

# The Courier



## What's INSIDE:

*Message from Pastor Laurie Feille,*  
page 2

*Advent study series,*  
page 3

*December calendar,*  
page 4

*Health at First,*  
page 5

## UPCOMING Events

*Karin Wolverton performance, Sunday,*  
November 22, 4 pm

*Book Study,*  
November 24, 7:15 pm

*Advent Study begins,*  
November 29 and  
December 3

*Advent Brunch*  
Saturday, December 5  
10 am

## Interfaith Thanksgiving Worship Nov. 26

*I do therefore invite my fellow citizens in every part of the United States . . . to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens.*

--Abraham Lincoln



Pastor Laurie Feille will represent First Christian Church in the annual Interfaith Thanksgiving Service on November 26 at 10 am at Westminster Presbyterian Church, and she hopes members of the congregation will join her at

this service, renewing the tradition of our participation in this event. Rev. Peter Nycklemoe of Central Lutheran Church will deliver the sermon.

Several years ago, Rev. Justin Schroeder of First Universalist Church had this to say about his first participation in the Interfaith Thanksgiving Service: "If ever there was a day for an interfaith service, Thanksgiving is that day. What united us during that service was not a set dogma, or doctrine, but gratitude, praise, and awe. What united us, beyond belief, was love - love for the creation/creator, love for our neighbors - known and yet to be known - love for the lives we have been blessed with, and the people who nourish and support our lives. Gratitude, praise, awe, and love - a solid foundation for a meaningful, grounded life in any faith tradition.

Free parking in the Westminster underground garage on Alice Rainville Place (between Nicollet and Marquette) and at the Orchestra Hall Ramp. Take a ticket at the Orchestra Hall Ramp and pick up a parking voucher at Westminster after the service. Use both to exit the ramp. Westminster Presbyterian Church is located at Nicollet & 12th Street Downtown Minneapolis

## SpringHouse Thanksgiving Dinner this Sunday, November 22

The three SpringHouse congregations will share a Thanksgiving meal after church this Sunday, November 22. If possible, people attending the dinner are asked to provide a potluck dish of either a side dish or dessert, and a good will offering is suggested.

We Gather Together





## In Our Prayers

### Prayers of Joy

For Adam Conrad winning  
an arts grant  
For Alison Creighton's  
promotion

### Prayers for Health

For Wesley Kaake's father  
as he undergoes chemo  
For Tim Leach's brother  
Curtis undergoing bone  
marrow transplant  
For Don Cain  
For all our homebound  
members, including  
Doris Helvig and Bev  
Singewald

### Prayers for the World

For those killed and injured  
in the Paris bombings and  
the Egyptian airplane, for  
those in Beirut & Kenya...  
For world leaders that they  
can find a way to peace



## A message from **PASTOR LAURIE**



### On being a Way Station Ministry

We have had a lot of people come into our midst over the past several years, stay for a while and then move away from Minnesota. I have shared with a few people that I wonder if we should start a "way station" ministry. Those who have worshiped with us and then moved away from Minnesota have enriched us. I hear over and over again that we have also been a blessing for them. It is an important ministry to make all who come our way feel welcomed, cared for and a part of all that we do. I am thankful for these gifts that fill FCC!

We also have staff that come into our midst, enrich us as a congregation and then leave. It is with much sadness that I share that our Music Director, Leah, will leave us at the end of this year. She came to my office over one month ago and said that she needed to resign to be able to spend more time with her family. How could I argue that? We have all come to love Leah, Eric, Artie and Harry, and we want nothing but the best for them. At the same time I have to admit I really wanted to beg her to stay!

Leah has enriched our music programs in ways in which we never dreamed. She has incredible gifts and she shared them with us in a variety of ways. It has been nothing but a joy to serve with her. She has been willing to try new things, open us up to new ways of doing the music ministry of the church and she has graciously served this church with joy and thankfulness. Over the coming month I hope that you will find opportunities to express to Leah how important and life giving her ministry has been at FCC.

Adam Conrad has agreed to be our new Music Director. Adam is also filled with incredible musical gifts. You may remember that Adam composed the anthem that our choir sang at Dan's ordination. He is a gifted composer and conductor. Adam loves serving FCC, and he has helped the handbells and choir to grow in our abilities. Adam is excited about serving as our Music Director! He will begin in his new role in January.

As we have announced Adam received a \$10,000 grant from the Minnesota Artist Initiative Fund to compose a concerto for Bassoon. The composing of this concerto is time sensitive to meet the guidelines of the grant. For that reason we will not see Adam in January as he will be spending his days composing! Adam and I are also interviewing possible candidates for the pianist position. Please keep this process in your prayers as we work to have someone on board by January.

Again...maybe a "way station" ministry is a ministry to which we are being called. It is a gift to be able to be a stopping point on someone's journey. The gifts they bring have a lasting impact on us and many times they have reminded us of the goodness and grace of God. Thank you for being willing to open your hearts to all who come into our midst. I am very thankful to be your pastor! Much love and peace, Laurie

## **Advent Study on “The Journey” starts Nov. 29**

This year’s Advent study will be a fascinating look at the birth of Jesus Christ. The study will use the video series *The Journey: Walking the Road*



*to Bethlehem* that explores the story of Jesus’ birth with fresh eye and ears in order to discover the real meaning of Christmas. Author Adam Hamilton draws upon insights gained from historians, archaeologists, biblical scholars, and theologians and from walking in the places where the story occurred.

The aim of this study, like the aim of the book upon which it is based, is to help participants better understand the events that led up to the birth of Jesus in a stable in Bethlehem; to see more clearly the theological significance of the Nativity; and to reflect upon the meaning of these events in their lives.

The focal Scripture texts will be Luke and Matthew’s accounts of the Annunciation, Mary’s visit with Elizabeth, Joseph’s dream of an angel, the walk to Bethlehem, and the visits of the shepherds and, later, the magi. This study will be offered on multiple dates, so that everyone can find a time slot that fit their schedule:

Sunday Mornings: 11/29, 12/6, 12/13, 12/20, 9:15 am – Esther  
 Evenings: Thursdays (12/3, 12/10, 12/17) & Tuesday (12/22) – 7:15 pm  
 Daytime: Thursdays 12/3, 12/10, 12/17, 1/7 – 10 am

Pastor Dan will be leading this study.

## **Adam Conrad wins grant, gives TED talk**

Adam Conrad, Director of Ensembles at FCC, is winning recognition for his composing and conducting efforts. His most recent award is a grant from the Minnesota Artist Initiative Fund for \$10,000 to compose a concerto for bassoon. According to Adam, he will create a three-part concerto for bassoon and 15 instruments that will stretch the range of the bassoon. He will have a sabbatical from his FCC duties in January to concentrate on this work.



Adam also gave a TED talk in the Twin Cities on October 24, which will soon be available for viewing online. His talk focused on “Conducted Improvisation,” an innovative, participatory musical experience he hosts every second Monday at Elsie’s in Northeast Minneapolis.

Congratulations to Adam for these accomplishments!

## **Health at First**

Julie Andrix,  
 Faith Community  
 Nurse



When I check blood pressures, I hear a couple of frequent questions: "What is a normal blood pressure?" and "When should I be concerned about my blood pressure?"

The normal range for the upper number (systolic) is generally between 100 and 140 and the normal lower number (diastolic) range is between 60 and 90.

New pressure guidelines call for the systolic number to be below 120. If it is consistently between 120 and 140, you are at increased risk of developing high blood pressure (hypertension). If the systolic number is consistently above 140, treatment management is recommended. The diastolic number should be below 80; when it consistently runs between 80 and 90, you are at higher risk of developing hypertension. If the diastolic number is consistently above 90, treatment management is recommended.

Uncontrolled hypertension can do damage to the heart, blood vessels, and other organs. It is sometimes called the "silent killer" because it can be starting to do damage that you are unaware of.

If your pressure tends to run high, see your doctor to have it monitored and evaluate if treatment is needed. As your risk of developing hypertension increases, managing your lifestyle with heart healthy habits is important. This includes diet, exercise, weight and stress management, and if you drink alcohol, limit the intake to a moderate amount. Coming and being a part of church helps too! People tend to find healing at church. Any questions? Come see me or talk with your doctor.

Julie Andrix,  
 Faith Community Nurse

December 2015 First Christian Church				<b>Sunday Morning Schedule</b> 9:00/9:15 Spiritual Formation Classes 10:30 Worship 11:45 Fellowship Time in Gathering Space		
		<b>1</b> 7 pm PRC for Pastor Laurie	<b>2</b> 8 am SHMC Narr. Lectionary Group 10:30 am Playgroup 10:30 am Staff Meeting 6:30 Handbells 7 pm Advent Worship 7:45 Chancel Choir	<b>3</b> 9 am Ecumenical women's ministry 10 am and 7:15 pm Advent Study "The Journey"	<b>4</b>	<b>5</b> 9 am – Men's Bible Study 10 am Advent Brunch 6 pm First Saturday Family Partnership
<b>6</b> <b>South Sanctuary</b> 9:15 Advent Study "The Journey" Noon – Child Ministry Team Mtg	<b>7</b> 3 pm Carter Circle @ SHMC	<b>8</b> 7 pm SHMC Finance	<b>9</b> 8 am SHMC Narr. Lectionary Group 2 pm Mission and Outreach Comm. Mtg 5:30 pm Finance committee 6:30 Handbells 7 pm Advent Worship 7:45 Chancel Choir	<b>10</b> 9 am Ecumenical women's ministry 10 am and 7:15 pm Advent Study "The Journey"	<b>11</b> 7 pm Irreverent Movie Night	<b>12</b> 9 am Men's Bible Study 10 am Kids' Pageant Rehearsal
<b>13</b> <b>South Sanctuary</b> 9:15 Advent Study "The Journey"  10:30 am Joint Worship – Children's Pageant	<b>14</b>	<b>15</b> 6 pm Worship Committee 7 pm Board Meeting	<b>16</b> 8 am SHMC Lectionary Group 10:30 am Playgroup 10:30 am Staff Meeting 6:30 Handbells 7 pm Advent Worship 7:45 Chancel Choir	<b>17</b> 9 am Ecumenical women's ministry 10 am and 7:15 pm Advent Study "The Journey"  7 pm SHMC Board Meeting	<b>18</b> 2 pm First Saturday Partner Planning	<b>19</b> 9 am Men's Bible Study 2:30 pm Blue Christmas Service
<b>20</b> <b>South Sanctuary</b> 9:15 Advent Study "The Journey" 11:45 am – ShMC Activistas Noon – Blood Press. Checks 5 pm Elders	<b>21</b> 6:45 pm – SHMC Bldg Cmte	<b>22</b> 7:15 pm Advent Study "The Journey"	<b>23</b> 6:30 Handbells 7:45 Chancel Choir	<b>24</b> <b>Christmas Eve</b>  4 pm Christmas Eve Service 10 pm Christmas Eve Service	<b>25</b> <b>Christmas Day</b> 	<b>26</b>
<b>27</b> <b>South Sanctuary</b>	<b>28</b>	<b>29</b>	<b>30</b> 7 pm MCC Prayer Service	<b>31</b>		

	Elders	Worship Leader	Children's Moment	Diaconate	Bus Drivers
<b>December 6</b>	Tom Curry Mike Hesano	Kirsten Cackoski	Deb Murphy	A. Bliss A. Creighton	Mike Hesano 651-645-6758
<b>December 13</b>	Barb Creighton Kirsten Cackoski	Joint Service		A. Hesano G. Maanum	Mike Morgan 612.926-9834
<b>December 20</b>	Mike Hesano Val Dunham	Ardie Armstrong	Deb Murphy	G. McAllees S. Rusinak	Garry Hesser 612-721-4905
<b>December 27</b>	Max Hurlocker Mary Hurlocker	Steve Rusinak	Steve Rusknak		Mike Hesano 651-645-6758

**Note:** Please call drivers by Saturday for Sunday bus ride

## Memorial Garden Task Group seeks volunteers

The SpringHouse Board has approved the concept of developing a memorial garden at the southwestern corner of SpringHouse garden space for the interment of burial ashes of anyone from the SpringHouse partner congregations or their families. .

A model of such a Memorial Garden can be seen at St. Luke's Episcopal Church at 46<sup>th</sup> and Colfax Ave. S. in Minneapolis. The three SpringHouse landscaping committee co-chairs toured the St. Luke's site and the SpringHouse garden space this summer, and concluded such a concept could work at the southwest corner of our SpringHouse garden space so long as we don't block sunlight from any of the building windows.

Doug Malchow from Lyndale Church has volunteered to co-chair, with other interested parties, the task group to 1) develop the design for the landscaping, 2) develop the engineering design for the ashes interment, and 3) revise the St. Luke's individual contracts for purchase agreements and reservation of right of use for the memorial garden. The task group will bring its recommended designs to the appropriate SpringHouse governing group(s) for endorsement.

If you are interested in working with Doug on any of these three designs, call him at [612/ 616-3724](tel:6126163724); or contact him via e-mail at [dmalchow@yahoo.com](mailto:dmalchow@yahoo.com).

## A giving tradition continues at Regla de Oro

Jessica Smith, the owner of Regla de Oro, will once again be donating 10% of the sales on December 13 to SpringHouse Ministry Center. Since we will be having a joint worship service that morning with the Children's Pageant, SpringHouse would like to urge you to take time to do some shopping at this art gallery and fair trade gift store located on the street level of the Green Leaf Apartment building next door, next to World Street Kitchen.

## Karin Wolverton to sing November 22

Karin Wolverton, daughter of Ann and Skip Wolverton, will be singing at the Congregational Church of Excelsior on Sunday, Nov. 22, at 4 pm as part of the Concerts in Excelsior series. Karin, who recently sang the role of Mimi in *La Boheme* with the Tulsa Opera, will be a featured guest artist. Also performing will be members of the Arietta Ensemble (Marilyn Zupnik and Mark Seerup, oboes, Minnesota Orchestra bassoonist Chris Marshall, and Mary Jo Gothmann, harpsichord and piano). Featured composers include Bach, Telemann, Handel and Ravel. The concert is open to the public.

## SpringHouse Board Notes

The SpringHouse board met October 22, with fourteen people attending. Highlights from the meeting include:

- Discussion of a proposal from the Lyndale Stewardship Council and approved by the SpringHouse Building Committee to establish a **Memorial Garden** for the interment of ashes, patterned after St. Luke's Episcopal. A task force, co-chaired, will develop the design for landscaping, engineering for ashes interment, and individual agreements/contracts and bring a proposal to a subsequent SH Board meeting.
- The **2016 SpringHouse budget** is ready for the three congregations to review and vote on. The proposed budget total, which for the first time includes the shared salaries for Custodial and Youth Minister, is \$137,055. Each congregation will contribute \$39,000 each.
- Discussion of staffing shortages and inconsistency in **child care staffing**.
- Access to offices through inside Esther door is creating **security problems**. Rick will be instructed to install surplus automatic closers, but all are urged to double check for closing.
- FCC's **summer mission trip** to Rippling Hope Ministry in Detroit [7/29-8/7] will be open to all three congregations.

## Sundays at First Christian Church

Worship at 10:30

### Before Worship:

Spiritual Formation Classes:

9:00 Hearthstone Class,

9:15 Children's Classes;

"The Journey" adult Advent study

### After Worship

11:45 Fellowship Time

### Scripture Reading for Sunday, November 22 *Isaiah's Vineyard Song*

Isaiah 5: 1-7; 11:1-5



*First Christian Church (Disciples of Christ), Minneapolis,  
is a partner church at SpringHouse Ministry Center*

### Reflections on the Word

*Isaiah 5:7 For the vineyard of the LORD of hosts is the house of Israel, and the people of Judah are his pleasant planting; he expected justice, but saw bloodshed; righteousness, but heard a cry!*

If the biblical narrative teaches us anything it is that paradises are short-lived. What is planted by God's hands is so often wrecked by human sin. The "rose blooming from Jesse's root" is the Advent promise of a new planting, a new life that will last.

*God of love, Help us find ways to nurture the life and growth that Jesus offers us. Amen.*

adapted from Michael Chan,  
Luther Seminary

A Welcoming Community of Faith in the  
Heart of the City  
Ministry Team

**Dan Adolphson**, Associate Pastor  
[dan.adolphson@fccmpls.org](mailto:dan.adolphson@fccmpls.org)

**Julia Andrix**, Faith Community Nurse  
[fcn@mpls.org](mailto:fcn@mpls.org)

**Rick Bowman**, SHMC Building Manager

**Serena Chial**, Nursery Attendant

**Adam Contad**, Director of Ensembles

**Pamela Cook** SHMC Director of Youth  
and Young Adults;  
[springhouseyouthdirector@fccmpls.org](mailto:springhouseyouthdirector@fccmpls.org)

**Laurie Pound Feille**, Senior Minister  
[pastor@fccmpls.org](mailto:pastor@fccmpls.org)

**Nate Lien**, Child Care worker

**Leah Siltberg Froehlich**, Music Director  
and Keyboardist

**Martha Harris**, Courier Editor

**Deb Murphy**, Office Manager

[deb.murphy@fccmpls.org](mailto:deb.murphy@fccmpls.org) and Director of  
Spiritual Formation for Children & Youth;  
[christianformation@fccmpls.org](mailto:christianformation@fccmpls.org) &  
SHMC Building Use Coordinator

**Office Telephone:** 612.870.1868

[www.fccminneapolis.org](http://www.fccminneapolis.org)

E-Mail: [office@fccminneapolis.org](mailto:office@fccminneapolis.org)

Next Courier: December 5

**FIRST CHRISTIAN CHURCH  
OF MINNEAPOLIS  
(DISCIPLES OF CHRIST)**  
610 W. 28<sup>th</sup> Street  
Minneapolis, MN 55408