

# The Contact

FIRST LUTHERAN CHURCH — NORFOLK

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## The Triduum at FLC



*Every Sunday in worship the church celebrates the life, death, and resurrection of Jesus Christ. The Holy Spirit gathers us to receive again the gifts of God that come to us through Christ, the saving Word. On several key days at the center of the church year, however, worship takes a particular shape. These central days have come to be known as the Three Days, recalling Jesus' own words to his disciples that he would be handed over to death, and that "after three days he will rise again" (Mark 10:34). In particular, the services of Maundy Thursday, Good Friday, and the Vigil of Easter unfold in a single movement, as the church each year makes the passage with Christ from death into life.*

— Evangelical Lutheran Worship, pg. 247

In many churches, the services of Holy Week are marked by an attendance which diminishes with each successive night. For some, this is due to vacation schedules as Spring Break often occurs during Holy Week, as it does this year. For others, work-related commitments may not facilitate more than one evening off. But there are still others who, for unknown reasons, do not attend what are considered the most important services of the year. In fact, these services are so important that they are technically regarded as one service in three parts. To attend one and not the others is like attending only one act of a play.

Perhaps "play" isn't the best use of words here, because it is not merely a dramatic reenactment of the last days of Jesus. But there is a lot of drama! For centuries, there has been profound interest in the events of this week. Many are familiar with the great passion play in Oberammergau since 1634, and that is a comparatively recent example. *Egeria: Diary of a Pilgrimage* is a journal from the fifth century, following the steps of Jesus in the Holy Land.

Every Sunday, we put on certain clothes, we stand in certain places, we say certain things at certain times. There are similarities to acting. Sometimes the choreography of our rituals could be interpreted as "going through the motions." But the significance of all which we do in worship, at all times and especially during Holy Week, is something that

has sustained the Church from the time of Christ to our own day. While each generation has given varied expressions to this part of the story, each has also formed a beautiful profession of faith in the language of its own contemporary context.

Going to church for three nights in a row is a big commitment, and surely a long and winding road. Certainly, some of the themes in this story arc are intense. Maybe that is what prevents some people from attending. Maybe we would prefer to just watch it at home so that we can fast forward through those parts and skip to the happy ending. But in doing so, we miss the community who is journeying with us, and we deny our participation in those acts of service both given and received. What is more, we neglect our own part in the story: our place at the table with Jesus, our turn to carry his cross, and the words of grace spoken to us in the garden.

These services will look somewhat different to First Lutheran. Maundy Thursday will, of course, include communion, as well as the ritual footwashing, a central element reintroduced last year in the online service. Good Friday continues the journey with reading of the Passion according to St. John, which celebrates Christ's victory on the cross. We will spend time before the cross in elaborate prayer on behalf of the whole world.

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# The Triduum at FLC

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The Easter Vigil has not yet been celebrated at First Lutheran in the 21st century. We are excited to bring back this central service of the church year in a big way. On Saturday night, the congregation will gather in the courtyard, where Pastor Mims will ignite a fire. This new fire is used to light the Paschal Candle, a symbol of Christ, the Light of the world. The candle is inscribed with many Christian symbols and dedicated to the glory of God. In remembrance of the Exodus, the people will be led by this “pillar of fire by night” in procession into the dark church, where everyone will light their own candles and sing praises to God for the creation of light.

The vigil continues with several long readings, the record of God’s saving deeds in history: how God saved the people in ages past. Each reading is followed by a musical response (and if you liked the music at the pastors’ installation, you will not want to miss this one!). After the readings, we will participate in a thanksgiving for the sacrament of baptism, recalling all the wonderful biblical images of water. When everyone has had the opportunity to renew the vows of their baptismal covenant, the pastors will shower the people with water from the font!

Then, having proclaimed Christ as the savior of the world, remembering the fulfillment of promises to people in ages past, and recognizing through our baptism the grace imparted to us as inheritors of the glorious kingdom, a voice proclaims “Alleluia! Christ is risen!” and the bells are rung, the lights are turned on, and the organ thunders as the assembly celebrates the great and promised feast of victory in the sacrament of Holy Communion.

Two times are offered on Thursday and Friday, to accommodate both retired and working individuals. Due to the nature and complexity of the vigil, it is only offered in the evening.

Maundy Thursday, April 14 at 1:00 & 7:00 p.m.

Good Friday, April 15 at 1:00 & 7:00 p.m.

Vigil of Easter, April 16 at 7:00 p.m.

Invite your family, friends, and neighbors to join us for these services as well as for the service on Easter Sunday at 10:00 a.m.

## Generations of Generosity

One of the many things I enjoy about living in this area is that spring comes relatively early. While other areas of the country will experience early April weather as chilly and unsettled, I have been poring over the seed catalogues that have recently arrived in the mail. Soon it will be time to plant, watching the seeds sprout and grow, hopefully leading to an abundant harvest in just a few short months’ time. And, in a way, I see this as a metaphor for where this April also finds us as a congregation.

Generations of Generosity – as a recent letter to our congregation explained, this is the theme of our stewardship emphasis this year. Like seeds planted in fertile ground, the generous, often sacrificial, gifts of those who have come before us have not only produced an abundant harvest of mission and ministry throughout the years, these gifts also continue to bear fruit even today. We are who we are and are able to do what we do at First Lutheran in large part because of the gifts of time, talent,

and financial resources of previous generations of faithful disciples who have called this congregation “home.” Now, it is our turn to plant the seeds of generosity and to be in this time and place the people God is calling us to be.

In his second letter to the Christians in Corinth, St. Paul reminds us that “the one who sows sparingly will also reap sparingly, and the one who sows bountifully will also reap bountifully.” (2 Cor. 9:6) In the days ahead, please prayerfully consider generously supporting the work of God taking place in and through First Lutheran. Place yourself in the long chain of others who have contributed to an abundant and fruitful ministry in this place. And, as our Generations of Generosity emphasis culminates with Stewardship Sunday on May 1, prayerfully consider offering your Statement of Intent as an act of worship and thanksgiving to God.

— Pastor Scott

# As We Return to the Altar: *Holy Communion*

*Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.*

— Matthew 26:27-28

As we have returned to the altar rail for Holy Communion, we are also trying a method of distribution that is new to First Lutheran - that of using a pouring chalice instead of individual cups. It is a change that had been discussed before the pandemic began, because the little silver chalices that we had been using for so many years (so generously donated by the Addison family) were showing their age – chipped, tarnished, worn – and too expensive to replace. With the onset of the pandemic, this concern was set aside for more pressing matters. However, we knew that when we returned to the altar, we wanted to make some changes to how communion was distributed.

Both Pastor Scott and I are strong advocates for the common cup. We believe that it best represents the symbolism that Jesus himself used at his last supper. Jesus shared his own cup with all of the disciples, filled with blessing and promise. With a common cup, we all receive from God’s hand a single cup from which to drink, and in that cup is the blood of Jesus, distributed to many individuals.

Furthermore, the common cup symbolizes a unity among us, an acceptance of one another and a shared fellowship through Jesus. In the garden of Gethsemane, Jesus prayed, “Father, if it is possible, let this cup pass from me; yet not what I want but what you want.” We are reminded that we do not drink this cup alone, indeed we cannot



drink it alone. We drink it in community; we share our love and our lives as we share this cup.

However, Pastor Scott and I are keenly aware that introducing the common cup is not prudent at this time. We are also not fond of individual pre-filled cups, as we have been using, as they diminish the rich symbolism of the one cup and the meaning behind the Eucharist. Indeed, the individual cups began to be used only in the late 19th century out of a concern for...yep! Germs!

So we’ve decided to use a pouring chalice, which retains some of the symbolism of the one cup, as the same wine is shared among all people, but each person has their own cup instead of drinking out of the same vessel. It is not ideal, given that we actually serve with two cups, and there is an environmental cost in throwing away all those plastic cups (glass ones are available, but they do require washing!).

We appreciate your patience as we work out the flow and best practices for communion. But trust that, no matter how communion is received – with individual cups or one cup, with bread or wafers, with grape juice or wine – Jesus is present with us, forgiveness is offered, and we are fed with the abundant life of God’s kingdom.

— Pastor Cathy

# Join Our Tech Ministry Team

We are seeking volunteers to form a Tech Ministry Team. The mission of this team will be to run our in-house sound while helping FLC to provide the highest quality online worship services and digital resources that we can. Members of this team will help to set up and operate our video and sound equipment, while having a lot of fun learning and playing with some really cool gear as we grow our tech resources

and our ability to more effectively reach people in today's environment. While we most certainly welcome anyone with prior experience running sound or video, the main requirements are that you are (1) generally comfortable around technology and (2) willing to learn. Youth who are interested in being a part of this vital ministry are also encouraged to sign up. Interested? Please email us at [office@flcnorfolk.com](mailto:office@flcnorfolk.com).

## Cross Connections Presentation

On Sunday, May 1st, at 9:30 AM in Strickler Hall, Pastor Jim Cobb will give a presentation based on his newest book, "Cross Connections." It is both a memoir and some poignant and humorous stories

from the parishes he has served (including First Lutheran, 1988-1999). Books are available by calling the publisher at 541-344-1528 or on Amazon. Books will be available at the reception desk two weeks prior to the event.



*Easter Celebration*

Sunday, April 17  
9 AM

Welcome Center and Reception Hall

**Flower the Cross**

**Youth Easter Egg Hunt**  
(5th grade and younger)

**Continental Breakfast**

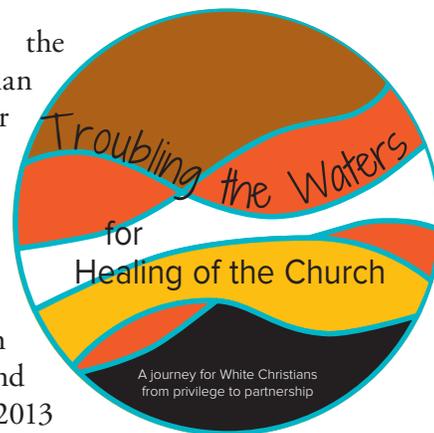
**Chalk the Sidewalk**

# “Troubling the Waters”

We are thankful for the continuing efforts of our church, the Evangelical Lutheran Church in America (ELCA), to speak out in rejecting all forms of hatred and discrimination. Our Presiding Bishop, Elizabeth Eaton, made it clear in a recent statement: “As church together, it’s now more important than ever for us not only to pray, but also stand beside all who are facing many forms of prejudice.”

In TROUBLING THE WATERS a major focus has been the subject of race, and with good reason given the history of our nation and its current demography. But in this month’s column we want to lift up an issue of prejudice and discrimination that has gained public attention in more recent years, involving a much smaller minority. It is the plight of transgender persons, who discover that the gender they were assigned at birth does not match their personal identity, their sense of who they are. Fortunately, hormonal therapy and/or surgical procedures are now available for the transgender person.

Nonetheless, given the sensitive nature of human sexuality together with the ignorance and apprehensions we often bring to the subject, the transgender person is often the victim of prejudice and discrimination. In 2013 the ELCA’s Churchwide Assembly, which is the highest legislative body of the church, instructed the presiding bishop to communicate the church’s public support of those actions that would prohibit employment discrimination against transgender persons. ELCA synods, congregations, and members are encouraged to do the same – to speak out at every opportunity against actions and attitudes that cripple the lives of transgender persons.



## LET'S GET READY FOR EASTER SUNDAY!



## CHURCH WORK DAY SATURDAY, APRIL 9TH BEGINNING AT 9:00 AM

- Outside work will include cleaning up flower beds and getting the yard ready to welcome all who come to worship.
- Inside work will include cleaning in the sanctuary, polishing communion ware, and preparing for worship.

**COME WHEN YOU ARE ABLE AND  
STAY FOR AS LONG AS YOU CAN!**

Rain date (for outside work) is Saturday, April 16th.

## April Birthdays

1 Apr	Tommy Silsdorf	15 Apr	Jane Fuller
2 Apr	Jeff Humphreys	16 Apr	Lori Seaman
3 Apr	Mary Bissey	16 Apr	Carl Spangler
3 Apr	Barbara Pohlig	18 Apr	Mary Zelasko
4 Apr	Alvene Buckley	19 Apr	Charlie Foster
4 Apr	Sean Buckley	20 Apr	Shelagh Humphreys
6 Apr	Marion Ingersoll	20 Apr	Debbi Waitzer
7 Apr	Suzanne Sackel	21 Apr	Sharon Kneisley
8 Apr	Charles Poston	21 Apr	Dick Temple
9 Apr	Pamela Hiner	22 Apr	Robert Green
10 Apr	Julie Damman	22 Apr	Jim Mason
11 Apr	Bob Braaten	23 Apr	Mason Fox
12 Apr	Matthew Butcher	23 Apr	Kirsten Kelly
13 Apr	Judy Cobb	25 Apr	Megan Bishop
13 Apr	Susan Stones, LCSW	25 Apr	Ashley Scott
13 Apr	Emily Weeks	28 Apr	Melissa Sikorski

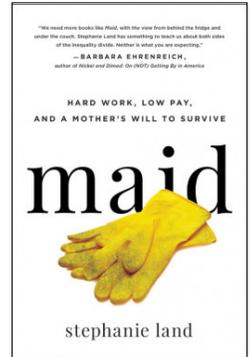
# Connect with Others

## FLC Book Discussion Group

**B**ook Discussion Group will meet Sunday May 1, 2022 at 6:30 to discuss *Maid: Hard work, low pay, and a mother's will to survive*, by Stephanie Land

At 28, Stephanie Land's plans to chase her dreams of attending a university and becoming a writer, were cut short due to an unexpected pregnancy. She turned to housekeeping to make ends meet, and with her dream to provide her daughter the very best life possible, Stephanie worked days and took classes online to earn a college degree and began to write relentlessly. *Maid* explores the underbelly of upper-middle class America and the reality of what it's like to be

in service to them. As she begins to discover more about her clients' lives—their sadness and love, too—she begins to find hope in her own path. Pick up a copy and join us to explore what is it like to be one of the invisible service workers in America.



Reminder: The book for our April 3rd is *Our Lady of the Lost and Found: A Novel of Mary, Faith, and Friendship* by Diane Schoemperlen Contact Betty Jean Meyer for the Zoom link for the meeting

### Christian Service

Christian Service will meet Thursday, April 28, at 9:30am in Strickler Hall to tie knots in quilts. Anyone interested in helping is welcome to attend. With the increasing number of refugees in Europe, quilts will be in demand. We would like to complete as many as possible before taking them to the Ingathering in early summer. Questions? Contact Pam Baynard, (757)681-0157, or pbaynard65@charter.net.

### Shut-In Flower Delivery

Volunteers needed to deliver flowers to church members. Following worship services, meet in the sacristy to help distribute the altar flowers.

Contact Joy Kelly if you can assist in this ministry.  
Email: joydlkelly@cox.net Mobile: (757) 270-6125)

### Strickler Hall class.

Special guest on 1 MAY 2022: FLC's own James Cobb. Topic--humorous reflections on Church life.

### Lydia Circle

Everyone is invited to attend Lydia Circle's meeting on Tuesday, April 5, at 11:00am in the Reception Room. Pastor Cathy's program will focus on the joy and the meaning of the Easter season.

### Flower Ministry

"Say It With Flowers"

We grieve with you.  
We think of you.  
We celebrate with you.  
We comfort you.  
We miss you.

As a caring church community, flowers are delivered after the service to those who may need a special token of our love.

Be part of this vital ministry and stop by the sacristy after the Sunday worship service and take a bouquet to someone and make their day a little brighter.

### Adult Ministry

Adult Ministry will be meeting Tuesday, April 5th, at 12:00 PM

### Altar Flower Arrangers Needed

Glorify God by creating floral arrangements. Altar flower arrangers are needed; no experience is necessary! Join a design team and receive hands-on training to arrange flowers that enhance the worship experience.

Contact Joy Kelly if you enjoy flowers and desire a creative outlet for your God-given talents. Email: joydlkelly@cox.net Mobile: (757) 270-6125)

# April 2022

**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
3 9:00 AM Sunday School 10 AM Worship 6:30 PM FLC Book Club	4 12 PM Tuesdays—Life Together Weekly Edition 3 PM Tuesdays—Altar Flowers 4 PM—April 15th—The Contact Email <a href="mailto:kminnick@fncnorfolk.com">kminnick@fncnorfolk.com</a> with your articles & information.	5 11 AM Lydia Circle 12 PM Adult Ministry 2 PM Women's Bible Study 5:30 PM Dinner Ministry 7 PM Martha Circle	6 7 AM Men's Bible Study 12 PM Lunch Ministry	7 7 PM Prayer Around the Cross	8 Pastors' Day Off	9 9 AM Church Clean Up Day
10 <b>Palm Sunday</b> 9:00 AM Sunday School 10 AM Worship 11:30 AM Youth Group 11:30 AM Congregation Council	11 10 AM Quilting Group 2 PM Women's Bible Study 5:30 PM Dinner Ministry	12 10 AM Quilting Group 2 PM Women's Bible Study 5:30 PM Dinner Ministry	13 7 AM Men's Bible Study 12 PM Lunch Ministry	14 1 PM Maundy Thursday 7 PM Maundy Thursday	15 1 PM Good Friday 7 PM Good Friday Contact Deadline	16 10 AM—2 PM Flowering of the Cross 7 PM Vigil of Easter
17 <b>Easter Sunday</b> 9:00 AM Easter Celebration 10 AM Worship	18 <b>Easter Monday—Church Office Closed</b>	19 5:30 PM Dinner Ministry	20 7 AM Men's Bible Study 12 PM Lunch Ministry	21 5:30 PM Laundry Love	22	23
24 9:00 AM Sunday School 10 AM Worship 11:30 AM Youth Group 1:30 PM Youth Committee Meeting via Zoom	25	26 10 AM Quilting Group 2 PM Women's Bible Study 5:30 PM Dinner Ministry	27 7 AM Men's Bible Study 12 PM Lunch Ministry	28 9:30 AM Christian Service	29	30

**Community Groups (Strickler Hall):** Mixed Groups—Sun. 7:00-9:30 PM; Happy Hour AA Home Group—Mon. 4:30—6:30 PM; Happy Hour AA—Mon. 5-7 PM; SAA—Mon. 7-8:30 PM; Thur. 7:30—9:30 PM; Just For Today—Tue. 10-11:30 AM; Continuing Quest—Fri. 12-1 PM; Candlelight—Fri. 8-9 PM; SNL AA—Sat. 7-9:30 PM

# Connect with Word and Body

## Prayer Concerns for April

God of the covenant, in the mystery of the cross you promise everlasting life to the world. Gather all peoples into your arms, and shelter us with your mercy, that we may rejoice in the life we share 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

...Leaders committed to love and justice

...Empowered Sunday School teachers, confirmation leaders, and parents who share their faith with younger generations

...Those who advocate for thoughtful stewardship of the earth's resources

### Help us

...Elect leaders who have the patience to receive criticism, openness to new ideas, and courage to change course when needed for the sake of the common good

...Comfort veterans enduring post-traumatic stress and shield those endangered by domestic violence

...Guide children and adults preparing for baptism or confirmation

### Pray for

...The people of Ukraine and an end to the aggression against them

...Peace and comfort to the Guelcher & Zaletski families on the death of Dave Guelcher

...Inga Schaus' family who reside in the Ukraine

...Peace and comfort to the friends & family of Lee New on his passing

...Peace and comfort to the **Hogan** family

...First responders and military personnel who risk their lives in service of others

...Blessing and protection of children, the elderly, and the sick who cannot be vaccinated

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

...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 & Ronald Ackley, Gail Anthony, Alvene Buckley, Don Buckley, Olivia Christianson, Barbara Cordrey, 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, Gail Simos, Shirley Skees, Nancy & Jack Smith, Bill Wattai, Melissa & Ken Zaletski, Betty Lou, Bill & family (nephew of Mary Bissey), Caussanel family, Charlotte & Lee Peglow, Cory, Cynthia Moll, Donasia Lee, Gert, Harriette & Dave Wheatley, Jimmy, Katrina, Mark, Mary Lou, Megan (niece of **Melissa & Ken Zaletski**), Olivia Christianson, Rema, Rob, Sue & Jim Webb, Suzanne & sister, Valentina & Vladimir, Vickie Zelasko**

### Those dealing with cancer

Alissa (friend of **Dorothy Shaffer**), Bob, James Collier, Iris Corbin, Dave Guelcher (father of Beth Zaletski), Harriette Wheatley (friend of the **Grogans**), Jenn, David Kelly, Chris Jones (nephew of **Karen Siegel**), Vickie Mack, Mark, **Melvin (Jack) Smith**, Phil, **Randall R. Wiele**, Rob, Sandy, Andie Seagraves, Gerald Stover, **Dallas Williams**, Jess WineKing

### Military and their families:

All military personnel around the world.

**Fox family, Tom Douglas, Kyle Hefner, Bobby Masters, Nano Masters, Nick Masters, Ted Peterson, Inga Schaus, Nathaniel Schaus**, Brian Becker, Amy Hardbower, Nicolette Huntley, Tim Kelly, Eli Jones, Ian Logan, Kelly Mackenzie, John Marfield, Nikki Parkman

Accept the prayers we bring, O God, on behalf of a world in need, for the sake of Jesus Christ. . — **Amen.**

## Readings for April

### April 3

Isaiah 43:16-21

Psalm 126

Philippians 3:4b-14

John 12:1-8

### April 10

Isaiah 50:4-9a

Psalm 31:9-16

Philippians 2:5-11

Luke 23:1-49

### Readings for Holy Week:

### Thurs., April 14

Exodus 12:1-14

Psalm 116

I Corinthians 11:23-26

John 13:1-17, 31b-35

### Fri., April 15

Isaiah 52:13--53:12

Psalm 22

Hebrews 4:14-16; 5:7-9

John 18:1--19:42

### Sat., April 16

Genesis 1:1--2:4a

Psalm 33:1-11

Exodus 14:10-31; 15:20-21

Exodus 15:1b-13, 17-18

Ezekiel 37:1-14

Psalm 143

Zephaniah 3:14-20

Psalm 98

Romans 6:3-11

John 20:1-18

### April 17

#### Easter Sunday

Acts 10:34-43

Psalm 118:1-2, 14-24

1 Corinthians 15:19-26

Luke 24:1-12

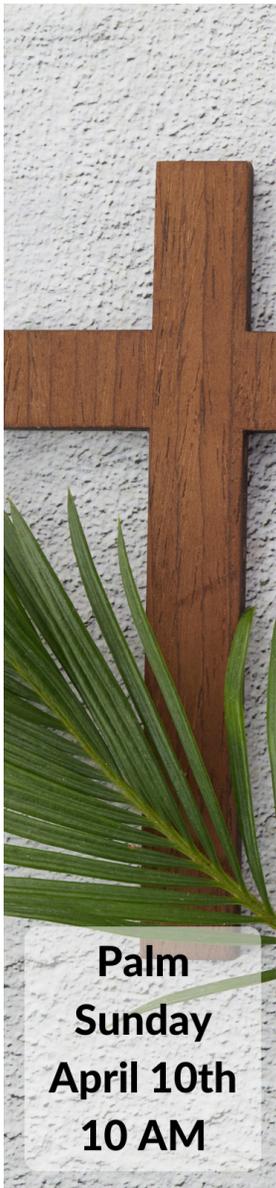
### April 24

Acts 5:27-32

Psalm 118:14-29

Revelation 1:4-8

John 20:19-31



**Palm  
Sunday  
April 10th  
10 AM**



**Maundy  
Thursday  
April 14th  
1 & 7 PM**



**Good  
Friday  
April 15th  
1 & 7 PM**



**Easter  
Vigil  
April 16th  
7 PM**



**Easter  
Sunday  
April 17th  
10 AM**



First Lutheran Church  
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Norfolk, VA 23517



ADDRESS SERVICE REQUESTED

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