

Spirit Weekly

March 8, 2009

CENTRAL CALENDAR

Sunday, March 8

- 7:30 a.m. Upper Room Open (Room 206)
8:30 a.m. Holy Communion (Sanctuary)
9:30 a.m. Augsburg Nursing Center (Nursing Center)
9:45 a.m. Sunday School Classes (begin in Room 222)
9:45 a.m. Confirmation Class (Lower Narthex)
9:45 a.m. Senior High Youth Group (Youth Room)
9:45 a.m. Global Mission Forum (Room 123)
9:45 a.m. Labyrinth Meditation (Community Room)
9:45 a.m. Nominating Committee (Room 209)
10:00 a.m. Table Talk & Fellowship Time (Fellowship Hall)
10:30 a.m. Ivory Coast Bible Study (Elbow Room)
11:00 a.m. Holy Communion (Sanctuary)
11:15 a.m. Ivory Coast Worship Service (Room 222)
12:15 p.m. Central Friends Meeting (Room 123)
6:00 p.m. 8 – 80 AA (Community Room)
7:00 p.m. Evening Prayer with Holy Communion (Sanctuary)
followed by fellowship in South Commons

Monday, March 9

- 7:30 a.m. Restoration Center Opens
9:30 a.m. Community Worship (Fellowship Hall)
10:00 a.m. Clothes Closet (Restoration Center)
10:30 a.m. Community Meal (Fellowship Hall)
6:00 p.m. Shalom Circle (Room 123)
6:15pm Youth Ministry Team (Youth Room)
6:30pm CLCW Investment Club (Rooms 222 & 226)

Tuesday, March 10

- 7:30 a.m. Restoration Center Opens
10:15 a.m. Staff Meeting (Room 123)
5:00 p.m. Fiscal & Property Committee (Restoration Center)
7:00 p.m. MSO Rehearsal (Fellowship Hall)

Wednesday, March 11

- 7:30 a.m. Restoration Center Opens
9:00 a.m. Labyrinth Meditation (Community Room)
available until 9pm
9:30 a.m. Ruth Circle (OFFSITE)
12:00 p.m. Mid-Week Lenten Worship (Sanctuary)
followed by a soup lunch
5:15 p.m. Soup Supper Begins (Fellowship Hall)
5:45 p.m. Bell Choir Rehearsal (Choir Room)
6:00 p.m. Mannerchor Rehearsal (Room 123)
6:30 p.m. Mid-Week Lenten Worship (Sanctuary)

Wednesday, March 11 (continued)

- 7:30 a.m. Restoration Center Opens
6:30 p.m. Central Choristers Rehearsal (Room 128)
7:15 p.m. Youth Faith & Film Night (Youth Room)
7:15 p.m. Central Choir Rehearsal (Choir Room)

Thursday, March 12

- 7:30 a.m. Restoration Center Opens
1:00 p.m. Clothes Closet (The Restoration Center)
6:15 p.m. Nominating Committee (Fireside)
7:00 p.m. Ivory Coast Bible Study (Elbow Room)
7:30 p.m. Central Pacific AA (Fellowship Hall)

Friday, March 13

- 10:00 a.m. Downtown Congregations to End Homelessness
DCEH Meeting (Room 123)
11:30 a.m. Luther College Lunch Connection (Fellowship Hall)
12:00 p.m. Downtown Bible Study (Fireside)

Saturday, March 14

- 9:00 a.m. Budget Hearings (Fellowship Hall)
9:30 a.m. Minneapolis Brass Rehearsal (Elbow Room)
9:30 a.m. TCGMC Rehearsal (Choir Room)
4:00 p.m. Kinship Volunteer Banquet (Fellowship Hall)

Sunday, March 15

- 7:30 a.m. Upper Room Open (Room 206)
8:30 a.m. Holy Communion (Sanctuary)
9:30 a.m. Augsburg Nursing Center (Nursing Center)
9:45 a.m. Sunday School Classes (begin in Room 222)
9:45 a.m. Confirmation Class (Lower Narthex)
9:45 a.m. Senior High Youth Group (Youth Room)
9:45 a.m. Global Mission Forum (Room 123)
9:45 a.m. Labyrinth Meditation (Community Room)
9:45 a.m. Nominating Committee (Room 209)
9:45 a.m. Fellowship Time (Fellowship Hall)
10:00 a.m. Table Talk (Fellowship Hall)
10:30 a.m. Ivory Coast Bible Study (Elbow Room)
11:00 a.m. Holy Communion (Sanctuary)
11:15 a.m. Ivory Coast Worship Service (Room 222)
12:30 p.m. Peace with Justice Forum (Fellowship Hall)
3:00 p.m. Salt of the Earth Storytellers (Fireside)
6:00 p.m. 8 – 80 AA (Community Room)
7:00 p.m. Evening Prayer with Holy Communion (Sanctuary)
followed by fellowship in South Commons

Central - in the heart of the city, welcomes all people to celebrate, discover and share the love of Christ

Today

The Upper Room (Room 206) and the Labrynth (Community Room) are open at 7:30 a.m. each Sunday morning for those seeking a quiet place for meditation. The Upper Room is sponsored by the Prayer, Spirituality and Meditation Ministry Team.

Join us in Fellowship Hall this morning for **coffee and fellowship** at 9:45 a.m.

Come to **Table Talk with Pastor Rick** today at 10:00 a.m. in Fellowship Hall. This Bible study and brief video presentation will provoke imagination and conversation of matters of faith and life with God. Grab coffee and find a seat at the table. Invite your friends and neighbors to join you in this exploration of the connections between faith and life!



Lent 2009: a 40-day Journey

Follow your 40-day Journey
with the roadmap
on the back page

Join Rev. Mark Nygard and Linda Nygard as they share *A Risky Mission to Muslim Fulani in Senegal* today in Room 123. The Nygards and their three children served twelve years in Cameroon and six years in Senegal, West Africa. Hear how they became part of a new culture and found ways to serve in a purely Muslim setting. Thirty-four years later, the family continues to be involved in youth ministry, health work and dairy improvement while nurturing a congregation of Fulani Christians.

Health & Wellness

Augsburg Nursing Center is open from 9:30 a.m. to 11:00 a.m. today. Stop by for a blood pressure screening or to ask general health questions.

Downtown Coalition for Grief Support meets at Hennepin Avenue United Methodist Church, 511 Groveland Ave. The group meets each Saturday. Hear Dick Obershaw share *Grief: Am I Normal or Nuts or Normally Nuts?* on March 14. Refreshments begin at 9:30 a.m., the speaker begins at 10:00 a.m. and a group discussion follows from 10:30 a.m. to 11:30 a.m. For more information, contact Joan VanWirt at (612) 333-3273.



WEDNESDAYS IN LENT

Stories for the Journey

Worship at
NOON
followed by
a soup lunch

soup supper serving
begins at
5:15 P.M.

Worship at
6:30 P.M.



SUNDAYS IN LENT

Join in the Upper Room
for prayer before worship

Preaching on Old Testament
journey stories

8:30 A.M.

11:00 A.M. & 7:00 P.M.

TABLE TALK with Pastor Rick
during the learning hour

Bible study and brief video presentations
to provoke imagination and conversation
of matters of faith and life with God. Grab
coffee and find a seat at the table. Invite
your friends and neighbors to join you in
this exploration of the connections between
faith and life!

Labyrinth available to walk/pray/explore
until Ivory Coast Community arrives at

11:00 A.M.

Optional individual BOOK JOURNEY

(select a companion spiritual guide to read)

- 40-day journey with Martin Luther
- 40-day journey with Joan Chittister
- 40-day journey with Dietrich Bonhoeffer
- 40-day journey with Kathleen Norris
- 40-day journey with Gerard Manley Hopkins
- 40-day journey with Madeleine L'Engle
- 40-day journey with Parker J. Palmer
- 40-day journey with Julian of Norwich

Books are designed specifically for journeys like ours.
Titles are \$12.99 from Luther Seminary bookstore,
Amazon, or AugsburgFortress.org

If you select a companion book, tell Pastor C
who you've picked and he'll share the names of others
who are joining you with this guide. Order today to
be ready to kick off our Lenten journey!!

DAILY LECTIONARY

Sunday, March 8 - Genesis 17:1-7, 15-16;
Psalm 22:23-31; Romans 4:13-25;
Mark 8:31-38

Monday, March 9 - Psalm 105:1-11, 37-45;
Genesis 21:1-7; Hebrews 1:8-12

Tuesday, March 10 - Psalm 105:1-11, 37-45;
Genesis 22:1-19; Hebrews 11:1-3, 13-19

Wednesday, March 11 - Psalm 105:1-11, 37-45;
Jeremiah 30:12-22; John 12:36-43

At the INFO DESK

Please join **Central's Older, Wiser Lutheran Seniors (OWLS)** in Fellowship Hall
Thursday, March 19 at 1:30 p.m. Special guest Doug Ohman will present *Vanishing
Landmarks in Minnesota*. Ohman specializes in historic structures and community land-
marks. Coffee, tea and light refreshments will be served. Tickets are \$5. Purchase them in
South Commons today, and March 15.



Next Sunday

The Changing Faces of Addiction will be presented March 15 at 9:45 by Dan Ward,
Executive Director, Metro Hope Ministries. Founded in 1926 as a Gateway Hospital
Mission, Metro Hope Ministries began a tradition of giving those lost in addiction a place
to learn, sleep, and get back on their feet. As recently as the 1980's, the "typical" addict
was a blue-collar alcoholic who held a regular job and often times attended church on a
weekly basis. Ward will share how things have changed during the past 20 years. Metro
Hope Ministries is Minnesota's oldest faith-based recovery program.

Hear Gerald Schlabach share *Just Policing - Not War, An Alternative Response to World
Violence* during a Twin Cities Peace with Justice Forum Sunday, March 15 from 12:30 p.m.
to 2:00 p.m. in Fellowship Hall. Schlabach is editor and author of a recently published
book that offers discussion to help members of all religious traditions deal with life in
times of violence and war. He is Associate Professor of Theology at the University of St.
Thomas. Parking is validated. Lunch is served for \$7.00.

Notices & Upcoming Events

The Restoration Center, Central's new outreach center is operational! Community
Ministries has moved into the space and is steadily making it operational.

To share a **prayer request**, you may submit a completed pew-card in the
offering plate or give to a worship leader. Contact Bette Schuldt at (763) 588-8594 or
email Jeni Hill at jhill@centralmpls.org.

Listen to Central's **Sunday service on the Internet!** Our radio partner WDG
740AM broadcasts our morning service over the air and on the web. Just go to
www.wdgyradio.com and click on the "Listen Live" link. The service is only available at
11:00 a.m.

Central's **Sunday Sermons** are available online! Go to www.centralmpls.org and click on
the "Sermons" link. There you will find weekly archives of past sermons.

Discipleship Opportunities

Spend time and engage with Central's youth during **Faith and Film Wednesdays** in
Lent (March 4, 11, 18, 25, April 1) after evening worship from 7:15 p.m. to 8:30 p.m.
The movie: *Chronicles of Narnia*. For more information or to confirm your atten-
dance, contact Amanda Highben at (612) 767-9206 or ahighben@centralmpls.org.

There are a number of new opportunities to serve in **The Restoration Center**,
including computer guide, front desk reception, hospitality, advocacy organizer, and
more. Please contact Rolf Lowenberg-DeBoer at 612-767-9214 if you are interested in
learning more about any of these opportunities.



All Weekly Spirit announcements are due by 2 p.m.
Monday of each week.

Please submit announcement requests to
Kelly Bartnick at kbartnick@centralmpls.org
or on forms available at the Church Office.

CENTRAL LUTHERAN CHURCH

in the heart of the city, welcomes all
people to celebrate, discover and
share the love of Christ
www.centralmpls.org



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