

The Courier

First Christian Church (Disciples of Christ), Minneapolis

FCC celebrates Easter, 2017



What's *INSIDE*:

Message from
Pastor Laurie Feille,
page 2

Health at First,
page 3

May calendar,
page 4

Community Events,
page 5

UPCOMING Events

SpringHouse Board,
Sunday, April 30,
noon

Earth Day family activities,
Sunday April 30, before and
after 10:30 worship

Carter Circle, Monday, May
1, 7 pm @ Lauer's

SpringHouse Huddle,
Saturday, April 8, 9 am





In Our Prayers

Prayers of Sympathy

For Sands McAlees whose aunt recently passed away

Prayers for Concern

For Val Dunham's brother

Randy who is in hospice

For Phil Kinney as he begins chemotherapy

For all our homebound members, Elaine Glore and Phyllis and John Takekawa

Prayers for the World

For the Coptic Christians in Egypt whose churches were attacked on Palm Sunday

For people in Syria and Afghanistan and other places in the world torn apart by war

For gay people being persecuted in Chechnya and other places in the world



A message from Pastor Laurie Feille



Christ is Risen! Christ is Risen Indeed! I am still smiling when I think of the joy that filled our worships on Easter Sunday. The beautiful colors, flowers and music that surrounded us on Easter morning were reminders of the power of resurrection. For those of us who were able to attend the Maundy Thursday and Good Friday services I dare say that the transformation of the worship space into the beauty of Easter morning was a gift after the stark weeks of Lent and Holy Week.

We had several people gather together at 6:30 a.m. on Easter Morning to proclaim "Christ is Risen!" It is a time that Pastor Dan and I have come to love. The beauty of the morning, the dawning of the sun and the wonder of sharing communion early on Easter has become a beloved tradition. With thankfulness to our choir they sang at both the 8:00 a.m. and 10:30 a.m. services along with our guest brass players. Thank you to those who were able to come to the 8:00 a.m. service, as you would not have found a seat at the 10:30 a.m. service! As I looked around at the crowd at the 10:30 a.m. service the number of children and young adults that filled the worship space struck me. Sometimes churches get stuck defining who we are by the past. Easter Sunday was a vivid picture that it is time to define ourselves by who we are now and who God is calling us to be in the future.

We are a church that is filled with all ages, babies, children, youth, young adults, middle-aged adults and older adults. We are a church that wants our children and youth to know of the love of God and so we welcome them to participate in worship. We are a church that young adults and older adults worked together to serve nutritious food on Saturday night before Easter morning to the men that call St. Stephens Shelter home. Not only did our crew feed the residents they also dyed four dozen eggs for them and sat and shared a meal with them. We are a church that is filled with members who worked tirelessly during Holy Week to offer opportunities for members and visitors to walk the journey from the Cross and Resurrection. We are a church that enjoys and celebrates high school students using their gifts to add the sounds of brass to our worship. We are a church that invites our children to gather at the kid's table during worship so as not to be excluded from community. We are a church that celebrates the diversity of music styles and supports, encourages and prays for our music staff and section leaders. We are a church that has a Ministry Team that loves each other and enjoys working together. We are a church that made sure that on Good Friday backpacks were filled at Whittier School so students would have food over the weekend. We are a church that tries to follow what God would have us do and that right there is our greatest gift.

I fell in love all over again with First Christian on Easter Morning. There is something about walking through the dark days of Lent and Holy Week that bind us ever closer together. Thank you for being a love, grace, and mercy filled church that continues to show the world and me that Christ is Risen! Christ is Risen Indeed! Much love and peace, Laurie

Opportunities to serve and engage in mission and climate activities

• **Join the March for Science on Earth Day**, Saturday, April 22. The March will be a coalition of Minnesotans from all professions and all walks of life, various non-profits, labor unions, and religious groups marching to show support for higher education and the discovery, access, and understanding of scientific information. The March will start at Cathedral Hill Park at 11 am, with a rally at the Minnesota State Capitol at 12 noon. Contact Elly Wagner ellyrw@aol.com about carpooling with other SpringHouse people to the march.

• **Participate in the inter-generational Earth Day Sunday School** program at 9:30 am on Sunday, April 23. The Green Team is collaborating with the Children Ministry Team in creating multiple interactive water-related stations that people of all ages will enjoy. People from all three congregations are invited to gather at the baptismal area for a water ritual at 10:20.

• **Sign up for Feed My Starving Children:** FCC is signed up to pack food on April 29 from 11:30-1:30 at the Chanhassen location. In response to an alarming increase in people facing famine around the world, FMSC has upped their shipments and needs help packing. Check with Pastor Laurie about signing up online to reserve your spot with the group.

• **Help out with Sheridan Story** – Many spots are open through the end of the school year for putting bags of food into children's lockers on Friday afternoons at Whittier School; it takes less than an hour and feeds children and their families over the weekends.

• **Put together some Bags of Grace:** We have been out of these for a long time and with spring coming we need to make more. Plan to spend a few minutes after worship on April 30 to pack these most needed bags.

• **March with People's Climate Solidarity March MN** on Saturday, April 29. This march will start at 2 pm at the Federal Building in downtown Minneapolis and rally through downtown. The Minnesota march is a companion to a national march to be held the same day in Washington DC to challenge policies that pose a threat to our climate and our communities and at the same time to forward a vision of a clean, safe world where the rights of all people are protected and expanded. Contact Darla Baker at darlamaebaker@gmail.com if you're interested in marching with other SpringHouse people.

Health at First

Julie Andrix, Faith
Community Nurse



April is Parkinson's disease awareness month and I wanted to explain a little bit about this movement disorder. About one million people in the U.S. live with Parkinson's, so you may know someone with this chronic disease.

The cause is unknown and currently there is no cure but there are treatment options such as medication, surgery and therapy to manage symptoms.

So just what kind of symptoms develop during the progression of the disease? The basic problem is a decrease in the production of dopamine. This chemical sends messages to the part of the brain that controls movement and coordination. Symptoms include tremors, slowness of movement, rigidity or stiffness, impaired balance and coordination. People may need extra time for daily activities and in talking.

The recommended treatment for Parkinson's includes physical, occupational, speech and nutritional therapy, a social worker to assist with community resources, and as stated before, medications.

April is also stress awareness month. Are you prepared to cope with stress? Stress is a state of mental or emotional tension or strain resulting from our reaction to circumstances in life. Many symptoms can be exhibited such as memory problems, trouble with concentration, depression, anxiety, mood swings, high blood pressure, changes in normal sleep patterns, and indigestion. Recognizing stress is the key to reducing it. Tips to manage stress include:

- Time management by prioritizing what is important.
- Lifestyle balance between church, family, work, and personal needs.
- Support through church community, family and friends.
- Effective problem solving skills to help identify things you can change and dealing with the things you can't

Have a happy, healthy Spring and see you in church!

Julie Andrix

May 2017
First Christian Church



Sunday Morning Schedule

9:00 Spiritual Formation Classes
10:30 Worship
11:45 Fellowship Time in Gathering Space

	1 7 pm Carter Circle @ Lauer's	2	3 6 30 Handbells 7:45 Choir	4 9 am Ecumenical women's ministry	5 4pm First Friday	6
7 <i>Garden Sanctuary</i>	8 6:30 pm Brews and Views a Lake Monster Brewery	9	10 8 am Narrative Lectionary Bible Study 2 pm Mission & Outreach 5:30 Finance Comm 7 pm Rebecca Voelkel book signing 7:45 Choir	11 9 am Ecumenical women's ministry 7 pm Pastor Laurie PRC	12	13 9 am Men's Bible Study 9 am SH Huddle 9:30 Grief Support Downtown Congregations 4 pm Chris MacDonald- Dennis Ordination
14 <i>Garden Sanctuary</i> Mother's Day Noon SHMC Green Team	15 6:45 pm SHMC Building Cmte	16 6 pm Worship Committee 7 pm FCC Board	17 8 am Narrative Lectionary Bible Study 3 pm DCEH Personnel Cmte	18 9 am Ecumenical women's ministry	19	20 9 am Men's Bible Study 9:30 Grief Support Downtown Congregations
21 <i>Joint Worship in South Sanctuary</i> 11:45 am – SHMC Activistas 6:30 Elders	22 SANCTUARY SWITCH 6:45 SH Building Committee 7 pm Covenant Revision Committee	23	24 8 am Narrative Lectionary Bible Study	25 9 am Ecumenical women's ministry	26	27 9 am Men's Bible Study 9:30 Grief Support Downtown Congregations
28 <i>Garden Sanctuary</i> 11:45 am Blood Pressure Checks	29 Memorial Day	30	31 8 am Narrative Lectionary Bible Study			

	Elders	Diaconate	Bus Drivers
May 7	Barb Creighton Dean Creighton	K. Hintz Mary Hurlocker	Mike Morgan 612.926-9834
May 14	Lu Griffin Dean Creighton	Max Hurlocker P. Kinney	Garry Hesser 612.721.4905
May 21	Sandy Morgan Steve Rusinak	E. Tucker B. Whitaker G. Madsen	Mike Hesano 651-645-6758
May 28	Tom Curry Val Dunham		Mike Morgan 612.926-9834

Note: Please call drivers by Saturday for Sunday bus ride

June Kids' Day Camp 2017: Blessed 2 Be

Our annual cooperative Day Camp will be June 19 – June 23.

"Blessed 2 B" is the theme this year for this progressive, ecumenical experience offering faith formation in a fun, safe, Christ-centered and relational setting. Kids attending will enjoy activities such as worship, crafts, games, lunch and field trips. Kids entering kindergarten-8th grade may register. Camp meets June 19 -June 23, 9 am- 4 pm, M-F at Bethel Lutheran Church, 4120 17th Ave S, Minneapolis MN 55407



Day Camp for Kids

Download the registration form as a pdf [here](#). If you aren't able to download a copy, or have questions, please contact Daniel Romero, Minister of Faith Formation at First Congregational UCC. Daniel is co-directing the camp along with Martha Bardwell and Deb

Murphy. Call him at: 612-331-3816, or email him at: dromero@firstchurchmn.org

Local UCC church offers Speaker Series

"Loving Our Neighbors" is a speaker series being offered by Living Table United Church of Christ in south Minneapolis. The series begins on Monday, April 24, at 7 pm and will run on Monday evenings through June 5. At this time the scheduled speakers are as follows:

April 24 - Rev. Danny Givens from Above Every Name Ministries
 May 1 - Ms. Antonia Alvarez from Asamblea De Derechos Civiles
 May 8 - Rev. Jim Bear Jacobs from Church of All Nations
 May 15 - Mr. Ker Yang
 May 22 - Mr. Khalil Hourii
 June 5 - Imam Abdisalam Adam

A free-will offering will be collected each evening and donated to the speaker as a token of our appreciation and gratitude for the time they spend with us. Living Table United Church of Christ is located at 3805 E 40th St, Minneapolis.

Ramadan "Taking Heart" registration starts soon

Taking Heart is a long-running program of the Minnesota Council of Churches that brings people of all faiths together for a time of sharing and getting to know one another during a Ramadan meal. This year Ramadan will be May 26 through June 25. Registration for the meals will begin in late April. Visit www.mnchurches.org to learn more about Taking Heart and to register for one or more events.

SpringHouse Board Notes

The SpringHouse board met in February and March. Highlights from actions taken and reports made are as follows:

- A capital campaign to raise money to repair SH stained glass windows is being organized by Earl Dunham, Michael Vanderford and Jon Hanke.
- The proposed Memorial Garden is still being researched and studied.
- The Child Ministry team leadership will be an alternating rotation of two co- chairs from different congregation. Each co-chair would serve for two years.
- The SH board voted to change from monthly meetings to quarterly meetings to be held on the 5th Sundays following worship services. The board will address both business and "visioning" for the SpringHouse ministries and programs.
- The SH board voted to affirm that a three-congregation positive vote would be needed to decide that SpringHouse would be a sanctuary church.
- The final figures for the 2016 SpringHouse budget showed that the annual expected budget was \$146,820 and the actual expenses for the year were \$146,810, thus ending the year with a \$10 surplus.

Sundays at First Christian Church

Worship at 10:30

Before Worship:

Spiritual Formation Classes:

9:00 Hearthstone Class,
9:20 Children's Classes;
9:30 SH Joint Adult Class

After Worship

11:45 Fellowship Time

**Scripture Reading
for Sunday, April 23
Emmaus Road
Luke 24: 13-35**



Rembrandt's Emmaus Road

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

Reflections on the Word

Luke 24: 30-31 When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight.

The disciples walking on the Emmaus Road invite Jesus to be their guest at dinner, but he becomes the host by blessing the bread and sharing it. In doing the most characteristic thing he always did, which was sharing ordinary meals, he opens their eyes, helping them see that Jesus was with them the whole time, as he is now with us.

Divine Presence, Open our eyes, and help us recognize you in all places and in all people. Amen

By Eric Barreto, Princeton Theological Seminary

A Welcoming Community of Faith in the Heart of the City

Ministry Team

Dan Adolphson, Associate Pastor,

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