



First Lutheran Church
1100 East Superior St
Duluth, MN 55802

September-October 2023
FIRST LUTHERAN CHURCH

Duluth, Minnesota

The Mustard Seed

Administration

FROM THE VISION COUNCIL



Hello! Greetings from Vision Council.

We on the Vision Council have recently been in the midst of goal-setting. We have been pondering what we want our church to look like, and what is important to us, and how we are going to get where we want to be. To help answer these questions, the Vision Council is reading *One Coin Found* by Emmy Kegler. The title references the Parable of the Lost Coin (Luke 15:8-10). The parable made us wonder: What groups at First Lutheran are we not reaching? There are no doubt those among us who are feeling invisible and lost. Maybe, at times, we all do. As a community- together- let us help one another feel seen and heard. That's a worthy goal.

MINISTRY BOARD UPDATE

- The Board created an Eco-Faith covenant that has been sent to the Synod.
- The Board approved the LSS Teen Closet Action Team and assigned it to the Local and Global Ministry Team. It is anticipated that there will be more.
- A Ministry Team needs your time and talent! Hide it under a bushel? No! Let it shine! Please consider joining a team. We need YOU! 😊

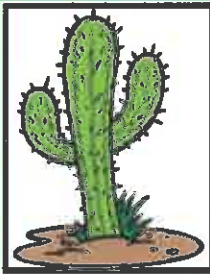
FLC Pilgrims to the Holy Land



On Friday, October 20, a group of 41 (mostly from FLC) will be traveling to Palestine/Israel and Jordan. We will follow the trail from the Annunciation (Nazareth) to the place of the Ascension (Mt. of Olives). Pastor Loufman and Mark & Marcia Holman will be sending daily reflections and pictures via email. If you would like to be on the FLC Holy Land Pilgrimage "Daily Reflections" list, contact Marcia Holman at mlrikhol@gmail.com.

DEADLINE FOR THE SEPTEMBER/OCTOBER ISSUE OF *THE MUSTARD SEED* IS THURSDAY, OCTOBER 19

Please join the **Women of FLC Duluth Facebook Group!** This uplifting group offers faith conversations, rejoices together in triumphs, and upholds each other in trials. Join the fun! Administrators are Suzanne Rauvola and Laura Stahl.

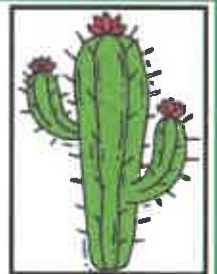


Help Make Our Cactus Bloom

Did you see the cactus that was made by the Finance Committee? Curious about the scorpions and flowers? Well look no further, it is time to retire our debt.

Remove a debt scorpion from the cactus, then send in a check, use text to give or scan the QR code to send in your selected donation. Then choose a flower from the basket, write your wish of what you would like to see our community do with the freed-up offerings once our debt is gone. There is only \$133,000 left to go! Put your scorpion in the basket; we will hold on to the scorpions and burn them—and our mortgage—at the Easter Vigil in 2024.

Text **flcduluth** to 73256 and follow the instructions or scan the QR Code with your phone. If you have any questions please contact Kelly at finance@flcduluth.org



Welcome Statement

First Lutheran Church, dedicated to the mission of Jesus Christ, welcomes you into this community of faith, where we share life in its entirety, with all its joys and sorrows. We believe all people are created in the image of God and are offered God's love, grace, and forgiveness, regardless of: religious tradition, age, gender identity and expression, race, education, economic status, sexual orientation, family structure, mental or physical abilities. We acknowledge the indigenous culture of this land. We are committed to the work of racial justice. We extend a special welcome in Christ's love.



Administration

First Lutheran Church Foundation

What is a Legacy Society Member? Legacy Society Members are generous folks who have committed to supporting our church through planned giving. By attending a Legacy Society Dinner, my wife and I learned quite a bit about the Foundation and how planned giving works. From then on, we knew we would find a way to give to the FLC Foundation. A few months ago, we chose to become Legacy Society Members and to support the FLC Foundation with a gift from our IRA. Knowing that our legacy will continue supporting the Church brings us great comfort. To learn more, or to become a Legacy Member, please email foundation@flcduluth.org, visit the Foundation's webpage (www.flcduluth.org/giving/flc-foundation) or scan the QR code. If you already have a planned gift in place, please let us know so we can include you in the Legacy Society. Thank you!

-Steve Samuelson, FLC Foundation



Gathering Circles: Growing in Faith Together

The Fall study will be *Holy Places: Home, Sanctuary, Pilgrimage* by the Rev. Dr. Meghan Johnston Aelabouni. Join us! Anyone who identifies as a woman and is seeking a spiritual connection through monthly Bible study and fellowship is welcome.

- **Ruth Gathering:** 1st Monday of the month at 7:00 PM in the First Lutheran gathering space. Contact Margaret Broderius (mabroderius@gmail.com) or Carol Prohaska (carolprohaska@gmail.com)
- **Leah Gathering:** 2nd Tuesday of the month at 9:30 AM in the First Lutheran gathering space. Contact Lois Janson (ljanson54@gmail.com)
- **Mary & Martha Gathering (in-person):** 2nd Thursday of the month at 7:00 PM in the First Lutheran gathering space. Contact Suzanne Rauvola (suzanne@hbrstudios.com) or Dawn Boman (eos608@aol.com)
- **Mary & Martha Gathering (Zoom):** 2nd Thursday at 7:00 PM. Contact Laura Stahl (laura.morganstahl@gmail.com)

Stewardship

God's Work-Our Hands Opportunity

Help build our Community Garden on Sunday, September 10 at 12:30



Not long ago, during the children's message, Pastor Dianne gave each child a mustard seed and explained that although the seed is very small, it will grow to be a large tree. Jesus teaches that although the Kingdom of God started small, with Jesus and the disciples, it will grow and spread across the world.

First Lutheran is living out this parable through our Community Garden. The garden will provide a space that will bring community members together with the people of FLC. Thanks to grants from the EcoFaith Network NE MN Synod and the FLC Foundation, this project is on track to come to fruition in September. **However, we do still need a compost bin and a water collection system. We are building them on September 10 as we work on the Garden.** The more people we can get to come help, the quicker we can get the garden ready for next spring's planting. Remember, "Many hands make light work". Please join us!

Discovering, Sharing, and Living Out Our Spiritual Gifts



Discovering Our Spiritual Gifts

Throughout most of this year, the Stewardship Team has invited everyone to take a survey to discover their spiritual gifts. We are posting results on the kiosk in the gathering space. Our goal is to get as many people as possible to fill out the quick survey so we can all take the next step together. There is a link to the survey in First News, on our website, or scan the QR code above.

Sharing Our Spiritual Gifts

The Stewardship Team is hosting gatherings in homes and at church in October so we can get together for fellowship, fun, and informal discussions about our spiritual gifts. There are three options: Thursday, October 12 at 7:00pm; Sunday, October 15 at 9:45am at church; and Wednesday, October 18 at 1:00pm. If these dates don't work, but you'd like to participate, there is a sign-up for that, too!

Living Out Our Spiritual Gifts

The Stewardship Theme this year is Living Out Our Spiritual Gifts. After we discover our spiritual gifts and share with others what they are, we'll learn how we can live out our gifts at FLC, in our homes, and in the community.

Local & Global

News from El Salvador!

The El Salvador Action Team is excited to announce the 25th anniversary of the first delegation between San Antonio Los Ranchos and FLC! Help us celebrate! Check out the treats, crafts, and other displays between services on October 22nd at the **Local & Global Ministry Fair!**

The scholarship students have been an active part of the committee from Los Ranchos and have met with our FLC team regularly. They reported in early June that they would be soon done with their last semester and would start again at the end of July. We are happy for Alfredo who graduated this year.



Our first delegates to Los Ranchos in March, 1998



Chum is planning their **Golden Gala on October 17** at the DECC. Enjoy live and silent auctions plus a gourmet meal. Contact table hosts Mary Schmitz (maryschmitz754@gmail.com) and Suzanne Rauvola (suzanne@hbrstudios.com) for more information.

FLC is a CHUM tomato Church! Bring in crushed, sliced, stewed, or whole canned tomatoes to help fight food insecurity.

Local & Global Ministry Fair, October 22

Come and see the many ways that FLC is living out our mission in our community and around the world between services on Oct. 22! The various Local & Global Action Teams will provide information, special food, music, crafts and displays. Don't miss the El Salvador tables! We will see you there!



Free Community Meal

THIS SUNDAY

12:00-1:30PM

FIRST LUTHERAN CHURCH

LAST SUNDAY
OF THE MONTH



1100 EAST
SUPERIOR
STREET

Community Meal

Are you interested in helping cook, serve or greet members of our community? Contact Teresa Zupancich or Jane Miller. You can also sign-up online using the links provided in First News and our Website.

Book Study

The Racial Justice team will lead discussion groups this fall on the book *Killers of the Flower Moon* by journalist David Grann. Look for opportunities to sign up to participate.



Migrant Justice Support Team

"I was a stranger and you welcomed me." Matthew 25:35

Progress: Julie and Ryan report that AS is doing well and now has his SS card and his MN ID card! They report that he desires to work in the construction field where he can learn by observing and doing the work. AS is doing well in English and is learning more phrases. He continues working with a mentor learning English during the time school is on break.

Books: In early November, Lezlie will lead a book discussion of *The Book of Rosy: A Mother's Story of Separation at the Border* by Rosayra Pablo Cruz & Julie Schwiert Collazo (2020). This memoir was praised as the "best book of the summer" by Time magazine in 2020. It can be found at the First Lutheran Library, the Duluth Public Library, as well as in local and online bookstores. If you are looking for a new novel to read, Lezlie suggests *The Wind Knows My Name* by Isabel Allende (2023). It's available at the Duluth Public Library and booksellers everywhere.

Welcome Center Update: The subcommittee has found a home at Trinity Lutheran Church, located on 8th St. in East Hillside! Trinity has offered the subcommittee a large room that they and local asylum seekers (and other migrants) can call their own. The subcommittee is now developing volunteer run programs and services. Contact Beth for more info.

Please continue to pray for AS and for all asylum seekers and other migrants in our community and in our world.

For more information, if you are interested in joining our team, hosting an asylum seeker, or if you have ideas for a job in the construction field for AS, please contact: Dory Sjoblom (dstinkrain@aol.com) Beth Holst.

Local & Global

South Sudanese Leadership and Community Development Project

Through this project, South Sudanese refugee women are working to plant, weed, and harvest 98 acres of land, which is rented from Northern Ugandan farmers. Because it is semi-arid land, the women are able to plant and harvest twice each year. Working in cooperatives, they grow the food to feed their families and the most vulnerable in the settlements. After harvesting and drying their crops, they take them to the granary, which is also a cooperative run by refugee women supported by this project. The grinding process allows them to store and preserve their food more efficiently. Because of this project, women and girls are transforming their lives and the life of their settlement through leadership development and economic empowerment. Women make up about 85% of the population of the camp. *-Denise Scheer*

Update from Petrozavodsk, Russia

Pastor Alex Krongolm and Nadia continue to serve their congregation in Petrozavodsk by making weekend trips with their 2 young children from Finland to Petrozavodsk. This trip involves a risky border crossing (fear of being conscripted into the Army) and is exhausting. Alex has completed his classes, but is fulfilling an internship in Finland, which means departing at 5 p.m. Friday and returning by 8 a.m. Monday.

Despite the emotional and financial toll of the Russia-Ukraine war, under Alexei's leadership and an active Church Council and lay leadership, the congregation is continuing their ministry of care and outreach. In July, the congregation held a Youth and Family Retreat, hosted an event for physicians and medical personnel in Petrozavodsk to provide medical and spiritual help for those in need, and hosted several concerts for the community, while also carrying on their program of humanitarian aid for Ukrainian refugees.

Nadia has been able to secure medical attention through the Finnish health care system and there is hope for a diagnosis and possible treatment soon – current thinking is related to a compromised immune system.

FLC member Paul Anderson has stepped down as Coordinator of Vision Petrozavodsk, but will continue as a member, along with Carol, of the Advisory Committee; Sue Brezny from Saint James Lutheran Church in W. St. Paul is the new Coordinator. (Paul will also continue to serve on our N.E. MN Synod/Russian Lutheran Church Companion Synod Task Force.)

Urgent financial needs include a reliable car for Pastor Alex; the Vision Petrozavodsk Advisory Committee is pursuing options for how to raise the needed funds.

Teen Closet

Teen Closet is a program of Lutheran Social Services through the Center for Changing Lives. The program serves youth aged 13 through early twenties who are in need for a variety of reasons. LSS communicates with other local youth-serving agencies to encourage use of the Closet. First Lutheran's role is that of support. FLC volunteers sort donations, stock the store and provide a welcoming atmosphere for teen shoppers. In August LSS hired Allison Bartlett who will oversee the Closet. Allison has scheduled **Teen Closet shopping hours each Thursday from 2-7 pm**. Please spread the word in the community about this fabulous resource for teens in need of clothing.

FLC Teen Closet Needs

Volunteer hours will be posted soon. New volunteers always are welcomed to this casual group. Group texts are sent and volunteers come or not as their schedule allows. It is amazing how quickly 2-3 folks can get the store stocked and in great shape for our guests.

Current needs include winter coats, winter boots, gloves, and mittens. We also need fabric lint brush(es) and a volunteer to attach mirrors to walls. Other needs include Export Volunteer(s), who are needed once a month or every other month to take adult clothing to other programs; Mending Volunteer(s) to make minor repairs like seam mending or sewing on buttons; and Laundry Volunteer(s) for nice clothing that just needs a bit of help.

Dream List: Tech support for getting cell service in the store and speakers for playing music.

Lifelong Learning

Nursery Opens Sunday, September 10th

The First Lutheran nursery will be staffed from 8:15 until noon. Members and guests are welcome in the nursery. Those 16 and older who are interested in working in the nursery are welcome to text 218.348.6310 or email gailmarie8@gmail.com for details. There is a stipend! -Gail Tate



Calling All Middle Schoolers!

Middle School Youth Group will gather on Sunday evenings from 6:00-7:30 pm starting on September 24th. Mark Boyce and Kirsten Bich will be the lead organizers. It promises to be a fun year! Parent volunteers will be welcomed and needed.



Faith Quest Sunday School Open House September 10, 9:45-10:30

Families with children aged 2 through 5th grade are invited to reconnect with old friends and make new friends during this event. After a short gathering time, families will scatter to explore and discover items around the church classrooms and to meet classroom leaders. A light snack will be served.

It's Been Confirmed!

Confirmation begins Sunday, September 24th from 6 to 7:30pm. All 9th and 10th graders are welcome and encouraged to attend! 9th graders receive their Bible during worship on Sept. 17.



Faith Quest Classes Begin Sunday, September 17 at 9:45 am

Parent/caregivers have been invited to get the Remind app for texting reminders and announcements. If you didn't get an invitation but would like to be included, contact Laura Stahl at 218.269.5598 or families@flcduluth.org.

2 and 3 year-olds meet with parents and teachers for singing, playing, crafting, praying and discovering the stories of faith. The classroom is next to the Cry Room behind the west transept window.

Classroom leader: Lorie Haglin Music: Sarah Climis

Preschool- Kindergarten meet with classroom leaders for singing, playing, crafting, praying and discovering the stories of faith.

*Leaders: Carol Anderson, Lisa Karlgaard, Jackie Johnson, Ashlee Marynik
Music: Suzanne Rauvola*

Elementary groups meet for singing and worship in the Big Room on the third floor. Easy access from the stairs to the right of the west transept. Afterwards they break into class groups on the third floor.

*First- Second Grade Leaders: TBD
Third Grade Leaders: Jen Fuchs, Rachael Ardren
Fourth-Fifth Grade Leaders: Laura Stahl, Mary Dontje*



Men's Bible study discussion groups

Welcome!

Current groups and meeting times:

Sojourners I: Friday mornings at 7:30 a.m. weekly at the church and/or Zoom

Sojourners II: Monday evenings bimonthly at 7:00 p.m. at the church and/or Zoom

Sojourners III: Monday evenings at 7:00 p.m. weekly at the church and/or Zoom

Contact Paul Anderson for more info 218-728-5853

Bible Presentations- Sunday, September 17

During both services, age-appropriate Bibles will be presented to 2 year-olds, 4 year-olds, third graders, any older children who have not yet received a Bible, and 9th graders beginning confirmation. We'd love to have a couple of photographers to take family photos of the recipients after worship. Contact Laura Stahl (families@flcduluth.org) to volunteer or to provide your child recipient's name.



BYO Bible - Sunday, September 17

On Bible Sunday, you are invited to bring a Bible that is special to you. Maybe it's the Family Bible or a special Bible you received as a gift. In the Gathering Space after each service, there will be tables set up for you to Show & Tell about your Bible. We'd love to have a photographer capture this event. Please contact Laura Stahl (families@flcduluth.org) if you have questions or would like to be a photographer.

Evangelism



You are invited to the Pride Festival the weekend of Sept. 2 in Superior. Festivities on Saturday run from 11- 7 and Sunday's parade is at noon. To participate in the parade, line up at 11:30am between Ride or Die Pizza and Kari Toyota on Broadway Street. Look for members of our Welcoming and Affirming team. All are welcome!

There is also a Pride service at Pilgrim congregational at 10:30am and a breakfast at 9:30am.



COOKIES AND BARS!!



Our Sunday morning hospitality will begin on Sunday, September 10th! I ask the many different teams and groups to provide treats on a specific Sunday. I will reach out to your group soon. If you are not a member of a group at First Lutheran Church but would like to provide treats on a specific Sunday, I will have a sign up sheet at the Welcome Desk for you. Thanks to all who help with this important outreach of evangelism at First Lutheran. -Gail Tait



Put on a costume and get ready for family fun and community outreach! **Trunk or Treat is on Sun, Oct 29, at 1:00 PM** following the Community Meal. Join the party by decorating your car (optional) and providing trinkets or treats to costumed kids. This is a great opportunity to visit with neighborhood families while offering a safe Halloween experience. Keep an eye out for sign-ups!



Barker's Island Mini Golf Tourney

Individuals and families can sign up for a friendly competition golf tournament. The tournament will begin at 1 pm on Sunday, September 17 at Barker's Island Capt'n J's Mini Golf. Sign up at <https://captnjs.com/> or scan the QR code.



Young Adults Gatherings

If you are interested in getting to know other young adults from church in a social setting, join us as we gather at different breweries and establishments for conversation.

Contact Savannah at savannahvoeltz21@gmail.com.



Hello from the office!

Hi there! It's Jim in the office. I began working upstairs in July. What a great team to be on! I'm here to help, so be sure to let me know what I can do for you. I'm at office@flcduluth.org.



Worship and Music

MUSIC MINISTRY OPPORTUNITIES

Soli Deo Gloria Choir practices Wednesdays beginning September 6, 7:15-8:15pm, sings most Sundays at 8:30am worship service. Contact michael@flcduluth.org.

Chamber Choir practices Wednesdays beginning September 6, 8:20-9:00pm, sings about once a month at 8:30am worship service. Contact michael@flcduluth.org.

Jubilation Ringers Handbell Choir practices Wednesdays beginning September 6, 5:45-6:55pm, plays once or twice a month at 8:30am worship service. Contact karen@flcduluth.org.

Youth Ringers Handbell Choir Grades 6 & up, practices Sundays 9:45-10:45am or other day/time as arranged, plays occasionally for worship services. Contact karen@flcduluth.org.

Instrumental Solos/Ensembles play occasionally for worship services: youth & adult string, wind, brass and percussion players welcome; practice as needed Sundays between services or other day/time as arranged. Contact karen@flcduluth.org.

The Rising Sound band plays and leads contemporary worship songs for the second service. Contact bjgatten@gmail.com

Worship and Music

8:30am Traditional Service

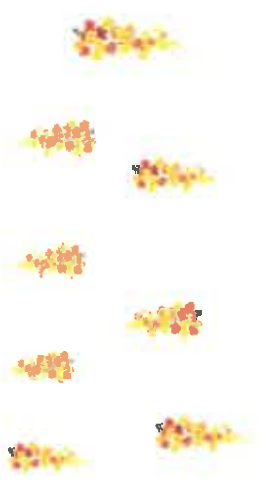
Sunday Worship

11:00 am Contemporary Service

In the Sanctuary, KDAL, & YouTube

In the Peace Garden Sept. 10, 17, 24

September 3	One service inside at 10:00AM - Baptism of Hazel Joy
September 10	15th Sunday after Pentecost - God's Work Our Hands- Sunday School Open House- Building the Community Garden
September 17	16th Sunday after Pentecost - Bible Sunday - Mini-golf at 1:30 Sunday School begins - Adult Bible study begins
September 24	17th Sunday after Pentecost- Celebration of fall/Hunters' Blessing
October 1	18th Sunday after Pentecost- Reception of new members 2nd service back inside for the season
October 8	19th Sunday after Pentecost- Native American Sunday
October 15	20th Sunday after Pentecost- Blessing of Holy Land Pilgrims
October 22	21st Sunday after Pentecost- Guest Preacher John Cole Local & Global Fair celebration between services
October 29	22nd Sunday after Pentecost- Reformation Sunday



FLC Bible Study

- 1st and 3rd Sundays at 9:45 in the Lower Commons
- We choose a book of the Bible, read some verses, and see what God is up to in our lives and in the world.
- Jump in any time to join this fun group!

*Facilitated by
Stephanie Lauderf
and Mark
Dyngolcon*

Second Sunday Service Activities for all Ages!

Once again, there will be a special focus on the second Sunday of each month. Activities will be between services (Except for Sept.10 at 12:30.)

- September 10 God's Work, Our Hands: FLC community garden project
- October 8 Native American focus
- November 12 Honoring our Veterans
- December 12 LIRS Christmas cards to refugee centers and leaf-making

Upcoming Weddings

September 3: Rachel Emery & Jack Anderson



Funeral

Cecile Swenson:
Saturday, Sept. 9
Visitation at 10
Service at 11



Inquirers

Anyone interested in knowing more about First Lutheran and/or interested in becoming a member, we will gather on Sunday, September 24th at 12:15pm for lunch in the parish hall following the second worship service. We will receive new members the following Sunday, October 1st at both services. Join us!

~ Flukes First Lutheran Ukuleles (FLUKES) ~



Fall is here and a perfect time to strum the ukulele! FLUKES is a ukulele strumming group open to anyone interested in a fun afternoon of ukulele strumming and singing. We meet at FLC on the 1st and 3rd Sundays from 3:30 - 4:45 pm year around. There is no requirement to know how to play the ukulele, we are happy to teach a few introductory chords to get you started. For more information or to be added to our email list, please contact Suzanne Rauvola.

(suzanne@hbrstudios.com)