the loose. There are three principles: Be Who You Are; See What You Have; Do What Matters. Food for thought: Open our eyes to see what God is doing in the world and support that.

Annual Meeting

**January 17 at
11:45 a.m.**

Light lunch will be served by
the youth before we begin.

The CLC Mission Endowment Fund recently received a generous donation from the CLC Growth Fund. The MEF committee met on Nov. 22 and determined the required immediate distribution of 10% of the funds will be split equally and go to Robin's Nest Children's Home in Montego Bay, Jamaica and HSI – Oakdale, MN.

HSI—Human Services, Inc. is a dedicated, caring community human service agency offering hope and help to children, adolescents, adults, the elderly and families who struggle with aging, transportation, chemical and mental health, & domestic and sexual abuse.

Robin's Nest provides a nurturing, loving, safe, Christ-centered atmosphere in which all children will grow at their own speed – physically, mentally and spiritually – so they may develop their own individual gifts, talents and abilities to become the person who God intended.

These are two new recipients of funds from the MEF here at Christ Lutheran and we are very proud to be able to share our gifts with these worthy organizations.

Parish Nurse Pebbles

Happy 2010. How blessed we are to be able to greet in a new year. Over the past several months I have had the privilege to get to know so many of you. I have found Christ Lutheran Church a very warm and welcoming church. I have felt right at home because you made me feel that way. You have so many good things going here, that I am sure 2010 will bring many positive blessings to the members of CLC.

Thinking about the New Year, makes me think of resolutions that we have a tendency to make for ourselves. One resolution that would be appropriate for all of us is to spend a little more time in the Bible. I bet you thought I was going to say exercising!!! Well, exercising is good also, but time in prayer and meditation is another form of wellness. Try it and you will be amazed at what you will find. I have a few scriptures that are very appropriate for the beginning of a New Year. Look them up and see what you think: *Ecclesiastes 1:1-13, Rev. 21:1-6a, and Matthew 25: 31-46.*

I recently reviewed “**26 Health Revelations You Need To Know Now**” from an article from Drs at Harvard Medical School. I will share a few of these with you.

1. Drs find that it is best to take many blood pressure pills first thing in the morning after getting up, because people are most active during the day and BP tends to climb as the day goes on.
2. Do “natural cancer fighters” exist? Yes. So far, it is generally accepted that ginger, green tea and (surprise) pomegranates contain natural cancer inhibitors.
3. Did you know that caffeine can linger in the body for up to 12hrs? Avoiding caffeinated coffee, tea and soft drinks after lunch may help you sleep better.
4. To date, researchers have found just one sure way to increase biological life span-eat fewer calories.

Blessings and Peace in the New Year, *Nancy Schlagel*, Parish Nurse

CLC Wellness Ministry

CLC's Wellness Ministry offers many opportunities for the congregation and community to take care of their spiritual, emotional, mental and physical health. These are services that are offered to anyone willing to receive.

During the next few months we will try to offer more information on each of these programs. This month we will learn about the ministry of Healing Touch Spiritual Ministry and the Prayer Shawl Ministry.

Healing Touch Spiritual Ministry (HTSM)

Based on a Judeo-Christian perspective, HTSM is a gentle, complementary, energy based approach to health and healing that can assist in bringing a body into its natural state of harmony and balance. It is a holistic, complementary, and integrative therapy in which the practitioner consciously uses their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health and healing. The healing traditions of many cultures emphasize the importance of subtle energy systems that flow through and around the human body, affecting its health and vitality. Many of these traditions stress that balancing these energy fields can assist the body, mind and spirit in moving towards and maintaining wellness.

During a session (which averages 60-90 minutes) the practitioner will gently place their hands on, or above, the receiver's fully clothed body (noting any sensations or imbalances) to assess the energy field. Then a HTSM technique that is appropriate for this person's needs is chosen and performed. The technique may include light physical touch, or a sweeping hand motion above the body.

People have many different responses to HTSM. There is a high likelihood that the receiver will experience a relaxation response during the session. But some may feel nothing at all. Others describe sensations of moving energy, deep relaxation, feelings of being supported and nurtured, and/or an increase sense of well-being and peace. Some people experience an emotional release such as tears, some have what they consider to be a spiritual experience, or they may develop insight into specific areas of their lives. The experience felt is as unique as the individual receiving.

For more information, or to schedule an appointment, contact Terry Laidig @ 651-270-3751.

Prayer Shawl Ministry (WELCA)

Prayer Shawls are made by the women of Christ Lutheran and given to members, family and friends as they heal from illness, or challenging times, and need to know that the CLC family cares about them. As the shawl is knitted or crocheted, prayers of hope and healing, health and wellness are prayed. These shawls allow the congregation to speak support and concern, which sends spiritual and emotional presence to the persons receiving them.

To inquire about Prayer Shawls,
contact Cleone Pritchard at 439-4904 or Darlene Sitko at 436-7915.

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TIME SENSITIVE MATERIAL

Annual Meeting

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11:45 a.m.**

Light lunch will be served by
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From the Staff of Christ Lutheran Church