

The Contact

FIRST LUTHERAN CHURCH — NORFOLK

1301 Colley Ave., Norfolk, VA 23517

Parish Office: 757 625 1953

www.flcnorfolk.com

VOL. XXXVI

JULY 2022

NO. 7

Pastor's Pen

Psalm 1

Happy are those who do not follow the advice of the wicked,

Or take the path that sinners tread,

Or sit in the seat of scoffers;

But their delight is in the law of the Lord, and on his law they meditate day and night.

They are like trees planted by streams of water,

Which yield their fruit in its season,

And their leaves do not wither.

In all that they do, they prosper.

The wicked are not so,

But are like chaff that the wind drives away.

Therefore the wicked will not stand in the judgment,

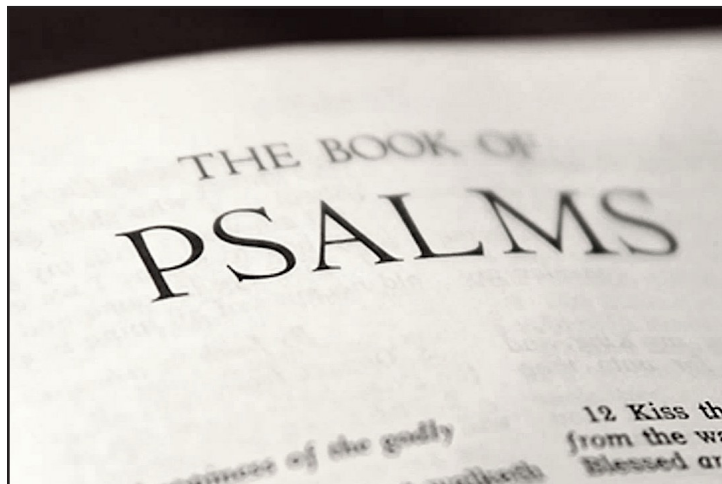
Nor sinners in the congregation of the righteous;

For the Lord watches over the way of the righteous,

But the way of the wicked will perish.

Psalm 1 opens the prayerbook of the Bible (the Psalms) with a description of life as a choice between two ways: the way of life and fulfillment and the way of wickedness and death. Those who root their lives in God's Word are like a tree that is planted by water whose roots, even in dry seasons, are able to drink in nourishment so that its leaves do not wither. Those who follow the advice of the wicked or who walk in their own wisdom, on the other hand, are like chaff that the wind blows away – perishable, without substance.

In other words, through reading and meditating on Scripture, we draw up within ourselves the presence and wisdom of God, which gives us strength, resilience, flexibility, and sustenance during the storms and droughts of life. Without the steadying influence and guidance of God's Word in our lives, we are more susceptible to changing winds, dis-ease, uprooted lives.



To be sure, the psalm paints a neat and orderly world with a clear juxtaposition between what leads to life and what leads to destruction, but life – and people – are far more complex than this dual-system. Nevertheless, one point is clear: the more we engage with the Bible – the more we read it, ask questions of it, pray it, wrestle with it, talk about it with others, speak it, sing it, let it challenge us, and live it – the more we will learn the will and way of God. Our lives will be more shaped by God's desires for what is good and just than by what we want for ourselves. We will be more likely to have the resources to stand strong, to lean on and trust God, in difficult times. Our lives and our congregation will bear the fruit of God's wisdom and guidance when we are deeply rooted in the Scriptures.

Reading the Bible is one of the foundational spiritual practices of Jesus' followers. How does the Bible inspire and encourage your walk with God? What are some of your favorite Bible stories or verses? What in those passages resonates with your spirit? What questions does the Bible raise for you?

One of the tools I'm using this summer in my personal devotions is called the SOAP method. It goes like this:

continued on next page

Pastor's Pen

continued from previous page

S for Scripture: Take a moment to deliberately read the scripture to yourself twice and allow God to speak to you. When you're done, look for one verse that particularly spoke to you. Write it down in a journal or notebook.

O for Observation: What do you think God is saying to you in this scripture? Ask the Holy Spirit to speak to you and guide you. Paraphrase and write down this scripture in your own words.

A for Application: Personalize what you have read by asking yourself how it applies to your life. Perhaps it is instruction, encouragement, revelation of a new promise, or a correction for a particular area of your life. Write down how this scripture applies to your life today.

P for Prayer: Think of a brief prayer inspired by this scripture verse. This can be as simple as asking God to help you use this scripture, or it may be a greater insight on

what God is revealing to you. Remember, prayer is a two-way conversation, so take some time in silence to listen to what God has to say!

This process can be used alone, with another person or in a group. It is not about getting the "right" answer or the "perfect" prayer. It is about allowing God to speak to our lives and touch our hearts through the Bible, so that our roots are more firmly planted by the life-giving river of God's Word and our lives can then prosper to the glory of God!

"Blessed is the one...whose delight is in the instruction of the Lord."

Peace,

Pastor Cathy

Over **700 youth** are in foster care in our community.

YOU can make a difference.

Learn how.

Thursday, @ 6:30 p.m. @ First Lutheran Church - Norfolk
July 21st
1301 Colley Ave
Norfolk, VA 23517

Organized in partnership with:



“Troubling the Waters”

The horrendous tragedy of mass killings by young men, many of them teenagers, is profoundly disturbing. Churches and other religious organizations are among those urging Congress and state legislatures to enact laws that will reduce the incidence of these crimes, but the will has not been there.

Recently a group of religious leaders in Virginia urged their state legislators to take the following “common sense” actions:

1. Increase the age at which a person can purchase a gun. You can't buy alcohol till you are 21. You can't rent a car till you are 25. Given how many mass shooters are teenagers, and given the science of brain development, raising the age of gun ownership makes sense.
2. Ban assault weapons and bump stocks. These military-style weapons have no place in communities.

3. Require safe storage of guns when children are present. Gun owners should be required to store their guns safely when children are present in their homes.

So what can we do? Our prayers for the victims of gun violence and their families and communities should lead us to action. We can contact our representatives in the state legislature and Congress (we know that most of our citizens want Congress to require universal background checks, an eminently sensible requirement). The more insistent we are, the more likely that meaningful actions will finally get done.



MINISTRY SPOTLIGHT

Sunday School Vacation Bible School

CONTACT Sunday School - Krista Puttler
VBS - Julie Sutura and Nickie Stewart

Youth Sunday



Connect with Others

Communion Linens

A few volunteer subs are needed to care for the communion linens.

Please contact Clara Strehlow for more information.

Refugee Resettlement: FLC's newest ministry

Did you know that First Lutheran is helping to welcome a recently resettled family of Afghan evacuees right here in Norfolk? We are part of an informal volunteer group, led by members of First Presbyterian, that is working with our local resettlement agency (Commonwealth Catholic Charities) to welcome Mohammad Ali, Zarin, and their children.

Volunteers from our congregation are providing assistance with transportation, English-language learning, medical services, and more. We anticipate other needs in the months ahead as the family continues to adjust to their new home and moves toward self-sufficiency. Your financial contributions to First Lutheran Church (marked for "refugee resettlement") will support this family directly.

Would your Sunday school class, circle, or committee like to learn more? Please contact Elizabeth Janik, and she'd be happy to give a short presentation to your group.

Thank You Note

Thank you to the Christian Service Committee!

The quilts made by the Christian Service Committee for Lutheran World Relief are truly a group effort. Never is a quilt completed by just one person. Each person has a job, or jobs, they like to do, and every job is important to the finished product.

I would like to thank all those who have helped this year. Dolly Hinton, Marilyn Jersild, Kaye and Kacy McGinnis, Evelyn and Wilma Robinson faithfully tied knots at our meetings. They are joined by Olivia Christianson, Lorette Horsboll, Joanne Lundquist, Pam Martin and Mary Zelasko, who not only tied, but also cut squares or sewed them together to make quilt tops. Crystal Wass completed the final step by binding the quilts. Once they were completed and blessed, Chuck Baynard delivered them to an Ingathering site in Hampton where they await pickup from Lutheran World Relief/Church World Service. From the Maryland warehouse, quilts are sent to destinations around the world to provide comfort and hope to people in crisis.

If you would like to help with sewing, contact Pam Baynard. If you would like to support this ministry financially, please designate gifts to First Lutheran Church, Christian Service. Thank you!

July Birthdays

1 July Adam Levensalor	10 July Thomas Douglas	17 July Randy Milner	24 July Madelyn Baker
4 July Cathy Delaney	10 July Debbie Porter	17 July Jacqueline Mims	24 July Darrell Kristo
4 July Benjamin Farpour	11 July Sean Duffy	17 July David Perron	25 July Chris Powell
5 July Margaret Ackley	12 July Patrick Seaman	18 July Marilyn Jersild	26 July Ivana DiNini
5 July Hannah Duffy	14 July LeeAnn Azar	18 July Julia Siik	26 July Donna Mangubat
6 July Jennifer Echea	14 July Connie Kaiser	19 July Annika Fox	28 July Debbie Acors
6 July Parker Gates	14 July Helen Parker	19 July Rebecca Poston	28 July Judy Basco
6 July Rebecca Poston	15 July Jane Van Wolkenten	20 July Ethan Hutchings	28 July Mimi Hill
7 July Juliet Kuehl	16 July Barbara Chapman	20 July Ella Kopf	28 July Lauren Silsdorf
7 July Lani Silsdorf	16 July Sarah Delaney	21 July Janine Brown	29 July Vicki O'Rourke
8 July Lee VandeWater	16 July Joelle Griffith	21 July Anna Mason	30 July Lynda Behnke
9 July Jennifer Boykin	16 July D.T. Hurdle	21 July Marilyn Melchor	30 July Joy Kelly
9 July Jim Brady	16 July Jonathan Miller	23 July Bill Seaman	31 July Isa Zamani
9 July Maya Lynn Mulder	17 July Samantha Farpour	23 July Holly Wittmann	

July 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
		General Deadlines: 12 PM Tuesdays—Life Together Weekly Edition 3 PM Tuesdays—Altar Flowers 4 PM—June 15th—The Contact Email kminnick@fclnfolk.com with your articles & information.			1	2
3 9 AM Sunday School 10 AM Worship 1:30 PM Youth Committee Meeting via Zoom	4 Independence Day Church Office Closed	5 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	8	9
10 9 AM Sunday School 10 AM Worship	11	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	15	16
17 9 AM Sunday School 10 AM Worship	18	19 2 PM Women's Bible Study 5:30 PM Dinner Ministry	20 7 AM Men's Bible Study 12 PM Lunch Ministry	21 5:30 PM Laundry Love 6:30 PM Foster Care Seminar	22	23
24 9 AM Sunday School 10 AM Worship	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
31 9 AM Sunday School 10 AM Worship						

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 July

Almighty Creator and ever-living God: we worship your glory, eternal Three-in-One, and we praise your power, majestic One-in-Three. Keep us steadfast in this faith, defend us in all adversity, and bring us at last into your presence, where you live in endless joy and love, Father, Son, and Holy Spirit, one God, now and forever. **Amen.**

Give joyful thanksgiving

...For ministries that support those who are isolated or lonely
...For world leaders who seek wisdom, speak truth, and care for all endangered by poverty, prejudice, or violence
...For peacemakers who work to restore severed relationships and those who protect children lacking trustworthy caregivers

Help us

...Care for the earth, especially in areas threatened by ecological disaster
...Nurture vital relationships in our congregation and beyond
...Resolve to end the sin of white supremacy and pursue the courageous path of justice

Pray for

...Bishop Jim Mauney on his recovery from surgery
...Peace and comfort to the family of Phil Shore on his passing
...Peace and comfort to the **family of Jennette Franklin** on her passing
...Comfort for the people and families of Buffalo, New York; Uvalde, Texas; Philadelphia, Pennsylvania; Chattanooga, Tennessee; Clarendon County, South Carolina; Phoenix, Arizona; and all victims of gun violence in this country
...The people of Ukraine and an end to the aggression against them
...Inga Schaus' family who reside in the Ukraine
...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, Don Buckley, Olivia Christianson, Barbara Cordrey, Janet Eggen, Roger Fuller, Joelle Griffith (mother of Paula Barwick), Ed Grogan, Valerie & Jim Harvey, Marion Ingersoll, Joann Klotz, Kelley Minschke, Lorna Moss, Bill Newlon, Linda & David Perron, Betty Phillips, Grasea Pulliam & Dena, **Gail Simos, Shirley Skees, Nancy & Jack Smith, Gail Stenberg, Linda Turner, Melissa & Ken Zaletski,** Amanda, Angelita Mendoza Gilbert, Betty Lou, Bob Christensen, Gert, **Harriette & Dave Wheatley, Jake, Jimmy, Katrina Core, Marsha Glazer, Marguerite, Megan (niece of Melissa & Ken Zaletski),** Nancy Carawan & family, Rema, Richard Boushell, Rob, Robert Mai, Sue & Jim Webb, Tessa Holt

Those dealing with cancer

Bob, James Collier, Iris Corbin, 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, Gabriel Dulong, 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

In your mercy, O God, respond to these prayers, and renew us by your life-giving Spirit; through Jesus Christ, our Savior.

— **Amen.**

Readings for July

July 3rd -

Isaiah 66:10-14
Psalm 66:1-9
Galatians 6:[1-6] 7-16
Luke 10:1-11, 16-20

July 10th -

Deuteronomy 30:9-14
Psalm 25:1-10
Colossians 1:1-14
Luke 10:25-37

July 17th -

Genesis 18:1-10a
Psalm 15
Colossians 1:15-28
Luke 10:38-42

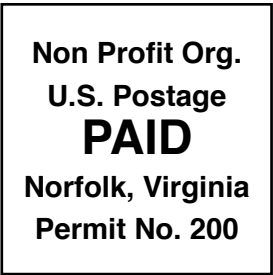
July 24th -

Genesis 18:20-32
Psalm 138
Colossians 2:6-15 [16-19]
Luke 11:1-13

July 31st -

Ecclesiastes 1:2, 12-14;
2:18-23
Psalm 49:1-12
Colossians 3:1-11
Luke 12:13-21

First Lutheran Church
1301 Colley Avenue
Norfolk, VA 23517



ADDRESS SERVICE REQUESTED

