



# The Contact

FIRST LUTHERAN CHURCH — NORFOLK



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[www.flcnorfolk.com](http://www.flcnorfolk.com)

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## Stay Home. Stay Safe. Stay Connected.

We are living in days of concern, new discoveries and important decisions. Although it is difficult to imagine not gathering in our beautiful nave for Easter, it is the right decision for the health and wellbeing of our congregation and community.

We will continue to share Wednesday, Holy Week and Sunday worship resources for use in your home; foster learning and connections through mailings, emails, videos, phone and web links; and pray for one another. Please speak with Kate in our church office (757-625-1953) to sign up for church emails, including Life Together.

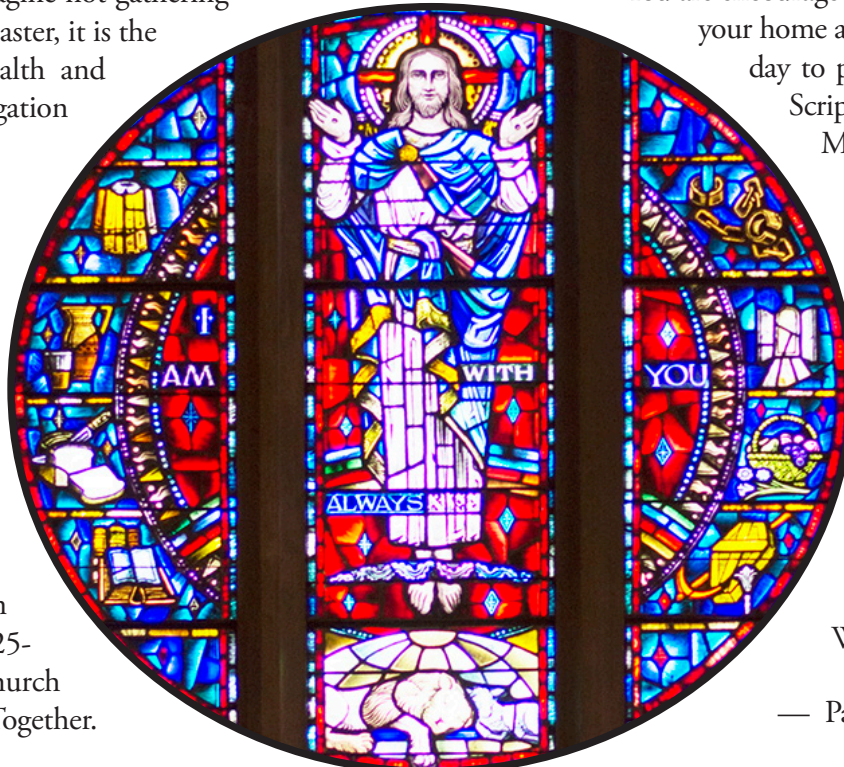
Pastor Mims and I remain available for pastoral care matters.

You are encouraged to set aside sacred space in your home and/or designate a time each day to pause, pray and explore the Scripture Readings for the week. Martin Luther's Morning and Evening Blessings are included for your use.

Together, we are the Church, and give thanks for the presence of the Holy Spirit. We will walk this road together as we Stay Home, Stay Safe and Stay Connected.

With every blessing,

— Pastor Rick Goeres



# The Morning Blessing

**I**n the morning, as soon as you get out of bed, you are to make the sign of the holy cross and say: "God the Father, Son, and Holy Spirit watch over me. Amen."

Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. If you wish, you may in addition recite this little prayer as well:

"I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected me through the night from all harm and danger. I ask that you would also protect me today from sin and all evil, so that my life and actions may please you. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen."

After singing a hymn perhaps (for example, one on the Ten Commandments) or whatever else may serve your devotion, you are to go to your work joyfully.

Martin Luther

# The Evening Blessing

**I**n the evening, when you go to bed, you are to make the sign of the holy cross and say: "God the Father, Son, and Holy Spirit watch over me. Amen."

Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. If you wish, you may in addition recite this little prayer as well:

"I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected me today. I ask you to forgive all my sins, where I have done wrong, and graciously to protect me tonight. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen."

Then you are to go to sleep quickly and cheerfully.

Martin Luther

## Quilting for a Cause





# Shrove Tuesday Pancake Dinner



## Our Lenten Rose

To the right is a picture of just one the Lenten Rose plants around the First Lutheran Church building. This common name, Lenten rose, derives from the fact that they usually flower before and during Lent. They are a hardy plant and easy to grow. The fact that they are usually in bloom during Lent makes them a special addition to our Courtyard and surrounding building.



## April Birthdays

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

# 7th Day Youth Retreat – Liked & Learned



**O**rdinary to Extraordinary was the theme of 7th Day, the faith formation weekend retreat for 5th/6th graders in our VA Synod. The story of Jesus turning water into wine in John 2:1-11 gave us the framework to explore *need*, *obey* and *believe*. I give thanks for this and all our VA Synod Youth Retreats that provide an opportunity to share faith and celebrate how God is present in our lives through exploring a story of Jesus, working together in various activities and having fun. Continue reading as our youth and adult chaperones share what they liked and learned at 7th Day. With every blessing, Pastor Rick Goeres

Liked – Meeting new people, but still hanging out with my friends from First Lutheran and doing crafts.

Learned – Jesus walked 82 miles. The water that turned into wine was the Jewish water of purification.

— Marley Fenley

Liked – My favorite part was arts and crafts.

Learned – I learned that the water that Jesus turned into wine was bath water.

— Caroline Griffin

Liked – 7th Day was so much fun! I made a lot of new friends.

Learned – I learned that Jesus walked 82 miles to get to the wedding! I learned a lot and although at first, I had my doubts, I loved it!

— Ellie Ilardi

Liked – Friends, food, cabins

Learned – The first miracle of Jesus

— Felix Janik

Liked - I loved meeting new people and interacting.

Learned - What I learned is that Jesus' first miracle was turning water into wine. He also knew about his death.

— Hope McGhee

Liked – My favorite thing was arts and crafts.

Learned – I learned that Jesus is cool because he said, “woman what does that concern me?”

— Catherine Ostroot

Liked – I liked free time and movement and food.

Learned – I learned that Jesus is braver than I thought; he called his Mom “woman.”

— Caroline Ostroot

Liked - I loved the energy and excitement of the youth all weekend while they learned more about Jesus.

Learned - My own faith grew at 7th Day and I was reminded that Jesus often meets our needs before we even know them.

— Michelle Fenley, Adult Chaperone

Liked – I liked singing songs and seeing younger youth start to experience VA Synod youth events.

Learned – I learned that it takes a lot of creativity and patience to lead sixth grade boys.

— Natalie Schaus, Adult Chaperone



# Connect with Others



## Blood Drive — Thank You

Thank you for your help in supporting our recent Red Cross Blood Drive. Whether you provided snacks, worked the canteen or registration desk, helped with publicity, rearranged furniture, or coordinated with other church activities, you helped us provide critically needed blood during a time when donations are being negatively impacted nationally by health fears.

We collected 23 units of blood, which could help nearly seventy patients in need.

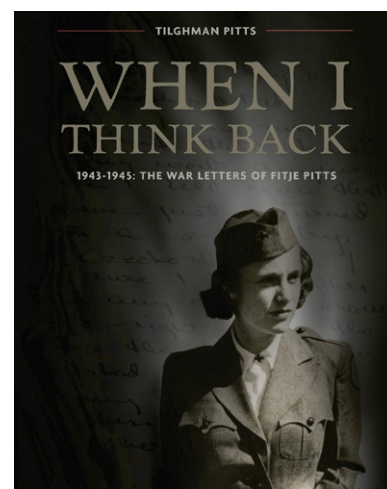
THANK YOU for your Acts of Service to our community and beyond.

## FLC Book Group

The FLC Book Discussion Group will gather May 3rd at 6:30 PM to explore *When I Think Back: The War Letters of Fitje Pitts: 1943-1945* by Tim Pitts 1972. This is a collection of letters written from Europe during World War II by Red Cross volunteer Fitje Pitts. The letters are a historical treasure trove. They are about life on bomber bases during World War II, the pilots, flight and ground crews. They are

a unique look at war as told through the pen of a young woman and Red Cross volunteer. The letters are funny, and they are sad. They are about friends and lovers. They are about danger, but never about fear. This should be a great look at the many sides of war. Plan to join us for another great discussion.

If you have questions about the FLC Book Discussion Group, please contact Betty Jean Meyer at (757) 494-0055.



## Congregation Council Summary

At our March meeting, the Congregation Council

- Opened with devotions on listening to God
- Changed Spending Plan for Ministry in 2021 to Ministry Investment Plan based on insights from VA Synod's EPIC event in January
- Gave thanks for Betty Pittman, Sexton, who started February 24 working 20 hours a week, Sunday-Thursday
- Discussed attendance at our VA Synod Assembly June 12/13
- Designated \$2,500 to our VA Synod towards a \$125,000.00 matching grant from the Lily Foundation to support educational debt reduction for rostered ministers and stewardship education for congregations in our Synod
- Congregational Vitality Work: updates
  - A. Small Group Ministry: heard plans to share the positive "buzz" about the groups
  - B. Welcoming Visitors and Communications:

Safety and Security plan—approved beginning the work to lower shrubs to 3' and raise tree canopies as well as remove limbs overhanging the building. Improving lighting outside and inside is in the works
- Shared blessings, prayer concerns and prayer partners

The Council normally meets at 7:00 PM on the first Monday of each month. The meeting is open to the congregation.



# 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 God is our refuge and strength in the chaos and uncertainty of the world.  
...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 patient with the necessary precautions we need to take to curb the coronavirus.  
...let the peace of God permeate our hearts and minds.  
...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 **Kat and Kevin Foster and Charlie** and the Kussart Family upon the death of Kat's grandfather.  
...peace and comfort for Rachel Goeres, family and friends of Lydia Powell upon her death.  
...those affected by the corona virus and those working on the development of a vaccine and medication to treat the virus.  
...health care workers including all who are working now without personal protective gear.  
...Syria and all refugees.  
...those who are dying, that they are secure in knowing that God loves them and will welcome them into everlasting life.  
...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 of 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, Al Miller, Kelley Minschke, Emily Mitchell, Lorna Moss, Betty Phillips, Fay Rogner, Deb Thompson, Jeanne Walters, Vicki Wittman, Doris and Randall Wiele, Dallas Williams,** Chip Broadbent, Dorothy Carney, Charlie and Phil, Christine, Joey Combs, Dave, William Forts, Frances, Catherine and Will, Gail, Gert, Jim, John, Jonathan B., Julie, Katrina, Mark, Theresa Smith Milne, Cathy Moye, Myrna, Owen and Linda, Rachel, Rema, Rob, Sandy, Bobbie Scott Smith, Yvette Wyatt

### Those dealing with cancer

Larry Atkinson, Jo Brouwer (going through treatments), Iris Corbin, Dave Guelcher (father of Beth Zaletski), David Kelly, Vickie Mack, Phil, Andie Seagraves, Libby Kanipe Willis, Jess WineKing

### Military and their families:

All military personnel around the world.

**Austin Davidson, Mason Fox (deployed), Kyle Hefner (deployed), Dan Kelly, Bobby Masters, Ted Peterson,** Brian Becker, Alex Diaz and shipmates in the Horn of Africa for a year long deployment. (Dec., 2019), Jonathan Goeres, Amy Hardbower, Nicolette Huntley, Tim Kelly, Ian Logan, Kelly Mackenzie, John Marfield, Nikki Parkman, Syd

According to your steadfast love, O God, hear these and all our prayers as we commend them to you; through Christ or Lord. **Amen.**

## Readings for April

### April 5th

Isaiah 50:4-9a  
Psalm 31:9-16  
Philippians 2:5-11  
Matthew 26:14-27:66

### April 12th

Acts 10:34-43  
Psalm 118:1-2, 14-24  
Colossians 3:1-4  
Matthew 28:1-10

### April 19th

Acts 2:14a, 22-32  
Psalm 16  
1 Peter 1:3-9  
John 20:19-31

### April 26th

Acts 2:14a, 36-41  
Psalm 116:1-4, 12-19  
1 Peter 1:17-23  
Luke 24:13-35

# Palm Sunday Home Worship

Sunday, April 5, 2020

*Let us gather together around a home altar, inviting friends and loved ones in other places to join in worship virtually.*

**Opening Prayer:** Sovereign God, you have established your rule in the human heart through the servanthood of Jesus Christ. By your Spirit, keep us in the joyful procession of those who with their tongues confess Jesus as Lord and with their lives praise him as Savior, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Gospel reading:** Matthew 21:1-11

*Feel free to read the Gospel passage two or three times, from different versions of the Bible, with different readers each time, and listen carefully to each reading.*

What words or images caught your attention as you listened?

What is Jesus doing in this passage? Why do you think Jesus does this?

How did the crowd respond to Jesus? Why do you think they were so excited to see Jesus?

Why do you think the people in Jerusalem (vs. 10) were in turmoil and shaken?

What would you do if you knew Jesus was coming to your town in a parade?

What questions do you have about this story?

Finish this sentence: "When I hear this story about Jesus, I feel..."

*You may choose to sing or speak together "All Glory, Laud, and Honor"*

## Blessing of the Palms

*If palms branches are not available, branches of other trees and shrubs may be used, or you may make palm branches out of paper (a template is available at the end of this service). You are invited to gather outside if you wish, and process around the perimeter of your home or around your neighborhood. You may also choose to process around your home, doing a house blessing as you move from room to room.*

The Lord be with you.

**And also with you.**

Let us pray.

We praise you, O God,  
for redeeming the world through our Savior Jesus Christ.  
Today he entered the holy city in triumph  
and was proclaimed messiah and king  
by those who spread garments and branches along his way.  
Bless these branches and those who carry them.  
Grant us grace to follow our Lord in the way of the cross,  
so that, joined to his death and resurrection,  
we enter into life with you;  
through the same Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
one God, now and forever.

**Amen.**

*Feel free to take a picture/selfie with your branches and send them to [office@flcnorfolk.com](mailto:office@flcnorfolk.com). We will create a slide show of the pictures we receive to share with our members. You can also post them to Facebook or Instagram using #PalmsInPlace.*

## *Procession Through Your Home and Blessing of a Dwelling*

### ***With your palms, gather at the entrance***

Peace to this house and to all who enter here. A reading from Proverbs: By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures. (Proverbs 24:3-4)

A reading from Psalms: The Lord shall watch over your going out and your coming in, from this time forth forever more. (Psalm 121:8)

**Let us pray:** O God, watch over this family (say names) in all their going out and their coming in; keep all evil away from their door; and let them share the hospitality of this home with all who visit, that those who enter here may know your love and peace. In Jesus' name we pray. Amen.

### ***A place where common activities are shared, such as a living room***

A reading from Ecclesiastes: So I commend enjoyment, for there is nothing better for people under the sun than to eat, and drink, and enjoy themselves, for this will go with them in their toil through the days of life that God gives them under the sun. (Ecclesiastes 8:15)

**Let us pray:** O God, you set apart time for rest and enjoyment of the world you made. Bless those who gather here for fellowship and recreation, that they may be renewed and refreshed. Amen.

### ***A place for preparing and sharing the gift of food, such as the kitchen and/or dining room***

A reading from the Psalms: The eyes of all wait upon you, O Lord, and you give them their food in due season. You open wide your hand and satisfy the desire of every living thing. (Psalm 145:15-16)

**Let us pray:** Blessed are you, Creator of heaven and earth, for you give us food and drink to sustain our lives and make our hearts glad. Make us grateful for all your mercies, and mindful of the needs of others. In Jesus' name we pray. Amen.

### ***A place of rest and renewal***

A reading from the Psalms: In peace, I will lie down and sleep; for you alone, O Lord, make me rest secure. (Psalm 4:8)

**Let us pray:** Guide us waking, O Lord, and guard us sleeping, that awake we may watch with Christ, and asleep we may rest in peace. Amen.

### ***When all have returned to the common space:***

A reading from Isaiah: The effect of righteousness will be peace, and the result of righteousness, quietness and trust forever. My people will abide in a peaceful habitation, in secure dwellings, and in quiet resting places. (Isaiah 32:17-18)

O God, we pray that you will bless this home and those who live here with your gracious presence, that your love may be their inspiration, your wisdom their guide; your truth their light, and your peace their benediction; through Jesus Christ our Lord. Amen.

Lord, remember us in your kingdom, and teach us to pray: Our Father in heaven...

The Lord watch over your going out and your coming in, from this time forth and forevermore. Amen.



# All Glory, Laud, and Honor

*Refrain*

All glo - ry, laud, and hon - or to you, re - deem - er, king,

to whom the lips of chil - dren made sweet ho - san - nas ring.

1 You are the king of Is - rael and Da - vid's roy - al Son,  
 2 The com - pa - ny of an - gels are prais - ing you on high;  
 3 The mul - ti - tude of pil - grims with palms be - fore you went;  
 4 To you, be - fore your pas - sion, they sang their hymns of praise.  
 5 Their prais - es you ac - cept - ed; ac - cept the prayers we bring,

*Refrain*

now in the Lord's name com - ing, our King and Bless - ed One.  
 cre - a - tion and all mor - tals in cho - rus make re - ply.  
 our praise and prayer and an - thems be - fore you we pre - sent.  
 To you, now high ex - alt - ed, our mel - o - dy we raise.  
 great au - thor of all good - ness, O good and gra - cious King.

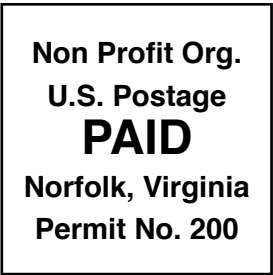
Text: Theodulph of Orleans, c. 760–821; tr. John Mason Neale, 1818–1866, alt.  
 Music: VALET WILL ICH DIR GEBEN, Melchior Teschner, 1584–1635







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