



Herald

January 2026



The Christmas wrapping is put away, there's a fresh layer of snow on the ground, and the winds have taken a sharp, cold January turn. It's that time of year again, folks—the time where we reflect on the year behind us and prepare for what is to come. You may think I'm talking about our upcoming annual meeting (*January 25th – save the date!*) where we will set the budget, elect leadership, and determine the next steps forward for our congregation. But I want to talk about something else: New Year's resolutions.

I don't know if you are the resolution type, but according to a recent poll conducted by the international market research and data analytics firm YouGov, the top five New Year's resolutions for 2026 are:

1. Exercise more
2. Be happy
3. Eat healthier
4. Save more money
5. Improve physical health

As I read through this list, I couldn't help but notice something about these resolutions: they are mostly self-focused. And, as I think about it, this is usually the case with New Year's resolutions, isn't it?

Certainly there is nothing wrong with seeking to improve one's physical, emotional, and financial health. These are all good things. Very good things.

But...

What if we did this whole resolution thing in a new way?

What if, when seeking to start a new year off on the right foot, we set our intentions for improvement in a more *outward* direction rather than an *inward* one?

What if this was the year we chose to focus on improving our community—our world—rather than just ourselves? What might 2026 look like then?

Just imagine how the lives of our neighbors—both familiar and not-so familiar—could change for the better if only we engaged the full might of our will-power for their sake rather than our own. The good we could do in this world could have a real impact—could even be profound.

And, who knows? It might even do us a little good, too.

Blessings to you and Happy New Year!

-Pastor Per

Birthday Greetings

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

- John Swanson 1/24



CTK Loaves & Fishes—Wednesday Night Dinner 1/14 and 1/28

On 1/14 and 1/28 CTK will help prepare & get the meals ready and hand them out. Prepping is 2:30pm-4:30pm and handing out is 4:30 to 6pm. If you would like to help, please contact the office—952-881-8600. Thank you!

Usher Schedule January

Jan. 4 — Team K— Roger Olson, Capt.
Jan. 11 & 18—Team F - Jack Carlson & Jay Stanley, Co-Captains
January 25 - Team I - David Tillotson & Henry – Captains

Annual Report

Please have any ministry team reports/articles turned into Jane V. in the office or by email jvevea@ctkb.org - no later than Jan. 16th!

Thank you!

Sunday, 1/18 - Budget Meeting

Sunday, 1/25 - Annual Meeting

Volunteers for January

If you would like to greet, read, assist, serve/prep communion, or serve coffee on any of the following Sundays: Greeters 1/4, 1/11, 1/18, 1/25

Readers 1/4, 1/11, 1/18, 1/25

Assisting 1/11, 1/18, 1/25

Prayers 1/4, 1/11, 1/18, 1/25 28

Communion servers 1/4, 1/11, 1/18, 1/25

Communion prep on 1/4 & 1/18

Make Coffee 1/4 & 1/18

Please call the office 952-881-8600 or email Jane V at jvevea@ctkb.org.

Open Forum on January 11

We will be joined by Pastor Kathryn A. Tiede, Associate Vice President of Philanthropy, Lutheran Social Services of Minnesota, to guest preach and lead the open forum.

January

CTK Staff

Pastor

Per Halaas, Pastor

phalaas@ctkb.org

Program Staff

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jvevea@ctkb.org

Kristina Elder, CYF Ministry Director

kelder@ctkb.org

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jbishop@ctkb.org

Maintenance

Dan Lenort, Sexton

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Care Card Minister

Roni Faber

Feb. Newsletter Deadline Thursday, January 16

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



January 4th—Epiphany Gathering after worship service

Come learn about the Kings who traveled so far to see Jesus. We will look at artwork that depicts these men. We will learn about their journey and how others celebrate this joyful time. As we create our own art-work of the kings. We will enjoy King cakes, and other treats. There is a sign up sheet to bring a King Cake out in the Commons.

S.H.I.N.E.— January 4th



Meet in the commons to arrange car pooling- SHINE-Will be hosted by Carol Rydell at Applewood Pointe, Valley West -10650 Beard Ave S. Bloomington, 55431

There is a sign up sheet in the commons- if you are attending please sign up. For more information reach out to Kristina - kelder@ctkb.org

January Gift of Love— Global Health Ministries

Global Health Ministries (GHM) "Helping The Hands That Heal", was founded in 1987 by returning Medical Missionaries in consultation with American Lutheran Church Mission Staff. Since then it has developed a nationwide network of supporters for Lutheran Hospitals and Health Care programs in more than 30 countries. GHM carries out its mission through the gathering and shipping of requested medical supplies and equipment to these partners. Project grants are also made. In 2014 GHM increased its emphasis of working to improve sustainability and effectiveness in management. CTK continues to support GHM through the Gift of Love and the service of volunteers.

Annual Meeting-Sunday, January 25

Our Annual Meeting of Christ the King Lutheran Church will take place following worship on Sunday, January 25th. We will meet in the Social hall. Our **budget review meeting** will take place the week prior on Sunday, January 18th.

Thank you!

Thank you, thank you, thank you all who brought goodies to put in boxes for our homebound members and those who needed some extra Christmas cheer. Thank you to the quilters for filling the boxes with such a variety - from simple cookies to ones frosted and beautifully decorated.

Thank you to the CTK kids & youth for their homemade ornaments that went with the cookie boxes. Thank you again to all the bakers and others that brought other treats. Have a happy and healthy 2026!





Family Play Space-Saturday, January 3

Families with young children are invited to play together at this free indoor play space that operates the first Saturday of the month, 9am-3pm, November through March. The play space is ideal for children ages 6 months through about 6 years old, but younger and older children are welcome. All are welcome!

[Sign up here to join our email list to receive updates and reminders about the Family Play Space.](#)

If you'd like to volunteer to help set up or clean up for one or more events, please call or email us: jbishop@ctkb.org; 952-881-8600.

The Family Play Space is part of the [Community Health Initiative](#) of Christ the King Lutheran Church. Contact Jane Bishop (jbishop@ctkb.org) or the church office 952-881-8600 with questions.

Walk and Talks

Walk and Talks begin on January 7th at the Mall of America.

You have 2 opportunities each week to join us.

Sundays at 6:30pm and Wednesdays at 2:00 pm

Meet at the down escalator to Sea Life on the 1st floor east side. We will be walking all 3 levels. The walk usually lasts about 45 minutes to an hour. It is a gentle pace. You can do as much or as little as you want. Watch the Constant Contact and the church bulletin for any changes or direct any questions to Lynn Lenort

Walk with Ease

The Twin Cities Faith Community Nurse Network is asking Christ the King to pilot a program from the Arthritis Foundation. This program can help you:

- Reduce the pain and discomfort of arthritis
- Increase balance, strength and walking pace
- Build confidence in your ability to be physically active
- Improve overall health

You do not need to have arthritis to attend. It is beneficial to all. We are planning to start this program in February. This involves meeting at the church once a week. We will then go over short simple exercises and some health topics, then some brief walking at the church at your own pace and ability. This is a 6-week program that is geared toward gradually increasing your stamina. People will need to commit to 3 times a week. The Wednesday afternoon class will count for one day. You will walk on your own the other two days. The church is always a safe and available area for walking. If you don't wear a step/distance tracker, we can have distance maps of the church available for you. You will be lent a book and given a tracking sheet. The books are also available for purchase. The more people that sign up and complete the requirements, the more money the church will receive. This class will be held in conjunction with the Walk and Talks at the Mall of America. Those that want to walk further than at the church, we can car-pool or you can drive yourself to the MOA where you can join up with the Walk and Talk program. Questions? Contact Lynn Lenort at 612-770-5986 (texting preferred) or email at llenort@CTKB.org

Children, Youth and Family

JANUARY 2026

As we look forward to the start of a new year, we will start off the year with excitement & togetherness.

CHILDREN

Children's choir and WOW

Children's choir and Wow will be back in session January 7th at 5:40 pm

Children's choir - January 11th - Children will sing during worship

BLAST- Not in session Jan 18th - Adult Forum: CTK Budget meeting and Jan 25th- Adult Forum: CTK Annual meeting. "Pajama Sunday" for kids

To ensure that all adults are able to attend and participate in the Adult "church" forums. BLAST will not be in session. There will be a table, and a rug set up with kid friendly activities so children can quietly be active. While the forum is in session. Children are welcome to wear their pajamas and bring a stuffed friend to church.

YOUTH:

CONFIRMATION: Check out some changes

January 4th - Though we will not be having confirmation, we welcome all youth to participate and attend the Epiphany gathering after worship.

January 18th - Though this would be a Confirmation day, we are changing confirmation to January 11th as all will be attending the Budget meeting.



CROWD SUNDAY January 11th - 10:45

All youth that have been confirmed, this is an opportunity for the CROWD group to come together after worship service to share a meal and hang out. Please meet in the youth room at 10:45am-1:00pm for

food and social time. Please sign up to help ensure we have food for all participants-There are also opportunities to help with food donations- sign up where you are able to help. LINK: <https://www.signupgenius.com/o/8050F4FAFAF2FA64-61357558-crowd>

YOUTH EVENT January 16th-17th at 7pm Games & Movie Night Come and join the FUN!

Some youth will spend the night while others will leave at midnight. For more information and to sign up

Link: <https://signupgenius.com/go/8050F4FAFAF2FA64-61358065-youth>



Confirmation

Please consider leading the Confirmation group. We have the curriculum and can set up the room and activities. All you need to do is be positive and share some of your faith with the Confirmation kids. Oh and be open to hear funny stories and to have fun! Confirmation is generally the 1st and 3rd Sunday of the month. Please reach out to Kristina or Pastor Per to get more information. Or just sign up on the sign up sheet in the commons. One of us will reach out to you. We invite any and all past leaders to sign up again! We are looking forward to having you join the team! **Kristina** - kelder@ctkb.org **Pastor Per** - phalaas@ctk.org

Classes in January

CPR/AED/BLS/First Aid Hands on in person training for infant child and adult is offered on Saturday, January 31st in Maple Grove from 8:30am-1:00pm. Several of us will be going and hoping you can join us. We can carpool. The cost is \$65.00, Check with Lynn Lenort for a possible discount or compensation. Sign up on the link : <https://app.developtoolmn.org/v7/trainings/451638/detail>

We also recommend this online class." How Trauma Affects Childhood Behavior". This 2-hour class costs \$20.00 and is held from 6:00-8:00 on Tuesday January 13th
You can sign up here: <https://app.developtoolmn.org/v7/trainings/450026/detail>

Bloomington-Richfield Grief Support Coalition
Thursday, January 8—Thursday, February 26
4:30pm-6pm
St Richard's Catholic Church
7540 Penn Ave. S. Door 5
Richfield, MN 55423

Thank you!

Jane B, Thank you for your kindness and thinking of me at Christmas! It was so nice of you to deliver treats, which we enjoyed on Christmas Eve with my family. Miss you all—Happy New Year!
~ Darlene Proehl

Treasurer's Report

For the month of Nov 2025, the income was \$68,946.99 and the disbursements were \$47,238.92, making us ahead for the month by \$21,708.07. Year to date, we have received \$521,466.38, and spent \$545,076.27 making us behind for the year by \$23,609.89. We are grateful for your financial contributions and for all the ways you tend to our life together. If you have any questions regarding the financials, please feel free to contact CTKB Treasurer, Jan Gasterland at jangasterland@gmail.com or Jane Bishop, Financial & Property Administrator. Grace & Peace!



	Nov Budget	Nov Actual	YTD Actual
Income	\$42,653.14	\$68,946.99	\$521,466.38
Disbursements	\$ 46,595.53	\$47,238.92	\$545,076.27
Margin (Deficit)	\$ -3,942.39	\$21,708.07	\$ -23,609.89



January 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Office & Building Closed 	2 5-6pm Loaves & Fishes Take out meal	3 9am-3pm Family Play Space—SH
4 <i>Epiphany of Our Lord</i> 8:30a KCC—WC 9:30a Worship 10:30a Maranatha-LG 10:45a Epiphany Event Noon SHINE 6:00p BSO-SH	5 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH 3:30-8pm AAM - Rooms 32 & 34 5-6pm Loaves & Fishes Take out meal	6 10:00a Staff Meeting 5-6pm Loaves & Fishes Take out meal 6:30p Yoga 6:30p Chapel Ringers	7 9:00a Bible Study – Lounge 2pm Walk & Talk MOA 5-6pm Loaves & Fishes Take out meal 5:40p Children's Choir 6:00p Worship 6:00p WOW-#36 7:00p Trinity Choir	8 9a-Noon Country Jammers-SH 3:30-8pm AAM - Rooms 32, 34 & 10 5-6pm Loaves & Fishes Take out meal	9 5-6pm Loaves & Fishes Take out meal	10
11 <i>Baptism of Our Lord</i> 9:30a Worship 10:30a Maranatha-LG 10:45a Open Forum 10:45a BLAST 10:45a Book Club 10:45a Confirmation 10:45a CROWD 6:00p BSO-SH 6:30p Walk & Talk	12 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH 9:00a Bartimaeus Meeting 3:30-8pm AAM - Rooms 32 & 34 5-6pm Loaves & Fishes Take out meal 5pm Public Witness	13 10:00a Staff Meeting 3:30-8pm AAM - Rooms 32, 34 & 10 5-6pm Loaves & Fishes Take out meal 6:30p Yoga 6:30p Chapel Ringers 7:00p Council - LG 7:30p Emotions Anonymous - #110	14 9:00a Bible Study – Lounge 2pm Walk & Talk MOA 2:30p CTK prep L&F 4:30p CTK hand out 5-6pm Loaves & Fishes Take out meal 5:40p Children's Choir 6:00p Worship 6:00p WOW-#36 7:00p Trinity Choir 7:30p Health Cabinet	15 9a-Noon Country Jammers-SH 3:30-8pm AAM - Rooms 32, 34 & 10 5-6pm Loaves & Fishes Take out meal	16 Newsletter Deadline Annual Report Deadline 5-6pm Loaves & Fishes Take out meal 7pm Youth Lock-In	17
18 9:30a Worship 10:30a Maranatha-LG 10:45a Budget Meeting-SH 6:00p BSO-SH 6:30p Walk & Talk	19 Martin Luther King Jr. Day Office Closed	20 10:00a Staff Meeting Noon Judean Circle - LG 3:30-8pm AAM - Rooms 32, 34 & 10 5-6pm Loaves & Fishes Take out meal 6:30p Yoga 6:30p Chapel Ringers 7:00p Council	21 9:00a Bible Study – Lounge 2pm Walk & Talk MOA 5-6pm Loaves & Fishes Take out meal 5:40p Children's Choir 6:00p Worship 6:00p WOW-#36 7:00p Trinity Choir	22 9a-Noon Country Jammers-SH 3:30-8pm AAM - Rooms 32, 34 & 10 5-6pm Loaves & Fishes Take out meal	23 5-6pm Loaves & Fishes Take out meal	24
25 9:30a Worship 10:30a Maranatha-LG 10:45a Annual Meeting - SH 6:00p BSO-SH 6:30p Walk & Talk	26 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH 3:30-8pm AAM - Rooms 32 & 34 5-6pm Loaves & Fishes Take out meal	27 10:00a Staff Meeting 3:30-8pm AAM - Rooms 32, 34 & 10 5-6pm Loaves & Fishes Take out meal 6:30p Yoga 6:30p Chapel Ringers 7:30p Emotions Anonymous - #110	28 9:00a Bible Study – Lounge 2pm Walk & Talk MOA 2:30p CTK prep L&F 4:30p CTK hand out 5-6pm Loaves & Fishes Take out meal 5:40p Children's Choir 6:00p Worship 6:00p WOW-#36	29 9a-Noon Country Jammers-SH 3:30-8pm AAM - Rooms 32, 34 & 10 5-6pm Loaves & Fishes Take out meal	30 5-6pm Loaves & Fishes Take out meal	31