



# Blessed The Caller are the poor in spirit

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## Lent: A Season of New Beginnings

As we began this Lenten Season with Ash Wednesday, we heard in the Gospel of Matthew 6: 1-6, 16-21 about how we are to practice "humility" and to be of "service," to those in need—that God does not want us to loft ourselves before everyone to take notice, but to allow others who are less than ourselves to be noticed. Jesus is not saying that we are not to be proud of our hard work but to not dwell on what we have succeeded in doing and keep striving to be better with our gifts and talents. That is why those who came to our Ash Wednesday Worship received an egg and were instructed on placing in the egg things each person want to work on during the next five weeks of Lent. To work on our *New Beginnings!*

These *New Beginnings* can be things each person can reflect about and challenge yourself to work on—areas that will help us become better human beings, Christians, friends, neighbors, classmates, spouses, parents, daughters, sons, supervisors or co-workers. Lent is a spiritual time within the Church Liturgical Year for us to pray, do self denial and acts of kindness, renew one's self in communal worship and seek forgiveness from those you may be strained with in your life.

There are many ways we can begin finding *New Beginnings* in our lives that the Church has given us. Like all new beginnings, we have to step outside the box of our old habits and start new ones. This takes time and a strategy or plan. Here are some questions that might help.

- ✠ *What is there about me that I can improve upon in the next five weeks? (Body/Health, Mind/Attitude, or Spirit/Prayer)*
- ✠ *Is there someone who bothers or annoys me or am upset with that I could pray for?*
- ✠ *Is there a Habit that has taken control of my life that does not allow me to be a better person?*
- ✠ *Do I set aside time for self-reflection, meditation, contemplation or pray with God?*

*New Beginnings* take time and intentional thought about ourselves. In the hundreds of years since many Christian Churches have taken on the spiritual practices and disciplines to better our relationships with one another and God, the world is a better place for it. Lent is a time for us Christians to improve upon ourselves and to have better balance in our lives. I hope you can participate in the Churches in the Park (C.I.P.) Lenten Series every Wednesday on March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, and April 1<sup>st</sup>. On these dates there will be three opportunities to hear speakers from our congregations on the topic of their *Faith Journey's*. Beginning this year, Christ Church will be hosting the morning worship with Holy Eucharist in our parish chapel at 10 a.m., followed with refreshments. Then please join the other C.I.P. later that evening for Evening Prayer worship at 5 and 7 p.m., with dinner at 5:45 p.m. at the host church. Please check the bulletin boards at church and in this issue of the Caller for those host churches, along with our Holy Week Schedule.

May your *New Beginnings* in this Lenten Season be one of a new awareness of God and people in your life! "*For where your treasure is, there your heart will be also.*" Matthew 6:21

With Grace & Peace, *Fr. Charles*

## Christ Episcopal Church

321 West Avenue, Red Wing, MN,  
651-388-0411

**Rector:** The Rev. Charles R. Uhlik  
revcu@msn.com

**Director of Christian Education:**  
Vicki Lambert:  
christcheducation@hotmail.com

**Child Care Coordinator:** Shelby Miller

**Treasurer:** Ernie Valentine  
christchfinance@msn.com

**Parish Relations:** Kathy Kolstad  
christch8@msn.com

**Parish Operations Coordinator/Webmaster:**  
Pat Welke christchpw@msn.com

**Bulletins/Herald:** Deb Collins

**Custodians:** Lottie Aslakson, Bud Gustafson  
christchsexton@q.com

**Church Email:** christch8@msn.com

**Website:** christchurchredwing.com

### Christ Church Vestry

Senior Warden: Catherine Johnson

Junior Warden: John Blue

Sandy Richter (09), Steve Reinitz (2009)

Joan Foot (10), Judy Mann (09)

Jeff Richter (10), Peter von Haaren (10)

Arlene Beckwith (2011)

Jon Danielson (2011)

Deb Collins (2011)

## Lent & Holy Week Schedules 2009

**Shrove Tuesday** February 24<sup>th</sup> Pancake Dinner 5:00 p.m. &  
Reconciliation Service Rite II at 6:30 p.m. in Chapel.

**Ash Wednesday** February 25<sup>th</sup> with Holy Eucharist 10:00 a.m.  
Chapel & 6:30 p.m. Church

**Churches in the Park** Wednesdays March 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, and  
April 1<sup>st</sup>, at 10:00 a.m. with Holy Eucharist - Chapel, Host  
churches with Holden's Evening Prayer at 5:00 & 7:00 p.m.  
and Dinner at 5:45 p.m.

**Palm/Passion Sunday** April 5<sup>th</sup> - 8:00 a.m. & 10:00 a.m.

**Holy Week:** Monday, Tuesday & Wednesday Taizé Evening  
Prayer 5:30 p.m.

**Maundy Thursday** April 9<sup>th</sup> & Remembrance Dinner 5:15 p.m.  
& Feast of the Lord's Supper with Holy Eucharist at  
6:30 p.m.

**Good Friday** with Holy Communion April 10<sup>th</sup> - 6:30 p.m.

**The Great Vigil: Holy Saturday** Evening Prayer April 11<sup>th</sup> -  
6:30 p.m.

**Easter Sunday** April 12<sup>th</sup> - 9:30 a.m.



## Gift of Love ~ Our first Newcomers Welcome Event...

Thanks to the many who came to participate in our "Gift of Love" event, which featured valentine cookies and many games of "Love" Bingo. Jeff Richter called numbers, and the children along with the adults had a lot of fun and laughs. Prizes were sought by many and what a wonderful time to get to know Eileen, Gary, Leah and her children Toby and Kipp, and Megan and Ryan. We appreciate those who made an effort to join us for this fun time with new members to our Christ Church family.

**WATCH FOR OUR NEXT EVENT IN A FEW MONTHS!**

## Thank You All

Judy and I wish to express our sincere Thank You for the lovely retirement reception, for the lovely flowers, the monetary gift, and the most beautiful framed picture of Christ Church! As the Advent Season has always been a special time for me, especially since my ordination, this picture has a very special meaning for both of us, and we thank you from the bottom of our hearts!!! You people are the greatest, and we are proud to have had the opportunity to serve Christ Church these past 23 years.

Judy and Bill (Kelm)

## Nutrition and Health are Focus for M.O.M.'s Group

*By Susie Uhlik, M.O.M.'s Group Facilitator*

Susan Brace Adkins, from Goodhue Public Health, addressed mothers and their nutritional needs. So many times, mothers are completely focused on the health and nutrition of their children, and Susan encouraged all moms to remember their own nutritional needs while raising their children. She began by telling mothers that she did not want them to feel

*(M. O. M. 's Group Continued on page 3)*

guilty if they do not follow health/nutritional guidelines perfectly. Everyone has room for improvement. Susan taught us how to read food labels correctly, discussed the differences in the qualities and differences in the types of fats we ingest.

She shared with us that our own eating habits directly affect our children's eating habits. One in four children will develop Type 2 Diabetes. Susan warned us to be careful about trans fats because packaging can be misleading. Even though a package may say it has zero trans fats, you should look at the food label on the side of the package. The size of the serving will determine the amount of trans fats in the food. Susan also shared with us buying organic versus regular foods. Apples and peaches have a large amount of pesticides used as they are grown. One thing Susan said was to *always* offer fruits and vegetables at meal time. She told us that frozen fruits actually have more nutrients in them than fruits that are fresh and have been shipped to us.

Of course weight maintenance is a concern for mothers. She reminded us that eating breakfast, regular exercise, and keeping a food journal are all very helpful. She encouraged us to watch our portion intake and not to deprive ourselves of the treats we all love, but to watch how much we eat of the simple sugars. The bottom line is that too many calories, no matter where they come from, will affect our weight. In addition, she instructed us to eat fish twice a week. When it comes to vitamin supplements, calcium and Vitamin D are critical to women's health, but we must read the labels about supplements and how to take them. Susan ended the evening by handing out pedometers, food journals, and various handouts on nutrition and well-being. Thank you, Susan, for a very informative evening!

M.O.M.'s Group will meet **March 16<sup>th</sup> from 6:30-8 p.m. at Christ Church**. Childcare provided. Our next topic will be: **"Protecting the Gift": Keeping Your Children Safe**. The discussion is based on the book by **Gavin De Becker**. We will talk about what to tell your children about safety issues, when to tell them, and what to do in various situations such as shopping malls, appropriate and inappropriate touch, stranger danger, and other issues as well. Be sure to join us and invite another mother who might be interested!

**Mothers Offering Ministry** to other Mothers meets every month on the third Tuesday, unless otherwise notified. Please extend an invitation to a mother who needs the friendship and support. If you have any further questions about M.O.M.'s Group, please contact Susie Uhlik at 388-4634.

## A Mother's Prayer For Health

Vibrant God,  
Our bodies are one of our greatest blessings  
You have bestowed on us.  
The role of motherhood  
is taking a huge toll on me mentally,  
physically, and spiritually.

My once trim and toned body  
Seems to have slipped away through pregnancy,  
nursing, sleep deprivation,  
endless macaroni and cheese and chicken nuggets,  
and fewer minutes in the day to squeeze in exercise.  
My life as a mom, God, has me feeling out of control  
in so many areas of my life,  
but especially my physical self.

I want to feel better about who I am as a person.  
My weight affects all areas of my life  
And I need your help, God, and your strength  
To gain back the control I once had.  
Holy One, help me to remember that  
You also have blessed me with the gift of free will.  
Each day, God, I have the choice  
to take care of my body.

Only I am the one that chooses  
which foods to buy and eat.  
Give me strength to eat more fruits, vegetables,  
and lean meats.  
Remind me, God, to be diligent  
in the portions I put on my plate.  
I know You don't want me to deprive myself  
of the joy that  
certain foods bring to my life,  
but help me become aware of when I'm eating to fulfill  
spiritual needs, emotional needs, celebrations, or just  
eating because I'm stressed.

You are my friend, God, not my food.  
I surrender my health to you, God, and  
Ask for the grace to do what I need to do to transform  
my eating habits,  
exercise more, and talk to you, my  
Faithful Companion and Creator.  
of how to live life in a healthy manner.

When we honor our bodies, God, we honor You.  
Thank you, God, for the body I have.  
Help me to love my body unconditionally,  
not when *I* think it is perfect,  
for in your eyes it *is* perfect. **AMEN.**

Author, Susie Uhlik, copyright 2008

## Did You Know?

By Mary Kolderie

Do you know that **St. Patrick** was an Englishman? Well, he was!

Patrick was born around 390 on the northwest coast of England. His grandfather was a Christian priest, and his father was a deacon and an important official in the Roman government. When Patrick was seventeen, he was captured by Irish slave raiders and taken to Ireland, where he was forced to be a shepherd. At age 21, he escaped, returned to England, and became educated. He was ordained a priest, then a bishop. At about age 40, he returned to Ireland, where he did missionary work building churches and converting people to Christianity. He died around 461. His day of remembrance is March 17.



**Cuthbert**, Bishop of Lindisfarne, is honored on March 20. He was born around 625 in England. Upon hearing that Aidan, Bishop of Lindisfarne, died in 651, Cuthbert entered a Celtic monastery. He was Prior of Melrose Abbey from 651-664, then of Lindisfarne from 664-676. He frequently traveled among the people of northern England preaching, teaching, and showing by example how to live a Christian life. Many of the people, although Christian, were indulging in pagan practices.

Cuthbert was Bishop of Hexham from 684-687, when he died. He is known as a "healer of the breach," because he accepted the decisions of the synod of Whitby in 663 that brought the usages of the English Church into line with Roman practices.

Thus, he avoided a separation of the English Church into Celtic and Roman factions. He is buried in the cathedral in Durham, where he has a tomb, shrine, and relics.

## How do I become an Episcopalian?

By Fr. Charles

Have you ever wondered how you join Christ Episcopal Church (C.E.C.)? How do I become Episcopalian? What is the difference between the Catholic, Protestant and Episcopal Churches? Are there two or seven sacraments of the Episcopal Church? I will be holding my semi-annual [Inquiry Class on Sunday, March 22<sup>nd</sup> from 12 Noon to 3 p.m., with lunch provided, in the Parish Hall.](#) Many of these and other questions will be discussed in this *Inquiry Class*, for those interested in learning more about the Episcopal Church.

To become a member, for many people who already have been coming to C.E.C. from other Episcopal Churches, it is a matter of the office receiving a copy of your baptism certificate and contacting your former parish to transfer your membership. For others who come from most other Christian Denominations, it is a matter of being "Received" into the Episcopal Church, which is a matter of coming to this class and then being "Received" by Bishop Jelinek. I offer these Inquiry Classes twice a year in hope to answer any questions that anyone might be wondering about these and other questions about the Episcopal Church or about membership. My hope is to answer many questions and pass on information that many of us would consider helpful to our faith journey. In attending this very informative class, you will receive information about what Episcopalians believe, how we come up with decisions and learn some of our history as a Church.

If you know of someone who is asking about the Episcopal Church, if you are interested in becoming a member, a new member, or have been attending and would like to be *Received* into the Episcopal Church - then this is the class for you! Please call the parish office if you would like to attend or help with materials and food. *"Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!"*  
*2 Corinthians 5:17*

## Help Needed for the Nursery

Summer is coming fast, and I am expecting a new baby girl on June 15th. I am asking for some parent volunteers or if anybody knows of any licensed care providers who can be in the nursery on some Sundays and maybe other activities through the week. The licensed provider would be a paid position, but the parent would be volunteered time. The nursery is currently open from 8:45-11:15 a.m. on Sundays. The summer hours are 9:45-11:15. If three parents volunteer, you would only be there every six weeks. Sharon would still be there every other Sunday. I definitely need more staff for the summer, but I also need you through the school year. If you are interested, please see me in the nursery; or give me a call at 388-6474. You will be very much appreciated. Thank You, Shelby Miller

## “Get My People GOING!!” – An Invitation to Wholeness

By Mary Heckman, Parish Nurse

You are invited to take a healthy lifestyle challenge with others from our congregation that will take place in April and May of this Spring. Instead of Walking into Lent this year will GET GOING into Spring. This “invitation to wholeness” encourages you to identify small changes in your lifestyle which would help you be healthier. YOU choose three areas you would like to work on, and YOU set your own goals. WE will encourage each other, and WE will journey together.

Moses was radically changed by his experience in traveling with the people of Israel on their way out of Egypt to the Promised Land. Our program is based on the Exodus story and invites us to encourage each other to seek wholeness in all areas of our lives—from healthy eating, to moderate exercise, to getting enough sleep. It is for all ages, and for people of every health condition, because it is completely tailored to your situation and your choices.

I will be glad to answer any questions you might have about the program. You will receive a small packet of materials when you sign up. I will present the program at the Adult Education Hour on March 15<sup>th</sup>. I will also be available to sign you up and get you started between services on March 22<sup>nd</sup> and after the 10 a.m. service on March 29<sup>th</sup> in the Parish Hall.

Blessings on your journey, Mary Heckman your Parish Nurse.

## Books and Brunch

By Susie Uhlik, Books `N Brunch Coordinator

**Books `N Brunch** will meet on Saturday, February 28<sup>th</sup>. We will discuss Marianne Williamson’s book, *The Age of Miracles, Embracing the New Midlife*.

On March 28, we will discuss the book, *Imagine What America Could Be in the 21<sup>st</sup> Century*. This book is edited by Marianne Williamson. Leading thinkers and visionaries project their vision for what the future of America holds for all of us.

Books `N Brunch meets on the last Saturday of the month from 10-11am. Childcare and a light brunch is provided. This group is open to the community and welcomes both men and women. If you plan to attend, please RSVP to Susie Uhlik at 388-4634 so enough food and childcare is available



## Outreach

By Mary Heckman, Outreach Chair

This month Outreach would like to focus on one of the community organizations that we donate to, **Faith in Action**.



### Faith in Action:

- \* Is a non-profit network of volunteers gathered through our local faith congregations and from the community at large.
- \* Provides non-professional volunteer assistance to the elderly and others in difficult life circumstances.
- \* Will not charge for any services performed.
- \* Will attempt to meet all requests when there are volunteers

**FAITH  
IN ACTION**

The services provided by **Faith in Action** are:

- \* **Friendly Visitor:** Volunteers visit the care receivers in their homes.
- \* **Respite Care:** Volunteers provide 2-3 hrs. relief, allowing full-time caregivers a little "time off."
- \* **Transportation:** volunteer drivers transport and escort participants to local medical, dental, social service or other appointments.
- \* **Handy Persons:** Volunteers provide assistance with small home repairs, maintenance, etc. The participant pays only for needed parts etc. *Chore services* such as leaf raking, spring cleaning can be arranged.

As a Public Health Nurse I appreciate the help these volunteers give to my clients. They take them to appointments when they have no other way of getting there. The Ride is too difficult for them to get onto, and the volunteers help them get into their doctor’s office. They visit my clients who are lonely and just need someone to talk to. **Faith in Action** volunteers also make it possible for the caregiver to get out and have a lunch with some friends and not have to worry about how her/his loved one is doing. And the Handy Persons do many things from raking leaves to putting on storm windows.

**Faith in Action** is in need of volunteers and donations. If you have some time or money to give this is a very worthwhile organization that gives to others without asking for anything in return.

## Christian Education

By Vicki Lambert, Christian Education Coordinator

### SUNDAY SCHOOL NEWS

Our Sunday School program continues to be strong. The rest of the winter and spring we will be learning about Jesus' life and his ministry. We have a few special events planned to make the program even more interesting. Parents, please be looking for our next newsletter. Thank you volunteers for making our program safe, fun, and living Christ's example for the children. Thanks to everyone for their support of our great program!



### YOUTH NEWS

Our youth program is still moving ahead! The calendar is in full swing. A spring mailing went out with the calendar dates for 2009!



Planned for **March:**

- 3/1 Youth Worship 10 a.m.
- 3/11 Invite a Friend Event 7-8:30 p.m.
- 3/25 Parent Meeting 11:20 a.m.
- 3/25 Friendship House-Community Service. Please bring cleaning supplies to donate and leave behind
- 4/1 Palm Sunday. Youth Worship 10 a.m.

### CONFIRMATION



Confirmation is rounding the final corner. Second year students are still studying with Father Charles. NEW candidates seeking confirmation should talk with Father Charles. The next meeting is on March 4 at 7 p.m..

### ADULT EDUCATION

Adult Bible studies are always open for new attendees.

Each Sunday we strive to provide quality programming in keeping with the various themes. No need to sign up in advance, just come and be enriched.

### MARCH EVENTS:

#### 1st Sunday: FELLOWSHIP

Visit with friends or help in Sunday school. Enjoy a hot breakfast and go to the blood pressure clinic.

#### 2nd Sunday: Episcopal HOT TOPICS

Fr. Charles will speak on Lenten disciplines

#### 3rd Sunday: ENRICHMENT SUNDAY

Mary Heckman, Parish Nurse: **Get My People Going.**

#### 4th Sunday: SPIRITUALITY SUNDAY

Mary Kolderie is teaching on contemplative spirituality to help you live a more Christ-centered life.

#### 5th Sunday: SPIRITUALITY

Don Mayo: **Using Your Bible to Pray**  
**EDUCATION COMMITTEE**

The education committee meets the last Tuesday of the month at 4 p.m. and is open to new members. If you would see something new, different, or just be heard, consider joining this group. Our next meeting is March 24, 2009 at 4 p.m., This group meets year round. If you have any great ideas for parish education or any comments about programming, please contact Vicki at christ-cheducation@hotmail.com or call 388-0411 x15. I am always looking for ways to serve you better.



## Youth & Children Youth & Children

### Ongoing Education Opportunities Schedule:

Every Sunday:	9 a.m. Adult Education
	9 a.m. Sunday School for 3 years to 6 <sup>th</sup> grade
	10 a.m. Children's Church (preteens and teens welcome)
	8 a.m. & 10 a.m. Worship
Every Wednesday:	11 a.m. Women's Bible Study
Every Thursday:	3 p.m. Rector's Bible Study
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1st Sunday	10 a.m. Youth Worship in Youth Room
1st Wednesday	7 p.m. Confirmation
2nd & 4th Wednesday	7 p.m. Youth Group
Last Tuesday	4 p.m. Education Committee

## Gospel Based Discipleship

Gospel Based Discipleship is not a program. It is not Bible Study. It is an encounter with the Gospel, designed to engage people with the Gospel appointed for the day, or the Sunday proper. It depends on participants being willing to share responses to the three questions:

*What words or ideas did you hear?*

*What is Jesus (the Gospel) saying to you?*

*What is Jesus (the Gospel) calling you to do?*

### Format

Gospel Based Discipleship may be used by any group. An experienced leader is not required. Normally the group gathers by using the gathering prayer at the top of the card or the beginning of one of the selections from *A Disciple's Prayer Book*. Someone volunteers to lead the group. It's good to rotate the leadership.

GBD may be used by a regular study group, to begin a meeting of a vestry or other group, as a form for worship, or as a personal devotion. Normally the appointed Gospel for the day is used.

### Method

The questions: *What words or phrases did you hear? What is Jesus (the Gospel) saying to you? What is Jesus (the Gos-*

*(Gospel Based Discipleship Continued on page 15)*

## The Twenty and the One

A well-worn one-dollar bill and a distressed twenty-dollar bill arrived at a Federal Reserve Bank to be retired. As they moved along the conveyor belt to be burned, they struck up a conversation.



The twenty-dollar bill reminisced about its travels all over the country. 'I've had a pretty good life,' the twenty proclaimed. 'Why I've been to Las Vegas and Atlantic City, the finest restaurants in New York, performances on Broadway, and even a cruise to the Caribbean.'

'Wow!' said the one-dollar bill. 'You've really had an exciting life!'

'So tell me,' says the twenty, 'Where have you been throughout your lifetime?'

The one dollar bill replies, 'Oh, I've been to the Methodist Church, the Episcopal Church, the Lutheran Church....'

The twenty-dollar bill interrupts, 'What's a church?'

## Wednesday Lenten Worship

# Our Faith-- My Story



10 AM Service at Christ Episcopal

5 & 7 PM Services at host church listed below

5:30-6:30 Supper served at host church freewill offering

### March 4 at First Presbyterian Church

Faith Story—Connie Kuehnl, St. Paul's Lutheran

### March 11 at St. Paul's Lutheran Church

Faith Story—Dee Bender, United Lutheran

### March 18 at United Lutheran Church

Faith Story—Joe Welke, Christ Episcopal

### March 25 at First United Methodist Church

Faith Story—Don Hanna, First Presbyterian

### April 1 at First Lutheran Church

Faith Story—Jane Stone, First United Methodist

Freewill offering from the services for the  
Community Care Fund

Offering envelopes returned to respective churches  
Sponsored by Churches Around the Park



		9	5		2		8	
6								9
		5		6	9			
	6		1				9	2
8	9				3		7	
			4	1		8		
7								5
	4		3		7	1		

Solution on page 15

## March Memorials

- 03/01 **Church** In memory of Mr. & Mrs. Clarence Grosse, Robert Grosse, and Lorraine Grosse by Mrs. Robert Grosse and Beckie Plaas  
**Chapel** In loving memory of Leon by Mary Christensen
- 03/08 **Church** In thanksgiving for Arthur and Samantha by Karen & Clair Hemenway  
**Chapel** In memory of Dr. George Hawley by Elizabeth J. Brooks
- 03/15 **Church** In memory of Ira & Lois Huron by Barb Nelson  
**Chapel** In memory of Bill by June Gustafson and Girls
- 03/22 **Church** In memory of husband, Jack by Charlene Friedrich  
**Chapel** In memory of granddaughter, Katie Henneck, by Don Prinz Fund
- 03/29 **Church** In memory of Art & Violet Mann, Jerome Mann, Cheryl & Lowell Mann by Judy Mann  
**Chapel** In thanksgiving for granddaughter, Jaysa Dille by Mike & Jeannette Wilson

*I thank my God upon every remembrance of you.*  
 Philippians 1:3

## Birthdays

- |                                                                                        |                                           |
|----------------------------------------------------------------------------------------|-------------------------------------------|
| 03/01 Mary Heckman                                                                     | 03/16 Steve Whitmore<br>Rex Miller        |
| 03/04 Carol Jennings<br>Taryn Fuller                                                   | 03/19 Pat Welke                           |
| 03/05 Jon Befort                                                                       | 03/20 Roy Neufeldt                        |
| 03/06 Phil McNairy<br>Tiffany Cain<br>Marilyn Grosse<br>Jennifer Smith<br>Tara Murnane | 03/21 Ronda Dube<br>Jeannette Wilson      |
| 30/07 Charles McMillen<br>Alecia Plaas                                                 | 03/22 Samuel Blue                         |
| 03/08 Alan Smith<br>Gwen Remus                                                         | 03/24 Elizabeth Foot                      |
| 03/09 Martha Possehl<br>Lucille Thermos                                                | 03/25 Stacey Veek<br>Marisa Dille         |
| 03/11 Tony Hemenway                                                                    | 03/26 Casey Murnane<br>James Featherstone |
| 03/12 Steve Van Deussen<br>Ian Lintner                                                 | 03/29 Stanley Frye<br>John Murnane        |
| 03/16 Tari Carpenter                                                                   | 03/30 Jaysa Dille<br>Ann Florine          |

## Anniversaries

- 03/01 Mike & Pat Martin  
 03/18 Judy and Duane Carpenter  
 03/25 Keith and Linda Hase

## Seasons of Life

### Baptism

**Zoe Margaret Severson**, baptized on February 8. Pictured below are Jessica, Zoe, Xander and Steve Severson.



Below: Four generations of Episcopalians: Margaret Baker, holding Zoe Severson, Zeill Gardlund, Jessica Severson.



## March Scripture Readings

- 03/01 **1st Sunday in Lent:** Genesis 9:8-17; Psalm 25:1-9 ; 1 Peter 3:18-22; Mark 1:9-15
- 03/08 **2nd Sunday in Lent:** Genesis 17:1-7, 15-16; Psalm 22:22-30 ; Romans 4:13-25; Mark 8:31-38
- 03/15 **3rd Sunday in Lent:** Exodus 20:1-17; Psalm 19 1 Corinthians 1:18-25; John 2:13-22
- 03/22 **4th Sunday in Lent:** Numbers 21:4-9; Psalm 107:1-3, 17-22; Ephesians 2:1-10; John 3:14-21
- 03/29 **5th Sunday in Lent:** Jeremiah 31:31-34; Psalm 51:1-13 ; Hebrews 5:5-10; John 12:20-33

(Readings can be found on the Internet at this website:  
<http://www.io.com/~kellywp/index.html>)

## The Richness of our Worship

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By Father Charles Uhlik

When you come to church on Sunday or during the week, I would imagine that you are desiring to be enriched, uplifted, drawn to, enlightened, and moved to a greater understanding of God in each of our lives. The Book of Common Prayer (BCP) is a book that has stood the test of time to give us Episcopalians the beauty of many people who have gone before us and given us the gem of our theology—*how to worship in common!* My hope is to continue to build on our worship/liturgy that our BCP has given us and to invite more people to experience our beautiful liturgy. Webster's Dictionary defines Liturgy as "*the prescribed forms or ritual for public worship in any of various religions or churches.*" Our BCP defines our corporate worship that we unite ourselves with others to acknowledge the holiness of God, to hear God's Word, to offer prayer, and to celebrate the sacraments, (857p.) so, how we do our worship/liturgy is central to who we are as Episcopalians. Our traditions are tied to the BCP and from this style of liturgy, we share God's presence in the world, together! So, when we pray, we have a guide because of the decades of past work by other lay leaders, bishops, priests and deacons. The BCP also states that *the Holy Eucharist, the principal act of Christian worship on the Lord's Day and other major Feasts, and Daily Morning and Evening Prayer, as set forth in this Book, are the regular services appointed for public worship in this Church* (13 p.) All that we do on Sundays and Weekdays of worship and other forms of prayer are passed down to us in our BCP. My goal is to have the best form of worship/liturgy that we can possibly present at each liturgical service.

I am saddened to say farewell in ministry to the Reverend Bill Kelm, Deacon and going on sabbatical, the Reverend Barbara von Haaren, Deacon. These two people do leave a gap of servant ministry to our congregation in spreading the Good News and for us as a congregation to prayerfully consider lifting up someone to the ministry of Deacon. This also means that during this year, I will be meeting with all our volunteer and paid ministries: Acolytes, Lectors/Readers, Musicians, Cupbearers, Ushers/Greeters, Lay Eucharistic Visitors, trained childcare providers and new to this year -Prayer Leaders, which help us to create a wonderful worship experience! My goal is find out any problems that people are facing with our current volunteers, to continue to offer training and to recruit new volunteers to help proclaim, lead, serve and rejoice in our God! Without the many people who

have prayerfully answered the call to serve it is difficult, if not impossible, to have fun and heart-focused worship. I thank God for all the help that so many have given of their time to serve our Savior and to aid in my ministry as your rector.

As you may have noticed with the current budget cuts, we have had to cut back on many personal hours the upkeep of our church and supporting staff. Currently, we have Debbi St. John, Music Coordinator, for only five hours a week; Lottie Aslakson, Sexton, 15 hours a week, Vicki Lambert-Religious Education Coordinator 11 hours a week; trained childcare providers three hours a week; and our new Administrative Assistant, Kathy Kolsrud, for 15 hours a week. As you can tell, the volunteers who help with our Sunday worship/liturgy are critical to creating joyful and inspiring worship. I see this as being critical to growing as a congregation. How we proclaim, lead, serve and rejoice in our God at worship directly impacts people deciding to return to worship or join our congregation again each time we gather to praise our God.

Given our limited financial resources and the gifts and talents of our congregation, I would like to begin trying something new with our Sunday music. I would like to have different styles of music shared on different Sundays each month. To invite other congregations and music groups to help us praise our God each Sunday. I know this is very different than what we are accustomed to doing on Sunday mornings, but I believe this will help us with the time we have Debbi St. John and attract more people to our congregation. Debbi S. will be coordinating all these groups along with creating a group of contemporary musicians within our congregation and accompanying our Chancel Choir (being lead by Bill Foot). I believe this will give us more use of the variety of talent in our congregation, enrich our sense of what it means to be Episcopalian, and to experience the broad canvas of God's handiwork within the context of our worship/liturgy each time we gather for corporate prayer. I have met with Debbi St. John, Bill Foot, members of the Chancel Choir and Vestry to discuss my vision to give different styles of music for the variety of members who come to pray with us each Sunday. I believe this will give a wonderful and prayerful experience and help grow our congregation.

Along with the hard work going on each Sunday morning, I will be meeting with each ministry at least twice a year to minister to them and to help facilitate communication with each ministry (i.e. Acolytes, Lec-

(Worship Continued on page 11)

## Worship Winks: Prayers of the People

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By Fr. Charles

The Prayers of the People are one of the central pieces to the first part of the Liturgy of the Word on Sunday mornings. The Prayers of the People are found in every worship service in our Book of Common Prayer and are important as we come together to pray as a people of God. When we listen and offer our prayers with the topics and issues of our congregation to our Creator, we lift as well our own personal wants and needs in our own lives. This is important and is something that is very dear to my heart, that is, the prayer requests in our "Chapel Book of Prayer." These written requests are from you and the visitors that come and visit our chapel. These are the prayers of our hearts and minds. I try to make every effort to include these prayer requests along with the many people who are remembered in our "Book of Golden Memories." This book and fund of the church was established to remember our deceased sisters and brothers and to help with special improvement projects or needs for our church. I believe it is important to remember these beautiful souls weekly.

The Prayers of the People are a time for us as a congregation to reflect, be mindful and give thanks for the many reminders of God's presence in our lives and world. Another part of the Prayers of the People are the many names that are read of our homebound, sick, those of our congregation serving in our Armed Forces, and family and friends of our congregation. These people are very important to us, and I want us to continue to remember them each week. I am in need of your help to keep this updated and current to our congregation. I would like to update these people's names on a quarterly basis. If you know that a person, a loved one's name, friend or someone in the military would like to be remembered each quarter and would like to have them included in the Prayers of the People. Please contact the parish office with your loved one's name each quarter. If that person's name is not renewed each quarter, their name will be taken off the Prayers of the People. All current Homebound and Nursing Care Residents will automatically remain on the Prayers of the People, unless the parish office is notified. This will continue to help update our worship and be a constant reminder that God is with us always and those dear to us. *"Cast your cares on the Lord and he will sustain you; he will never let the righteous fall."* Psalm 55:2

## From Our Director of Music

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One Saturday morning, my phone rang, and the voice on the other end started, "Hello, Sister Debbi, this is your Brother Bhaskar, from India. I have a question for you." There was silence and then I heard another voice, and it was Reverend Sudarsen Moses, who said, "Sister Debbi, thank you, thank you, thank you." And I heard a click. The call was completed.



Their initial contact was to see if I could help them locate a piano for their congregation. After pouring over the Internet for a few months and calling people all over the United States, including the Chicago chapter for the Salvation Army, a Christian friend of mine wanted to donate a keyboard as it was more portable, and they would be able to do great ministry with it. This small congregation of 50 people kneels on their concrete floor, cushioned only by a thin woven rug under their knees. These faithful people travel to 70 tribes and villages in the hills and jungles of India, and build three churches a year.

The keyboard reached this small India congregation — they were able to use it in their seven crusades. Their faith was huge when they prayed and believed the Lord was going to send 4,000 people to their first crusade, and have enough food to feed the 4,000. The Lord directed them to a place that could hold 5,000. The day of the first crusade was so blessed as there were 7,000 that attended. When Brother Bhaskar told me that they fed everyone there, that no one left hungry, all I could picture was Jesus feeding the loaves and fishes to the 5,000.

I know that God is the same yesterday, today, tomorrow, and so with that I know that what He is doing in India is what He does in hearts all over the world, every single day. He is alive and He is blessing us each with special gifts to be used to His glory. We are each a part of the body of Christ.

This small congregation is only concerned that they are preaching and teaching and singing and praising Jesus in the right way. The Lord sees our hearts and knows us. It pleases Him when beautiful traditional hymns are sung from our hearts in praise to Him, just as it pleases Him when beautiful contemporary hymns are sung from our hearts in praise to Him. It is all the inspired Word of God.. .after all, God is the God of all creativity.

May the Lord bless you this Lenten season with a precious time of reflection on the cross.

Blessings & Peace, Debbi St. John

## Ben von Haaren Medals at World Winter Games

By Barbara von Haaren

Ben skied for Team USA in the 2009 Special Olympics World Winter Games in Boise, Idaho

Feb 7 - 13. He won a Silver medal in the Advanced Super G (we used to call it downhill), a Silver Medal in the Giant Slalom, and a Bronze Medal in the Slalom.

There were approximately 2,500 athletes from 105 countries (I did not realize that the Isle of Man is a country unto itself!). There were wonderful Opening Ceremonies on the 6th, complete with a great cauldron that was lit by an athlete after having travelled all the way from Athens.

The athletes processed into the huge Idaho Center with plenty of pomp and circumstance, and it was great. Vice President Biden was around one day – not at the mountain, unfortunately, but maybe with his help, Special Olympics might begin to be recognized by the USA media (they were nowhere in sight - lots and lots of foreign press, but little to nothing from the states).

Boise was all decked out and everyone there was so friendly and helpful and excited. A really cool thing was that three years ago, when they got the bid for the games, Boise, together with the Coats & Clark Company, put out a request for knitters and crotchetors to make winter scarves for all the athletes and coaches. Boise figured if they could get about 5,000 of these scarves, it would be a wonderful thing. Well, as so often happens, people came thru magnificently! Boise received 55,000 scarves!!! So everyone in attendance got one! They are all light blue and white, and I don't think there is a single duplicate. So many, many styles and designs. It was great walking around downtown or at the mountain; there were blue and white scarves everywhere. So cool!

Look at [http://specialolympics.org/baf\\_wwg\\_slideshow.aspx](http://specialolympics.org/baf_wwg_slideshow.aspx) or [www.ktvb.com](http://www.ktvb.com) (the local NBC affiliate who devoted all week to the games, including broadcasting live both the opening and closing ceremonies) for more information and pictures. Thank you all for your good thoughts and prayers.

To quote Ben: "This experience was phenomenal!"



Ben receives a silver medal

(Worship Continued from page 9)

tors/Readers, Cupbearers, Lay Eucharistic Visitors, Licensed Childcare Providers, Ushers/Greeters and Prayer Leaders). I am asking each ministry to have a lead volunteer to help me coordinate each ministry so that it will help me coordinate the sharing of information better.

Another way that we are trying to help share ministry this year, as I said earlier, is the ministry of *Prayer Leader*. This ministry is to help our congregation in the of my absence on Sundays or Wednesdays to help lead Morning Prayer (with no Holy Communion). This will also help reduce the financial strain on our congregation for the need of using a *Supply Priest* on those days that I am away on vacation, youth group outings, or other ministerial activities. All of these volunteers and employees are needed to help involve our membership to be involved in our beautiful worship/liturgy! I believe this is why our Episcopal Church works so hard to invite people to the fuller baptismal priesthood and to take on the ownership of discipleship by participating in our rich history of *Worship/Liturgy!*

I am in need of people young and old to help in our ministries throughout the year to help carry the message of the Good News of Jesus Christ to all who come through our doors. If you are interested in helping Acolyte, Lector/Reader, Cupbearer, Lay Eucharistic Visitor, Childcare Provider, Prayer Leader or a Usher/Greeter, please call 388.0411 or e-mail me at [revcu@msn.com](mailto:revcu@msn.com) the church office. Each ministry will receive training and information about the ministry. "Just as I have loved you, you also should love one another." John 13:34



The Vestry minutes are posted on the bulletin board outside the office. Please take time to read them for more detail on the following topics that were discussed at the Vestry meetings on February 17...

- ♦ **Treasurer's Report:** Two budget items were added into the Income: a bequest of \$23,286.00 and pre-paid pledges moved into the Total Operating income.
- ♦ **Rector's Report:** ACG relief—many parishes have asked for First Stop help. There will be a new Episcopal Minnesota Bishop on 2/13/10, and current regions will be reconstructed.
- ♦ **Property Committee:** Alarm company contract that was approved by the Vestry in Jan 2009 was for \$855.00. The amount missed an addition of \$5 a month to cover the elevator. A new motion was passed to approve \$915.00 for the year.
- ♦ Need to purchase metal shelves at Menards for the sacristy. Alter Guild will pay and Property will take charge of commissioning the installation.
- ♦ Panic bars on 4 doors at \$2,000.00 total, to include professional installation, and one additional door 'installation only' by the organ piper. Steve made a motion to accept proposal, and Jon seconded. Discussion of current doors and any liability utilizing non professional installation. Motion passed.
- ♦ **Human resource committee:** The new Parish secretary will be hired for 15 hours a week from 9 a.m. until noon Monday through Friday. The Vestry will approve the candidate at the March meeting pending the interviews and background check. Looking into possibly having a volunteer work for 3 hours in the afternoon.

## WANT TO GET CLOSER TO THE ONE YOU LOVE?

That's what Marriage Encounter is all about! Marriage Encounter is forty-four hours where the two of you can focus on each other, away from all the distractions of daily life. For a richer, deeper, more vibrant marriage, try a Marriage Encounter weekend! The next Episcopal Marriage Encounter weekend in the Twin Cities area will be March 20-22.

Contact Richard & Catherine Lemons by phone at 952-944-8220 or by email at [richncath@aol.com](mailto:richncath@aol.com) for more information, or go to [www.episcopalme.com](http://www.episcopalme.com) to register on-line.

Registration is limited so a quick response is encouraged.

## Support ERD Sunday, March 1



Last year, the Presiding Bishop Katharine Jefferts Schori declared the first Sunday in Lent to be Episcopal Relief & Development Sunday. "Episcopal Relief & Development's work is worthy of the support of all Episcopalians, and the beginning of Lent is an ideal time for us to renew our collective commitment to it," Bishop Jefferts Schori

said in her declaration. "Almsgiving is one of the traditional disciplines of the season." The Presiding Bishop encourages Episcopalians in congregations across the country to engage with the Episcopal Church's ongoing commitment to fight extreme poverty and disease. You can support Episcopal Relief & Development Sunday by participating in a loose plate offering or sending the attached form with an individual gift to support Episcopal Relief & Development's Millennium Development Goals Inspiration Fund, an initiative to fight malaria in Africa and promote health in Asia and Latin America. It is a simple way for your congregation to help achieve the Millennium Development Goals and a great way to raise awareness of this movement in the church. How you can respond Episcopal Relief & Development's Lenten Devotional, *Peace & Compassion: To Heal a Hurting World* offers daily meditations based on the Rev. Barbara C. Crafton's *Almost-Daily Emos*. The booklet encourages us to reflect on our lives, our neighbors and our role in the world. As you embark on your spiritual journey this season, Episcopal Relief & Development asks you to remember your neighbors in need. Working to achieve the Millennium Development Goals is one way to practice the Lenten discipline of almsgiving and a powerful way to renew your commitment to aid our suffering sisters and brothers. This Lent, consider how you can help your neighbors around the world who are sick, hungry or living in poverty. Use this Lenten Devotional to reflect on your faith and the ways in which you can help Episcopal Relief & Development empower vulnerable people to be agents of their own positive change.

# MARCH 2009 CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Every Sunday</b> 8 am Holy Eucharist-Rite 1 Chapel 9 am Sunday School 9 am Adult Education 10 am Children's Worship 8:45-11:30 am Child Care 10 am Holy Eucharist-Rite 2 Church 5 pm CA. 7 pm AA	<b>Every Monday</b> Rector's Day Off 4 pm Dana Dance		<b>Every Wednesday</b> 10 am Holy Eucharist, Chapel 11 am CEC Staff Mtg 11 am Women's Bible Study 10 a.m. Lenten Svc 5 & 7 pm Churches around the Park Lenten Svcs 6 pm CA 6 pm Hand Bells	<b>Every Thursday</b> 3 pm Rector's Bible Study conf. room Noon AA Mtg 7:30 pm GA	<b>Every Friday</b> 7 pm AA	
<i>1 First Sunday in Lent</i> <b>See Every Sunday Above</b> <b>Hot Breakfast</b> 9 am Lay Eucharistic Visitor Mtg. 10 am Youth Worship Svc Noon Baptism Class	<i>2 Chad, Bishop of Lichfield</i> 12 N Junior Guild	<i>3 John and Charles Wesley, Priests</i> 6:30 Welcome/ Stewardship 6:15 pm Hospitality	4 <b>See Every Wednesday Above</b> 7 pm Confirmation	5 <b>See Every Thursday Above</b>	6 <b>See Every Friday Above</b>	<i>7 Petpetua and her Companions, Martyrs</i>
<i>8 Second Sunday in Lent</i> <b>See Every Sunday Above</b> Continental Breakfast	<i>9 Gregory, Bishop of Nyssa</i> <b>See Every Monday Above</b> 5:30 p.m. Property Committee	10 6:30 pm Outreach	11 <b>See Every Wednesday Above</b> 6:30 Acolyte Mtg 7 pm Youth Group-Invite a friend movie night	<i>12 Gregory the Great, Bishop</i> <b>See Every Thursday Above</b> Noon Finance Mtg 4:30 HR Mtg	<i>13 James Theodore Holly Bishop</i> <b>See Every Friday Above</b>	<i>14 10 am Liturgy Mtg</i>
<i>15 Third Sunday in Lent</i> <b>See Every Sunday Above</b> Continental Breakfast 11:30 am Youth Group/Acolyte Parent Meeting	<i>16</i> <b>See Every Monday Above</b> <b>Caller Items Due</b> 7 pm Horticulture Mtg	<i>17 Patrick, Bishop</i> 6:30 M.O.M.'s Group 7 pm Vestry	<i>18 Cyril, Bishop</i> <b>See Every Wednesday Above</b>	<i>19 St. Joseph</i> <b>See Every Thursday Above</b> 4:30 pm Prayer Leaders mtg	<i>20 Cuthbert, Bishop</i> <b>See Every Friday Above</b>	<i>21 Thomas Ken, Bishop</i> 9 am Cup Bearer's Mtg 10 am ECW Board
<i>22 Fourth Sunday in Lent</i> <b>See Every Sunday Above</b> Continental Breakfast Noon—3 pm Inquiry Class	<i>23 Gregory the Illuminator</i> <b>See Every Monday Above</b>	<i>24 Oscar Romero, Archbishop, and the Martyrs of San Salvador</i>	<i>25 The Annunciation</i> <b>See Every Wednesday Above</b> 7 pm Youth Group-Friendship House	26 <b>See Every Thursday Above</b>	<i>27 Charles Henry Brent, Bishop</i> <b>See Every Friday Above</b> 6 pm Adult Dinner	28 10 am Books N Brunch
<i>29 Fifth Sunday in Lent</i> <b>See Every Sunday Above</b> <b>Continental Breakfast</b> 11:30 am Lector/Reader mtg	30 <b>See Every Monday Above</b>	<i>31 John Donne, Priest</i> 4 pm Education 4:45 Altar Guild	<b>Watch for updates in your Sunday Herald.</b>			

Caller items for the April Caller are due on March 16.

# APRIL 2009 CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Every Sunday</b> 8 am Holy Eucharist-Rite 1 Chapel 9 am Sunday School 9 am Adult Education 10 am Children's Worship 8:45-11:30 am Child Care 10 am Holy Eucharist-Rite 2 Church	<b>Every Monday</b> Rector's Day Off 4 pm Dana Dance		<b>Every Wednesday</b> 10 am Holy Eucharist, Chapel 11 am CEC Staff Mtg 11 am Women's Bible Study 6 pm CA 6 pm Hand Bells	<b>Every Thursday</b> 3 pm Rector's Bible Study conf. room Noon AA Mtg 7:30 pm GA	<b>Every Friday</b> 7 pm AA	
			1 Fredrick Denison Maurice, Priest <b>See Every Wednesday Above</b> 7 pm Choir 7 pm Confirmation	2 James Lloyd Breck, Priest <b>See Every Thursday Above</b>	3 Richard, Bishop <b>See Every Friday Above</b>	4 Martin Luther King
5 <i>Second Sunday in Lent</i> <b>See Every Sunday Above</b> <b>Sunday of the Passion-Palm Sunday</b> 10 am Youth Worship <b>Hot Breakfast</b>	6 <i>Monday in Holy Week</i> <b>See Every Monday Above</b> 12 N Jr. Guild 5:30 Evening Prayer	7 <i>Tuesday in Holy Week</i> 6:30 Welcome/Stewardship 5:30 Evening Prayer	8 <i>Wednesday in Holy Week</i> <b>See Every Wednesday Above</b> 10 am Clergy Reaffirmation-Chrismal Liturgy 5:30 Evening Prayer 7 pm Choir 7 pm Youth Group	9 <i>Maundy Thursday</i> <b>See Every Thursday Above</b> 5:15 Passover Dinner 6:30 pm Maundy Thursday Worship	10 <i>Good Friday</i> <b>See Every Friday Above</b> N Ecumenical Good Friday Service 6:30 pm good Friday Service	11 <i>Holy Saturday: Easter Vigil</i> 10 am Liturgy Mtg 6:30 pm Easter Vigil Service
12 <b>Easter Day</b> 9:30 a.m. Holy Eucharist, Church	13 <b>See Every Monday Above</b> 5:30 p.m. Property Committee	14 6 pm Outreach	15 <b>See Every Wednesday Above</b>	16 <b>See Every Thursday Above</b> Noon Finance Mtg 4:30 HR Mtg	17 <b>Caller Items Due</b> <b>See Every Friday Above</b>	18 10 am ECW Board
19 <i>Second Sunday of Easter</i> <b>See Every Sunday Above</b> Continental Breakfast	20 <b>See Every Monday Above</b> 7 pm Horticulture Mtg	21 <i>Anselm, Archbishop</i> 6:30 M.O.M.'s Group 7 pm Vestry	22 <b>See Every Wednesday Above</b> 7 pm Youth Group	23 <b>See Every Thursday Above</b>	24 <b>See Every Friday Above</b> 6 pm Adult Dinner TEC April 24-26 <div style="background-color: #cccccc; padding: 2px; text-align: center;">30-Hour Famine</div>	25 <i>St. Mark, Evangelist</i> 10 am Books N Brunch
26 <i>Third Sunday of Easter</i> <b>See Every Sunday Above</b> Continental Breakfast 11:30 Confirmation Parent Mtg	27 <b>See Every Monday Above</b>	28 4 pm Education 4:45 Altar Guild	29 <i>Catherine of Sienna</i> 7 pm Choir	30		

Watch for updates in your Sunday Bulletin/Herald.

# March 2009 Sunday Ministries

Date	Time	Acolytes	Lectors	Cup Bearers	Greeter/Ushers	Coffee Hour
1	8 a.m.	Reid Johnson	Mary Ann Valentine Mary Christensen	Mary Ann Valentine	Katy Jeske	<b>Hot Breakfast</b>
	10 a.m.	Caleb Dressen Matt Knudson Preston Blaney	Arlene Beckwith Mary Kolderie	Lorraine Remus Mary Kolderie	Sue Simonson Alice Nelson Terry Van Allen	Bill & Becky Foot
8	8 a.m.	Ruth Lambert	Charlene Friedrich Mary Flueger	Randy Johnson	Katy Jeske	Continental Breakfast
	10 a.m.	Nick Blue Cam Koch Grace Lambert	Chuck McMillen Judy Mann	Peggy Danielson Donald Mayo	Sue Simonson Alice Nelson Terry Van Allen	Pat Koch & June Gustafson
15	8 a.m.	Reid Johnson	Gordy Gieseke Jewel Lindrud	Gordy Gieseke	Katy Jeske	Continental Breakfast
	10 a.m.	Caleb Dressen Preston Blaney Chad Hager	Leslie Bensend Peter von Haaren	Lorraine Remus Mary Kolderie	Sue Simonson Alice Nelson Terry Van Allen	Gwen & Mark Lynch
22	8 a.m.	Ruth Lambert	Katy Jeske Mary Ann Valentine	Mary Ann Valentine	Katy Jeske	Continental Breakfast
	10 a.m.	Grace Lambert Nick Blue Matt Knudson	Lorraine Remus Donald Mayo	Lorraine Remus Peggy Danielson	Sue Simonson Alice Nelson Terry Van Allen	Scott & Peggy Danielson
29	8 a.m.	Cam Koch	Randy Johnson Catherine Johnson	Randy Johnson	Katy Jeske	Continental Breakfast
	10 a.m.	Preston Blaney Chad Hager Caleb Dressen	Pam Dressen Pat Welke	Dawna McMillen Mary Kolderie	Sue Simonson Alice Nelson Terry Van Allen	Sandy Richter & Family

Altar Guild: Char Friedrich-Chair, Katy Jeske-Assistant, June Gustafson, Marm Nihart, Jane Solberg, Suzanne Simonson  
Altar Guild Directress—Jeannette Wilson

*(Gospel Based Discipleship Continued from page 7)*

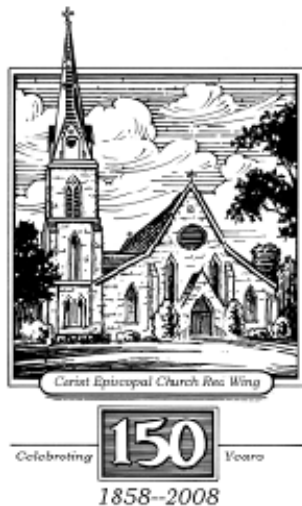
*pel) calling you to do?* are designed to elicit personal reflection, sharing and discussion. It is important for people to know there are no right or wrong answers. The group is seeking the truth by hearing what the Gospel says to them individually and corporately. Statements like :that’s not what we believe; or you’re wrong about that are not helpful. Statements that elicit response such as Could you say more about that; or I’ve never thought of that before keep the discussion going. Persons who do GBD regularly find new insight and revelation are the rewards.

At least two or three translations of the Gospel should be available. Many groups have had a positive experience using The Message (NAV Press), a contemporary translation by Eugene Petersen, for one of the readings. Normally the passage is read three times, each time from a different translation. People may choose not to have a printed version unless they are reading aloud. This encourages “listening”.

1	7	9	5	3	2	6	8	4
6	3	2	8	4	1	7	5	9
4	8	5	7	6	9	2	1	3
3	6	7	1	5	8	4	9	2
2	5	1	9	7	4	3	6	8
8	9	4	6	2	3	5	7	1
9	2	6	4	1	5	8	3	7
7	1	3	2	8	6	9	4	5
5	4	8	3	9	7	1	2	6

Christ Episcopal Church  
321 West Avenue  
Red Wing, MN 55066  
christchurchredwing.com

Non Profit Organization  
U. S. Postal Permit 235  
Red Wing, MN 55066



## World Day of Prayer

### Church Women United World Day of Prayer

Date: Friday, March 5, 2009  
Time: 9:30 a.m. Fellowship  
10 a.m. Program  
Place: First Presbyterian Church  
503 W. 6th Street, Red Wing, MN  
Topic: Missionary work in Papua New Guinea.  
Speaker: Pastor Carroll Marohl and Cynthia Marohl  
Men are Welcome  
Day Care provided by calling the church office,  
388-9584 by March 3

### Equal Justice? A Look at Racial Disparities in Minnesota's Criminal Justice System

Monday, March 9, 2009  
6:45-0 p.m.  
First Presbyterian Church, Red Wing  
Sponsored by the Red Wing League of Women Voters

## Books & Brunch



Childcare is provided

*The Age of  
Miracles and the  
New Midlife*  
February 28

*, Imagine What  
America Could Be  
in the 21<sup>st</sup> Century*  
March 28

10-11 a.m.  
At the church



Chemical Health Initiative of Goodhue County  
Chemical Health Week  
Faith Communities as Caring Communities  
April 19-25  
Details in the next Caller

Services—Sunday: 8 a.m. & 10 a.m., Wednesday: 10 a.m.