



## ***THE FIST EPISTLE, JANUARY 2019***

### **LOOKING AHEAD...**

If you haven't made your New Years Resolution yet, I thought I would offer some suggestions. Check out some of the choices below!

**Life is a journey;** I will live it trusting that God is walking beside me all the way!

“Though I walk through the valley of the shadow of death, I will fear no evil for thou art with me.” (Psalm 23:4)

**Life is a task;** I will live it in obedience to God!

“We keep His commandments and do those things that are pleasing in His sight.” (I John 3:22)

**Life is a mission;** I will live it helping others!

“Be kind to one another, tender-hearted, forgiving one another.” (Ephesians 4:32)

**Life is a battle;** I will live it courageously!

“Be strong and of good courage; be not afraid, for the Lord your God is with you.” (Joshua 1:9)

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2019 will be an exciting year for First Lutheran Church! May each of us resolve to work side by side in service to God so that His Most Holy Name might be glorified! I look forward to your continued partnership in the Gospel!

**Living in Gods Amazing Grace!**

Pastor Mark

The Sanctuary of the Church was absolutely beautiful this year with so many bright red poinsettia plants. Thank you to everyone who made this possible. The list of those purchasing a plant is shown below the picture.



### **CHRISTMAS POINSETTA DONATIONS 2018**

One poinsettia  
Jim & Marjie Baker

Rosie & Ben Caldwell  
Rosie & Ben Caldwell  
Cantu Family  
Bruce & Corinne Coyle

Bruce & Corrine Coyle  
Dennis & Arlene Dobesh  
Dennis & Arlene Dobesh  
Matt & Diane Egenes  
Bob Floss  
Pat Foote  
Andy & Evelyn George  
Andy & Evelyn George  
Jayne & David Goos

Gloria Grant  
Art Greve & Rhonda Hartzer  
Tom & Terri Hayden  
Tom & Terri Hayden  
Hal Herbold  
Hal Herbold

In honor of the Christ Child and King  
In memory of our parents: Bill & Marion Bake,  
Vic & Margaret Noon

In honor of the family of Wallace G. Pladsen  
In memory of Lyle & Lillian Caldwell  
In memory of loved ones  
In memory of our parents: Robert Coyle,  
& Ken & Mildred Stover

In honor of our First Lutheran Church family  
In memory of Elmer & Florence Dobesh  
In memory of Emil & Christena Neuharth  
In memory of Paul & Lois Egenes  
In memory of Judy Floss  
In honor of my 5 grandchildren  
In memory of Alma Roth  
In memory of Don and Iva Lou George  
In memory of our fathers: Orin Grube and  
George Goos

In honor of my children & grandchildren  
In memory of Jim and Mary Jo Greve  
In memory of Tom Hayden, Tom's father  
In memory of Robert Bullers, Terri's father  
In memory Howard & Alice Herbold  
In memory of Glenn and Tudy Herbold

Jane & Gary Johnson	In memory of Jane's Aunt Ardell Moeller
Eric & Janell Karsten	In memory of Grandma Karsten, & Grandma Zegers
Eric & Janell Karsten	In memory of Grandma Halverson, & Grandma Moffitt
Carolyn & Stan Kirchhoff	In honor of all the First Lutheran volunteers, doing God's work
Dotty Mittelstadt	In memory of Robert Mittelstadt
Jan Olson	In honor of the Friedman family
Sharon Petersma	In memory of my husband Del
Craig & Betty Peterson	In memory of Harold & Marion Peterson, & Dillon & Dorothy Finney
Dennis & Vicki Porter	In memory of our parents Edward & Velma Pederson
Dennis & Vicki Porter	In memory of our parents George & Janet Porter
Steve & Pat Putz	In memory of our daughter Angie Putz
Duane & Marie Quanbeck	In memory of Gerda Sersland
Candy Thompson	In memory of Margaret, Paul & Debbie Thompson
Maureen (Mo) Wilkins	In honor of my grandchildren: Zoey, Caydin & Tate
Maureen (Mo) Wilkins	In memory of Henry & Irene Wilkins
Marv & Connie Zimmermann.	Sharing God's love with our First Lutheran Family

### **January 2019, LSI Bulletin/Newsletter Article and Story**

#### **Raising our Voice for Iowa Children and Families – Lutheran Day on the Hill**

Families struggling without access to mental healthcare. Human services providers overworked and underpaid. Former refugees striving to build new lives.

These are all issues faced by Iowans. Join us to make sure they are heard at the Iowa State Capitol.

Please consider joining Lutheran Services in Iowa (LSI) and the three Iowa synods of the ELCA for Lutheran Day on the Hill, an annual day of advocacy in Des Moines to uplift the needs of our neighbors. The event will be held on Tuesday, February 19. Visit [www.LSIowa.org/advocacy](http://www.LSIowa.org/advocacy) next month for event details, online registration, and an online toolkit for your congregation.

If you are new to advocacy, come learn more about the legislative process and your role as a citizen. If you've attended before, join us again. We hope this year's schedule will also allow you more opportunities to connect with legislators. If you would like more information, please contact Deb Whitford, LSI's director of philanthropy and church relations, at [Deborah.Whitford@LSIowa.org](mailto:Deborah.Whitford@LSIowa.org).

*Our Mission: Lutheran Services in Iowa responds to the love of Jesus Christ through compassionate service. LSI is an affiliated social ministry partner of the Iowa congregations of the ELCA (Evangelical Lutheran Church in America) and a member of LSA (Lutheran Services in America). We proudly serve people of all ages, abilities, religions, sexes, gender identities, national origins, ethnicities, races, and sexual orientations. Learn more at [www.LSIowa.org](http://www.LSIowa.org) and [www.facebook.com/LSI.iowa](https://www.facebook.com/LSI.iowa).*

### **Building a New Home**

After spending almost 20 years in a refugee camp in Nepal, Narayan and Chandra are grateful for the life they have built for their family with support from LSI's Refugee Community Services.

After marrying in the camp, Narayan and Chandra resettled to Des Moines in 2009. Everything was new. Everything was different. Their child, Aaman, was a newborn, and they found themselves overwhelmed with medical bills. Chandra desperately wanted to pursue her medical career. At the time, it seemed impossible.

But LSI helped Chandra enroll in college classes. Narayan started volunteering at LSI as an interpreter. Later, he became a full-time case manager with LSI, where he continues to lift up former refugees by connecting them to resources, educational activities, and supporting them as they pursue citizenship.

"LSI supported me and allowed me to provide for my family. It helped us establish ourselves in Iowa," he says.

Chandra now works as a lab assistant in an Iowa pediatric clinic. Narayan and Chandra have become homeowners and feel confident, independent, and established in their new community.

### **New Carpeting Project Underway**

Thanks to a large number of volunteers the pews were taken up and the carpeting in the Church was removed after worship on Sunday, December 30. The first step will be to paint the ceiling and then lay the new carpet. The Property Committee says thank you to everyone who made this possible!



## Hospitality

On February 3<sup>rd</sup>, we will be hosting our Invite Your “One” Day. As we prepare for that special day it is important for us to remember to be welcoming and hospitable. As Disciples of Christ one of our main responsibilities is to bring new people to Jesus. In order to be effective at this we need to welcome them into this house of worship. Here are a few suggestions to help us do this.

1. Parking – If you are able to walk a half a block without trouble consider parking in our parking lot or across the street. This allows visitors and those who have trouble walking to park close.
2. Smile, at visitors and smile at people you already know. We can give a smile to every person we meet and still have plenty left over.
3. Greet visitors before church starts. If you arrive 10 minutes early use this time to get to know people.
  - a. “it's great to have you with us today, I don't believe I know you, my name is”
  - b. “welcome to First Lutheran Church it's great to have you with us today”
  - c. “it's nice to have you with us today are you visiting?”
4. Don't gang up on someone. If someone already has a visitor engaged be aware not to overwhelm them with too much attention.
5. Consider sitting in different locations in the church from Sunday to Sunday. Move into the center of the pew if you were the first to arrive allowing space for visitors or others to join you. This helps you to know other members and get to know visitors.
6. When you are sharing the peace try and do so with people you do not already know.
7. After worship use of the same greetings which is suggested above if you did not have a chance to talk with people. Invite visitors to join you in fellowship hall for refreshments and conversation, take them down, go through the line, and sit with them.
8. We now have a visitor card for people to complete if they have not already received one ask one of the ushers or the Council on duty to provide one.
9. Be authentic, you do not have to be an extreme extrovert to speak to people. Be yourself, use the popular question, what would Jesus Do?
10. Pray for the hospitality of First Lutheran and for those who visit.

## INVITE YOUR “ONE”

First Lutheran Church will be hosting its very first Invite Your “One” Day on Sunday, February 3, 2019. This will be day of welcoming visitors and sharing great food as we hold our “Soup”er Bowl Potluck at 11:00 am that same day. This will feature a variety of different soups and sides as we wear our favorite team sweatshirts or jerseys! The Big Game is later that day. Everyone is invited to be a part of this and bring someone with you to worship on that day! Below is more of an explanation of what it is, and what you can do. The invitation cards are now available in the Narthex of the Church and when you pick yours up please check your name off the list.

What is Invite Your One? Invite Your One is a special day at First Lutheran Church where members and active participants invite others to join them for worship.

Why are we doing this? As disciples of Jesus we are called to share the good news with others. The Invite Your One Day has proven to increase attendance. For example if a church is averaging 80 people each service and has 120 on their Invite Your One Day,

research has shown that about half of those will continue to attend and average attendance will grow to 100. The goal is to share our worship with others and grow God's Kingdom.

Why February 3<sup>rd</sup>? February 3<sup>rd</sup> is the day of the Super Bowl, and it is also the day of our Soup(er) Potluck, which will start at 11:00 am that day. All guests are also invited to join us for lunch. Everyone is encouraged to wear a sweatshirt or jersey of their favorite team. Who should I invite? The best results come from people we already know, neighbors, co-workers, parents of children your children know, and friends. There is no right or wrong person or family, just someone who does not currently have a church home. On average, 60% of those asked will say yes, and 20% maybe. What would I say? (Bill and Mary are neighbors across the street) "Hi Bill, hey I have a question for you. Our Church is having a special Invite Your One Day where every member or family is encouraged to invite someone to attend worship with them. It would be great if you and Mary would be our guests. It is on Sunday February 3<sup>rd</sup>, which is Super Bowl Sunday. To celebrate this day we are all wearing sweatshirts or jerseys from our favorite sports teams and we are having a Soup Potluck, to which you are also invited.

How can I use the Invite card? Follow up your verbal invitation with the card. There is a place for their name and one for yours. This is also their reminder card. You could also lead with card and ask for them to come with you that day.

What do I do when I have someone who is coming? You will fill out an "I am Inviting Card" which is in the Narthex of the Church. These will then be displayed on a board. You will also announce your One during worship in one of the weeks before the event.

Can I invite more than one person or family? Yes, just make certain you can be a good host to all.

What should I do that day? You should sit with your guest during worship and encourage them to stay for lunch. You might also consider picking them up that day and driving them to worship.

This will be a tremendous day of worship and welcoming. With God's help each of us can do our part!!!!