



CHRIST
THE KING

Herald

March 2023

There Is a Time

"There is a time for everything, and a season for every activity under the heavens"
(Ecclesiastes 3:1)

The book of Ecclesiastes is categorized as "Wisdom Literature" for a reason! Here we find ourselves in the month of March. Spring is slowly edging its way into our consciousness and yet feels so far away. It's just beyond our grasp. The promise of warmth and green, of tulips and budding trees—and, yes, even the coming joy of Easter!—can almost start your mouth to watering! It's nearly enough to get us through these last dreary gasps of winter.

There are times in our lives—especially during this time of year—where "getting through it" feels like the absolute most we can do. And yet, there is that pesky reminder from the writer of Ecclesiastes bringing their *wisdom* into view: *"There is a time for everything"*.

The season of Lent, burdensome though it may feel at times, can be a rich experience: a time for reflection, a time for adopting new spiritual practices (see Pastor Rory's article on page 3), a time for engaging your faith—and your faith community—in new ways. Over the course of this season of change, we will be exploring different ways for each of us to engage with our faith and to engage with one another through prayer, service, and fellowship. Many of these new opportunities will be obvious (like the purple 'faith stations' in the sanctuary), but there are also many more subtle ways to deepen our relationship with God and one another. I invite all of you to extend yourselves just a little further during this season of Lent. Not only in your praying, your fasting, or your giving. But also in your day-to-day interactions. Ask a friend if there is anything they would like for you to include in your prayers. Sit in a different pew during worship and engage with the new faces around you. Talk about how you have seen God's action in your life with your nearest and dearest—and then listen to how they respond. Play with the kid sitting near you and let them dictate the action. I invite you to reach beyond what is comfortable and break open your curiosity about God and your neighbor. You just might be surprised by what you find.

~Pastor Per Halaas

Birthday Greetings

to our homebound and semi-homebound members celebrating March birthdays:

- Donna Gray 3/29
- Gloria Strom 3/29



Usher Schedule for March

March 5 & 12 Team F - Jack Carlson & Jay Stanley, Co-Captains

March 19 & 26 Team I - David Tillotson, Captain

Spring 2023 Series

Bloomington-Richfield

Grief Support Coalition

Thursdays, March 30 to May 18

4:30pm - 6:00pm

St. Bonaventure Catholic Church

901 East 90th Street

Bloomington, MN 55420

(952) 854-4753



Daylight Savings begins on Sunday, March 12th at 2am. Spring your clocks forward 1 hour before you go to bed on Saturday night!

Volunteers for March

If you would like to read, serve/prepare communion or serve coffee:

Readers 3/19 & 3/26; Communion servers needed 3/5, 3/12, 3/19, 3/26

Communion prep & coffee servers needed on 3/26. Please call the office 952-881-8600 or email Jane V!

Loaves & Fishes

Wednesday, March 8th

CTK needs volunteers to help prepare and hand-out the meal at CTK. If you are available to help: 2 are needed for preparing from 2:30-4:30pm and 1 is needed to serve (hand out) from 4:30-6:30pm. Please contact the office if you are interested or email Jane V. at jvevea@ctkb.org.

CTK Staff

Pastors

Rory Philstrom, Lead Pastor rphilstrom@ctkb.org

Per Halaas, Pastor of Community Care phalaas@ctkb.org

Program Staff

Jane VeVea, Congregational Coordinator jvevea@ctkb.org

Kristina Elder, Children's Ministry Director kelder@ctkb.org

Music Staff

Bjorn Gustafson, Director of Music bgustafson@ctkb.org

Darin Tysdal, Asst. Music Director mahlerii@aol.com

Administrative

Jane Bishop, Financial/Property Administrator jbishop@ctkb.org

Maintenance

Dan Lenort, Custodian dlenort@ctkb.org

Care Card Ministers March

Joan Perlich & Carol Rathje

April Newsletter Deadline Wednesday, March 15

Please email newsletter articles to jvevea@ctkb.org or leave a hard copy in the church office.

The King's Herald is published monthly by Christ the King Lutheran Church
Jane VeVea, Editor & Publisher
jvevea@ctkb.org 952-881-8600

Tiny Faith Practice - Time

This month our spiritual theme is TIME. One of the units of time that shows up over and over again in scripture is that of 40 days. Jesus spent 40 days in the desert; it rained 40 days and nights during the Biblical flood; it took 40 days to embalm Jacob/Israel's body after his death; Moses was on the mountaintop 40 days and nights while receiving the commandments from God, the Hebrew spies spent 40 days scouting out the promised land; Goliath taunted the Israelites for 40 days straight before David faced him; Elijah traveled 40 days to reach the mountain of God. Now we are in Lent, a practice of time that lasts, you guessed it, 40 days.

During this time of Lent, consider a practice of taking some time for God. Here are two ways you might do this:

- Set an alarm on your phone for the 40th minute of one or more of the hours of the day each day (like 11:40 or 4:40). When the alarm goes off, take 40 seconds to pause, take a deep breath, and notice how God is showing up in your day.
- Set aside a set amount of time for prayer. Set a timer and commit to praying for that complete amount of time. Start small, just a few minutes at a time. Add a minute or two as you get more comfortable in prayer until you reach 20 minutes twice a day, for 40 minutes of prayer each day.

Bible Study and Soup!



Our Wednesday Bible study is at 12noon for the season of Lent. We will meet in the Lounge with a soup lunch and study of the Scriptures for the coming week. If you are interested in making soup—the sign-up sheet is on the coffee counter in the commons. Jane & Jane will be making tomato basil soup with grilled cheese on March 1st. All are welcome!

March

Easter Altar Flowers



Order sheets for Easter flowers can be found on the Library desk or in the office during Lent.

Flowers can be ordered in honor of, or in memory of loved ones for display in the sanctuary on Easter Sunday. **Orders are due by March 20th!**

Open Forum for March

March 5 - Ashlei Buhrow from Reconciling-Works about the Reconciling in Christ journey and LGBTQIA+ welcome, inclusion, and celebration.

March 12 - Pastor Per and a time for fellowship and community conversation

March 19 - Ricky Kamil from Beacon Interfaith on Beacon's mission and changes to Families Moving Forward

March 26 - Pastor Rory on the SEEDS Fellowship and planting new seeds for ministry at the intersection of faith and culture.

Meet a Musician: Steve Olson



In this installment of our Meet a Musician series we meet Steve Olson, saxophonist extraordinaire.

When did you first start doing music, Steve?

I was about 6 years old and started with piano lessons, then later began the clarinet before switching over to the sax, playing both the alto and tenor sax.

What were some of the first groups you played in?

I played in the band at Albert Lea High School and did some playing in band in Mason City, Iowa...made famous as the setting of Meredith Wilson's musical comedy *The Music Man*, though I don't think we quite had 76 trombones! Later I played in the college band at Waldorf College in Forest City, Iowa, where I sometimes led our rehearsals.

Any other places music led you?

After I joined the U.S. Navy, I played in the Navy Band San Diego, a wonderful experience, and was transferred to the Navy base in Jackson Florida. Later on, I transferred to the Marines since I was a medic/corpsman and in the Marines got to go to Hong Kong, and the Philippines.

A world traveler! What did you enjoy about visiting those places?

Well, I enjoyed the food and culture and learning about fellow human beings in other parts of our world.

Which musical ensembles outside of CTK have you played more recently?

Well, I played in the Minneapolis Postal Band and then the St Paul Postal Band, a band of about 30 members.

Steve, what sort of music do you like to listen to?

Band music is of course a love; marches, polkas, folk music, also a good amount of musical theatre, jazz. A bit of everything, there's so much good music.

What is your favorite thing about playing with the Acclaim Worship Band?

It's great to socialize and make music together...we have a good crew!

How does doing music influence your faith and religious life?

Prayer is a daily activity. Sometimes I'll listen to music while I pray. Music opens up our spirits to listen to God's voice.

CALLING ALL INSTRUMENTALISTS

Do you play an instrument? Would you like to be part of a team of other players lending musical support to our celebration of Palm Sunday (Apr. 2) or Easter Day (Apr. 9)? Reach out to Bjorn who will help craft music just for you, so our songs and hymns will soar to the skies! Young players, seasoned veterans are equally welcome. Rehearsal details and an official sign up form will come via the weekly email in coming days, but if you wish to sign up early, email Bjorn!



Introducing the Family Play Space at CTK

The CTK Health Cabinet and Children's Ministry are teaming up to try something new, and we need your help! Next fall, we hope to open a free indoor active play space in our West Chapel for CTK families and community members with young children to come play together on Saturday mornings during cold weather months.

To prepare for this exciting new initiative, we invite CTK families to join us for two trial run events this spring:

- March 11th, 2023: 8am - 12pm
- April 15th, 2023: 8am - 12pm



If you're interested in helping out, here are some things we need:

Families to play!

- CTK families with children between the ages of 6 months and about 6 years old are invited to come play during the two trial runs: March 11th and April 15th, 2023, 8am - 12pm.
- Older children are welcome, but the play space will be ideal for younger children.
- Come for any amount of time between 8am-12pm.
- Parents and guardians are expected to stay, play, and supervise their children.
- There will be a bounce house, a baby/young toddler area, toddler ride-on and push toys, balls, small basketball hoops, balance boards, hula hoops, bounce buddies, and scooter boards.
- Please [RSVP here](#) if you plan to come to one or both events

Donations

- Monetary donations can be made by check or online via the [CTKB website](#). Select "General Fund" and add "Play Space" in the notes field.
- Gently used toys and equipment for active play (toddler ride-on and push toys, scooter boards, hopper balls, etc.). Refer to our [wish list](#) for ideas.
- Please drop off donations at the church office by Friday, March 3rd.

If you aren't sure whether an item you wish to donate is needed, please reach out to Molly Turnquist Butala (mollybutala@gmail.com; 320-434-0888) or Lynn Lenort (lennort@ctkb.org; 612-770-5986).

Volunteers

- We could use a few helpers for the following tasks:
 - ◊ Set up (2-3 people): Friday 3/10 or 4/14, 3-5pm
 - ◊ Welcome/check-in and snack service (2 people per shift): Saturday 3/11 or 4/15, 8-10am or 10-12pm
 - ◊ Tear down and clean up (2-3 people): Saturday 3/11 or 4/15, 12-2pm
- [Sign up here](#) for a volunteer shift

A Question and Answer Sheet with more information can be found in our weekly email or a paper copy is in the office.

VEAP Food Drive - Help them raise \$250,000 and 100,000 lbs of food! February 27 – April 9, 2023

Most needed items: whole grain rice (1-2 pound bags), whole grain pasta, hearty soups (high protein, low sodium), whole grain cereal, canned proteins (meat and beans), canned fruit and vegetables, laundry detergent, toilet paper, paper towels, diapers (size 5-7) and baby wipes, cooking oil, baking essentials (flour, sugar, spices, baking soda/powder), dish soap, personal care items (shampoo, toothpaste, hand soap, shaving cream, toiletries, etc.), gluten-free products, birthday party items (cake mix, frosting, etc.).

[Lists can be found on the VEAP table and on the bulletin board.](#) Thank you!

Dear friends,

Warm greetings from Johannesburg, South Africa.

After the long Christmas and New Year's Summer break (in the southern hemisphere), schools, businesses and churches are back in full swing. We continue to accompany companion churches across the continent in the



areas of mission and ministry, diakonia, disaster response and international leadership development.

Gender Justice is a strategic priority for the ELCA Continental Africa Desk and 'Thursdays in Black' is one of the campaigns in this regard.

'Thursdays in Black' grew out of the World Council of Churches' Decade of Churches in Solidarity with Women (1988–1998), in which the stories of gender injustice, abuse and violence were lifted up, as well as stories of women's resilience, agency and personal efforts to resist such violations.

The Watchword for the Year, "You are God, [who sees me.]" from Genesis 16:13, is the basis for the foreword in the Evangelical Lutheran Church in Southern Africa 2023 Almanac (lectionary and daily texts) by Presiding Bishop N.M. Myaka. Bishop Myaka writes, "The story of Hagar shows us that God does not only see but also reflects on and acts against injustice. ... This watchword challenges us... to consider supporting a 'Hagar campaign' and to further explore one of the LWF's 500th anniversary slogans, 'Human beings are not for sale!' ... take heart in knowing that God sees you!"

The Lutheran Communion in Southern Africa (LUCSA), with 15 member churches in 10 countries, has also embraced the Thursdays in Black Campaign and is planning various activities for the coming year as part of its Gender Justice program.

Thank you for your prayers, support and participation in God's Mission locally and globally.

Yours faithfully, Rev. Dr. Philip Knutson

ELCA Regional Representative - Southern Africa, January 24, 2023

My blog page address is: <https://southernafricanconnections.wordpress.com/>

Your GHM Donations at Work - "Helping the Hands that Heal"

Your generous donations to Global Health Ministries over the years have helped deliver needed medical supplies and equipment and support health care workers in countries where your help is desperately needed.

Thanks to you, in 2022 GHM delivered

- 13 sea containers 6 countries. (This is more than before the pandemic, and in spite of a shortage of containers earlier in the year.)
- 33,630 boxes, a 33.8% increase from 2021
- \$4.4 million worth of life-saving equipment/supplies, a 41.9% increase from 2021
- 57 suitcases to 15 countries, thanks to the return of foreign travel.

You can see the joy you share in a short video in the GHM web site as follows ... www.ghm.org

- Our Work
- What We Do
- Medical Supplies
- "Arrival Day!"

Also on the web site you can find a pattern for newborn shirts. If you sew and have extra flannel these are cute and might be fun for you to try. If you have questions talk with Verla Olson.

Children, Youth and Family

March 4th to Adventure! - Dungeon Mastering Workshop 2:00pm-4:30pm



Want to learn how to create community and excite your friends? Want to be a part of our unique Dungeons & Dragons Ministry? Learn the basics of Dungeon Mastering and playing Dungeons & Dragons from Pastor Rory Philstrom, an experienced Dungeon Master and D&D Retreat Leader.

Future workshops will be held on April 1st and April 29th, also from 2-4:30pm.

April 1st - Crafting Adventure (creating adventures that connect with your players, managing pacing to keep your sessions exciting)

April 29th - Playing the Fools (creating & improvising characters, improvising scenes, adapting when your players go off the rails)

You can register at ctkb.org/adventure. These workshops are for youth and adults and are open to the public. CTK Members can register for free using the code CTKFREE.

Family Indoor Play Space West Chapel

Saturday, March 11th 8am-12Noon

More information can be found on page 5.

Youth Bowling

Sunday, March 19th

At Southtown Lanes

12:00pm-2:30pm We will leave CTK at 11:45 am.

\$10/person



VBS (Vacation Bible School)

Save the Date! It will be the week of June 12th

This year's theme is "Food Truck Party"! More details will follow as the date approaches. If you would like to Volunteer for VBS, we would love your help. Please email me: at kelder@ctkb.com

Spring Plant Sale



Our Children's Ministry Spring Plant Sale profits will support our summer programs. Gertens has moved all fundraising groups to an online selling format to prevent tally mistakes and over-selling what is grown. **You can start ordering NOW!** Please order early to avoid having your favorites sold out! Online orders close at 10PM Thursday, April 6 with plants available for pick up at CTK on Monday, May 15th 4-6pm. To order, go to www.gertensfundraising.com and enter our store ID code 490.

CTK Foundation News



The Foundation met March 12 and welcomed new members: Sean Johnson, Fay Schmidt, Rachel Bernier, and youth representative Gabe Marotz. Officer elections were held and we thank the following individuals for agreeing to serve: Denise Hagedorn - President, Sean Johnson - Vice President, Nancy Dorsey - Secretary, Rachel Bernier - Treasurer.

A grant was also approved to purchase twelve rechargeable clip on lights for the music stands to help our musicians eyes. If you have a religious, educational, or charitable endeavor that is speaking to your heart, please apply for a grant online at ctkb.org - click on Foundation and fill in the application.

March Gift of Love Feed My Starving Children



Since 1987, Feed My Starving Children has delivered nutritious meals to malnourished children, and since 2009, to 110 countries – places where hunger related illnesses are the leading cause of death for children. Providing FMSC MannaPack meals to those without a sustainable source of food creates a solid foundation to help them regain their footing. Feeding children for a year will help ensure that children will continue to grow and thrive, and eventually be able to sustain themselves. FMSC partners are embedded in communities and help them advance as circumstances realistically permit. Feed My Starving Children depends on volunteers to package the meals. If you wish to volunteer go their website at <https://www.fmssc.org/get-involved/volunteer>.

FMSC's mission: Feeding God's starving children hungry in body and spirit.

January 2023 Treasurer's Report

January 2023 total income was \$51,149.39 and disbursements were \$55,244.61 making us behind for the month by \$4,095.22. As it turns out, the year to date numbers are exactly the same. Thank you, Thank you, Thank you! We are so very grateful for all the ways you continue to support God's work and the efforts of *Christ the King*. If you have any questions regarding the financials, please feel free to contact CTKB Treasurer, Don Perlich at dperlich@yahoo.com or Jane Bishop, Financial & Property Administrator. Grace & Peace!



	Jan Budget	Jan Actual	YTD Actual
Income	\$ 47,190.35	\$ 51,149.39	\$ 51,149.39
Disbursements	\$ 54,676.51	\$ 55,244.61	\$ 55,244.61
Margin (Deficit)	\$ -7,486.16	\$ -4,095.22	\$ -4,095.22



March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Noon Bible Study & Soup - Lounge 5-6pm Loaves & Fishes Take out meal 6:00p Worship 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir	2 5-6pm Loaves & Fishes Take out	3 5-6pm Loaves & Fishes Take out meal	4 2:00p D & D with Pastor Rory
5 8:30a KCC-WC 9:30a Worship 10:30a Maranatha-LG 10:45a Adult Forum - SH	6 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH 5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	7 10:00a Staff Meeting 5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga	8 Noon Bible Study & Soup - Lounge CTK preparing/serving Loaves & Fishes 5-6pm Loaves & Fishes Take out meal 6:00p Worship 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir 7:30p Health Cabinet	9 5-6pm Loaves & Fishes Take out meal	10 5-6pm Loaves & Fishes Take out	11 8am-Noon Family Indoor Play-West Chapel  Daylight Savings Time begins at 2AM
12 9:30a Worship 10:30a Maranatha-LG 10:45a Adult Forum - SH	13 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH 5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	14 10:00a Staff Meeting 5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga 7:30p Emotions Anonymous-110	15 Newsletter Deadline Noon Bible Study & Soup - Lounge 5-6pm Loaves & Fishes Take out meal 6:00p Worship 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir	16 5-6pm Loaves & Fishes Take out meal	17  5-6pm Loaves & Fishes Take out meal	18
19 8:30a KCC-WC 9:30a Worship 10:30a Maranatha-LL 10:45a - Adult Forum Noon Youth Bowling at Southtown Lanes	20 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH  5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	21 10:00a Staff Meeting Noon Judean Circle - LG 5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga 7:00p Council - LG	22 Noon Bible Study & Soup - Lounge 5-6pm Loaves & Fishes Take out meal 6:00p Worship 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir	23 5-6pm Loaves & Fishes Take out meal	24 5-6pm Loaves & Fishes Take out meal	25
26 9:30a Worship 10:30a Maranatha-LG 10:45a Adult Forum - SH	27 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH 5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	28 10:00a Staff Meeting 5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga 7:30p Emotions Anonymous-110	29 Noon Bible Study & Soup - Lounge 4:30p Bartimaeus 5-6pm Loaves & Fishes Take out meal 6:00p Worship 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir	30 5-6pm Loaves & Fishes Take out meal	31 5-6pm Loaves & Fishes Take out meal	