



The Contact

FIRST LUTHERAN CHURCH — NORFOLK

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NO. 8

Stewardship of Creation

*For the beauty of the earth,
For the beauty of the skies,
For the love which from our birth
Over and around us lies
Lord of all, to thee we raise
This our joyful hymn of praise.*

John Rutter's inspiring arrangement of this hymn (which you can listen to <https://youtu.be/xlBkpAm3fhw>) has been playing on repeat in my head in recent days, bringing me delight (because it is a most lovely piece of music) and

joy, because it turns my mind from the complexities of life to the wonders of this world that God has made.

Did you know that there are over 900,000 species of insects? Over 4,000,000 types of flowers? As well as an estimated 18,000 different kinds of birds? We live in a world of infinite variety and beauty. I can pet the soft fur of my cat, touch the rough skin of our lizard, hug my growing children. In my garden and around my neighborhood I see blue hydrangeas, purple hyacinths, red camellias, and bright yellow black-eyed Susans. I smell crisp mint, fragrant basil, refreshing lavender. I hear the call of the northern cardinal, the caw of the crows, the coo of the mourning dove, the honk of Canadian geese. I taste the juicy peaches, the sweet peas, the tender lettuce. God's generosity shines through creation, awakening all of our senses and inviting us to marvel at the abundance that surrounds us.

What in creation fills you with a sense of wonder and awe? What gives you peace, or brings you joy? Where in the created world do you in particular become aware of God's presence and generosity?

Genesis 1:26-28 tasks us with the responsible care of this amazing world. The biblical word for caring for something that does not belong to us is stewardship. We are stewards of all that God has given us, including the world we live in.

What are some of the ways we can be stewards of God's generosity shown to us in creation? What changes do we need to make in our own lives to better care for this world we live in, perhaps to live more simply and to 'walk more lightly' upon the earth? From reduce, reuse, recycle, to eating less meat or even spending more time in nature, there are many ways in which we can practice good stewardship – tending to the world God has entrusted to us and giving thanks for his abundant generosity.

For more information, check out: lutheransrestoringcreation.org and elca.org/Faith/Faith-and-Society/Social-Statements/Caring-for-Creation

— Pastor Cathy Mims

Congregation Council Capital Projects

Several years ago Congregation Council came up with a list of capital projects needed to keep our building and major systems in good working condition. The first major item was to fix the heating and air conditioning systems, completed in 2019.

The next two major improvements the Council recently voted to undertake are:

- (1) Water Infiltration Project --to protect the stain glass windows and prevent leaking along the walls inside the church and;

- (2) Organ Restoration & repair—our church organ restoration and repair work which is long over due and is a priority.

The Finance Committee presented a plan to accomplish both projects and the Council approved the plan at our Council meeting on June 29, 2020. We expect to finalize details and start work in August.

— John Wittmann,
Congregation Council President

Christian Service Update

As most of you probably realize, the pandemic forced the Christian Service committee to bring its work to a halt. A few people were able to finish binding some quilts and others sewed quilt tops and backs, but we were unable to get together to tie quilts. LWR Ingathering sites also stopped receiving quilts and kits and are only just now anticipating re-opening. We hope to deliver our 47 completed quilts to Hampton at the beginning of August if the church there re-opens. The group is looking forward to a time when we are able to again gather to tie the 40 quilts that are awaiting completion.

Usually by now, Christian Service would have been publicizing the need for school supplies to fill bags for Lutheran World Relief. Because there is still much uncertainty about Covid itself, about schools around the world, and about what restrictions will remain in place concerning our own church, we will NOT be doing the school bag project this year. Please consider donating to any of the local drives to help children in our area.



“How Can I Keep From Singing?”

by Ryan-Michael Blake, Director of Music

In a video a few months ago, I made the statement, “You can expect the way we do church music to look very different because the way we do church is about to be very different.” And here we are. The CDC has issued several reports and guidelines over the past months, which included the following recommendation for religious communities:

“consider suspending or at least decreasing use of choirs and congregant singing, chanting, or reciting [...]”

At the time of this writing, I know neither the date on which we will resume in-person worship nor the specific details of all the precautions to be implemented at FLC. But I do know this: the choir, as we know it, will not resume until a vaccine is tested, approved, and widely available. An overwhelming majority of our singers fall into the high-risk category, and we can all agree that their health is not worth compromising. Our professional singers will continue to provide musical leadership to our worship from appropriate social distances.

So, that’s the bad news. Here’s the good news: there are still a lot of options! We will give a greater emphasis on instrumental music. Consider your place in one of the following options:

Beginning Guitar —

Sundays after Worship (Time TBD) in the Upper Room

If you’ve always wanted to learn to play the guitar, this is the course for you! Introduction to proper care and handling of the instrument, as well as basic skills and chords will be the focus of this class-style lesson series. Students must provide their own guitars and strings, although opportunities for assistance exist if sufficient interest and need is demonstrated. This 12-week course will culminate in the students leading a hymn or two in worship in mid-November.

Beginning Handbells —

Wednesdays at 6:00 p.m. in the Choir Room

This is the perfect option for those who have always wanted to learn how to read music (or to sharpen their music reading skills). Emphasis will be placed on learning proper ringing technique, as well as the following key musical elements: tempo, dynamics, time signature, key signature, meter, texture, duration, and rhythm. This group is not expected to play in public, but if things go well, anything can happen.

Intermediate Handbells —

Wednesdays at 7:00 p.m. in the Choir Room

Beyond the basics, this option is for those with prior ringing experience. We will prepare both simple and elaborate pieces for presentation in worship on a schedule to be determined at the first rehearsal. Commitment to attendance is absolutely vital. Ability to read music is required.

Advanced Handbells (ad libitum)

This ensemble will meet as needed and is dedicated to advanced techniques, typically with multiple bells in each hand. Solo and small group ringing is featured. Sightreading ability is essential.

Instrumental Ensemble —

Sundays after Worship (Time TBD) in the South Transept

Over the years we have incorporated our many members who play band/orchestral instruments, but usually these were as solos or in some small combination. Now we will try to expand into a larger ensemble. Ideally, this group will provide additional enhancement to our worship when the services of professional ensembles and orchestras cannot be obtained.

Private Lessons

For those interested in developing their vocal or instrumental skills with one-on-one support, you can be matched with a list of private instructors associated with FLC. This instruction does require fees, and lesson times would need to be negotiated between the student and the teacher directly.

IMPORTANT NOTE: Since the above ensembles have limited capacity, especially during COVID-19, you must register your interest. We need to know to expect you so we can provide appropriate materials and space. Register by emailing rmlake@flcnorfolk.com no later than Friday, September 4. Upon your registration, you will receive additional information including starting dates.

As part of our *Music as Spiritual Care* initiative, we will present a few guided meditation sessions and drum circles this Fall. Look to the September issue of the newsletter for more details.

Troubling the Waters Group

Last fall, a few members of our congregation learned about an ELCA resource called *Troubling the Waters for Healing of the Church: A Journey for White Christians from Privilege to Partnership*. It is an 18-session, small group curriculum that is designed to begin in Advent and continue through the season of Pentecost. The purpose of the curriculum is to examine the sin of racism, and to consider “why the ELCA, and other mainline Protestant denominations, remain so White and so exclusive of others. The church cannot become inclusive without first telling the truth about how it consciously and unconsciously operates in exclusive ways.” Each session begins and ends with a reminder of the healing waters of baptism, and includes a hymn, Scripture lesson, and opportunities to reflect on our personal stories and the story of the church.

In all, 11 FLC members responded to the call to participate in Troubling the Waters. We had no idea how eventful our journey would become! Our Wednesday evening dinner gatherings turned into Zoom meetings after the onset of the pandemic, and nationwide protests for racial justice fueled our conversations and inspired us to keep learning and take action where we could.

This curriculum can be repeated by another small group in the upcoming church year. If you're interested in learning more, please reach out to one of this year's participants: Jean Bozeman, Richard Cannan, Elena Ilardi, Elizabeth Janik, Marilyn Jersild, Paul Jersild, Merrie Jo Milner, Gail Plauka, Dorothy Shaffer, Julia Siik, and Gail Stenberg.

“This course has helped me remember that ‘As long as we live - we learn. As long as we learn - we live.’ The course learnings, the input from this wonderful small group of co-learners, and recent world events have all enriched my understanding that we have each been created in the image of God but how we, through our culture, have enabled that vision for God’s people to be messed up. Thanks be to God for pushing me to continue to grow in this way.”

— Jean Bozeman

“I’m very thankful for what the ELCA is doing today in helping its congregations address the more pressing issues of justice we face as a society. Among the subjects we discussed, I found particularly enlightening the treatment of systemic or structural racism. That has been a controversial subject, making it all the more important to understand.”

— Paul Jersild

“Troubling the Waters afforded me an in-depth and often difficult examination of my innate racial bias studied through Old Testament lessons and Jesus’s radical justice. Loved our supportive group that pushed us to new understanding and action. Thanks Merrie Jo and Elena, our fearless leaders!”

— Gail Plauka

“I’ve learned so much from the course offering, each of our group members, and the many articles and books that address the same issue. This has been the perfect time to see just how relevant the study is to what’s happening in our world right now.”

— Gail Stenberg

August Birthdays

1 Aug	John Kennard	8 Aug	H. Lee Addison	16 Aug	Maynard Schaus	23 Aug	Dorothy Shaffer
1 Aug	Jim Melchor	8 Aug	Jennette Franklin	17 Aug	Carl Biboum	23 Aug	Mary Sikorski
2 Aug	Nichole Blaisure	9 Aug	Aaron Weeks	18 Aug	Jean Bozeman, D.D.	24 Aug	James Fordyce
2 Aug	June Harvey	10 Aug	Steve Delaney	19 Aug	Bill Davis	25 Aug	Dan Kelly
2 Aug	Amy Hood	10 Aug	Alex Steckroth	19 Aug	Don Lundquist	26 Aug	Elizabeth Janik
2 Aug	Courtney Tobolski	10 Aug	Randall Wiele	19 Aug	Yolanda Reavis	26 Aug	Jen Thompson
3 Aug	Debbie Bauman	11 Aug	Leslie Tietze	20 Aug	Donovan Gonzalez	27 Aug	John E. Fischer
3 Aug	Lolly Ferguson	11 Aug	Elise Williams	20 Aug	Linda Kenyon	27 Aug	Cole Westerveld
3 Aug	Christina O’Neil	12 Aug	Johanna Bradley	20 Aug	Catherine Wass	28 Aug	Susan Posey
3 Aug	Faith Winstead	12 Aug	Jessica Scott	22 Aug	Brian Bagans	29 Aug	Brooke Gates
4 Aug	David Griffin	13 Aug	Karen Clifford	22 Aug	Emily Curran	30 Aug	Pat Davis
5 Aug	Julian Frye	13 Aug	Dylan Hurdle	22 Aug	Mimi Ledbetter	30 Aug	Al Miller
5 Aug	Kim Granger	13 Aug	Pam Martin	22 Aug	Diane Newlon	30 Aug	Easton Stopa
7 Aug	Neal Azar	13 Aug	Ted Peterson	22 Aug	Liz Ritchey	30 Aug	Michelle Sutton
7 Aug	Leslie Bauer	13 Aug	Claire Willis	22 Aug	Shelley Wise	30 Aug	Mary Ellen Torgler
7 Aug	Paige Waitzer	16 Aug	Andrew Homan	23 Aug	Alistair Ruggiero	31 Aug	Nancy Yokois

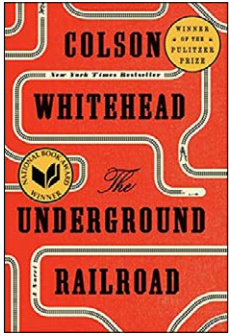
August 2020

Office Hours: 9 AM—4 PM Monday-Thursday, 9 AM -1 PM Friday
 Women's Bible Study: 2 PM Wednesdays online, please contact Pastor Mims for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 10 AM Worship Service online 12 PM FLY Zoom Lunch	3 10 AM Fellowship Time online 7 PM Congregation Council	4 6 PM Dinner Ministry	5 12 PM Lunch Ministry 2 PM Women's Bible Study	6 5 PM Fellowship Time online	7	8
9 10 AM Worship Service online	10 10 AM Fellowship Time online	11 6 PM Dinner Ministry	12 12 PM Lunch Ministry 2 PM Women's Bible Study	13 5 PM Fellowship Time online	14	15 Contact Deadline
16 10 AM Worship Service online	17 10 AM Fellowship Time online	18 6 PM Dinner Ministry	19 12 PM Lunch Ministry 2 PM Women's Bible Study	20 5 PM Fellowship Time online	21	22
23 10 AM Worship Service online	24 10 AM Fellowship Time online	25 6 PM Dinner Ministry	26 12 PM Lunch Ministry 2 PM Women's Bible Study	27 5 PM Fellowship Time online	28	29
30 10 AM Worship Service online	31 10 AM Fellowship Time online					

Connect with Others

FLC Book Group



Over the summer, the FLC Book Discussion Group is reading Colson Whitehead's *The Underground Railroad*. This highly readable book is winner of the Pulitzer Prize and the National Book Award. It chronicles the family of a young slave and her adventures as she makes a desperate bid for freedom in the antebellum South.

Add this book to your summer reading and plan to join us on Sunday, September 13th at 6:30 PM for discussion and fellowship. If you haven't joined us before or only are able to come occasionally, please start the new reading year with us. The more voices, the richer the conversation.

For questions, contact Betty Jean Meyer.

Words of Wisdom

As we find ourselves in the midst of a deadly virus, peaceful demonstrations and some destructive demonstrations for BLM and police reform and the chaotic presidential election year, we are all overwhelmed. So, where and how are we finding peace and comfort? The Adult Ministries committee asked several of our members. Here is what we heard:

1. Observing how efficient our State & local leaders are confronting these issues
2. Watching church services on TV
3. Escaping in great books
4. Knitting
5. Zoom meetings
6. Daily routine
7. Thankful for spouses company
8. Okay doing nothing and staying healthy
9. People helping with transportation for groceries & doctor appointments
10. Thankful for FLC efforts to support BL

Sincere gratitude to all who participated and gave us their words of wisdom.

Congregation Council Summary

At our July meeting held June 29 via Zoom, the Congregation Council

- Opened with devotions and welcomed Troubling The Waters study group participants
- Received a Thank You letter from the Foodbank for our \$1,000.00 support
- Approved the Service Committee's request for \$1,000.00 to provide meals for the community on Monday evenings for two months
- Agreed with Stewardship's plan to move Intentions for Giving to winter/spring
- Reviewed Gathering Again Planning Team's work and encouraged their ongoing development of recommendations towards in-person worship

- Approved Finance Committee's recommendations to pay for the Water Infiltration and Organ Repair Projects via a 100% loan with Mission Investment Fund, or other lending institution with comparable rates and terms, pursuant to the FLC Building Repairs Analysis dated 6-16-2020
- Discussed the Black Lives Matter banner and how long to display it
- Received updates on our Congregational Vitality Work
- Shared blessings, prayer concerns and prayer partners

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

Dear First Lutheran Church Family,

Hi. My name is John. I am the foster son of Maynard and Kathy Schaus. When my siblings and I entered foster care, it was a scary and confusing time. We didn't know where we would be living and who would take care of us. Would we be together or separated? We had a lot of questions. When we entered care, I wasn't given much time to take many of my clothes, toys or special items. I didn't have much with me when I entered care, only what I had in a bag. My siblings and I were mostly split up. I had to learn to adjust to having a new family and a new way of living. Being in foster care has taught me what it is like to have a loving and safe family.

Because of my experiences, I am organizing a service project for youth who enter the foster care system. Entering foster care can be a scary and confusing time for many kids. Many of the kids like me are placed into the foster care with very little to no items of their own. They often have to leave with no warning and may have little to no time to gather their belongings. Sometimes it is with only the clothes on their back and they have to leave everything behind. Often the foster youth have nothing to put supplies in and only use garbage bags to carry what little they have.

I am asking for donations for foster children to help them in the transition to entering foster care, and hopefully make it a little less stressful and scary. **I am asking for donations of new or gently used duffel bags, backpacks and comfort items to put in the bags, called, "Journey Bags."** I will take these items to foster youth in need at an intake facility here in Virginia. (We are working with **Lutheran Family Services of Virginia** to help identify agencies that are in the most need). **My goal is to collect between 50 and 100 bags (or more) and fill them with supplies.** Please help me to make children and teens' transitions to foster care easier. **I will be donating supplies through the end of August.**

These supplies can be either dropped off at our house, or we will gladly pick them up from you. (Tidewater area only, please.) You can put them on your porch and we will retrieve them. You can reach me through my foster mom, Kathy Schaus at: kathrynschaus@yahoo.com or at (757) 489-3207. Please share this with your family, friends and co-workers.

A suggested list for donated items is below. Thank you.

Sincerely,
John I.

Here is a list of suggested items that are needed:

Backpacks	Arts and craft supplies	Diaries
Duffel bags	Small empty photo albums	Blankets
Small toys or stuffed animals	Coloring books	Socks
Pillow Pets	Journals/notebook/school supplies	Playing cards
Sketchpads	Legos	Books
Pens, pencils, crayons, or colored pencils		

Connect with Word and Body

Prayer Concerns for August

Eternal God, amid all the turmoil and changes of the world your love is steadfast and your strength never fails. In this time of danger and trouble, be to us a sure guardian and rock of defense. Guide our nation and all nations with your wisdom, comfort those in distress and grant us courage and hope to face the future; through your Son, Jesus Christ our Savior and Lord.

Give joyful thanksgiving

- ...for the 50th wedding anniversary of **Lindsay** and **Yolanda Reavis**.
- ...for the baptism of **Hamilton Christopher O'Neill**, son of **Chris** and **Christina O'Neill**.
- ...for the birth of **Emily Charlotte Whittecar**, daughter of **Will** and **Catherine Whittecar**.
- ...for the loving and safe family we have through God.
- ...for the seeds planted by God in our baptism and through his baptismal promises.
- ...for the "reckless" generosity of God and his love and grace to all.
- ...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 set aside our own agendas so we are able to hear from others who think differently than we do.
- ...use our lives to sow the love and grace of God upon others.
- ...to work toward identifying and rectifying systemic racism.
- ...be kind and 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

- ...Macedonia Lutheran Church as they begin their search for a new pastor.
- ...peace and comfort for the family and friends of all African-Americans who have died because of the color of their skin.
- ...Sherry and George Turner-Graveson and their children, Matthew, Timothy and Abigale.
- ...all who are working diligently to make a vaccine for the COVID-19 virus.
- ...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/or in need of shelter and food.
- ...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.

Margaret Ackley, Judy Biboum, Alvene Buckley, Roger Fuller, Jay Gill, Joelle Griffith, Kelley Minschke, Emily Mitchell, Lorna Moss, Bill Newlon, Betty Phillips, Fay Rogner, Dick Temple, Deb Thompson, Jeanne Walters, Joan Werner, Richard and Ruby Ballard, Mary and Earl Barbour, Bill and Diane, David, Glen Fox (brother of Steve Fox), Gail, Gert, Grace, Greg, Katrina, Theresa Smith Milne, Cathy Moye, Peggy, Rachel, Rema, Savannah and Baby Kaleb, Kenny Skees, Jim Southard (Beth Silsdorf's dad), Nicholas Taylor-Schau

Those dealing with cancer

Larry Atkinson, Jo Brouwer, Iris Corbin, Dave Guelcher (father of Beth Zaletski), David Kelly, Vickie Mack, Mark, Stephen Neuman, Phil, Rob, Sandy, Andie Seagraves, Jess WineKing

Military and their families:

All military personnel around the world.

Austin Davidson, Mason Fox-deployed, Kyle Hefner-deployed, Dan Kelly, Bobby Masters, Nick Masters, Ted Peterson, Brian Becker, Avatar Boardman-deployed (son of Mary Boardman), 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

With bold confidence in your love, almighty God, we place all for whom we pray into your eternal care; through Christ our Lord.

Amen.

Readings for August

August 2nd

Isaiah 55:1-5
Psalm 145:8-9, 14-21
Romans 9:1-5
Matthew 14:13-21

August 9th

1 Kings 19:9-18
Psalm 85:8-13
Romans 10:5-15
Matthew 14:22-33

August 16th

Isaiah 56:1, 6-8
Psalm 67
Romans 11:1-2a, 29-32
Matthew 15:[10-20] 21-28

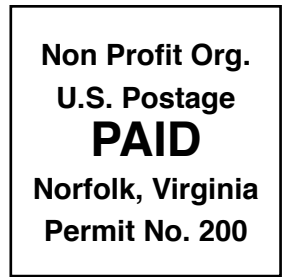
August 23rd

Isaiah 51:1-6
Psalm 138
Romans 12:1-8
Matthew 16:13-20

August 30th

Jeremiah 15:15-21
Psalm 26:1-8
Romans 12:9-21
Matthew 16:21-28

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ADDRESS SERVICE REQUESTED
