

# The Contact

FIRST LUTHERAN CHURCH — NORFOLK

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

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NO. 6

## Following the Example of Jesus – Self-Care

In one of our Women's Bible Study sessions, we focused on Mark 6:45-56. Many would say this portion of scripture focuses on another miracle performed by Jesus, as He shows His authority over nature and walks on water.

But I would ask you to look a little closer, especially at verses 45-46. I would say the "miracle" in this passage is Jesus actually attending to himself, providing for himself what every human being needs at one time or another, an opportunity for self-care.

*"As soon as the meal was finished, Jesus insisted that the disciples get in the boat and go on ahead across to Bethsaida while he dismissed the congregation. After sending them off, he climbed a mountain to pray."*

*Mark 6:45-56 - The Message*

To begin, self-care is not being selfish. Self-care is an act of love and generosity not only to ourselves, but to our families, to our congregations, to our ministries and even to our God. We give our best, rested and energized self to His Kingdom work. Self-care is a part of our calling as baptized believers.

For it has been shown that if we do not take care of ourselves, we will be in no shape to take care of others.

Have you ever been on an airplane? In the instructions from the flight crew, we are told that in the event of an emergency, to put the oxygen mask on ourselves first, then assist others who may need help.

In this scripture passage, Jesus not only takes care of himself, but also the disciples. The Scripture actually tells us that Jesus "insisted" the disciples get into the boat to go to the other side. The disciples acted like folks who feel they can go and go and

go without recharging their batteries, so to speak. But Jesus knew the importance of time away from the hustle and bustle of ministry.

So, Jesus sets the example for us. He gets away from the people, He gets away from the disciples. And He gets away by himself. Jesus took time off to refresh himself mentally, physically, and most importantly spiritually.

Jesus made time to be in prayer with His Father. Prayer was Jesus' "picker-upper". What is yours? Is it prayer, silence and solitude, scripture reading, walking in nature, listening/singing along to music? What is it that refreshes your spirit? What is it that gives you the strength and the courage and the vitality to move on to the next opportunity?

There's an old saying that I would like to give a new interpretation. I am sure you are familiar with the acronym JOY. It stands for Jesus, Others, Yourself. Most people take this literally and find themselves worn out with nothing left to give. For some reason we have been led to believe that caring for our own welfare is not "Christ-like", but we could not be farther from the truth.

So, let's take a new spin on JOY.

How about, Jesus, Ourselves, and Y'all (my Texas roots!). We follow the example of Jesus when we take adequate care of ourselves, and then we can effectively minister and care for others.

Take Care of Yourself!

Blessings,

Pastor Phyl

# “Troubling the Waters”

We are sure our readers would agree that we are living in turbulent times. Issues of social justice are dominating the headlines, igniting strong feelings and ideological divisions. Just at the time we need rational conversation and effective communication, these tensions incite hostility and confrontation. It is encouraging to see how our church, the Evangelical Lutheran Church in America, has taken the initiative in creating insightful, positive materials in addressing the evils of racism. The theme of “Repentance, Reconciliation, Reparation,” has been lifted up as the goal for our society in seeking to heal the brokenness which divides us.

Our own congregation has embarked on a particular mission of healing in reaching out to the African American congregation, the Basilica of St. Mary’s Catholic Church. Members of each congregation have been meeting together on a monthly basis, resulting in an interracial group of Christians committed to bringing a Christian witness to the cause of social justice. Calling ourselves Christians United for Social Change (CUSC), the group made its witness in the Confederate Monuments issue, featuring a trip to Richmond with several members speaking from the steps of the State Capitol. Currently our attention is focused on the issue of affordable housing, where a massive effort is taking place by federal and local governments to literally transform the St. Paul area east of downtown Norfolk. CUSC sponsored a zoomed meeting on May 12 in which the leadership of the Norfolk Redevelopment and Housing Authority presented the details of the project and fielded questions from the CUSC and other local and statewide organizations that we had invited to attend.

Summing up, we are very pleased to be making our witness as two congregations, Black and White, on behalf of justice for black citizens in our state and local community. It is a faith-inspired activity on behalf of a minority of our nation who have for too long been victimized by the majority.

Unfortunately, the church itself is not immune to this. In fact, there is a long history of ideological divisions and resentments within the religious community. When it comes to racism, for example, we can expect a heightened concern within the church to combat it, but we can differ on where we see it and how to deal with it. We all seek racial justice and peace within our society, but how do the resources of Christian faith help us to achieve it?



There should at least be little question about the profound impact of white racism over centuries of slavery, Jim Crow, and continuing discrimination. A particular gift that white Christians should be able to bring to this question is the willingness to recognize our complicity as a dominant white society in maintaining the burden of white racism. A Christian response is a spirit of repentance in our society. Over centuries it has become deeply embedded in our thinking and attitudes, establishing assumptions and expectations that have created a mis-shaped identity among us Whites. We have been living within a context of white privilege that we have taken for granted, with consequences we are prone not to recognize. As Christians we hold to a theological conviction which should help us in frankly facing this condition. It provides the first step in a realistic and hopeful response to racism. In recognizing our nature as sinful creatures, we can acknowledge the self-centered character of our lives. Yes, we are capable of self-esteem which invites us to denigrate others if it serves to elevate ourselves.

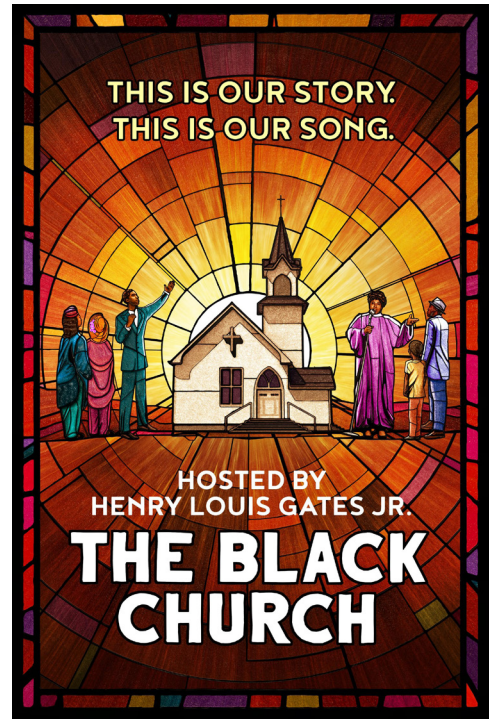
Admittedly, recognizing this truth does not automatically solve the problem of racism, but it does enable the capacity for self-criticism where we are able to acknowledge our mistakes.

# JUNE 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
In-Person & Online Worship is held at 10:00 AM Space is limited for in-person worship and <b>reservations are required.</b> Masks are <b>required</b> at all times while in the building.	1 2 PM Women's Bible Study 5:30 PM Dinner Ministry 7 PM Martha Circle	2 7 AM Men's Bible Study 12 PM Lunch Ministry	3 7 PM Fellowship Hour via Zoom	4 <div>Pastor Mims' Day Off</div>	5	
6 10 AM Limited In-Person Worship 12 PM FLY Lunch via Zoom 6:30 PM FLC Book Discussion Group	7 7 PM Congregation Council	8 2 PM Women's Bible Study 5:30 PM Dinner Ministry	9 7 AM Men's Bible Study 12 PM Lunch Ministry 7 PM Learning Committee	10 7 PM Fellowship Hour via Zoom 7:30 PM Service Committee	11	12 Synod Assembly
13 10 AM Limited In-Person Worship 3 PM High School Sunday School 5 PM Social Justice Committee Movie Night	14	15 2 PM Women's Bible Study 5:30 PM Dinner Ministry <div>Contact Deadline</div>	16 7 AM Men's Bible Study 12 PM Lunch Ministry	17 5:30 PM Laundry Love 6:30 PM Christians United for Social Change 7 PM Fellowship Hour via Zoom	18	19
20 <b>Father's Day</b> 10 AM Limited In-Person Worship 12:30 PM Youth Committee <div>Confirmation Camp</div>	21	22 2 PM Women's Bible Study 5:30 PM Dinner Ministry	23 7 AM Men's Bible Study 12 PM Lunch Ministry	24 7 PM Fellowship Hour via Zoom 7:30 PM Social Justice Committee	25 →	26
27 10 AM Limited In-Person Worship	28	29 2 PM Women's Bible Study 5:30 PM Dinner Ministry	30 7 AM Men's Bible Study 12 PM Lunch Ministry			

# Connect with Others



## Social Justice Committee Movie Night

Please join the Social Justice Committee at the church on Sunday, June 13th at 5:00 pm to celebrate Juneteenth and the return to in-person worship! We will follow all Covid protocols that are in effect on that date. We will show the first episode of the Henry Louis Gates Jr./PBS documentary on the Black Church (<https://www.pbs.org/show/black-church/>) and (probably) serve pizza. Watch for updates in the weekly announcements!

## June Birthdays

3 Jun Phil Shore	10 Jun Eric Peterson	18 Jun Stephen Asam	26 Jun Michelle Fenley
3 Jun Emily Young	11 Jun Lawrence Carr	19 Jun Kacy McGinnis	27 Jun Kenzie Levensalor
4 Jun Elizabeth Acors	12 Jun Barry Halcrow	20 Jun Anne Krueck	29 Jun Grady Erwin
6 Jun Kolby Seese	12 Jun Maya Zamani	20 Jun Bob Ritchey	29 Jun Julianna Schaus
6 Jun Charles Sikorski	14 Jun Katie O'Brien	20 Jun Kerri Seaman	29 Jun Dallas Williams
7 Jun Bonnie Elverum	15 Jun Steve Fox	21 Jun Maggie New	29 Jun Pei Williams
8 Jun Jeanne Lampton	15 Jun Kinsley Nordan	22 Jun Lynn Hayden	29 Jun John Wittmann
9 Jun Danusia Mason	16 Jun Simon Scott	23 Jun Kaye McGinnis	
9 Jun James Weeks	17 Jun Mia Levensalor	24 Jun Tucker Gates	
10 Jun Kelly Hogan	17 Jun Rich Whittecar	24 Jun Sarah Hilton	





# Vacation Bible School

Calling all children, youth, and adults! Mark your calendar for in-person Vacation Bible School! **"Come to the Table"** invites us to see the ways Jesus welcomed and cared for all people.

**August 8-12**  
**5:30-7:30 PM**

We will gather for a meal, music, story, crafts, and games.

## Youth and adults!

We need volunteers to help out in many areas. Please contact co-directors Nickie Stewart and Julie Sutura at [stewtera7@yahoo.com](mailto:stewtera7@yahoo.com) or Pastor Phyl at [pmilton@flcnorfolk.com](mailto:pmilton@flcnorfolk.com).

## Congregation Council Summary

At our May meeting held May 03, 2021 via Zoom, the Congregation Council:

- Devotion by Pastor C. Mims – Define our purpose. Who are we? What does God want us to do?
- Discussed First Lutheran Church landscaping - SOW polished up and was sent to landscaper(s).
- Discussed the grounds – Bill Robinson & John Wass will plan a clean-up day.
- Discussed the Synod Assembly, scheduled for June 12, 2021 via Zoom. Participants are encouraged to confirm participation (slots are still available).
- Discussed updating the Constitution – Meeting on May 13, 2021.
- Discussed and reviewed the COVID-19 metrics and starting in-person services on May 23, 2021. Limited to 50 people.
- Discussed reopening FLC to community groups – June 01, 2021.
- Discussed Service Committee - God's Work, Our Hands and organizing a Little Free Food Pantry.
- Discussed Social Justice Committee - becoming a more welcoming congregation, especially for LGBTQ+ community.
- Discuss Council meeting in person instead of by Zoom for the June 2021 Council Meeting – possible hybrid council meetings in the future.
- Discuss Ministry Site Profile being available for review.
- Approved Angela Hogan to fill Mary Fox's term on council.
- Approved minutes from April 2021 Council Meeting.
- Approved temporary Youth Coordinator employee for a full calendar year.
- Approved the Call Committee.
- 2020 Annual Reports are due by May 15, 2021 from Council Members.
- 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 June

Gracious and glorious God, you have chosen us as your own, and by the powerful name of Christ you protect us from evil. By your Spirit transform us and your beloved world, that we may find our joy in your Son, Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. **Amen.**

### Give joyful thanksgiving

...For those who work tirelessly to speak up, calling out racism and inequality in our homes, family, gatherings, churches, workplace, and the web, even when it is inconvenient and unpopular to do so  
...For vaccine clinics, medical doctors, nurses, scientists, and those who work to bring this pandemic to an end  
...For supportive friends, partners, family, and those who walk with us on life's journeys

### Help us

...To not be conformed to the ways and values of this world, but instead grant us to be shaped by your word and truth  
...Listen to you, listen to one another, and listen to the community in which we live  
...Protect innocent people who are caught in the middle of power struggles and rebellion  
...Notice those people who are on the fringes of our community and world, give us the courage to learn from and love them in tangible ways

### Pray for

...Healing for Brian Thorpe, son of **Nancy Thorpe**  
...Healing and comfort for the family of **Al Miller**  
...Healing and comfort for **Randall Wiele** on the death of his brother James A. Wiele  
...Guidance, patience, and discernment for our call committee  
...The people and leaders of Ethiopia, India, Israel, Palestine, Papua New Guinea, & the United States  
...Those who are touched by gun violence  
...Peace and comfort to **Dorothy Shaffer** on the death of her sister, Gloria  
...Those who have been vaccinated that they may receive health, as well as blessing and protection of children, the elderly, and the sick who cannot be vaccinated  
...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, Gail Anthony, Alvene Buckley, Don Buckley, Lucian Clare, Tina Dulong, 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, Shirley Skees, Nancy Smith, Alissa, Betty Lou, Dave, Dick, Gert, Jimmy, Katrina, Mark, Rema, Rob, Sarah & John, Stan Stewart**

### 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**

In the hope of new life in Christ, we raise our prayers to you, trusting in your never-ending goodness and mercy; through Jesus Christ our Lord.— **Amen.**

## Readings for June

### June 6th

I Samuel 8:4-20; 11:14-15  
Psalm 138

II Corinthians 4:13--5:1  
Mark 3:20-35

### June 13th

I Samuel 15:34--16:13  
Psalm 20

II Corinthians 5:6-17  
Mark 4:26-34

### June 20th

I Samuel 17:1a, 4-11, 19-23, 32-49  
Psalm 9:9-20

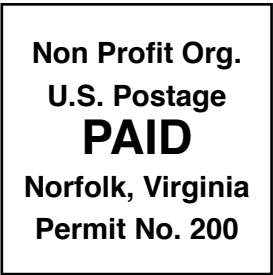
II Corinthians 6:1-13  
Mark 4:35-41

### June 27th

II Samuel 1:1, 17-27  
Psalm 130

II Corinthians 8:7-15  
Mark 5:21-43

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