



# The Contact

FIRST LUTHERAN CHURCH — NORFOLK



1301 Colley Ave., Norfolk, VA 23517

Parish Office: 757 625 1953

www.flcnorfolk.com

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NO. 1

## Small Groups at First Lutheran

Listed below are new opportunities to connect and grow in a small group at FLC this coming spring. Each small group will include times of prayer and worship, Bible Study, fellowship and service, with an emphasis on a specific area of interest.

### Environmental Stewards

Whether at home, around our congregation, or throughout the community we all can improve how we take care of our planet. Group members will explore our biblical mandate to be stewards of creation and will develop an environmental service project based on our mutual interests. All the while we will deepen our personal bonds via sharing in discussions, games and social events.

**Enrollment limit:** 10 people

**When:** Monthly, or more as needed, from January thru June; days and time TBA

**Where:** The Whittecars' home - 1217 Heathcliff Drive, Virginia Beach - initially

**Contact:** Cathy and Rich Whittecar at (757) 467-3281 or richwhitt@cox.net

**Cost:** none expected

### Faith and Food

Jesus and his disciples and the early church used meal times to discuss ministry and to minister to each other. Cultures around the world use this time to nurture each other and to discuss common concerns and goals. We will gather for a modest meal, conversation and short devotional to further our understanding of the aspects of physical nourishment enhancing spiritual nourishment. We will be using scriptural readings and other short contemporary writings with the hope that our study will translate into expanded or new FLC ministries.

**When:** twice monthly, midweek evening, February-May.

**Enrollment:** Initially limited to 8.

**Where:** Home of Jonathan Miller and Barbara Chapman; other venues to be determined.

**Contact:** Barbara Chapman at harplover@cox.net or home telephone 757-533-5434.

**Cost:** TBD.

### Prayer and Presence

Jesus prayed and calls us into holy conversation with the Father, Son and Holy Spirit. Join us as we explore the gift of prayer in community with God and one another. We will give thanks for being part of Christ's kingdom and explore ways to be a supportive presence with others on their walks of life.

**Contact:** Neva Goeres

### Discover, Develop and Use Your Spiritual Gifts

This group opportunity is for confirmed members to discover what Spiritual gifts are given by the Holy Spirit to believers in Jesus Christ. In particular will be the opportunity for you to discover what your Spiritual gifts are and how to apply them in your life. We will examine the who, what, when, where and why of Spiritual gifts. This group will give you a chance to really grow in your Christian life over a ten week period.

**Enrollment Limit:** 15 people

**Where:** Church Reception room initially

**Contact:** Don and Joanne Lundquist

**When:** Sunday beginning January 12, 2020 at 6:00 PM to March 15, 2020

**Alternative Dates:** February 9-April 12, 2020

**Cost:** None. Materials will be provided.

### Unbinding Your Heart

"Unbinding Your Heart" by Martha Grace Reese leads group members through prayer, conversation, and reflection to both nurture their life with God and also pray for the life of the congregation and surrounding community. It offers practical ways to engage in sharing our faith by deepening one's own understanding of God's presence and power in one's life. The group will live out their faith through service in different areas of ministry within the congregation as the Spirit opens opportunities and possibilities.

**Enrollment Limit:** 8-12 people

**Contact:** Tina Dulong

**When:** Likely on Wednesday or Sunday evenings.

**Cost:** None anticipated

### Stretch and Pray

Using the book "Stretch and Pray" by Pastor Murray Finck, participants will practice gentle stretches, movements and postures designed to improve physical and spiritual well-being. Discover the benefits of daily stretching and quiet prayer as you meditate on Scripture, breath deeply, and move your body.

**Contact:** Jennifer and Elizabeth Moll

### Young Adult Small Group

More information will be coming.

**Contact:** Steve Velotas and Julie Moberly

# Lost & Found, the VA Synod Middle School Youth Retreat!

“You’re welcome” was the theme of *Lost and Found* this year. Our 6 youth, Wil Thompson and Pastor Goeres joined 200+ persons from around the VA Synod at Eagle Eyrie, Lynchburg, to explore our call to “Welcome one another, therefore, just as Christ has welcomed you, for the glory of God.” (Romans 15:7). Read on as the youth share what they liked and learned at *Lost and Found*!

I really enjoyed my cabin and free time because I got close with my cabinmates.

I learned that even if you have a hard time talking to someone you should still welcome them.

— Alana McElligott

At Lost and Found I liked how welcoming the community was and I liked that I made a lot of friends. Also, during the free time I got to get closer to those people.

I learned the steps of what happens during a baptism. Also, I learned how to welcome and understand people better just like Christ did.

— Carl Biboum

I liked food, free time, and fun games.

I learned a lot about welcoming people and Jesus.

— Matthew Thompson

I liked food and free times.

I learned no matter who it is welcome them.

— Gabrielle Ostroot

I liked free time because I had time to play with my friends. I learned about different friends’ experiences.

— Kayden Moore

I liked free time because I got to do what I want.

I learned that God is always with us.

— Grasea Pulliam



## Christians United for Social Change

Christians United for Social Change (CUSC), consisting of members of FLC and the Basilica of St. Mary, is joining forces with groups across the Commonwealth to help pass legislation that will allow localities to decide where, and if, monuments to the Confederacy will reside within their respective jurisdictions. Organizers are planning to attend a rally in Richmond on the opening day of the Virginia General

Assembly, January 8th, 2020, to show support for this legislative effort. Please save the date and stay tuned for more information on how you can participate in this important effort to help heal our communities from the wounds created by slavery and racial injustices. For more information, please speak with Eric Peterson or Elizabeth Janik.



# Advent Sunday School



## January Birthdays

1 Jan Tracy Fisher	8 Jan Wilma Robinson	17 Jan Sydney Sutton	23 Jan Natalie Schaus
1 Jan John Krenzke	9 Jan Adam Saich	17 Jan Patrick Young	24 Jan Ainsley Erwin
3 Jan Matt Bourcier	9 Jan William Wattai	18 Jan Karen Grogan	24 Jan Mary Fox
3 Jan Robert Cabe	11 Jan Kristen Gonzalez	18 Jan Abigail Stachour	25 Jan Rick Pougher
3 Jan Kamille Diez-Fugitt	13 Jan Suzy Biboum	19 Jan Nancy Fuller	26 Jan Pam Baynard
3 Jan Caroline Griffin	13 Jan Melissa Zaletski	19 Jan John Kintsche	27 Jan Dolly Hinton
3 Jan J.J. Steckroth	14 Jan Katherine Sikorski	20 Jan Lew Bidle	28 Jan Phyllis Hund
4 Jan Sally Hurdle	14 Jan Crystal Wass	20 Jan Alexandra Hiser	29 Jan Nancy Thorpe
5 Jan Richard Bagans	15 Jan Merrie Jo Milner	21 Jan Grace Ridenhour	30 Jan David Basco
5 Jan Ken DiBiaso	15 Jan Keith Winstead	22 Jan Savannah D	30 Jan Don Buckley
5 Jan Mary Grubb	16 Jan Anders Bishop	22 Jan Krista Puttler	30 Jan Neva Goeres
6 Jan Virginia Alexander	17 Jan Chris Cook	22 Jan Beth Silsdorf	31 Jan Linda Braaten
7 Jan Shirley Leafe	17 Jan Jackie Kisa	22 Jan Denise Stage	31 Jan Bob Davis
7 Jan Cathy Whittecar	17 Jan Kristin Kisa	23 Jan Richard Bauer	



# Adult Ministry & Lydia Circle Luncheon



# January 2020

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 Bible Study: Men at 7 AM Wednesdays at Charlie's American Café, 4024 Granby Street, Corner of 41st Street  
 Women's Bible Study: 2 PM Wednesdays, Please contact Pastor Mims for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NEST New Year's Day Church Office Closed 12 PM Lunch Ministry	2	3	4
5 8:30 AM Worship 9:45 AM Sunday School (No Children's Sunday School) 11 AM Worship 12:15 PM FLY Lunch	6	7 10 AM Quilt Group 7 PM Martha Circle	8 7 AM Men's Bible Study 12 PM Lunch Ministry 2 PM Women's Bible Study 7:30 PM Choir Practice	9 12 PM Faith Story— How to Share Your Faith Journey	10	11 8:30 AM—Church Council Retreat
12 8:30 AM Worship 9:45 AM Sunday School 11 AM Worship 12:15 PM Epiphany Singers 12:30 PM Worship Committee	13	14	15 Contact Deadline 7 AM Men's Bible Study 12 PM Lunch Ministry 2 PM Women's Bible Study 7:30 PM Choir Practice	16 5:30 PM Laundry Love	17	18 9:30 AM Un-hanging of the Greens 7:15 PM Contra Dancing
19 8:30 AM Worship 9:45 AM Sunday School 11 AM Worship	20 Martin Luther King, Jr. Day Church Office Closed	21	22 7 AM Men's Bible Study 12 PM Lunch Ministry 2 PM Women's Bible Study 7:30 PM Choir Practice	23	24	25 Winter Celebration Retreat
26 8:30 AM Worship 9:45 AM Sunday School 11 AM Worship	27 7 PM Finance Committee Meeting	28 9:30 AM Christian Service	29 7 AM Men's Bible Study 12 PM Lunch Ministry 2 PM Women's Bible Study 7:30 PM Choir Practice	30	31	

\*\*\* NA: Sunday 8 PM, Tues 5:30 PM, Fri 12 PM, Sat 5 PM AA: Mon 5:30 PM, Fri 8 PM, Sat 8 PM SAA: Thurs 7:30 PM Women's AA: Tues 6 PM, Thurs 6 PM \*\*\*



# Connect with Others

## Faith Story™: How to Share Your Faith Journey

More than one billion stories are shared everyday across Facebook, Instagram and other social media platforms. But a Faith Story™ isn't about big numbers. A Faith Story™ is the opposite: a personal sharing of your journey with Jesus. As we grow older, we place a higher value on our legacy, or what we leave behind. That's why ALOAserves.org has multiple resources to help tell your Faith Story™. But to fill in the gaps before you try recording or writing your personal history, join us for a free webinar. Faith Story™ project creators, Dr. Mary Manz Simon and Rev. Ken Holdorf will share their insights, as well as some "how to's" and resources for congregations interested in helping members share their Faith Story™. There is no charge for this free, one-hour, webinar.



**Adult Lutherans  
Organized for  
Action**

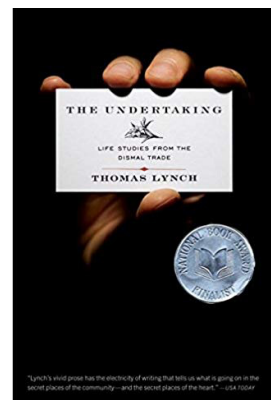
Pastor Jean Bozeman and Tina Dulong invite you to join them for this webinar to be offered at noon on January 9, 2020 at FLC. To register, send your name and email to [pastorjean61@gmail.com](mailto:pastorjean61@gmail.com).

## Youth Celebration Luncheon

You're Invited! Please join First Lutheran Youth for the Youth Celebration Luncheon so our youth may share what they have been doing over the last year and thank you for your continued support over the last year. The luncheon will take place February 9th, immediately following the 11:00 AM service on the third floor. Entertainment and a taco salad bar lunch will be provided.

## FLC Book Group

The FLC Book Group will take a look at dying and death through the eyes of Thomas Lynch in his book *The Undertaking*. Lynch, the funeral director in a small Michigan town, has kept his eyes open, his ear tuned to the indispensable vernaculars of love and grief. In twelve pieces, he is the voice of the hurts and whispers the condolences and shapes the questions posed by this familiar mystery. Join us February 2nd for one of our lively discussions. This time, on death.



Reminder that on January 12th, the book group will discuss When "*Spiritual But Not Religious*" Is Not Enough: *Seeing God in Surprising Places, Even the Church*, by Lillian Daniel

## Fall Colors at First Lutheran



# Connect with Word and Body

## Prayer Concerns for January

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

...for the healthy birth of a granddaughter, Yarah, to Trina Winfield and family.  
...for our Advent season that helps us focus on the hope, forgiveness and blessings from God.  
...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 be welcoming to all.  
...to be intentional about our sacramental living.  
...use our voices to share God's Word to others.  
...to listen and learn from the voices of history.  
...care for one another and pull back the veil to further expose racism, bias, and injustice.  
...as we focus on opportunities to strengthen our ministry to families with children, ministry into our local community and communication.

### Pray for

...peace and comfort for **Dolly**, family and friends of **Ray Hinton** upon his death.  
...peace and comfort for the family and friends of Marcus Koeniger upon his death.  
...peace and comfort for the family and friends of James Corbett upon his death.  
...those impacted by the shootings in Pensacola and Pearl Harbor.  
...those who are traveling.  
...immigrants in peril at the border.  
...our President.  
...people fleeing dire humanitarian situations for a better life.  
...the sick, that they are comforted.  
...the despairing, that they receive hope.  
...persons who are homeless and need shelter and food.  
...the unemployed and underemployed.  
...those struggling with addiction and mental health issues.  
...those mourning the death of loved ones.  
...for all who cry out to God in any need.

**Sonya Baker, Alvene Buckley, Roger Fuller, Jay Gill, Al Miller, Kelley Minschke, Emily Mitchell, Lorna Moss, Linda Perron, Betty Phillips, Fay Rogner, Don Strehlow, Deb Thompson, Jane Beeby, Betty Lou, Angela Blue, Glenn and Claudia Broman, Rob Burger, Christian, David Church, Dave, Dave and Susie, Denise and Family, Rick DeRasmo, Gabriel Dulong, Annabelle and Arlo Garrison, Gert, James, John, Joyce, Katrina, Kymberlee, Lydia and Rachel, Betty McCorkindale (mother of Sharon Asam), Theresa Smith Milne, Bob Moll (father of Elizabeth and Jennifer Moll), Cathy Moyer, Noel, Patty, Rachel, Rema, Rob, Sandy, Sean**

### Those dealing with cancer

Larry Atkinson, Iris Corbin, Jo, Lydia Powell, Andie Seagraves, Dave Wildt, Rocco Wilson, Jess WineKing

### Military and their families:

**Austin Davidson, Mason Fox, Kyle Hefner** (deployed), **Dan Kelly, Ted Peterson**, Brian Becker, Jonathan Goeres, Amy Hardbower, Nicolette Huntley, Tim Kelly, Ian Logan, Kelly Mackenzie, John Marfield, Nikki Parkman

You hear the cries of our hearts, O Lord. Fill us with hopeful expectation, that in each day and hour we may love and serve our neighbors, in Jesus' name. **Amen.**

## Readings for January

### January 5th

Isaiah 60:1-6  
Psalm 72:1-7, 10-14  
Ephesians 3:1-12  
Matthew 2:1-12

### January 12th

Isaiah 42:1-9  
Psalm 29  
Acts 10:34-43  
Matthew 3:13-17

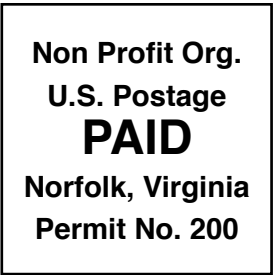
### January 19th

Isaiah 49:1-7  
Psalm 40:1-11  
1 Corinthians 1:1-9  
John 1:29-42

### January 26th

Isaiah 9:1-4  
Psalm 27:1, 4-9  
1 Corinthians 1:10-18  
Matthew 4:12-23

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