

The Contact

FIRST LUTHERAN CHURCH — NORFOLK

1301 Colley Ave., Norfolk, VA 23517

Parish Office: 757 625 1953

www.flcnorfolk.com

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NO. 10

Pastor's Pen

"Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective."

James 5:14-16

Throughout his ministry, Jesus healed people. Crowds flocked to him to hear the good news he preached, to be fed by him, and to receive healing from him. Sometimes he healed from a distance; sometimes he touched the person being healed. Sometimes he used physical objects like mud, sometimes he spoke special words, and once, healing flowed out of him when a woman merely touched the hem of his robe. He healed people from mental distress, physical ailments, and spiritual burdens.

Humanity is unavoidably afflicted by various forms of illness, pain, suffering. Some wounds can be healed with ointment and a bandage. Other wounds require serious medical care, medications, support groups, or therapy before they are healed. And for some illnesses and pains, there is no cure. Nevertheless, as followers of Jesus, we believe that the power of God is present in our lives to bring healing, peace, and strength. Therefore, the Church continues Jesus' ministry of healing in a variety of ways, including the administration of the Sacraments, the forgiveness of sins, visitation of the sick, the laying on of hands, and prayer.

We will be including a Service of Healing during worship on October 16. You will be invited to come forward, if you so desire, for prayer for yourself and for others. You may come to receive a word of blessing and prayer; you may receive a physical gesture of healing: the laying on of hands and the anointing with oil. These signs were first given to us in baptism, reminding us that we are sealed by the Holy

Spirit and marked forever with the cross of Christ, who is health and salvation for the world. Whatever burdens we carry, God wills life and wholeness for us, and so we come forward to lay before God our places of brokenness and sorrow and sickness to receive that healing that the Holy Spirit will give us.

The healing ministry of the Church does not guarantee that all will be cured. Nor does it replace the gifts of God that come through the advances of modern medicine and the caring, persistent work of healing professionals. But we hold with confidence and faith that God heals and is a part of the healing process. We believe that miracles can happen; we also embrace the mystery of God's activity in our lives and in our physical, mental, emotional, and spiritual well-being. What the church offers and celebrates through its healing work is "God's presence with strength and comfort in time of suffering, God's promise of wholeness and peace, and God's love embodied in the community of faith" (Evangelical Lutheran Worship, page 276). During this intentional time of prayer, we entrust ourselves and all who are in need of healing to Jesus, who meets us in our times of distress and pain to fill us with light and hope, so that with the psalmist we too may sing:

*Bless the Lord, O my soul, and all that is within me,
bless God's holy name.*

Bless the Lord, O my soul, and forget not all God's benefits –

Who forgives all your sins and heals all your diseases;

*Who redeems your life from the grave and crowns you with
steadfast love and mercy.*

(Psalm 103:1-4)

Amen.

— Pastor Cathy

A Time to Celebrate New Beginnings

What a joy it has been to witness the signs of renewed energy and growth at First Lutheran this year! Not only can we look back on a summer that included life-changing Youth events, a wonderful Vacation Bible School, and new video equipment in our Sanctuary, we also celebrated a great Rally Day with lots of new faces as we begin our program year. As new groups begin to meet and new opportunities emerge for us to serve our community and welcome all people in the name of Jesus, we know that God is truly at work in our midst.

That is why our Stewardship Team has chosen “New Beginnings” as the theme for our fall Stewardship Appeal. In the weeks ahead, you will be hearing more about our congregation’s impact and about our ministry plans for the coming year. Through weekly stories and articles in *Life Together*, bulletin inserts, temple talks, letters, and this year’s

brochure, we hope that you will be both informed and excited as we re-gather, renew, and re-consider where God is leading us next. As part of our Stewardship Appeal, you will also be invited to consider generously supporting the ministry of First Lutheran in 2023 through your financial gifts and offerings.

Look for more information on New Beginnings to arrive in your mailbox and inbox shortly. In the meantime, please reserve two dates on your calendar. The first is Sunday, November 6 – Commitment Sunday -when we will offer our statements of intent as an act of worship. And the second date is the following Sunday, November 13, when we will announce our preliminary results and celebrate with a special meal. We hope you will join with us as we look to the future and the exciting ministry opportunities ahead.

Youth Corner

Lost & Found Returns!

Calling all 7th and 8th grade Youth, don’t miss an amazing weekend of friends, fun and faith-sharing! Lost and Found, the Virginia Synod’s weekend retreat just for you (and your adult advisors), is back, live and in person this year. Join us November 18 – 20 as we travel to Eagle Eyrie Retreat Center near Lynchburg to gather with other Lutheran youth from across Virginia. The weekend includes a series of Large Group gatherings with lots of singing, energy, comedy, worship, and a presentation on our event theme. After each Large Group, participants gather in Small Groups where we play games, get to know one another, and discuss life and faith as well as other topics that arise throughout the weekend. We arrive as strangers and leave as friends, building faith and lasting connections along the way.

Registration for Lost and Found is open now, and forms can be found in the Confirmation Classroom, at the Welcome Center, and online through *Life Together*. The cost for First Lutheran Youth to attend this awesome weekend is \$75 if you register and pay by Sunday, October 23. For more information, please contact Pastor Scott.

Family Bike Ride Rescheduled

OOPS! In our initial fall planning we mistakenly scheduled a Family Bike Ride on the same afternoon as our annual Blessing of the Animals service. To afford all our families the opportunity to bring their animal companions to this special event, the date of our Bike Ride has been changed to **Sunday, October 16**, beginning around 11:45 a.m. Join us as we enjoy a leisurely ride along the Elizabeth River Trail, including stops for lunch and ice cream. Look for more information on this family-oriented excursion in *Life Together*.

Fall Youth Calendar

Oct. 2	Youth Group	11:30 am – 1:30 pm
Oct. 16	FLY Family Bike Ride (Rescheduled)	11:45 am – 2:30ish pm
Oct. 28	Trunk-or-Treat / Halloween Party	TBD
Nov. 6	Youth Group	11:30 am – 1:30 pm
Nov. 18 – 20	Lost & Found (7th – 8th Grades)	TBD
Nov. 20	Youth Group (9th – 12th Grades)	11:30 am – 1:30 pm
Dec. 4	Youth Group	11:30 am – 1:30 pm
Dec. 17 – 18	Bake Sale Lock-in / Christmas Party	TBD

Evening of Hope

The Urban Renewal Center, along with the Virginia Symphony Orchestra, are hosting an “Evening of Hope” to memorialize persons who have been murdered in 757 and honor public servants who try to save lives everyday - first responders, EMT workers, hospital trauma units and more.

The Evening of Hope will be Tuesday, October 18th at 7:00 PM at the Harrison Opera House in Norfolk.

The event is free to the public. However, we are asking those who plan to attend to RSVP by visiting their website at <https://www.eventbrite.com/e/evening-of-hope-tickets-40706910364>.

FLC is a proud sponsor of this event.

Scenes From Our Life Together



October 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
2 9 AM Sunday School for all ages 10 AM Worship 11:30 AM Coffee Hour 3:00 PM Blessing of the Animals 4:00 PM FLC Book Club	3	4 10:30 AM Lydia Circle 2 PM Women's Bible Study 5:30 PM Dinner Ministry 7:00 PM Martha Circle	5 7 AM Men's Bible Study 12 PM Lunch Ministry 6 PM Faith & Racial Healing Group	6 7 AM Men's Bible Study 12 PM Lunch Ministry Healing Group	7 Pastors' Day Off	8
9 9 AM Sunday School for all ages 10 AM Worship 11:30 AM Congregation Council 11:30 AM Coffee Hour	10	11 10 AM Quilting Group 2 PM Women's Bible Study 5:30 PM Dinner Ministry	12 7 AM Men's Bible Study 12 PM Lunch Ministry	13 9:30 AM Christian Service	14	15 Contact Deadline
16 9 AM Sunday School for all ages 10 AM Worship 11:30 AM Coffee Hour 11:30 AM Youth Service Event 11:45 AM New Member Seminar	17	18 2 PM Women's Bible Study 5:30 PM Dinner Ministry	19 7 AM Men's Bible Study 12 PM Lunch Ministry 6 PM Faith & Racial Healing Group	20 5:30 PM Laundry Love	21	22
23 9 AM Sunday School for all ages 10 AM Worship 11:30 AM Coffee Hour 11:45 AM New Member Seminar	24	25 10 AM Quilting Group 2 PM Women's Bible Study 5:30 PM Dinner Ministry	26 7 AM Men's Bible Study 12 PM Lunch Ministry	27 9:30 AM Christian Service	28	29
30 Reformation & Confirmation Sunday 9 AM Sunday School for all ages 10 AM Worship 11:30 AM Coffee Hour 11:45 AM New Member Seminar	31	General Deadlines: 12 PM Tuesdays—Life Together Weekly Edition 4 PM—15th—The Contact Email kminnick@flcnorfolk.com with your articles & information.				

Community Groups (Strickler Hall): Sundays—7 PM Mixed Groups; Mondays—4:30 PM Happy Hour AA; 5 PM Happy Hour AA; 7 PM SAA; Tuesdays—12 PM Just for Today; Thursdays—6 PM Women in Ghent AA; 7:30 PM SAA; Fridays—12 PM Continuing Quest; 8 PM Candlelight; Saturdays—5:30 PM Back to Life

Connect with Others



Blessing of the Animals Sunday, October 2nd at 3:00 p.m.

First Lutheran honors the feast day of St. Francis of Assisi (c. 1180-1226), patron saint of animals and the environment, with a yearly Blessing of the Animals in the courtyard. All pets and their caretakers are invited to attend.

In case of inclement weather, we will gather in the parking lot, under the porte cochère. We will be collecting donations for the Norfolk SPCA. Items needed are: cat & kitten food (canned); puppy & dog food (canned), dog and cat treats, pine pellet cat litter, and bath towels & blankets. For a complete list of items needed, please see their website at: <https://norfolkspca.com/wish-list/>

All Saint's Day

All Saint's Day is a time to remember those who have died in the last twelve months. It is a time to give thanks for our ancestors in the faith and to remember our responsibility as heirs to share the faith with others. We record names in our beautifully bound book located in the Welcome Center for inclusion in the All Saints' Sunday worship. The book will be available in the Welcome Center beginning Sunday, October 2nd. If you are unable to make it to worship, you can email names to office@flcnorfolk.com or call the church office at (757) 625-1953.

Acolytes Needed

Acolytes are needed to serve as torch bearers, book bearers, and crucifers, as well as to serve at the altar. Pastor Scott Mims will be offering a refresher course during the Sunday School hour on Sunday, October 9th. We hope to see you there!



New Member Seminar

Beginning Sunday, October 16th through
October 30th
11:45 AM - 1:00 PM
A light lunch will be served.

New Members' Group

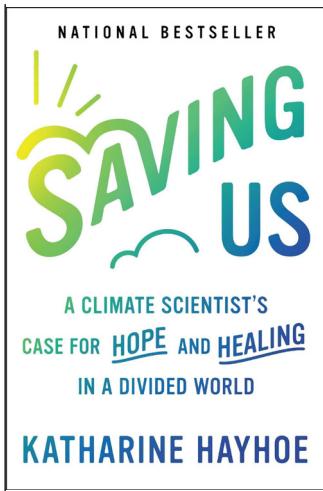
Our next New Members' Group will begin on Sunday, October 16 and run through October 30. This three-week seminar is an opportunity for ANYONE interested in learning more about First Lutheran and the Lutheran tradition, whether you plan to formally join or not. We will meet each week from 11:45 am to 1:00 pm for a light lunch and conversation.

Interested? Please talk with one of the pastors. You may also contact church office by phone at (757) 625-1953, or by email at office@flcnorfolk.com.

Come Celebrate with Us!

We thank the Lord for the milestones Nancy and Jack Smith will be celebrating in November. On November 7th, Jack will turn 90 years old, and Nancy will be 89 years old on November 13th. In addition, on November 15th they will celebrate 70 years of marriage. Nancy and Jack, along with family members, invite you to a reception after church on November 20th from 11:00 a.m. to 1:00 p.m. to share in these joyous occasions. Light refreshments will be served.

FLC Book Discussion Group



For November, we dive into the very current topic of global warming as heard through Katharine Hayhoe's book *Saving Us*.

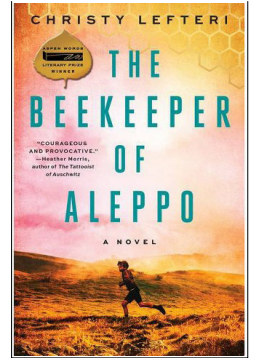
United Nations Champion of the Earth, climate scientist, and evangelical Christian Katharine Hayhoe changes the debate on how we can save our future. A Canadian climate scientist living in Texas, she negotiates distrust

of data, indifference to imminent threats, and resistance to proposed solutions with ease. Hayhoe argues that when

it comes to changing hearts and minds, facts are only one part of the equation. We need to find shared values to connect our unique identities to collective action. Drawing on interdisciplinary research and personal stories, Hayhoe shows that small conversations can have astonishing results.

Saving Us leaves us with the tools to open a dialogue about how we all can play a role in pushing forward for change. Come and help save the earth! We will meet November 6th at 4:00 PM. Contact Betty Jean Meyer for details.

Don't forget: On October 2nd we will discuss *The Beekeeper of Aleppo* by Christy Lefteri.



October Birthdays

2 Oct	Don Strehlow	12 Oct	Samantha DiBiaso	21 Oct	Lynda Falkiner
3 Oct	Callan Stopa	12 Oct	Kerry Kisa	22 Oct	Jeff Hood
4 Oct	Dena Strong	13 Oct	CJ Mendelson	25 Oct	Mary Lou Anderson
4 Oct	Joan Werner	14 Oct	Jack Curran	25 Oct	Ginny Fox
5 Oct	Jo Ann Hughes	14 Oct	Harrison Kuehl	27 Oct	Irene Brady
7 Oct	Marilyn (Stephens) Booker	14 Oct	Joanne Lundquist	27 Oct	Alexandra Cook
7 Oct	Cassie Elverum	14 Oct	Lelia Milner	27 Oct	Donna Koch
7 Oct	Jim Koch	17 Oct	Carrie Saich	27 Oct	Cheryl Weeks
9 Oct	Katie Alexander	18 Oct	Jim Harvey	27 Oct	Vicki Wittmann
9 Oct	Olivia New	18 Oct	Beckett Hutchings	28 Oct	Frieda Grimball
9 Oct	Linda Perron	18 Oct	Cole New	28 Oct	David Kuehl
10 Oct	Joe Peterson	18 Oct	Sadie Porter	29 Oct	Kristin Bourcier
11 Oct	Debbie Affeldt	19 Oct	John Azar	29 Oct	Tammy DiBiaso
12 Oct	Mollie Mae Ammons	20 Oct	Jenn Holbach	29 Oct	Felix Janik

September Council Update

- Received proposal from Landscaping Architect to update landscaping around the church property, address lighting and security concerns, and design a sign for the church on Colley Ave.
- Discussed the importance of fellowship and community life in our congregation. How do we rebuild connections with one another? How do we stay in touch with those who are worshipping on-line? Who is responsible to building up community? What benefits do we receive as a community of faith when our fellowship is strong?
- Received an update on the renovations to the nursery. Toys and books have been culled and cleaned. Walls will soon be repainted. Personnel Committee working on hiring one

staff person; volunteers will be needed each Sunday to assist in the nursery.

- Voted to extend Maren Corliss' contract as Youth Coordinator through the end of the year.
- Approved the Nominating Committee: Julia Siik, Cathy Whittecar, Bill Robinson and Eric Peterson. Waiting to hear from one more person. A box will be put out in the Welcome Center to receive suggestions from congregation members for council nominations.
- Set the following dates: Stewardship Sunday, November 6; Celebration Sunday, November 13; Annual Meeting, December 4

Next meeting date: Sunday, October 9, 2022 around 11:30

Connect with Word and Body

Prayer Concerns for October

God among us, we gather in the name of your Son to learn love for one another. Keep our feet from evil paths. Turn our minds to your wisdom and our hearts to the grace revealed in your Son, Jesus Christ, our Savior and Lord. **Amen.**

Give joyful thanksgiving

...For the baptism of August Reed Johnson and for all those preparing for baptism or affirmation of baptism
...For those whose work develops sustainable practices on how to best care for the earth and its resources
...For public servants who follow the example of courageous leaders & safeguard the dignity of each person

Help us

...Lift up those who are oppressed by advocating for justice in economic and social systems to eradicate poverty & hunger
...To remain responsible stewards of your creation
...Sustain food ministries, clothing banks, and emergency shelters through the faithful and proper use of the abundance in this congregation

Pray for

...Flooding in Pakistan
...The family of Jennette Franklin
...The family of Alan Jones
...Jackson, Mississippi and all places lacking clean water
...Peace and comfort to the family and friends of Harriette Wheatley upon her death
...Comfort all victims and families of gun violence in this country and our community
...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, John Faircloth, Roger Fuller, Ed Grogan, Valerie & Jim Harvey, Pam Hiner, Marion Ingersoll, Paul Jersild, Sheri Kanipe, Joann Klotz, Pam Martin, Kelley Minschke, Lorna Moss, Bill Newlon, Linda & David Perron, Betty Phillips, Grasea Pulliam & Dena, Gail Simos, Shirley Skees, Julia Silsdorf, Nancy & Jack Smith, Gail Stenberg, Flo Trant, Joann Tolmie, Melissa & Ken Zaletski, Adalynn & family, Angelita Mendoza Gilbert, Beth Gainey, Betty Lou, Betty Pittman, Bobbi & Edwin & their children, Carl Gilbert, Chris Coles, Charles Stanford, Christine Hebert, Donna, Ella Roberts, Emily Wilson, Faith Peirsol, Gert, Jimmy, John Roberson, Keith, Lawrence K., Marguerite, Megan (niece of Melissa & Ken Zaletski), Nate Perani, Reese Fetterly, Rema, Rob, Robert, Sandra Clark, Sheri Dorsey, Sue & Jim Webb, Tom Dunham, Vernon Welch

Those dealing with cancer

Bob, James Collier, Iris Corbin, Jenn, David Kelly, Chris Jones (nephew of Karen Siegel), Vickie Mack, Mark, Melvin (Jack) Smith, Phil, Randall R. Wiele, Rob, Sandy, Gerald Stover, Dallas Williams, Jess WineKing, Keith O'Rourke

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

Gathered together in the sweet communion of the Holy Spirit, gracious God, we offer these and all our prayers to you; through Jesus Christ, our Savior. — **Amen.**

Readings for October

October 2nd -

Habakkuk 1:1-4; 2:1-4

Psalms 37:1-9

2 Timothy 1:1-14

Luke 17:5-10

October 9th -

2 Kings 5:1-3, 7-15c

Psalms 111

2 Timothy 2:8-15

Luke 17:11-19

October 16th -

Genesis 32:22-31

Psalms 121

2 Timothy 3:14-4:5

Luke 18:1-8

October 23rd -

Jeremiah 14:7-10, 19-22

Psalms 84:1-7

2 Timothy 4:6-8, 16-18

Luke 18:9-14

October 30th -

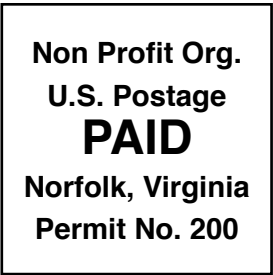
Isaiah 1:10-18

Psalms 32:1-7

2 Thessalonians 1:1-4, 11-12

Luke 19:1-10

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