

# The COURIER

*First Christian Church (Disciples of Christ), Minneapolis*



## **What's INSIDE:**

*Voices and Views from  
Garry Hesser, page 2*

*Health at First,  
page 3*

*Free community events,  
page 3*

## **UPCOMING Events:**

*Irreverent Movie Night,  
Friday, January 8,  
7 pm*

*SpringHouse Board  
meeting, Thursday,  
January 14, 7 pm*

*FCC Board Meeting,  
Tuesday, January 19,  
7 pm*

## **Annual Congregational Meeting January 10**

The annual meeting of the First Christian Church congregation will be held following worship on January 10. At this meeting, the budget for 2016 will be

presented, and board officers (deacons, elders, trustees) will be elected from the slate offered by the nominating committee.

## **Congregational Meeting**



The SpringHouse annual meeting will be held on January 31, following the Joint Worship service. The SpringHouse budget will be presented, as well as a review of 2015 highlights.

## **Advent gifts delivered to Refugee Services**



Pastor Laurie Feille's car was full to the brim with household supplies for refugee families. Diapers, kitchenware, clothes, cleaning supplies and more were collected during Advent and delivered on Monday, December 27 to Minnesota Council of Churches refugee center for distribution.

Pastor Laurie said, "I don't know a monetary value of our donation but I can tell you we filled two mail carts to overflowing. The two people from refugee services who helped us unload the items started crying they were so overwhelmed. I'm so proud of First Christian!"

## In Our Prayers



### Prayers of Welcome

*For our new pianist, Yunyue Liu*

### Prayers for Health

*For Pat Carter's niece, Mary Park McLain  
For Kathy Merkel  
For Don Cain*

### Prayers of Sympathy

*For Carol Walter and family on the death of her brother Ray Kinley  
For James Petermeier, on the death of his grandmother*

### Prayers of Concern

*For all our homebound members including June Andrix and Donald Ulm*

### Prayers for the World

*For people in Texas, Illinois, Missouri and other states affected by flooding, tornadoes, blizzards and other life-threatening weather events*



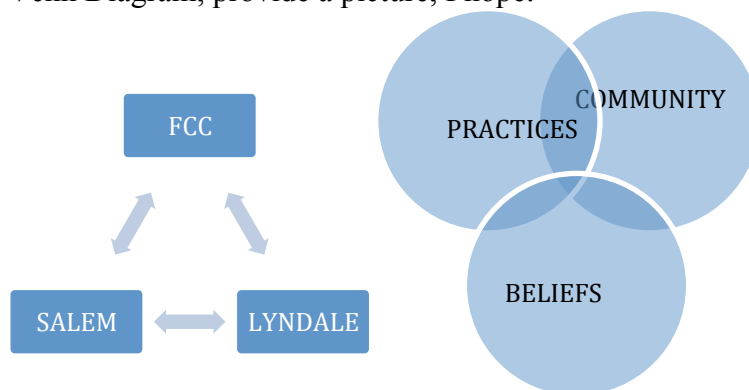
## Voices and Views

Garry Hesser



### ***Our Life Together at SpringHouse***

How are we different, if at all, because we share Spring House with Salem Lutheran and Lyndale UCC? We have certainly seen some of that difference in our joint Youth and Children's programming, but what about us adults? Martha asked me to share some reflections that I offered as devotions at two fall SH Board meetings in my attempt to answer the question: "What, if anything, is different about First Christian and our life together" because we share a building and some staff with Lyndale and Salem? And what, if anything is different about them? Two graphs, one a Venn Diagram, provide a picture, I hope.



Put simply, we could be, or remain, three congregations that survive by sharing a building, utility bills, social hour, etc. Or, we could more intentionally embrace collaborations that lead to changes in each of our respective personal/collective beliefs, practices and community life because of our "life together."

Two examples illustrate the Venn diagram approach that I clearly favor: 1) the mission trip to Paraguay/Detroit; and 2) the Wednesday morning lectionary group. The former was FCC's creation, and we invited Lyndale and Salem to join. The second was a Lyndale group that was opened to all. I think it is very clear to those of us who have participated in one or both that we have experienced a significant personal growth, as well as a powerful transformative moving of the Spirit among us.

For years, one quote has resonated with me: "Healthy people [and communities] are growing and helping others to grow" [Bob Theobald]. As 2016 becomes a reality, it is my hope that FCC and our partners at SH will focus even more of our attention on fostering opportunities that keep expanding our shared call to be the Body of Christ, manifested in the Venn diagram. Along that line, I suggested to the SH Board that the Vision for SH might well be ***"three communities of faith where all are welcome, all are nourished, and all are being transformed"***.

*(Story continued on page 3)*

## Volunteers Needed for Childcare during Worship

While the Child Ministries team is looking for one or two more paid childcare staff, we could use some help in the childcare area during worship. If you're willing to help out on a Sunday (or two...or more) until we are able to fill the gap in the schedule, please talk to Deb Murphy.

## Luther Seminary sponsoring MLK Day event

The public is invited to Luther Seminary Monday, January 18, as we celebrate Martin Luther King Jr. Day. This year's theme will be Lift Every Voice and will focus on the significance of Martin Luther King Jr.'s influence, as well as ways in which we can learn from and live out his legacy. Nekima Levy-Pounds will give the keynote; she is a law professor at University of St. Thomas, president of Minneapolis NAACP, and a nationally recognized expert on issues at the intersections of race, public policy, and economic justice. Ms. Levy-Pounds will speak at 9:30 am; a worship service will be at 11 am, a free community lunch at noon, and a panel discussion on voter rights at 1 pm. Location: Olson Campus Center, 1490 Fulham St., St. Paul,.

## Free Family Course on mental illness offered

Do you have a family member living with a mental illness? NAMI Minnesota (National Alliance on Mental Illness) is offering a free educational course that helps families gain a greater understanding of mental illness, discuss resources, build communication skills, reduce stress and find support. Over 3,000 Minnesota families have benefited from this course. Join others for this series taught by family members who have walked the walk. The Family-to-Family course will meet weekly for 12 weeks. The course starts Tuesday, February 9, from 6 -8:30 pm, at Bethlehem Lutheran Church, 4100 Lyndale Ave. S., in Minneapolis. For information or to register (required), call Beth at [651-210-5530](tel:651-210-5530) or Tammy at [612-618-4979](tel:612-618-4979).

### *Our Life together, continued from page 2*

What would nourish you and help you further become the person you yearn to be? Might it be ways to blend your understanding of science and faith, meditation and prayer, an enhanced understanding of social issues, ways to understand the Bible [e.g., more like Jesus himself as he very selectively edited and approached what we call the OT, or [you name it]]?

I would enjoy hearing what you think and what you would find nourishing and worth doing.

Grace and Peace, Garry

*It is our responsibility, both singly and together, to prepare the earth for those who follow. The moments we confront in our lives will never be confronted by anyone else. The encounters we have are unique in this universe. All that we can do is meet the moments we have been granted with a humble and caring heart, and share the gifts we have been given with those whose lives brush against ours.*  
- Kent Nerburn, *Calm Surrender*

## Health at First

Julie Andrix,  
Faith Community  
Nurse



Happy New Years everyone! Instead of the same resolutions that we make each year, I am proposing that we have a "keep in balance" resolution. Are you less steady on your feet than you used to be? Do you have any of the following conditions that could place a person at higher risk for falling: stroke, heart attack, diabetes, Parkinsons, Alzeihemers, confusion, loss of vision, osteoporosis, or a recent fall?

Whew! That is quite a list. But these conditions can decrease your sense of balance, thus increasing the risk of falling. Also, as we get older, there tends to be decreased muscle strength and agility. The good news is that there are things that can be done to decrease your risk of falls. Be very familiar with your surroundings and have a night light on if you get up in the night. Wear low heeled, slip resistant shoes and keep electrical cords away from walking areas. If you use a walker or cane, make sure to use it even inside your home. It is better not to hold on to furniture for stabilizing yourself.

Physical exercise is also important to reduce your fall risk as it helps with muscle strengthening. Walking is great exercise. Tai chi and yoga have also been shown to help with reducing risk of falls.

So let's regain our balance at church and at home. Spiritual health gives us balance in life and physical health gives us balance on the ground. My prayer for everyone is to have a balanced new year!



## Sundays at First Christian Church Worship at 10:30

### Before Worship

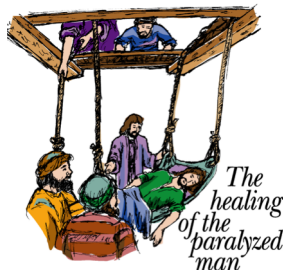
Children's Classes, 9:15 am  
Hearthstone Class, 9 am  
Adult study 9:15 am

### After Worship

Fellowship Time 11:45

### Narrative Lectionary Text for Sunday, January 10 Jesus Heals and Teaches

Mark 2: 1-22



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

### Reflections on the Word

*Mark 2: 5: When Jesus saw their faith, he said to the paralytic, 'Son, your sins are forgiven.'*

The crowds have followed Jesus to his home, and are pressing in so tightly that no one could get in the front door. A paralyzed man is lowered through the roof by his friends, and Jesus immediately looks past his physical self and into his soul. Indeed, he seems to be seeing into the hearts of everyone present, even those who are full of doubts and hostility towards Jesus' ministry. And it is the same with us today.

*Lord of forgiveness, you healed a paralytic by forgiving his sins.*

*Forgive us, heal us, and teach us to walk in your ways. Amen.*

*A Welcoming Community of  
Faith in the Heart of the City*

#### Ministry Team

**Dan Adolphson**, Associate Pastor  
**Julia Andrix**, Faith Community Nurse  
**Rick Bowman**, SHMC Building Manager  
**Serena Chial**, Nursery Attendant  
**Adam Conrad**, Music Director  
**Pamela Cook**, SHMC Youth minister  
**Laurie Pound Feille**, Senior Minister  
**Yunyue Liu**, Keyboardist  
**Martha Harris**, Courier Editor  
**Deb Murphy**, Office Manager and Director of Spiritual Formation for Children & Youth; SHMC Building Use Coordinator

**Office Telephone:** 612.870.1868

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

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

*Christian Courier* is published bi-monthly. Send items and ideas to church office or to Martha Harris

[harrismartha@mac.com](mailto:harrismartha@mac.com)

Next issue is January 23

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