

The Contact

FIRST LUTHERAN CHURCH — NORFOLK

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NO. 5

FLC Will Return to Limited In-Person Worship

Members of the Covid Task Force and the Worship Committee met on Wednesday, April 14th to discuss plans for returning to in-person worship. As the Commonwealth has eased restrictions on in-person gatherings and more people get vaccinated, we thought it was time to plan for opening the sanctuary for limited in-person worship. The teams discussed what precautions needed to stay in place and what limitations needed to be observed to ensure we follow existing Covid protocols and keep clergy, staff, volunteers, and

worshippers safe. We determined a meaningful date to return to worship will be May 23rd, the day of Pentecost.

For **Phase 1** (beginning May 23rd), we will have limited seating, reservations required, masks required, no singing, pre-defined traffic flows in the building and in the sanctuary. During Phase 1, access will be limited to the sanctuary only during limited in-person worship.

Permitted	Not Permitted	Needed
50 worshippers (or less)	Singing will not be permitted except for a final hymn	Ushers
Family groupings, couples or singles spaced 6' apart	Not Wearing a Mask while in the building	Temperature Takers
Worshippers with reservations	Anyone with a temperature above 99°	Communion Setup / Cleanup
Access to the sanctuary from the Welcome Center	Anyone with a cough, sneezing, or signs of illness	Record Keeper (to record attendance)
Spoken liturgy	Fellowship Hour	Acolytes
Instrumental music or choral offering	Access to the sanctuary from Colley Avenue	
Communion	Building access, other than the sanctuary	

Phase 2 will begin either Sept 13, 2021 or when additional Covid restrictions are lifted by the Governor of Virginia, whichever is later. This decision is based on an assumption that as more people are vaccinated, we will be able to gather safely in larger groups. We will decide what changes will be made as part of Phase 2 as we get closer to the Fall. Our decisions will be affected by Covid metrics, guidance from the Commonwealth, and the Virginia Synod.

We all want to return to normal worship and our community of faith at First Lutheran as soon as we safely can. We appreciate your support of the choices made to protect the health of our clergy, staff, and congregants during the pandemic.

Come, Holy Spirit

Holy Spirit, truth divine, dawn upon this soul of mine;

*Breath of God and inward light, wake my spirit,
clear my sight.*

When the dawn comes, I can begin to see. Its light disperses the shadow, exposes the cobwebs and dust bunnies, but also reveals the open path.

When the dawn comes, my spirit awakens to its selfish concern, its wayward habits, but also to God's presence, gently beckoning to me.

The never-ending both/and,
saint and sinner.

Holy Spirit, love divine, glow within this heart of mine;

kindle every high desire; purge me with your holy fire.

Fire warms and comforts, its radiance drawing in and captivating one's gaze..

Fire burns and sears and reduces to ash, destroys all that does not belong but then becomes soil for new growth.

The always accepting who I am and the calling forth of who I am meant to be.

Holy Spirit, pow'r divine, fortify this will of mine;

By your will I strongly live, bravely bear, and nobly strive.

A will made strong in the surrendering, letting go of human ambition and embracing divine wisdom.

A will that risks the vulnerable strike in its rising to meet the day's challenges.

A humble boldness

Holy Spirit, peace divine, still this restless heart of mine;

Speak to calm this tossing sea, stayed in your tranquility.

"Peace. Be Still," Jesus said to the waves, tossed across an angry sea. Will my own heart listen? For there's a storm inside of me –

a storm of heartache and guilt and burden and regret a storm of reliving conversations and wanting do-overs of wishing things were different and gosh this hurts so much

Breathe deeply – a peace that passes understanding. A rightness and okay-ness and I'll-get-through-this that comes from outside of me but settles deep in my being.

*Holy Spirit, right divine, king within my
conscience reign;*

*Be my guide, and I shall be firmly bound,
forever free. (ELW 398)*

"Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make your paths straight." (Psalm 3:5-6)

Bowing before the One who gives me life and bound to love the other serve the other be kind even when I don't want to

And knowing freedom and joy
in the obedience

*Come Holy Spirit, truth divine. Come Holy Spirit, love
divine. Come Holy Spirit, pow'r divine. Come Holy Spirit,
peace divine. Come Holy Spirit, right divine. Come Holy
Spirit, come.*

— Pastor Cathy Mims

UP AND ENERGIZED!!!

I love being a grandma! Once a week I “face time” with my grand girls in North Carolina. I get caught up on what is going on in school and any extracurricular activities they may be participating in and how the cats (Maggie and Sargent) are doing.

One day I contacted my girls, and the youngest one answered the call. When I saw her smiling face, I immediately asked, “how are you doing”. She excitedly responded, “I am up and energized!” I smiled back and instinctively knew that my daughter would have a “full” day ahead of her.

Up and Energized!!!

I like that description and I have claimed it as my response whenever someone asks how I am doing.

I am *up and energized* by the fact that our Lord’s resurrection puts everything in their proper perspective – love of God and love of neighbor.

I am *up and energized* when I think of the new opportunities here at First to make use of the variety of gifts and abilities that God has given to me to use in His service.

I am *up and energized* by team ministry with Pastor Cathy and Ryan-Michael. Three Holy Spirit inspired minds are better than one!

I am *up and energized* by the involvement of this church in the community; the Tuesday night supper ministry, the Wednesday lunch ministry, collaboration with other churches in the NEST ministry, and probably other ministries that I do not even know about yet.

In my past ministry settings, I have been compared to the “Energizer Bunny”. And I must admit that it doesn’t take much, when it comes to the work of the Holy Spirit in the church, to get me excited and moving!

In Psalm 138:1-3, the Psalmist thanks God for His loyal love and faithfulness and proclaims that when we cry out to God (in prayer), He makes us bold and energized!

As we rely on God’s loving kindness as shown to us in Jesus Christ and ask Him for strength for the “living of these days,” let us expect God to respond and infuse our lives with strength and enthusiasm!

May we all be *Up and Energized!!!*

Blessings,

Pastor Phyl



Mask Project Wrap-up

Although Virginia's mask mandate went into effect on May 29, 2020, women at First Lutheran were already sewing masks and making them available to church members, staff, lunch ministry volunteers and guests, and our friends at the Soap n' Suds by May 13. Initially, sewing supplies were extremely limited, which meant the women had to be creative in finding resources. Barbara Chapman managed to find fabric, elastic and ear loops online. Kaye McGinnis delved into her extensive fabric stash. Pam Baynard used scraps and odd squares intended for Christian Service quilts. Cathy Whittecar repurposed piles of son Will's and daughter Beth's old T-shirts. The women experimented with sizes, patterns and ear loops to meet an ever-growing demand.

Other people also pitched in. Gail Stenberg and Pam Martin contributed fabric. Lynn Utecht helped by cutting out masks for Cathy. Mary Zelasko was enlisted to sew.

In July, with the addition of the Tuesday night meals, more masks were needed for volunteers and meal recipients. Funding became a definite issue which was solved when Cathy Whittecar, Kaye

McGinnis and Joy Kelly applied for and received three grants from Thrivent totaling \$750.

By fall, the project seemed like it would never end. Barbara Ross volunteered to help sew, but was then called into action to deliver Covid vaccinations. The arrival of the vaccine signaled the beginning of the end of the demand for masks.

The group produced between 2500-2750 masks during the last year. Distribution was handled by the church staff, by Robert Green, Pam Martin, Peggy Martin, and Don Strehlow during lunch ministry, and by Merrie Jo Milner and her volunteers on Tuesday nights. Their assistance was invaluable.

Those who sewed found blessings in the work, whether it was enjoying shopping with Thrivent money, meeting the challenge of finding the "perfect" mask pattern, or being able to assist others during a difficult year. The dedication and determination of all who helped was greatly appreciated by those who received masks. Thank you to all who were part of this project.

"Troubling the Waters"

The FBI reports a distressing statistic which is on the rise in our society: the increase in hate crimes. The latest annual number, for 2019, shows an increase to 7,314, the most ever recorded since 1991 when the FBI began collecting this data. The figure includes 51 murders, more than twice the previous high. A sobering fact about these figures, however, is that they are quite likely too low. The FBI depends on local law enforcement agencies for these figures, and their cooperation is voluntary. This means, unfortunately, that too often the FBI receives too little or no information from local police reports.

Like every year, hate crimes motivated by racism have been the most numerous, with Black people the victims by a significant majority. And now in the wake of the pandemic, the hatred of Asians has given a boost to racist violence. But hate crimes directed against LGBTQ people, Jews, Muslims, and Hispanics have also increased to the highest ever. As comfortable Whites, who have happened to be born with the "right" skin color, we bear an obvious moral and religious requirement here.

At the very least, our faith summons us to a deep and bold commitment to a diverse church and society, and the willingness to speak out on behalf of minority people of every kind. Because of our faith we believe that every human being is a child of God who should expect the same respect that we assume and expect for ourselves. So much of the inequality that plagues our society today is due to racism. Its burden not only afflicts Black persons, but casts a pall over our whole society. If our common humanity does not make us equal, we are destined to live in a profoundly divided and ruptured society that has lost its capacity for meaningful community. As followers of Christ and members of the FLC community of faith, we are called to demonstrate our conviction that we are all truly children of God!



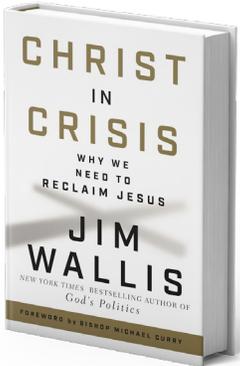
May 2021

Office Hours: 9 AM—4 PM Monday-Thursday, 9 AM -1 PM Friday
 Men's Bible Study: 7 AM, Wednesdays, IHOP, 114 E. 21st, Norfolk, VA 23517
 Women's Bible Study: 2 PM Tuesdays online, please contact Pastor Mims for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 8:30 AM Children's Sunday School 10 AM Worship Online 11 AM Confirmation Class 11 AM Congregational Mtg 12 PM FLY Lunch via Zoom 6:30 PM FLC Book Discussion Group	3 7 PM Congregation Council	4 2 PM Women's Bible Study 6 PM Dinner Ministry 7 PM Martha Circle	5 7 AM Men's Bible Study 12 PM Lunch Ministry	6 7 PM Fellowship Hour via Zoom	7 <div style="border: 1px solid black; padding: 5px; text-align: center;">Pastor Mims' Day Off</div>	8
9 Mother's Day 8:30 AM Children's Sunday School 10 AM Worship Online 11 AM Confirmation Class 3 PM High School Sunday School	10	11 2 PM Women's Bible Study 6 PM Dinner Ministry	12 7 AM Men's Bible Study 12 PM Lunch Ministry	13 7 PM Fellowship Hour via Zoom	14	15 <div style="border: 1px solid black; padding: 5px; text-align: center;">Contact Deadline</div>
16 8:30 AM Children's Sunday School 10 AM Worship Online 11 AM Confirmation Class 12 PM Youth Committee Mtg	17	18 2 PM Women's Bible Study 6 PM Dinner Ministry	19 7 AM Men's Bible Study 12 PM Lunch Ministry	20 5:30 PM Laundry Love 6:30 PM Christians United for Social Change 7 PM Fellowship Hour via Zoom	21	22 TBD—Youth Service Project
23 Day of Pentecost 8:30 AM Children's Sunday School 10 AM In-Person Worship 11 AM Confirmation Class 3 PM High School Sunday School	24	25 2 PM Women's Bible Study 6 PM Dinner Ministry	26 7 AM Men's Bible Study 12 PM Lunch Ministry	27 7 PM Fellowship Hour via Zoom 7:30 PM Social Justice Committee	28	29
30 8:30 AM Children's Sunday School 10 AM In-Person Worship 11 AM Confirmation Class	31 Memorial Day <i>Church Office Closed</i>			<p>Limited in-person worship will resume Pentecost Sunday, May 23rd at 10:00 AM. Space is limited and reservations are required. Masks are required at all times while in the building. Information on how to register will be forthcoming.</p>		

Connect with Others

FLC Book Discussion Group



Christ in Crisis by Jim Wallis is the Book Discussion book for June 6th.

Jim Wallis provides a path of spiritual healing and solidarity to help us heal the divide separating Americans today. Wallis argues that Christians have become disconnected from Jesus and need to revisit their spiritual

foundations. By pointing to eight questions Jesus asked or is asked, Wallis provides a means to measure whether we are truly aligned with the moral and spiritual foundations of our Christian faith.

“Christians have often remembered, re-discovered, and returned to their obedient discipleship of Jesus Christ—both personal and public—in times of trouble,” Wallis reminds us. While he addresses the dividing lines and dangers facing our nation, the religious and cultural commentator’s focus isn’t politics; it’s faith. *Christ in Crisis* is a constructive field guide for all those involved in resistance and renewal initiatives in faith communities in the post-2016 political context.

Join us at 6:30 on June 6th to discuss this important book. Contact Betty Jean Meyer for the Zoom link for the meeting.

Reminder: The book for May 2nd is *Anxious People* by Fredrik Backman



May Birthdays

2 May Johnny Sackel	6 May Carol Swan	12 May Kelley Minschke	20 May John Faircloth	27 May Max Kelly
2 May Katie Sackel	6 May Wil Thompson	12 May Gabe Stachour	21 May Angela Hogan	28 May John Bissey
3 May Lynn Broman	7 May Holly Weisenbeck	13 May Paula Cook	22 May Gregg Clifford	28 May Claudia Burckard
3 May Margaret Fleet	9 May Sonja Baker	13 May Mike Haag	22 May Jonathan Hund	28 May Paul Jersild
3 May Scott Silsdorf	9 May Marty Mitchell	14 May Kirsten Bagans	22 May Erik Kisa	28 May Cathy Mims
5 May Rebecca Dozier	10 May Julie Coffing	14 May Andy Hilton	22 May Gail Simos	30 May Bruce Johnson
5 May Megan Hurdle	12 May Brett Hogan	14 May Elizabeth Moll	22 May Ben Williams	31 May Rick Brown
5 May Heera Simon	12 May Dylan Holbach	15 May Betty Peterson	23 May Reagan Heller	31 May Sam Erbig
5 May Jackie Velotas	12 May Brianna Kelly	16 May Cheyenne Dandrea	23 May Louise Hill	31 May Sophie Erbig
5 May Meghan Velotas	12 May Lori Kintsche	16 May Angelo Ilardi	23 May Betty Jean Meyer, PhD	
6 May Joann Klotz	12 May Lindsay Logan	16 May Matthew Thompson	24 May Kenzie Griffin	

Save the Date for our Vacation Bible School!



When: August 8th-12th
Who: Children, Youth, & Adults
Where: FLC
Watch for more details to come!



Congregation Council Summary

At our April meeting held March 29, 2021 via Zoom, the Congregation Council

- Devotion by Eric Peterson (Everyone can grow in Generosity) Abundance Part 3. Chapter 16
- Prayer by Pastor Mims
- Discussed First Lutheran Church landscaping. SOW was sent to landscaper(s)
- Discussed Council Members submitting/returning 100% of their intent cards.
- Discussed the Synod Assembly. Scheduled for June 12, 2021 via Zoom. Participants are encouraged to confirm participation by May's Council Meeting.
- Discussed Incorporating FLC.
- Discussed creating a taskforce to revise the Constitution.
- Discussed the Capital Expenditure Plan.
- Discussed Capital Campaign/Professional FundRaising (placed on hold).
- Discussed and Reviewed the COVID-19 metrics and delaying in-person services
- Discussed that both Pastor Mims & Pastor Milton will be receiving their 1st vaccination.
- Approved minutes from March 2021 Council Meeting
- Reiterated the date of Stewardship Sunday, April 18, 2021
- 2020 Annual Reports are due NOW from Council Members
- Encouraging participation in the Ministry Site Profile small group meetings
- 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.

Connect with Word and Body

Prayer Concerns for May

Almighty God, with joy we celebrate the day of our Lord's resurrection. By the grace of Christ among us, enable us to show the power of the resurrection in all that we say and do, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Give joyful thanksgiving

...For our Pastors, lay and ministry leaders, for committee and church volunteers, for staff that bless our church with their unique gifts and talents

...For the power of your generous Spirit, that we may provide for the needs of others in your name

...For technology that enables to live in love for one another that our joy may be complete

...For those administering the COVID vaccine, for healthcare workers, and all who provide essential services.

Help us

...Unite the whole church on earth so that with one heart it testifies to the resurrection of Jesus Christ

...To keep in step with your Holy Spirit and be counseled by your word for our hearts ache from unkindness and cynicism and we are worn out from stress and sorrow

...To keep love, joy, peace, and patience in our thoughts and actions

...To see the reality of racism, the plight of the marginalized and the oppressed, those who are poverty-stricken and give us the strength to challenge and uproot it from our society, our world, and ourselves

Pray for

...Healing and comfort for Shirley Skees who is recovering from a fall

...Healing and comfort for Susan Wiltamuth and brother Steve Wiltamuth, friends of Janet Eggen

...Peace and comfort to the family of Nancy Adkins (mother of Karen Adkins Robinson)

...Peace and comfort to the family of US Capitol Officer William Evans

...Healing and comfort for James A. Wiele (Randall Wiele) following his surgery

...All children who have been separated from their parents that they be safe & protected until reunited with their family.

...Justice for the victims of racial oppression & violence

...All who have COVID and for careful management of the pandemic and vaccination process.

...Those who are dying, that they are secure in knowing that God loves them & will welcome them into everlasting life.

...People fleeing dire humanitarian situations for a better life.

...The sick, that they are comforted and the despairing, that they receive hope.

...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, Alvene Buckley, Don Buckley, Lucian Clare, Judy Cobb, Jennette Franklin, Roger Fuller, Joelle Griffith (mother of Paula Barwick), Valerie & Jim Harvey, Marion Ingersoll, Joann Klotz, Kelley Minschke, Lorna Moss, Bill Newlon, David Perron, Betty Phillips, Fay Rogner, Julia Siik, Nancy Smith, Deb Thompson, Becky, Betty Lou, Dave, Frederick Geysler & family, Gert, Gloria, Heather and Kevin and family, Jimmy, Katrina, Lynn, Mark, Michael, Rema, Rob, Tom & Aundrea

Those dealing with cancer

Alissa (friend of **Dorothy Shaffer**), Bob, James Collier, Iris Corbin, Dave Guelcher (father of Beth Zaletski), Jenn, David Kelly, Vickie Mack, Mark, Phil, Ralph Munsey, Rob, Sandy, Andie Seagraves, Gerald Stover, Dallas Williams, Jess WineKing

Military and their families:

All military personnel around the world.

Fox family, Austin Davidson, Kyle Hefner, Dan Kelly, Bobby Masters, Nick Masters, Ted Peterson, Brian Becker, Amy Hardbower, Nicolette Huntley, Tim Kelly, Ian Logan, Kelly Mackenzie, John Marfield, Nikki Parkman

We entrust ourselves and all our prayers to you, O faithful God, through Jesus Christ our Lord.

— Amen.

Readings for May

May 2nd

Acts 8:26-40

Psalms 22:25-31

1 John 4:7-21

John 15:1-8

May 9th

Acts 10:44-48

Psalms 98

1 John 5:1-6

John 15:9-17

May 16th

Acts 1:1-11

Psalms 47

Ephesians 1:15-23

Luke 24:44-53

May 23rd

Ezekiel 37:1-14

Psalms 104:24-34, 35b

Acts 2:1-21

John 15:26-27; 16:4b-15

May 30th

Isaiah 6:1-8

Psalms 29

Romans 8:12-17

John 3:1-17

First Lutheran Church
1301 Colley Avenue
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