



First Lutheran Church  
1100 East Superior St  
Duluth, MN 55802

**November-December 2023**

**FIRST LUTHERAN CHURCH**

Duluth, Minnesota

# *The Mustard Seed*

## **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.



## Vision Council News

Chum was founded in 1973 when a group of churches pooled their resources to better serve their community more effectively. First Lutheran Church was one of the first involved with this effort. At First Lutheran Church (FLC), we take Faith, Love, and Community seriously. One important aspect of community is the connection we have with local organizations like Chum. We have given food, offerings, and helped with the Rhubarb Fest. We are now expanding our relationship! We were recently approached by Chum Director John Cole asking if his staff could move into several of our offices. It was natural to say yes, and we are excited about working even more closely with Chum.

DEADLINE FOR THE JANUARY/FEBRUARY  
ISSUE OF *The Mustard Seed* IS  
THURSDAY, DECEMBER 14

## FLC Foundation Legacy Society Luncheon Recognizes Planned Gift Supporters

The FLC Foundation held its annual Legacy Society Luncheon on October 11, 2023, at the Duluth Woman's Club. The event was attended by thirty guests and was a big success. The luncheon's purpose is to express gratitude and recognition to a group of donors who generously made planned gifts to FLC. These donors have created a lasting legacy that will help further the church's mission and ministries with their endowed gifts.

The Legacy Society was established to recognize individuals who have included the FLC Foundation in their will or estate plan. If you have any questions regarding the Legacy Society or are considering making a planned gift to support the FLC Foundation, please email [foundation@flcduluth.org](mailto:foundation@flcduluth.org). We will be happy to schedule a time to discuss your options. If you have already made this important decision, please let us know so we can acknowledge your generous support.

## Local & Global

### The Second Annual Lefse Fun Run

We're again partnering with our neighbor Duluth Running Company to raise funds for Safe Haven, which provides services to victims of abuse.

#### **RUN THE RACE**

Saturday, December 16th at 9:00 AM  
Scan the QR code to register or learn more.



#### **HELP MAKE LEFSE**

Sunday mornings Dec. 3, 10, and others TBD

#### **SELL & SERVE LEFSE**

Come on the morning of the run to make and serve lefse to the runners and sell the lefse we've made.

### GOBBLE GALLOP RUNNER HOSPITALITY

Come out Thanksgiving Day Morning and cheer on the runners in the Gobble Gallop 5k and 1 Mile events, sponsored by our neighbors Essentia Health and The Duluth Running Company. We provide hot chocolate, coffee, bathrooms, and a warm place to come to before, during and after the run, so we need about 10 people to help. It's great fun and a nice way to welcome and be part of the community. You'd arrive at 8, leave before noon, and get home in time to make gravy!

### FLC Pilgrims

Because of the war in Israel, the pilgrims have postponed our trip to the Holy Land. We are counting our blessings; we know postponing or cancelling a trip is nothing compared to coping with military conflict. We continue to pray for peace. Scan the QR code to read the statement from Bishop Eaton of the ELCA and learn more about this complex issue.



### Women of FLC Duluth

Please join the Women of FLC Duluth Facebook Group. This group offers a place for conversation, sharing joys and sorrows, and upholding each other in prayer. Administrators are Laura Stahl ([laura.morganstahl@gmail.com](mailto:laura.morganstahl@gmail.com)) and Suzanne Rauvola ([suzanne@hbrstudios.com](mailto:suzanne@hbrstudios.com)). If you have another social media platform you would like us to explore for the Women of FLC Duluth, please reach out.



### South Sudanese Leadership and Community Development Project

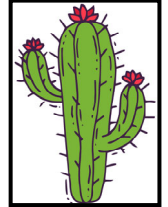
In an extraordinary move, refugee women and children from South Sudan have actively worked to plant 2,000 trees in the last two months. Prompted by their concern about leaving a small carbon footprint in their host country of Uganda, they made a decision to purchase and plant seedlings. The seedlings include mango, lemon, and banana. In addition to aiding the environment, these trees will also serve as a source of food for the refugees. To sustain the trees, they water by hand and keep goats away. They also shared some of the seedlings directly with their Ugandan neighbors to help promote peaceful co-existence. The UN has hailed these refugees' efforts to improve the environment. This refugee project is supported by FLC.

## Help Make Our Cactus Bloom



By now you've seen the cactus in the sanctuary. You might ask: "Why is there a cactus in the sanctuary?" Or "Are cacti native to this biome?" or "What the heck?" Here's the deal: We are trying to pay off our debt. Here is how it works:

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, and 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 \$105,000 left to go! Put your scorpion in the basket; we will hold on to the scorpions and burn them 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](mailto:finance@flcduluth.org)

## An FLC Legacy

10 years ago, FLC member **Karen Hallback Main** wrote in her will that the net proceeds from the sale of her house would go to the Salvation Army. She also stipulated that the money would be used exclusively for housing assistance in St. Louis County. Karen never talked about what was in her will, and her very sudden passing last November, due to a medical emergency, left us all guessing what her motivation had been.

In her professional life Karen was the Assistant Director of the Center for Rural Health in Hazard, Kentucky. Hazard is in the heart of a very rural area with high poverty and she would have seen the effects of sub-standard housing on a daily basis. Karen was also the Director of Health and Human services for Goodhue County in Red Wing, Mn. She undoubtedly saw the deleterious effects of substandard housing there also. She was true to her roots and chose to give \$200,000 locally to the Duluth Salvation Army. The Salvation Army saw her donation as "heaven sent" as they had a very sizeable deficit in their housing budget before Karen's donation. They were grappling with how to cut services. Karen had also designated eight other non-profits, including FLC, to receive sizable donations. They included organizations which she had a passion for. They included the ASPCA, The Cloquet Educational Foundation, Small Dog Rescue of Minnesota, the International Fund for Animal welfare, and Child Fund International, to name a few. Being a member of FLC was very important to Karen. She developed deep friendships, greatly enjoyed the Friday Bible Study, and saw her faith grow deeply. While she would probably be embarrassed by the attention she has been getting, There is no doubt that she is exceedingly happy about the good she has fostered through her donations.

Praise be to God!

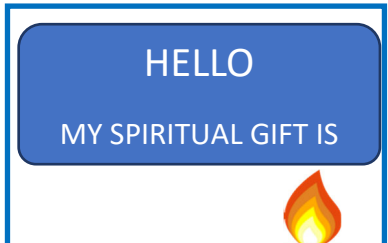
## **Spiritual Gifts**

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 and on our website.

## **Pledge Sunday**

**November 12 is Pledge Sunday!** Check your snail mail for pledge cards and bring them to worship as we celebrate our Spiritual Gifts and Ministries made possible by your generosity!

On Pledge Sunday you are invited to wear a name tag that tells one of your Spiritual Gifts. You will have a chance to find others who share your gifts. Are there many who share your gift, or few? As you look at each other's gifts do you learn anything about your community? Are there any surprises?



**"True humility is not thinking less of yourself, it's thinking of yourself less." -C.S. Lewis**

## Local & Global

### FLC Hosts CHUM Assembly



FLC is hosting the Chum's Fall Assembly on Thursday, November 16. We need help preparing, serving, and cleaning up a light dinner. If you are available on November 16 or have any questions, please reach out to Mary Schmitz ([maryschmitz754@gmail.com](mailto:maryschmitz754@gmail.com)) or Suzanne Rauvola ([suzanne@hbrstudios.com](mailto:suzanne@hbrstudios.com)).

FLC is a Chum Tomato Church, which means we collect and deliver canned tomato products (not tomato paste or sauce) each month for distribution through the Chum Food Shelf. Please help us fill the box for Chum.



Thank you for all who attended or otherwise supported Chum's 50th Anniversary Gala on October 17. Over 30 individuals connected to FLC joined over 450 guests at the event to raise funds to support the work of Chum and to recognize all the wonderful and amazing work that has been done in this community.

**The Free Little Library** located by the Canopy Entrance off London Road is so popular that we're having trouble keeping it stocked. Fiction and other books that appeal to kids, teens and young adults are especially desired.

### Sankofa Publication



Pick up Volume one of this new publication where you are invited to visit local sites important to our Native American and African American siblings; listen to their words and music as you visit the sites and reflect upon the questions. Put together by our Racial Justice Team and office assistant Jim.

### 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 Ursa Minor in Lincoln Park on the first and third Tuesday of each month. Be ready to discuss your Spiritual Gifts on Nov 7. Take



## 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.

### Quilting is Back!

Join us to sew, cut, in, or tie knots as we gather in community and make quilts for local needs and Lutheran World Relief. We meet the 3rd Thursday of each month from 9-1. The coffee pot will be on. Bring a bag lunch. The evening group will begin at 6:30. If you have questions or need transportation, contact Yvonne Anderson.

### EI Salvador Action Team Update



What's happened in our Twenty-five-year relationship with San Antonio Los Ranchos?

- ◆ Seven delegations of people from First Lutheran (and the wider community) have traveled to El Salvador with at least two other people traveling on their own to Los Ranchos.
- ◆ Three delegations from Los Ranchos have visited us. Other Sister Parish representatives have, as well.
- ◆ More than 15 scholarship students from Los Ranchos have graduated from college and contributed to the Los Ranchos community, including serving as mayor, nurse, lawyer, teacher, administrator for a theater group, and more.
- ◆ We have had educational events, a Day of the Dead outdoor celebration during COVID, and ongoing virtual connections and conversations with the Los Ranchos leaders.
- ◆ We have continued to have the Sister Parish organization (<https://sisterparish.org/>) help us keep in touch with Los Ranchos through videos like this: (<https://www.youtube.com/watch?v=HnmYmVYyHkg>)

This quote came from Leah Rogotzke after traveling to Los Ranchos two times:

*"The Los Ranchos trip first opened my eyes to the importance of directly engaging with people, finding our shared humanity, and then working to improve each other's lives from there. While I like to think that we were able to make an impact on people's lives in Los Ranchos, what I know for sure is that my experience with them deeply affected my life, enriched it, and set me on the path where I am now."*

### Kidney Donor Athletes

Hello FLC! I wanted to bring you up to speed on some exciting things happening in my life! I had the privilege of donating my kidney on behalf of high school classmate. It was a life changing experience for me to get to help someone get their life back and have a chance for a longer and more normal life. Along the journey I have also connected with other living kidney donors and been a part of forums that have been a help to me and a chance to help others through shared information. As a result, I have an amazing opportunity on December 2<sup>nd</sup> to be a part of an advocacy event called "KDA One Kidney Climb, 3 Volcano Challenge" in Guatemala with 17 other living kidney donors. I, along with the other kidney donor athletes, will shout from each summit the importance of and need for living donation.

This is Kidney Donor Athletes' second Advocacy Climb, which is aimed at raising awareness and funds for living kidney donation. The goal is to advocate and also raise funds that will help the mission of Kidney Donor Athletes, whose vision is a world where there are enough living donors to meet the needs of all who require a life-saving kidney. It is a privilege and an honor to be chosen to participate. Since my experience with kidney donation, I have felt a need to bring awareness to the great need for kidney donation. While I always had been an organ donor on my driver's license, I never dreamed I could help someone while I was still alive. Because I believe so strongly in this cause through my own experience, I am seeking to raise funds to help cover my costs for the climb and to support the Kidney Donor Athlete organization. My goal is \$4,000. Will you partner with me by contribution of \$25, \$50, \$100, \$200 or any other amount? Every dollar helps! All gifts to KDA are tax deductible. You can visit my fundraising page by scanning the QRC below, or send a check made payable to Kidney Donor Athletes-include my name Julie Samuelson in the memo line-to: Kidney Donor Athletes, Inc., 110 16<sup>th</sup> St, Suite 1400 #280, Denver, CO 80202. Thanks for considering being a part of this awesome climb with me!



-Julie Samuelson

### **RETHINK GIFT GIVING: GIVE "GOOD GIFTS"**

Make a difference by using the ELCA catalog to order gifts for your loved ones or to honor special people and events. Giving "Good Gifts" impacts the world by combating hunger, providing disaster relief, sharing the gospel, nurturing leaders, and supporting mission work. TAKE A CATALOG from under the Good Gifts Tree in the Gathering Space. Also take an ornament to match your gift as a reminder of your connection to others.

### Teen Closet News

**Thank you, thank you** to the many who have donated clean, high quality clothing. You are making a difference in the lives of Duluth teens! Thanks also for spreading the word to those outside of FLC. Volunteers are always needed for Donation Sorting, Rack & Stack, Exporting Clothing to Adult & Kid Outreach Centers, Laundering/Mending, and Special Projects.

**Migrant Justice Support Team's update** on our asylum seeker: A is doing well and has a second job at another restaurant. He is paying his legal bills and goes to English classes 3 days a week (and is making progress), and now has a bank account.

### **EMM (Episcopal Migration Ministries) News:**

- ◆ Our team is the longest NtN (Neighbor to Neighbor) group that they've had (1.5 years).
- ◆ A has been hosted at the Jagim's home and not a separate place as in other communities. We can now share the resources on training hosts and sponsors with ICMJ folks.
- ◆ The EMM Rainbow Initiative has a specific program for LGBTQiq+ asylum seekers. Their banner was carried in the Pride parade on Labor Day weekend.
- ◆ A Meet, Greet and Celebrate event was held at the newly formed Welcome Center on October 8th at Trinity Lutheran Church with over 50 people in attendance. Wilmer Roballo presented his "Refugee" sculpture which will be in the new Center.
- ◆ Please join us at our next virtual meeting on October 23rd from 7- 8 pm. Contact Beth, Lezlie, or Dory for more information.

## Lifelong Learning

Families of children 2 years old through 5th grade are invited to download the **Remind App** to get occasional text reminders of important events and to communicate with leaders. Groups are graded, so text Laura Stahl (218.269.5598) to get the link for your child's group.



### Gathering Circles: Growing in Faith Together

The November study is "Holy Places: Pilgrimage" by the Rev. Dr. Meghan Johnston Aelabouni. The December study is "Topsy-turvy" by the Rev. Hannah Hawkinson, focused on the Magnificat song of Mary. 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 R (suzanne@hbrstudios.com) or Dawn B (eos608@aol.com)
- **Mary & Martha Gathering** (Zoom): 2nd Thursday at 7:00 PM. Contact Laura Stahl (laura.morganstahl@gmail.com)

### CONFIRMATION SCHEDULE

We will meet each Sunday in November except Thanksgiving weekend, November 26th.

We will meet Dec 3, 10, 17th and then break until January 6th.

The 17th will be lefse and Christmas cookie baking!

## 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!

### Sunday School Offering Sponsors

You are invited to select a month or two and be a Matching Sponsor for Faith Quest Sunday School offerings. Teens & senior adults are asked to match up to \$20/month and adults are asked to match up to \$30/month. As the kids count the total offerings, they are learning the value of community action. Together kids, teens and adults will help our outreach go even further!

**Sep** - Care for the Earth - Recipient: FLC Community Garden total with sponsor support: \$81

**Oct** - Help the Hungry - Recipient: CHUM

**Nov** - Animals Needing Homes - Recipient: Animal Allies

**Dec** - FLC Community Garden

**Jan**- CHUM

**Feb** - Animal Allies

**Mar** - FLC Community Garden

**Apr** - CHUM

**May**- Animal Allies



Contact Laura Stahl (families@flcduluth.com) to choose your month.

### Christmas Worship Presented by

#### FLC Children and Youth

Among the highlights of the advent season are the **Christmas story** as told by children and the music of the season that children and teens share. If your children are interested in sharing their musical gifts, please contact Karen Sande. (karen@flcduluth.org)

**All children are invited** to participate in sharing the story of Jesus' birth. Faith Quest students will be included but those who can't attend Faith Quest are invited to join in this event. Contact Laura Stahl (families@flcduluth.com, 218.269.5598) by Nov 19

### Men's Bible Study

Welcome!

**Sojourners I: Fridays at 7:30 AM**

At church or on Zoom

**Sojourners II: Bi-monthly Monday at 7:00PM**

At church or on Zoom

**Sojourners III: Every Monday at 7:00 PM**

At church or on Zoom

Contact Paul Anderson for more information at

218-728-5853



# Evangelism



## WINNER!!

The Duluth News Tribune's 2023 Best of the Best Contest is a celebration of the best the Northland has to offer. **This year, FLC was voted "Best Place to Worship."**

It's something to celebrate! Share the news, invite a friend, tell your family. It's OK to brag a little in the name of Evangelism!

FLC offers the most opportunities, the best guitarist, the best organ and organist, the best sermons, the best sanctuary, the best food, the friendliest folks, and the best views in town. Be proud!

-Jim L



## Second Sunday Service Activities for all Ages!

As always, there will be a special focus on the second Sunday of each month. Activities are between services.

November 12 Honoring our Veterans

December 10 LIRS Christmas cards and lefse making

## Sew What?

If you like to sew or have an artistic flair, your skills are needed to add to the Christmas Character Costume Closet. Those who sew can create simple smock, apron or vest costumes to fit the wide variety of kids who participate in our annual worship service. Contact Laura Stahl (families@flcduluth.com. 218.269.5598) for pattern and fabric.

## Looking for Additional Angels!

Each year the Angel Tree Action team along with the members of First Lutheran have provided gifts for families and teenagers in transitional housing during the Christmas season. To continue this wonderful tradition at First Lutheran, we are asking for some members that feel moved to be a part of this team to help with the Angel Tree. There are many ways to be a part of the team, including making labels, tree assistant, and delivery. If you want to be a part of this team, contact Brenda Schrader at 218-340-8284 or Gail Tate at 218-348-6310.



## Book Study

### Killers of the Flower Moon

Book discussions continue on November 5 and 12, from 6 to 7pm (special invitation for parents of confirmands, instead of dropping your kids off, join us in discussion) and also Wednesdays, November 1, 8 & 15 from 11:30 to 12:30pm. Sign up at the You Are Loved Table.



## Flukes First Lutheran Ukuleles (FLUKES)

First Lutheran Ukuleles strum the 1st and 3rd Sundays from 3:30-4:45 in the Upper Commons off the Superior St. entrance. All strummers are welcome even if you've never played before. We have ukuleles available to try. Please contact Suzanne Rauvola.



# Worship and Music

## MUSIC MINISTRY OPPORTUNITIES



**Soli Deo Gloria Choir** practices Wednesdays from 7:15-8:15pm, Chamber Choir 8:20-9:00pm; sing at 8:30am worship service. Contact [michael@flcduluth.org](mailto:michael@flcduluth.org).

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

**Instrumental Solos/Ensembles** play occasionally for worship services: youth & adult string, wind, brass and percussion players welcome. [karen@flcduluth.org](mailto:karen@flcduluth.org).

The **Rising Sound** band leads contemporary worship songs for the second service. [bigatten@gmail.com](mailto:bigatten@gmail.com)

## MUSIC EVENTS AT FLC

**Friday, Nov. 10** at 7:00 PM: **Organ Recital**, Dr. Catherine Rodland of St. Olaf College, freewill donation

**Saturday, Nov. 11** at 9:30 AM: **Pedals, Pipes & Pizza**, ages 12 & up. Learn about pipes and help build an OrgelKids kit. Pizza for lunch. Free.

**Sunday, December 3** at 3:00 PM: **Tuba Christmas** low brass Christmas Carol singalong, freewill donation

**Friday, December 15** at 7:30 PM & **Saturday, December 16** at 3:00 PM: **Arrowhead Chorale's** annual holiday concerts, ticket information on their website.

# Worship and Music

8:30am Traditional Service **Sunday Worship** 11:00 am Contemporary Service

In the sanctuary, KDAL , and YouTube

In the sanctuary and YouTube

November 5	23rd Sunday after Pentecost -All Saints Sunday
November 12	24th Sunday after Pentecost-Pledge Sunday
November 19	25th Sunday after Pentecost-Baptisms and reception of new members
November 26	26th Sunday after Pentecost-The Reign of Christ
December 3	1st Sunday of Advent-Blessing of our Caring Ministry Devotional theme: <i>We Find Joy in Connection</i>
December 10	2nd Sunday of Advent: <i>We Allow ourselves to be Amazed</i>
December 17	3rd Sunday of Advent: <i>We Sing Stories of Hope</i>
December 24	4th Sunday of Advent: <i>We Make Room</i> 10:00 AM: Sunday Service <b>3:00 PM Family Christmas Eve Service</b> <b>5:00 PM &amp; 10:00 PM: Candlelight Services</b>
December 25	Christmas Day Worship- One service at 10:00AM
December 31	First Sunday of Christmas- One service at 10:00AM



**Our Advent Devotional** this year is called *How Does A Weary World Re-joyce?* They are available online; hard copies are \$5.00. Pick up an Advent Calendar for kids or adults. Look for daily devotional posts on our social media.

### Blue Christmas

Wednesday, Dec. 20th, 7pm  
Not everything this time of year is joyful and light. For those who are feeling lonely and sad, this service welcomes you.

### All Saints' Sunday

We remember those baptized and those who died during this past year. Come and light a candle in remembrance and/or celebration.



### Upcoming Wedding

Paige Storsteen and Eric Zimmerman  
December 9



**Lessons & Carols**, featuring First Lutheran choirs, handbells, and musicians of all ages.

Sunday, December 17 at 3:00 in the Sanctuary.

### We are growing!

We have many new members! Welcome aboard ! Say hello when you see these folks!



**Top Row**, left to right: Susan Gulbranson, Jane Braband, Conrad Johannesson, Joe and Kirsten Jacobson Stasney, and Brad and Cindy Kaeter.

**Bottom Row:** Pattie and Jeff Hallback, Erik and Hannah Johnson (Hope not pictured), Paula and Greg Mangan, Ashlee and Michael Martz, and Karen Climis.

**Not Pictured:** Jill Tapper-Smith and Cordelia and Bennett Smith

### Interfaith Thanksgiving Worship Service

Tuesday, November 21st, 7pm  
Pilgrim Congregational Church.



**Daylight Savings ends Sunday, Nov. 5 at 2:00AM. FALL BACK!!**