

Lent @ NLC | 2019 | worship . gather . learn . reflect

worship sundays. 8:45 & 10:45am 5:00pm taize evening prayer in chapel worship
gather wednesdays. march 13 - april 10. community dinner served 5:00-6:45pm
reflect visit the chapel labyrinth and walk the circle of prayer. march 10 - april 20

learn | Adult Community Learning Today

Adult
Community
Learning
Lent 2019

WORSHIP AND DEVOTION FOR A LIFETIME | LENTEN ACL SERIES

MARCH 10-APRIL 17 | 10:00-10:40AM | FELLOWSHIP HALL

Worship is a fortress against the battle within, while devotion turns the heart from the inside to the out, inviting God's presence to be our constant companion. Join in this Lenten series and discover how worship & devotion just might be the most beautiful human endeavor and spiritual practice of them all.

TODAY! | THE PRACTICE OF PUBLIC DEVOTION AND PRAYER

When you are asked to provide devotions for a gathering, does your skin crawl and your brain malfunction?

In this session, Pastor Paul will offer helpful tips and a guide to developing public devotions and prayer, giving participants opportunity to practice, ask questions, and gain confidence in witnessing to their faith in Jesus.

worship | Wednesday Worship Series

wednesday lenten worship
11:30 AM MATINS & 7:00 PM VESPERS

WEDNESDAY LENTEN WORSHIP SERIES | MEETING IN THE WILDERNESS

WEDNESDAYS, MARCH 6 - APRIL 10 | 11:30AM & 7:00PM | SANCTUARY

We have prepared for you a wonderful slate of NLC presenters, who will share with you their journeys through the wilderness of life, and how God met them there!

March 13. Lent 1. The Voice of Our Hunger?

Sometimes we attempt to feed our soul's hunger with food. We live to eat, instead of eating to live. During this week in worship, we will explore our relationship to food, renouncing the voice of self-defeat, and embracing God's voice of nourishment for body, mind, and spirit.

Annika Henry, NLC member, will share her journey with an eating disorder. In the wilderness of her suffering, Jesus met her with grace and love to set her free.

reflect | Labyrinth & Devotions

PRAYER LABYRINTH | MARCH 10 - APRIL 20

The labyrinth engages the body, mind and spirit through the focused attention needed to walk its twists and turns. Labyrinths are used for calming and releasing distractions, for ritual, celebration, for gaining spiritual insight on questions, prayer, life decisions, and transitions. Please feel free to walk slowly and quietly through the turns, or to sit on the side in contemplative prayer, scripture reading, and quiet. **Others will be joining you, not to interact, but to pray together in communion with each other and God.**

DEVOTIONS | WEEK OF MARCH 10 | READ LUKE 4:1-4

See the Feb/Mar NLC Together magazine or visit normluth.org/lenten-devotions-2019 for this wk's devotions.

NLC News & Announcements | Community

CAS CONCERT SERIES MAR 2019 @ NLC

All are welcome. Free and open to the public.



CENTER FOR THE ARTS & SPIRITUALLY

ENCORE WIND ENSEMBLE | TODAY | 3:00PM

Come enjoy *Music and Text with Jack Stamp*, guest conductor. Prof. Jack Stamp is Chairperson of the Music Dept & Dir. of Band Studies at Indiana Univ of PA where he conducts the Wind Ensemble. **Free & open to the public!**

MARCH IS MINNESOTA FOOD SHARE MONTH!

MARCH 3 - APRIL 7

Food and hygiene donations may be dropped off in the bins by any door at NLC by April 7.

Did you know VEAP can feed a person for a week with just \$1.50? Cash or check donations also gratefully accepted. Learn more

THANK YOU FOR SUPPORTING THOSE IN NEED THIS MARCH!



MN FOODSHARE BAG DISTRIBUTION | TODAY

Reminder: pick up a grocery bag with suggested food shelf items after worship services TODAY. Fill & bring back by April 7 to help those in need this March!

WEDNESDAY NIGHT DINNERS

Dinner is served from 5:00-6:45 pm with home-style menus. Cost is \$6 per adult & \$4 for children 12 & under. All are welcome to attend!

Upcoming Meals:

March 13: Corned Beef & Cabbage
March 20: Spring Break - No Dinner

LENTE MENTORS NEEDED!

We are still in need of a few caring adults to serve as Lenten Mentors! Mentors & mentees will meet weekly Mar 13 - Apr 10, attending 7pm Vespers together & then spending 20-25 minutes talking about faith & life. Discussion sheets provided. Interested? Contact Maggie Jones at mjones@normluth.org.

LENTE MENTORS

55+ DRIVER IMPROVEMENT CLASS | MAR 12 | 12:00 - 4:00 PM | RM 209-211

This course will save you 10% on your Auto Insurance for 3 years and there are NO written or behind the wheel tests! Rate: \$22 Call 320.308.1400 to register.



GIVE AN HOUR: SERVE | BUILD | CONNECT
NLC's Church Council challenges you to "Give an Hour": **volunteer at something new for 1 hr every 6 mos.** Relationships & serving others is at the core of "Give an Hour," so **you are invited to bring a friend!** The council hopes this hour will have people **be more aware of different activities & missions** within NLC, **connect & build new relationships**, and **follow in the footsteps of Jesus by serving others.** Visit normluth.org/serve to get started today!

THRIVENT CHOICE DONATIONS

Thrivent Choice dollars for the last quarter have been allotted to members to be donated to organizations of their choice. Funds must be donated before March 31. Here at NLC, authorized recipients are the church, Center for Healing & Wholeness, the Foundation, & Normandale Housing. Call 800.847.4836 and the money sent will be credited to you.

SERVE SENIORS IN NEED! | GIVE AN HOUR

Friendly Visitors – Be a friend to an isolated senior!

Visits may include playing cards or games, walks, looking through photos together or just enjoying each other's company. Contact the Center at 952.977.9374.

Fancy Fingers Volunteers – Share your time by helping to provide manicures once or twice a month at

The Colony in Eden Prairie. It's fun for the seniors and the volunteers! Contact the Center at 952.977.9374.



NLC TOGETHER MAGAZINE

The Feb/Mar issue is out! The full-color version is online at www.normluth.org/news. Read up on Pastor Ian and family, Give an Hour, and more. And be sure to book mark it for the weekly Lenten Devotions!

Adults & Seniors

WALKING CLUB | TUESDAYS | 11:40AM-12:10PM

Join the Center for these weekly health walks. Meet at the west canopy doors. This week's bible verse is 3 John 1:2: *Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.*

NIA | TUES, MAR 12 – APR 16 | 6:30-7:30PM | STD B
If you've never tried NIA, now is the time! Each class offers a unique combo of dance fitness moves & can be adapted to individual needs. **FEE: \$30 for 6-wk series, \$7 for drop-ins.** Contact the Ctr for Healing & Wholeness at 952.929.1698 to register/for more info.

SECOND WEDNESDAY | MAR 13 | 10:00AM - 2:00PM | FIRESIDE ROOM

Over 60? Join our monthly social & spiritual program of connection, fellowship, healthy living, book-club discussions, lunch, & programs. Attendees invited to take part in any or all events. Suggested donation is \$5.00 per person for lunch.

HATHA YOGA | THUR, MAR 28 – APR 25 | 3-4PM | STUDIO B

The Center & the U of M Ctr for Spirituality & Healing are partnering to offer this FREE 5-wk series. Gain flexibility & strength while calming the mind! Participants should wear comfortable clothing & bring a yoga mat or large towel. **No reg. necessary.**

POWERFUL TOOLS FOR CAREGIVERS | MON, APR 1 – MAY 6 | 3-5PM | RIVER VALLEY YMCA, PRIOR LAKE

Contact the Center for Healing & Wholeness to register for this self-care workshop facilitated by Ctr staff, & learn how to care for yourself while caring for a loved one. **Stipends to help pay for transportation available!** FEE: \$15 for full 6-wk course. *This service is available with limited funding support under Title III-E of The Older Americans Act.*

Children, Youth, & Family (CYF)

PLEASE JOIN US IN WELCOMING OUR NEW NURSERY COORDINATOR!



Caitlin Fort is a graduate of the University of Minnesota with a degree in Psychology. When she's not in the Nursery, she works as the 11th and 12th grade Student Dean at Minneapolis South High School. In her spare time, she loves venturing to local restaurants, playing with her pets George and Lucky, watching baseball games and cooking. Caitlin lives in south Minneapolis with her fiancé Luke. Caitlin will be in the Nursery every Sunday morning from 8:30-12:00. **Welcome Caitlin!**

VOLUNTEERS/ DONATIONS NEEDED!

We need help stuffing Easter eggs for the annual NLC Easter Egg Hunt! If you are able to donate candy and/ or fill eggs please contact Kari at kari@normluth.org.

Joy through Generosity | Discipleship Works!



It is easy to identify with Peter on the mountain at the Transfiguration. It was a comfortable, spiritual place; let's stay. But as disciples we are challenged to take our time, talents, and resources beyond the walls of our comfortable place.

Planned, intentional generosity often requires us to go beyond our comfort zone. Outreach and Missions are nearly 20% of the NLC budgeted expenditures. March is Food Share month and we highlight that NLC supports groups like VEAP, CES, and the Sheridan Project throughout the year. When we move beyond our walls, we share resources and the gospel to those in need.

Stewardship means accepting the discipleship challenge; stepping outside our walls in thankfulness and faith and armed with God's promises.

This Week @ NLC | March 11 - 17, 2019

Mon-Fri 9:00am – 3:00pm

Monday, March 11

6:45-7:45am
1:00-4:00pm
5:15-8:00pm
7:00-9:00pm

Tuesday, March 12

11:40am-12:10pm
12:00-4:00pm
6:00-7:00pm
6:30-7:30pm
6:30-7:30pm

Wednesday, March 13

9:30-11:30am
10:00am-2:00pm
11:30am-12:00pm
4:45-5:35pm
5:00-6:45pm
5:00-7:00pm
5:30-6:45pm
5:30-6:45pm
5:50-6:50pm
6:15-7:15pm
6:45-8:00pm
7:00-7:45pm
7:00-9:00pm
7:45-9:00pm
8:00-9:00pm

Thursday, March 14

8:30-11:30am
10:00-11:00am
1:30-2:30pm
4:30-5:30pm
5:45-6:45pm
6:00-8:00pm

Saturday, March 16

8:30am-12:30pm
9:00-11:00am
1:00-2:00pm
2:00-3:00pm
3:00-4:00pm

Sunday, March 17

8:00-8:45am
8:45-9:45am
9:45-10:45am
10:00-10:40am
10:45-11:45am
5:00-5:45pm

Blessing Place - Rooms 1-3 | Preschool - 1st Floor Classrooms

Men's Monday Morning Bible Study – Lower Narthex
Archives Committee – Room 308
Reading Buddies @ Hope Academy – meet in Lower Narthex
Executive Council – Center Office

Walking Club – Lower Narthex
Driver Improvement Program – Rooms 209-211
Finance Committee – Center Office
Alcoholics Anonymous – Room 207
NIA – Studio B

Women's Bible Study – Rooms 205-211
Second Wednesday – Fireside Room
Matins – Chapel
Boys Choir Rehearsal – Multi-Purpose South
Wednesday Night Dinner – Fellowship Hall
Call Committee – Studio A
Youth Choir Rehearsal – Rehearsal Room
KFC (Kids Faith Connect) – Gym
Girls Choir Rehearsal - Multi-Purpose South
Chamber Choir Rehearsal – Rehearsal Room
Confirmation | Lenten Mentors – Fireside Room
Vespers - Sanctuary
Russo Circle - Stacy Curme's Home
Normandale Choir Rehearsal – Rehearsal Room
High School Hangout – Fishbowl

Sew Day Quilting – Fellowship Hall
Thursday Morning Bible Study – Rooms 209-211
H&W Tai Chi – Studio B
Cherub Choir Rehearsal – Multi-Purpose Room South
Handbell Choir – Sanctuary
Serving at Our Saviour's - Minneapolis

Minneapolis Civic Orchestra Family Concert – Sanctuary
Book, Bagel & Brew – Room 212-213
Visitation for Dan Beegle - Fireside Room
Memorial for Dan Beegle - Sanctuary
Luncheon for Dan Beegle - Fellowship Hall

Kids Choir Pre-Service Choir Rehearsal – Multi-Purpose Room South
Worship | Holy Communion – Sanctuary
Coffee & Fellowship – Fireside Room
ACL: Why Worship? – Fellowship Hall
Worship | Holy Communion – Sanctuary
Worship in the Chapel



THE WEEKLY BULLETIN ANNOUNCEMENTS ARE AVAILABLE ONLINE AT NORMLUTH.ORG UNDER THE QUICK LINKS MENU. SEE NORMLUTH.ORG FOR NLC EVENTS, SERVICE OPPORTUNITIES, SERMONS & MORE.