



The Contact

FIRST LUTHERAN CHURCH — NORFOLK



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VOL. XXXIII

APRIL 2019

NO. 4



Global Mission Work

In honor of our 125th anniversary, during April we are highlighting the Global Mission work that has been a caring ministry at First Lutheran Church

for many years. The various programs we have engaged in and supported have touched the lives of so many around the world, including:

- Sponsored refugee families from Vietnam, Cambodia, and Poland in past years. We are currently working with Lutheran Immigration and Refugee Services (LIRS) and other local churches to support an immigrant family in the area.
- The Tolmies, with the support of many FLC members and others, were instrumental in building and supporting a school for disabled children in Tanzania.
- Numerous members from First and others have made mission trips to Tanzania to support the work of the Synod and ELCA there.
- FLC raised about \$5,000 in the ELCA campaign Mosquito Nets for Africa.
- Bread for the World has been supported each year by selling bread one Sunday to raise money to help combat global poverty. Members also write letters to our Congressmen and Congresswomen to support legislation to lessen poverty around the world.
- Approximately 45 quilts per year are handcrafted by ladies of Christian Service here at FLC that provide life giving warmth to its recipients worldwide.

- About 150 school supply bags each year are delivered to Lutheran World Relief and then subsequently sent to children all over the world.
- Encourage and support congregation donations to ELCA World Hunger and various Disaster Response appeals.

These are just some of the ways that we at First Norfolk reach out beyond our walls, beyond our city, and beyond our borders to touch the lives of others in a meaningful and caring way. During the month of April we are encouraging you to actively participate in the ELCA's Good Gifts program. This program provides chicks, piglets, goats, honey bees, cows, fruit tree seedlings, farming tools, blankets, school supplies, mosquito nets, and a multitude of other needed items.

We would ask that you consider a gift of \$1.25, \$12.50, or even \$125.00 to this life sustaining global mission ministry in honor of First Norfolk's 125th Anniversary! You may simply place your offering in one of the pew envelopes and designate it as "ELCA Good Gifts" and FLC will accumulate the separate offerings and send them to the ELCA. Or if you wish to contribute directly online, and pick your designated gift, then please Google "ELCA Good Gifts" or just use the following link to make your offering: <https://community.elca.org/elcagoodgifts> Thank you!

7th Day Retreat 2019

“Plant the Seed, Grow the Greatness” was the theme for our 7th Day retreat in March.

The theme was imbedded throughout the weekend as 5th/6th graders and adults from across the VA Synod explored the Parable of the Mustard Seed (Matthew 13:31-32). We learned that we who are people of the Kingdom of God are important members and participants of that kingdom at all times, whether we are being planted, or growing, or serving. Skits, songs, and experiential learning centers helped focus our conversation. Continue reading to see what our participants learned and liked about the retreat.

— Pastor Rick Goeres



“I liked movement and arts and crafts. I learned about a parable. Someone else should come next time because it was quite fun.”

— Caroline Ostroot

“I liked the songs – they were so fun. The small groups were fun too! I learned a mustard seed is a seed.”

— Marley Fenley

“You get to meet new people and it’s really fun.”

— London Karnuth
(from Faith Lutheran, Suffolk)

What I Liked and What I Learned

“I liked the face time and story time and the movement activity. I learned about Jesus and what he has done”

— Matthew Thompson

“I liked the cabin and learning mustard seeds are tiny. I learned you should come; there is a feeling of independence.”

— Felix Janik

“I liked the movement module and learning about God. I would tell everyone about the amazing leaders.”

— Hope McGhee

“I learned that even if you are small you can still do great things. I liked staying with my friends and getting to know each other. I would say that when you come always try to make friends from the start. You never know who you will meet.”

— Alana McElligott

“Good food and crafts! That I love to paint and the fun songs. You get to make new friends.”

— Catherine Ostroot



Calling all Children, Youth, and Adults!

Vacation Bible School

June 17-21

5:30-7:30 PM

**Join together for dinner, classes,
stories, crafts, and music.**

Watch for more details and registration soon.

Nursery will be provided.

Congregational Vitality - Listening

“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry.”
James 1:19

“I like to listen. I have learned a great deal from listening carefully.” Author Ernest Hemingway

“I am a very strong believer in listening and learning from others.” Ruth Bader Ginsburg, Supreme Court Justice

“Listening to an underserved population is how you begin to understand them and serve them better.” Constance Wu, actress, from Richmond, on Time’s 2017 list of the most influential people

We at First Lutheran are listening. We began by listening to God using the 40 Days of Prayer resource. Then we listened to each other through our Congregational Vitality Survey and conversations surrounding the

sharing of the results. We are now meeting in small study groups to discuss the book *Unbinding Your Heart* as we continue to listen to God and one another. We are also moving into the third phase of our listening process, “Listening to the Community.” This listening involves a group of our parishioners using a questionnaire to interview persons in our community so that we can learn about their hopes and dreams for Ghent/Norfolk.

Once our Congregational Vitality Leadership Team gathers the results from our three listening areas, they will join with the Congregational Council to identify the areas of our mission and ministry that we can celebrate and those we need to develop more. We will do this with measurable goals and time lines that will lead us forward in the work God is calling us to do. Thank you to all who have participated in this process of listening, discovery, and action, and continue to hold First Lutheran in your prayers as we embark on this new faith venture.

125th Anniversary shirt sale

Sale starts March 10th thru April 21th

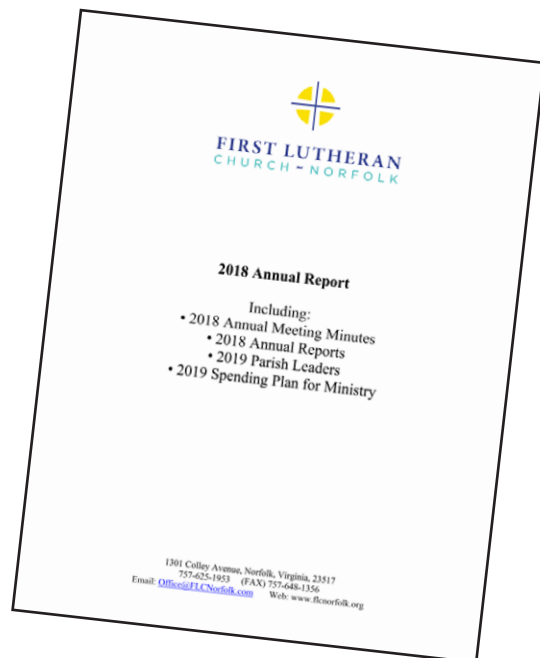


Mens and Womens Sizes Sample sizes are available
3 Button Polo shirt for Mens and Womens
60/40 Cotton / poly
Colors: BLUE, GREEN and RED

Cost is \$20 per shirt.
checks made out to First Lutheran Church
memo line put shirts

Annual Report

The 2018 Annual Report is complete. Copies are available in the Welcome Center next to the mailboxes.



Connect with Others

Holy Week Sunday School for Children

Palm Sunday- Children's Choir and Little Praisers meet as usual followed by Parade of Palms as families process with the congregation to Stockley Gardens for Ghent churches group service at 10:30 AM. Children's Choir, grades 1-6, is invited to sing with the other children's choirs.

Easter Sunday – Children and their families are invited to participate in Easter activities on the front lawn from 10-10:30 AM.

Martha Circle

Martha Circle will meet on April 2nd at 7:00 PM at First Lutheran in the Reception Room. All are welcome! Please join us for fellowship, food and our annual cleaning of the church silver. We will also assemble Easter baskets for Hope House. Questions? Contact Paula Cook at pbcook513@icloud.com or 793-0551.

Easter Breakfast

Celebrate Easter with us between services with breakfast in the Welcome Center! All are welcome, breakfast is provided. If you are able to help make breakfast happen, contact Shelagh Humphreys at jhumphreys5@verizon.net or Jacob Weber at jaweber@vt.edu.

ATTENTION YOUNG ADULTS!

Our Young Adult members are invited to the home of Sharon & Steve Asam for a social gathering on Friday, April 12th, at 6:30 PM. Dinner and drinks are provided. Children are welcome! Please call or text Sharon at 646-6318 to RSVP or with questions.

Holy Week and Easter Services:

Maunder Thursday at 1:00 and 7:00 PM

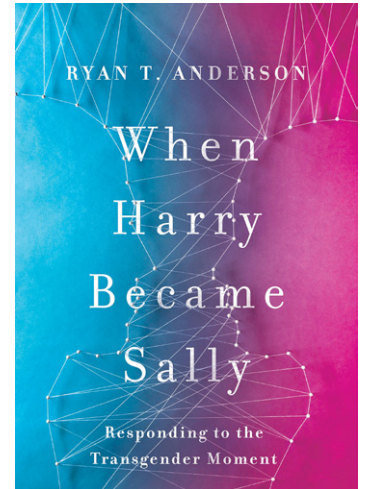
Good Friday at 7:00 PM

Easter at 8:30 and 11:00 AM.



FLC Book Discussion Group

Can a boy truly be “trapped” in a girl's body? Can modern medicine really “reassign” sex? Is sex something “assigned” in the first place? What's the loving response to a friend or child experiencing a gender-identity conflict? What should our law say on these issues? *When Harry Became Sally: Responding to the Transgender Moment* provides thoughtful answers



to all these questions. Drawing on the best insights from biology, psychology, and philosophy, Ryan T. Anderson offers a sober and honest survey of the human costs of getting human nature wrong.

Join the FLC Book Discussion Group to explore this current issue on May 5th at 6:30 PM at church. If you are unable to join us in May, you can still join us for faith and fellowship at our June meeting before our summer break. Everyone is welcome to one or all our gatherings!

Lydia Circle

On Tuesday, April 2nd, at 11:00 AM in Strickler Hall, Lydia Circle will host Pastor Goeres as he helps us plan “The Ultimate Earthly Celebration.” Do you keep meaning to deal with your funeral preparations but somehow procrastinate? Now is the perfect opportunity to hear what an expert has to say about what needs to be done to make a difficult time easier for your family and for the church. Anyone interested is welcome to attend. Bring lunch if you'd like to stay after the program to chat. Questions? Contact Pam Baynard, 638-4812, or pbaynard65@charter.net.

Christian Service

On April 7th, approximately 80 quilts will be displayed in conjunction with the focus on Global Mission. Christian Service, with help from Martha Circle, is well on its way to accomplishing the goal of completing 125 quilts in honor of First Lutheran's 125th anniversary. Last year, Lutheran World Relief distributed over 300,000 quilts around the world. Our quilts and school kits went to Mauritania, a country in Northwest Africa.

Thank You Notes

Dear Pastors and members of First Lutheran,

I am so grateful for all the prayers lifted up on my behalf, both for my procedure and during this time of healing. Prayers are being answered and continued prayers are appreciated.

Thank you also for the beautiful flower arrangement from the church altar. The brought me joy and were another sign of God's goodness in our world.

Blessings to all of you,

Jeanne Walters

FLC BLOOD DRIVE

MANY THANKS to all who donated blood or helped in any way with our March 13th Blood Drive at FLC!! The Red Cross collected 40 units of blood that will help three times that many people in need. Whether you donated blood, brought refreshments, worked at our registration or canteen tables, helped promote the drive or clear and reset Strickler Hall, we could not have done it without YOU! Thank you for your Acts of Service!

Congregation Council Summary

At our March meeting, the Congregation Council:

- Opened with a prayer from *A Diary of Private Prayer*
- Asked Property and Grounds to work towards identifying 2-3 options with estimated costs for the Council to consider to make our property inviting and safe while highlighting the architectural beauty and wellbeing of our building
- Agreed to move forward with making our nave more handicap accessible
- Approved replacing a rusted-out cast iron main sewer line under our building
- Reviewed our 30+ Project spreadsheet and asked committees to identify priorities, prices and completion dates for those in their area of ministry
- Set Sunday afternoon, June 2, as the date/time for our Council & Congregational Vitality Leadership Team retreat with Pastor John Mocko
- Gave thanks for the learnings and relationship building that occurred at the VA Synod's 7th Day Retreat and our congregation's upcoming Lenten journey
- Shared blessings, prayer concerns and prayer partners

The Council normally meets at 7 PM on the first Monday of each month. The meeting is open to the congregation.

April Birthdays

Dee Clare	1 April	Julie Damman	10 April	Debbi Waitzer	20 April
Tommy Silsdorf	1 April	Bob Braaten	11 April	Sharon Kneisley	21 April
Jeff Humphreys	2 April	Alyssa Kaplan	11 April	Richard Majer	21 April
Mary Bissey	3 April	Matthew Butcher	12 April	Dick Temple	21 April
Alvene Buckley	4 April	Jess Miller	13 April	Kevin Ferguson	22 April
Sean Buckley	4 April	Susan Stones, LCSW	13 April	Robert Green	22 April
Betty Petersen	4 April	Emily Weeks	13 April	Jim Mason	22 April
Sophia Smith	4 April	Jane Fuller	15 April	Mason Fox	23 April
Marion Ingersoll	6 April	Alison Stanfield	15 April	Kirsten Kelly	23 April
Henry Hund	7 April	Oliver Lowrey	16 April	Megan Bishop	25 April
Suzanne Sackel	7 April	Lori Seaman	16 April	Ashley Scott	25 April
C.J. Bauman	8 April	Carl Spangler	16 April	Melissa Sikorski	28 April
Santiago Jersild	8 April	Lauren Saich	18 April	Bobby Alexander	29 April
Charles Poston	8 April	Mary Zelasko	18 April	Carter Alexander	30 April
Georgia Alexander	9 April	Clark Elverum	19 April	Aimee Brinn	30 April
Pamela Hiner	9 April	Shelagh Humphreys	20 April		

April 2019

Worship every Sunday at 8:30 and 11 AM. Nursery available.
 Sunday School at 9:45 AM with classes for children, youth and adults. Nursery available.
 Office Hours: 9 AM—4 PM Monday Thursday, 9 AM 1 PM Friday
 Weekday Men's Bible Study: 7 AM Wednesdays at 21st Street IHOP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 7 PM Church Council	2 11 AM Lydia Circle 7 PM Martha Circle	3 7:00 AM Men's Bible Study 12:00 PM Lunch Ministry 1:00 Lent Worship 2:00 PM Women's Bible Study 7:00 Lent—Holden Evening Prayer 7:30 PM Choir	4	5	6
7 Quilt Sunday 8:30 AM Worship 9:45 AM Sunday School 11:00 AM Worship 12:00 FLY Lunch	8	9	10 7:00 AM Men's Bible Study 12:00 PM Lunch Ministry 1:00 Lent Worship 2:00 PM Women's Bible Study 7:00 Lent—Holden Evening Prayer 7:30 PM Choir	11 10 AM—Quilt Group	12	13
14 8:30 AM Worship 9:45 AM Sunday School 11:00 AM Worship 12:30 PM Worship Committee	15 Contact Deadline	16	17 7:00 AM Men's Bible Study 12:00 PM Lunch Ministry 2:00 PM Women's Bible Study 7:30 PM Choir	18 5:30 PM Laundry Love 7:00 PM Maundy Thursday Worship	19 7:00 PM Good Friday Worship	20
21 Easter Sunday 8:30 AM Worship 9:45 AM Sunday School 11:00 AM Worship	22 <i>Easter Monday— Office Closed</i>	23 9:30 AM Christian Service	24 7:00 AM Men's Bible Study 12:00 PM Lunch Ministry 2:00 PM Women's Bible Study 7:30 PM Choir	25 10 AM—Quilt Group	26	27
28 8:30 AM Worship 9:45 AM Sunday School 11:00 AM Worship	29	30				
+++ NA: Sunday 8 PM, Tues 5:30 PM, Fri 12 PM, Sat 5 PM AA: Men 5:30 PM, Fri 8 PM, Sat 8 PM SAA: Tues 7:30 PM, Thurs 6 PM, Tues 6 PM, Thurs 6 PM +++						

Connect with Word and Body

Prayer Concerns for April

Rooted in the abundant life and love of Christ Jesus, we pray for the life of the church, the lives of people in need, and the life of all creation.

Give joyful thanksgiving

...that while continually tempted by the Devil, Jesus was true to God.
...that by the pure grace of God, we are saved.
...and pray for Mary Hinkle Shore, the new Rector and Dean of Southern Seminary.
...that by grace through faith God forms us to preach, teach and live God's Word.
...that we are so rooted in the Gospel that our lives overflow in worship, witness, service, learning and support.

Help us

...to take a deep breath and make time to pray each day of Lent.
...to share God's love with all those we encounter.
...as our small groups gather to focus on prayer and what God is calling us individually and as a congregation to be about in our congregation and community.
...as we focus on opportunities to strengthen our ministry to families with children, ministry into our local community and communication.

Pray for

...comfort and peace for the family and friends of Marian Sever.
...the granddaughter of **Paul and Marilyn Jersild**.
...Nancy Coleman and Family
...all those who suffer from heart disease.
...Theresa and her family.
...people fleeing dire humanitarian situations for a better life.
...persons who are homeless.
...the unemployed and underemployed.
...those struggling with addiction and mental health issues.
...those mourning the death of loved ones.

Sonya Baker, Dee Clare, Ivana DiNini, Roger Fuller, Susan Griffin, Ray Hinton, Al Miller, Kelley Minschke, Lorna Moss, Betty Peterson, Betty Phillips, Barbara Ross, Howard Simon, Amy Spangler, Dotty Basco, Stephen Beech and Elaine Lipworth, Bennett, Glen Broman, Rob Burger and the Burger Family, Carl, Cheryl Donahue, Else, Kim Forbes, James, John, Kathryn, Katrina, Linda, Lydia and Rachel, Marilyn, Mary, Anna Mason, Bill Metheney (step-father of **Jeff Humphreys), Theresa Smith Milne, Cathy Moye, Patty, Paul, Rachel, Rebecca, Richard, Rob, Johnny Sadler (father of **Blythe Scott**), Sandy, Earl Smith, Annie Stewart, Tony and Mary, Frank Tordillos, Malcolm Van de Water, Sr., Sarah Hilton**

Those dealing with cancer

Mark Basco, Rob Burger, Jo, Lydia Powell, Ann Wilson Rose, Andie Seagraves, Jess WineKing

Military and their families:

Austin Davidson, Mason Fox, Dan Kelly, Ted Peterson, Beth Silsdorf, Brian Becker, Jonathan Goeres, Amy Hardbower, Nicolette Huntley, Tim Kelly, Kelly Mackenzie, John Marfield, Nikki Parkman

Receive our prayers and fill us with the radiance of your love; through Jesus Christ our Lord. Amen.

Readings for April

April 7th -

Isaiah 43:16-21

Psalm 126

Philippians 3:4b-14

John 12:1-8

April 14th -

Isaiah 50:4-9a

Psalm 31:9-16

Philippians 2:5-11

Luke 22:14--23:56

April 21st

Acts 10:34-43

Psalm 118:1-2, 14-24

1 Corinthians 15:19-26

Luke 24:1-12

April 28th

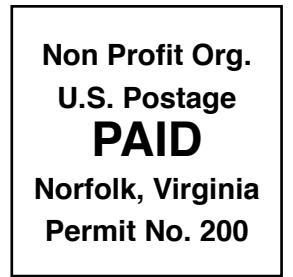
Acts 5:27-32

Psalm 118:14-29

Revelation 1:4-8

John 20:19-31

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ADDRESS SERVICE REQUESTED
