

Centering

NEWS OF CENTRAL LUTHERAN | MINNEAPOLIS



Central Lutheran
MINNEAPOLIS



Lifelong Faith
Formation

Where all can develop a closer relationship
with God and deepen their call for mission.

AUTUMN 2018

formation



PASTOR STEPHANIE FRIESEN

Fall Wednesday Evening Bible Study: Genesis, chapters 1-11 with Pastor Peter

Begins Wednesday, October 10, 6:00 p.m.

Genesis is an early faith story of the people of God. The various authors of these first chapters weave together wonderful images for God, the world and human nature. Creation, human brokenness, the flood and new hope dominate these openings, and most studied, chapters in the Bible.

All are welcome to attend this study as we all join the theme for the year: Faith Stories, pathways of vocation and generosity. The study time concludes with a short evening prayer at 7:00 p.m. and concludes in time for choir members to get to choir by 7:15 p.m. The study is five weeks long, and will not meet on Wednesday, October 31.

A Different Kind of Book Club

Thursday, September 13, 1:30 p.m., lower narthex

All readers are welcome to join us to discuss *The Soul of America* by Jon Meacham. Our current climate of partisan fury is not new, in this book Meacham shows us how what Abraham Lincoln called “the better angels of our nature” have repeatedly won the day. David Olson will lead us in this timely discussion.

There is renewed energy and excitement as summer winds down and we look toward fall. This is especially true for us here at Central Lutheran as we begin another program year in our new mission-forward building and our 100th year of exploring the promise of God for all. For many, fall means transition. The season changes as do the rhythms of our lives and so we look to what’s next in the Formation Cluster for all of us. We begin the year with Centering Sunday (formerly known as Rally Day) on September 8, 9 and 10. This is the weekend we resume our program year—welcoming everyone back into the cadence of our life together.

Our children return to Sunday school on Sunday, September 16. As we wait for our new building to be completed, we will begin in the lower narthex as we did last year. Our format remains the same with a large group opening at 9:30 followed by classes grouped by age and grade. Many of our Sunday school teachers are returning so we welcome everyone back to familiar smiles and warmth. When our building is finished, and we are ready to move upstairs, we will celebrate with a great parade that will move us from our temporary classrooms to our new mission-forward space.

Confirmation and high school classes will begin the same day as Sunday school. Students will meet in the lower narthex on Sunday mornings from 9:30 to 10:20 for learning and conversation focusing on the intersection of our stories with God’s stories. These groups will also meet monthly on the second Sunday of the month for food, fun and fellowship. Our first second Sunday for youth event is scheduled for September 9 at 12:00 p.m. Mark your calendars for the second Sunday of each month between now and May 2019.

Formation for adults takes shape in several different ways and we encourage and welcome everyone to get involved as the year begins. We have a committed bunch of young adults—loosely defined as 20ish to 40ish—who meet on the third Tuesday of each month. This group will launch their program year on September 18 inviting all to join in as we develop our calendar of monthly events that include social, educational and service focused relationships. All are welcome to this great blend of individuals who explore the intersection of work, faith and life.

Our new strategic plan will lead and guide us into other opportunities for formation—for learning and serving. As in years past, our Bible studies continue on Monday and Wednesday afternoons and on Wednesday evenings. A Different Kind of Book Club will start up on September 13. We are a blended community with diverse interests and our goal this year is to bring folks together around similar interests and initiatives. Our ministry clusters: worship, community, formation and generosity create the framework for all we do, and everyone is invited to participate in learning and relationships that deepen their relationship and understanding with God—Father, Son and Holy Spirit.

Central’s Caring Crew is also taking shape this fall. The Caring Crew is not new. Often called Friendly Visitors, Caring Callers, and Visiting Communion Ministers, Central’s members have been visiting and caring for each other for decades in all kinds of ways. This fall we will bring

formation

these great volunteers together to recognize and acknowledge the care and compassion they bring to so many of our members. In addition to the pastors visiting with our members and friends needing a little extra care, the Caring Crew will bring continuity and consistency to this important ministry.

So, we move into fall with great joy and anticipation for another year of nurturing faith and raising up disciples to go out and share the good news of Jesus Christ with the world. We have navigated the past year of construction—living in temporary spaces with patience and perseverance—and now we move forward with joy and anticipation into a space where all will be welcome. It's an exciting time to look ahead and to explore and embrace God's promise for all.

Important Sunday School Dates:

- Centering Sunday – September 9
- First day of youth programming – September 16
- Confirmation Retreat – October 13-14
- Holy Communion Preparation – November 17
- Christmas Pageant – December 9
- Family Camp – January 25-27
- High School Retreat – TBD
- Confirmation Sunday – April 28

Sunday Morning Adult Lifelong Faith Formation Resumes this Fall

The Sunday morning adult lifelong faith formation hour at 9:30 a.m. will resume this fall. Once we occupy the new facility, with full access to the lower narthex by stairs or elevator, adult learning will meet in the lower narthex. In September the forums will be held in the sanctuary. Here is the schedule for the fall:

- Sunday, September 23 – Pastor Peter leads the first forum on “How Much is Enough?” (*meet at 11:45 a.m.*)
- Sunday, September 30 – Sabbath to End Homelessness Forum (*meet at 11:45 a.m.*)
- Sunday, October 7 – Dedication Weekend, no Forum
- Sunday, October 14 – Global Mission Forum on Lutheran Health Care Bangladesh
- Sunday, October 21 – Faith Stories, pathways of vocation and generosity Forum with Pastor Peter
- Sunday, October 28 – The Arts and Peace Forum
- Sunday, November 4 – End of Life, Funeral Planning with Pastor C
- Sunday, November 11 – “How Much Is Enough?” Forum with the Rev. Chick Lane
- Sunday, November 18 – Faith Stories, pathways of vocation and generosity, led by Pastor Peter

Pastor Peter has an invitation for you to consider. At the heart of the adult faith formation year is the theme: “Faith Stories, Pathways of Vocation and Generosity.” Do you have a faith story to tell? Are you interested in reflecting on how faith has shaped your vocations and generosity? Would you be interested in telling your story as a part of the year, at a Sunday forum or in worship during Lent? Let Pastor Peter know if you are interested, or if you would like to learn more about this invitation. You can email him at pnycklemoe@centralmpls.org.

End of Life Planning Series – Three Sessions to Help you Reflect and Prepare

The Central Lutheran Church Foundation invites you to an “End of Life Planning” Series. Three sessions will be offered on the three key topics for end of life planning.

- On Sunday, September 16, at 11:45 a.m., Pastor Peter will lead the session on Faith, Death and Dying.
- On Sunday, October 21, at 11:45 a.m., Rebecca Bell, an attorney, and Inez Bergquist, Central Lutheran Foundation development director, will lead the session on Financial and Estate Planning.
- On Sunday, November 4, at 9:30 a.m., Pastor C will lead the session on Funeral Planning.

Sessions are free, and lunch is provided on September 16 and October 21. RSVPs for the lunch sessions are helpful to plan for box lunches. Email foundation@centralmpls.org to RSVP or sign up after worship each weekend in September.

Prayer Classes on Ignatian Spirituality and Discernment

Sundays October 14, 21, 28 and November 4, 1:00-2:30 p.m., Central Lutheran

You are invited to join the Rev. Kathie Nycklemoe for this four-week prayer class series on Ignatian Spirituality and Discernment. Each week participants will be introduced to ancient practices that have offered guidance to listeners for centuries and will leave with practical exercises to explore between sessions.

The sessions build on one another and so you need to commit to attending all four sessions. There is no charge, the classes are offered by the Central Prayer Ministry Team. Sign up for the classes after worship each weekend in September.

community



PASTOR MELISSA POHLMAN

Restoration Center

The Restoration Center is a center for people in downtown Minneapolis experiencing homelessness and poverty. Services include: emergency rental assistance, employment services, clothing, meals, worship, Bible study, support groups, and more! The Augsburg Central Health Commons, which provides basic medical services, is a collaboration with Augsburg University.

Free Store

Hours

Monday: 9:30 to 11:00 a.m.; 12:30 to 2:00 p.m.

Tuesday: 10:00 a.m. to 12:00 p.m.

Wednesday: 10:00 a.m. to 12:00 p.m.

Thursday: 10:00 a.m. to 2:00 p.m.

Donate

Donations of clothing (especially men's), towels, sheets, small household items, jackets, hats, luggage, backpacks, new socks and underwear, as well as other items are needed. We always need paper bags with handles! Donations may be brought to any worship service and/or the triple-wide trailer in the south end of the parking lot during the hours above.

Financial contributions are also appreciated.

A year ago we were just getting settled into our new spaces for ministry in the trailer and the office building and the sanctuary and at Westminster. Now we are looking at all of these spaces and thinking about how we will move out as our new building is getting closer to completion every day. On most days when I am honest with myself I feel a little weary. There is a lot of stuff in the trailer that needs to find new owners soon. Sheet sets and dishes and kid's books and adult diapers. I have a few plastic tubs of files sitting on the floor of my office that may have been placed there in June of 2017 that are still "waiting to be filed." We have fallen in love with Monday worship in the sanctuary and are wondering what we will do when the meal moves out of that beautiful space. This has been hard and messy and beautiful and wonderfully blessed work. And all of the things we have learned over these past 15 months will come with us into the new building. We are different people than we were then. (Some of us quite literally never knew the old building...Hi Adam and Dani and Amanda!) Our ministries are not exactly the same as they were in the old building. We have grown and changed and moved and been melded by the Holy Spirit. As Bobby says when he preaches on the third Monday of every month, "Keep praying for my journey in the Lord." Keep all of us in your prayers as we learn how to more fully inhabit our cultures, our ministries, our presence on this corner of downtown Minneapolis.

And people are still experiencing homelessness every day in our city and state and country and world. We are called to use our voices in coalition with people who experience poverty and housing instability to change the system so that homelessness is rare, brief, and doesn't reoccur for people. A big part of that work is making sure funding is put into place for deeply affordable housing to be preserved and built in Minneapolis. Central is part of a coalition through DCEH (Downtown Congregations to End Homelessness) to advocate for \$50 million each year through the city of Minneapolis budget to do just that. If we don't make serious investments, we will continue to see encampments of folks like those who have started tenting along Hiawatha grow as people refuse to be warehoused in large shelters where their dignity is stripped from them. Our Street Voices of Change crew has sent a letter to all the heads of shelters and our elected officials to once again assert the rights of people using shelter to safety, dignity and full disclosure of rules and regulations for guests and for staff. We will focus our attention on all of this good ministry as we celebrate the Sabbath to End Homelessness a little early this year on September 29, 30 and October 1, including StreetSong with us in worship. Stay tuned to how you can learn more and be engaged in the push for ending homelessness.

And all of this is a marathon, not a sprint. The author of Hebrews encourages us to "lay aside every weight and sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith," and we know that we can do this because "we are surrounded by so great a cloud of witnesses." The whole community of Central and those who have gone before us into the presence of God carry this ministry into October and so much farther. Thanks for running the marathon with us.

generosity

Mission-Forward Facility – Thank you

We can almost see the finish line, the completion of the new mission-forward facility. After years of congregational discernment, planning, meetings, financial commitments, hard work and deep prayer, it will not be long until we walk into the new facility and begin to explore all that the building will enable for mission and ministry. You are most likely thinking, when do we get to move in? Well, that remains to be seen. There is still a lot of work, and the city needs to issue occupancy permits. We are hopeful for occupancy in October, even if there are details and work to complete after occupancy. Believe me, you will be the first to know when we are set to open.

Regardless of the “when” of occupancy, we are going to gather to celebrate, dedicate the new facility and kick-off the 100th anniversary year of the congregation the weekend of October 6, 7 and 8. Bishop Svennungsen will be here to preach on Sunday, and the dedication will happen as part of worship on Saturday, Sunday and Monday. Thank you for your faithfulness and generosity. This is quite a project and only possible by every member of this remarkable faith community joining in the work, prayer and financial support. Dedicating the new facility and kicking off the 100th anniversary is fitting, we are looking to God’s preferred future for Central while building on the solid foundation set in the past. Every time I have had the chance to be in the new facility it has been apparent that it will be a place where all people are welcome, where all can experience the love of God in Jesus Christ.

Strategic Planning Process Update

The Strategic Planning Framework was adopted at the Annual Meeting in June, launching the team into four work groups, based on the core values that were adopted: connecting, equipping, organizing and inviting. Each team is working to develop one or two SMART goals. These goals will then be reviewed by the staff, affirmed by the Strategic Planning Team and then adopted by the Congregation Council. A leadership team of the past 10 presidents of the congregation and members of the Strategic Planning Team will be charged with tending the vision and seeing that the work continues on the mission and ministry goals. It is exciting to move into a new facility and adopt a new set of mission goals to advance the gospel of God’s love in Jesus Christ.

Fall Generosity Appeal – Year-Round Stewardship

Plans have been made for the 2018-19 program year to encourage conversations on our lives as children of a generous God. In an adult forum on Sunday, September 23, we will begin to explore our year-long theme “How Much Is Enough?” led by Pastor Peter. We will study the ELCA 40-page electronic booklet “How Much Is Enough? A Deeper Look at Stewardship in an Age of Abundance.” In November, we are pleased to announce that the Rev. Chick Lane who authored the first chapter “Trusting God’s Abundance” will be our presenter. Throughout the year, studies on each chapter will continue bi-monthly.

Generosity Weekend will be held on November 17, 18 and 19. We will gather to make our financial promise as an act of faith in worship.



PASTOR PETER NYCKLEMOE

Global Mission Weekend: October 13-14-15

We gather to celebrate Global Missions in October. On Sunday, October 14, there will be a special forum at 9:30 on the mission trip to Bangladesh and the accompaniment journey with Lutheran Health Care Bangladesh. In November Pastor Melissa leads a mission trip with seven Central members to re-connect and re-energize this historic mission partnership.

As a part of worship, Deacon Mark Sedio has invited Immanuel Kaghondi, a Tanzanian cantor studying at the U of M to be here to lead the choir and help shape worship on Sunday morning. Immanuel will lead a forum on music, worship and Tanzania at 11:45 a.m. on Global Mission Sunday, so plan to be at the 9:30 a.m. forum and the lunch after worship.

Welcome Amelia and Eli, 2018-2019 YAGMs

For the past two years, Central has had the privilege of getting to know and supporting two young adults in their year of service under the ELCA Young Adults in Global Mission (YAGM) program. We now welcome Amelia Schurke, serving in Mexico, and Eli Yackel-Juleen, headed for Jerusalem/West Bank.

music



DEACON CANTOR MARK SEDIO

Calling All Singers!

The beginning of the choir year is just around the corner and September is a perfect time to join us. Come, add your voice to our song!

Rehearsals for the Central Choir begin on Wednesday, September 5.

Because of our ongoing construction, rehearsals will again be taking place in the sanctuary choir loft from 7:15 to 9:00 p.m. Once our new building is completed, we'll hold our annual beginning of the year potluck (sometime in October).

The choir sings September through May at our 10:30 a.m. worship services. In addition to weekly anthems, liturgical music (psalm settings, hymn stanzas, etc.) the choir focuses on larger works with orchestra presented in the context of worship or as afternoon concerts. No audition is necessary but good music reading skills are a must. To join simply come to one of our regular weekly rehearsals. More info: msedio@centralmpls.org.

For the past two years I have had the wonderful opportunity to work with the Augsburg Choir at my alma mater Augsburg University. During this time I was reminded of the many conversations I've had with many people who list singing in their school's choir as one of the most remembered and formative parts of their college experience. When I think back on my own time at Augsburg my thoughts almost always go immediately to our daily rehearsals in the Old Main auditorium, to the conversations we had before (in the Chin Wag, the campus center's old snack bar) and after (eating in the dining hall or trekking out to Mama Rosa's, Mr. Steak or McDonald's). The people with whom I shared these experiences are, today, still the same tight-knit group of friends I see pretty regularly. This, yet again, reinforces something I've spoken about and written about several times before. Singing together creates community.

A while back ArtistWorks published an article highlighting the benefits of choral singing. (Choral singing is singing with others as opposed to vocal singing which can be done alone.) The following is a paraphrase:

Studies show that choral singing improves our mood, with a decrease in stress, depression and anxiety. These effects are often attributed to the deeper breathing associated with singing—the same kind that is also used in meditation. The benefits are enhanced in a group setting compared to singing alone. In addition to psychological benefits, physical benefits often include lower blood pressure, increased blood oxygen saturation, elevated immunity and stronger respiratory muscles.

Another notion is that the experience of making music together provides a sense of awe not just for any observers, but for the participants as well. Singing together shifts focus away from an individual narrow view to that of our common humanity, engendering an enhanced sense of altruism. By joining with one another to create an experience of beauty, we diminish any sense of scarcity, augmenting our connection to all that is, ultimately, enormously self-affirming. We become happier. (<https://artistworks.com/blog/surprising-health-benefits-singing-choir>)

One of the most astonishing choral experiences I have participated in took place at the Estonian Song Festival, the *laulupidu*, that we (and several Central members) attended back in 2014. The festival has taken place every five years since 1869. Today it meets on the enormous song festival grounds located at the edge of Tallinn, the Estonian capital. The large oyster shaped stage can accommodate up to 35,000 singers. One hundred thousand people can sit on the sloping hills. These song festivals helped nurture the independence movement which culminated in Estonian independence in 1918 and kept Estonian culture alive during the dark period of "Russification" by the Soviet Union (1945-1991). Imagine 120,000 people singing together in four or eight part harmony. In addition to the crowds (Estonia has about 1 million inhabitants, so approximately 1/10 of the country is present) the event is televised. Choral music bringing a country together. Amazing.

music & worship

Singing together in the context of worship adds another dimension. Singing is proclamation—proclamation of the gospel—but not by one person at a lectern or in a pulpit. Proclamation with each other, to each other. The word among us. Incarnation. This spring many of us watched the nuptials of Prince Harry and Meghan, the Duchess of Sussex. One thing I noticed—and have noticed watching other televised events like this (not just royal weddings)—is that everybody sings! Harry, William, Kate, the Queen, Camilla, Prince Philip! Only some Americans (i.e. George Clooney) seemed to remain uncomfortably tight lipped. Even former President Obama has let it go on occasion in public singing Al Green’s “Let’s Stay Together” and “Amazing Grace” (you can catch these on YouTube.). He’s also lent his voice to the crowd during singing occurring at state occasions. So, if you’re someone who stands silently and listens to others sing the hymns or liturgical pieces—sing. Try it. Even softly at first. Give it a go. Maybe even join the choir. *Cantate Domino!*

Worship this Autumn

Autumn will be full of excitement. We will dedicate and move into our new building. The program year resumes with Centering Sunday. Our seasonal worship planning team has selected language for our prayer to accompany it all this autumn. With all this activity our language for worship will be simple, with themes of gratitude and harvest that can easily expand for the needs of each weekend.

Preludes and entrance hymns will be intentionally connected. Confession will be included later in the intercessions. Assembly responses will be familiar. The three biggest celebrations will be the Building Dedication Weekend, Reformation, and All Saints. Also we’ll begin our 100th Anniversary celebrations with the first of our guest preachers in November.

The liturgy for the dedication of the new building is taking shape. It needs to be flexible to work for Saturday, Sunday, and Monday services on the weekend of October 6, 7, and 8. It also has to work from in the sanctuary or in the new space, in the event there is any delay in occupancy. We are looking forward to our bishop being our preacher that weekend. At the end of the service we’ll walk into the new spaces. Since we’re not dedicating a sanctuary the “rite of dedication of a church” is not quite right. More likely the rite will be based on the “blessing of a home” and we ask God’s blessing on our coming and going at the entrances, of the kitchen, dining room, places to gather to study, places of welcome, etc. Scripture and prayer will accompany each ministry area of the new building.

I’m more than excited to be back all in one place, to have the move-in behind us, and to live into new ways to welcome, to gather for worship, for fellowship with these new spaces with you. We can’t even imagine what lies ahead. (But I’m having fun imagining this spring’s Great Vigil of Easter with the new space.)

Contemplative Holy Communion for Evening
Saturday, 5:00 p.m.

First Light Holy Communion
Sunday, 8:30 a.m.

Choral Eucharist
Sunday, 10:30 a.m.

Restoration Center Worship
Monday, 11:00 a.m.

Bible Study
Monday, 12:00 p.m.
Wednesday, 1:00 p.m.



PASTOR D. FOY CHRISTOPHERSON



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Center Our Lives in Faith

This publication follows the way God calls us to center our lives in faith. We center in worship, lifelong faith formation, community and generosity.

Each of these mission areas invites us to ways we personally center as well as how we center as a congregation. By centering, by deep listening to God, by lives shaped by daily prayer and in the ancient ways congregations grow in love and care for all, we will explore the promise of God for all.

Cover Photo

This photo is of our little humans during the July vacation Bible school here at Central.



Exploring the promise of God for all

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