

The COURIER

First Christian Church (Disciples of Christ), Minneapolis



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UPCOMING Events:

*Wear Red (or Orange or
Yellow) for Pentecost this
Sunday, May 15
Pamela Cook, SHMC
Director of Children &
Youth will be preaching*

*FCC Board Meeting,
Tuesday, May 17, 7 pm*

*FCC Book Club, Monday
May 23, 7 pm*

*40 & 50 Somethings,
Friday, May 27, 6:30 pm*

Pentecost Offerings, 2016

Celebrating a new congregation's vitality



Rebecca and Luke Sumner wanted to do a new thing, to start a ministry where everyone is invited to feast with Jesus. They planted Our Common Table in North Everett, Washington, a ministry where all are welcomed and no one is excluded.

According to Rebecca, during the first year, the couple hosted many events in the neighborhood, met with people,

volunteered at various places, served on boards and did what they could to get to know the people in the area, while listening and searching for God's direction as they continued to serve

Luke and Rebecca are entering the second year of ministry and Our Common Table (formerly Everett Christian Church) has established itself as a Christian community focused on welcome and justice. With many partners, including the Northwest Region of the Christian Church (Disciples of Christ) and Everett United Church of Christ, Our Common Table has launched evening worship in combination with a community meal, an open hospitality space with special attention to welcoming neighbors who are experiencing houselessness or poverty, and other initiatives.

Recently, Luke and Rebecca attended Hope Partnership for Missional Transformation's Leadership Academy and are featured in the **2016 Pentecost Offering video**. Gilberto Collazo, president of Hope Partnership, says of the Sumners, "They have demonstrated a strong spirit of collaboration and willingness to share their experience and are a testimony to others who may be inspired by their faithful journey."

Each year the **Pentecost Offering**, a special offering of the Christian Church, raises funds for the new church ministry movement. One half of the offering is designated to the Region or Area in which the offering is taken, while the other half is used by Hope Partnership to support the recruitment, assessment, training and coaching of new church leaders. To view the Pentecost Offering video visit www.hopepmt.org. To learn more about Our Common Table visit <http://www.ourcommontablechurch.org>.

In Our Prayers**Prayers of Joy**

*For Mary Lou Cain, Justin
Carlson (via Skype) and John
Carter's presence in worship
For Lu Zang earning his PhD
in Vocal Music*

Prayers of Concern

*Nick Rusinak
Barb Rusinak
Julie Andrix's sister Rosemary
Caroline Polovny
For all our homebound
members including Dorothy
Becker and Phyllis Dunlap*

Prayers for the World

*For all the people displaced
from their homes because of
fires in Ft. McMurray,
Canada
For the people in Japan and
Ecuador who lost family and
homes in recent earthquakes*

**Voices and Views****Sandy Morgan****A simple belief lasts through the years**

The snow was piled high; the green velvet jumper was pretty; and I was excited to perform the poem I had practiced for weeks. I was five years old, and it was the night of the Sunday School program. That is my first memory of church and my faith journey.

A simple belief in God was always a part of me. Sunday mornings I could feel His presence as the sun glowed through the amber colored windows of the clapboard church in small town Minnesota. He was there as the choir marched in each week to the verses of *Holy, Holy, Holy* and later as we giggled and finally settled in Sunday School. My parents had drilled me and my sisters on the assigned memory verse, and yes, we wore "Sunday" clothes because, "You show your respect to God by dressing up for an hour or two a week!" Later the memory work continued as we studied Luther's catechism. Soon I was president of the youth group and traveled to three national conventions: fun experiences but times for internalizing my faith. "Built on the rock, the church does stand," was the theme for 5000 teens in the majestic beauty of Missoula, Montana, as we struggled with our individual faith and the angst of adolescence.

The years passed, and after Michael and I married, we visited at least a dozen churches looking for one that, "spoke to us or gave us something." Then, at a political caucus we met a rotund, white haired man who reminded us of Socrates in looks, demeanor, and wisdom. Dale Webster listened to our arrogant words and then asked, "And what are you giving to a church?" With his invitation to First Christian and the challenge of his words, I continue to struggle and stumble and shirk behind excuses each day.

Grace is a part of my Lutheran heritage, and it remains an important aspect of my faith. As I falter and make mistakes, I take comfort in the words from Ephesians chapter 2, verse 8. "For by grace are you saved through faith and not of yourselves: it is a gift of God." He is with me each day, and while I don't always like his answer to my prayers, my simple belief in Him and his grace supports and sustains me.

SH Memorial Garden forum on May 15



A SpringHouse task force has been developing a design for a SH Memorial Garden for the internment of ashes, patterned after one at St. Luke's Episcopal Church. A forum for everyone to learn more about this new SH project will be held in the North Sanctuary this Sunday, May

15, following worship. There will be handouts and an opportunity to ask questions. Interested SH members are welcome to join the Memorial Garden Ministry Team. For further information, contact Doug Malchow, dmalchow@yahoo.com or Mary Vanderford, mandmvanderford@gmail.com.

Biggest group yet packs 93 boxes at FMSC

Twenty-three folks from FCC and Lyndale worked for several hours filling bags of food at Feed My Starving Children on Saturday, May 7. The 93 boxes filled by our packers contained 20,088 meals, enough to feed 55 children for a year! Congratulations to these workers for their energy and generosity.



Sunday School Celebration to be Sunday, May 22

SpringHouse's annual 'end of Sunday School year' joint worship will be Sunday, May 22. The kids will be leading the worship service using the lessons used to study our theme "Kidpower." A lunch will follow; hot dogs will be provided, and congregation members are asked to bring a side dish, salad or dessert to share.

Team members needed for Homelessness effort

Downtown Congregations to End Homelessness is looking for people from its member congregations (and that's us at FCC!) to join several teams: the Education and Events team, the Interfaith Action Team and the Advocacy Team. These teams help DCEH towards ending homelessness. If you can serve or need more information, please talk to our representative to DCEH, Karen Kandik.

Health at First

Julie Andrix,
Faith Community
Nurse



Spring is coming and time for a renewal of life. Research has shown that living a more healthy lifestyle helps a person feel better. Increased energy, decreased fatigue, possible decrease in need for medication (check with your Doctor first) and being more productive at work are all possible perks.

Ways to encourage a healthy lifestyle include eating healthy; eating a variety of fruits, vegetables and whole grains daily. Limit foods and drinks high in calories, sugar, salt, fat and alcohol. Eat a balanced diet to keep a healthy weight. If this sounds like a diet a carrots and lettuce, the answer is no!

Eat things you like in moderation. We all like to enjoy what we're eating and by having a balance of nutrients, variety of foods, this leads to a healthier diet, thus a healthy body! Having a small amount of unhealthy foods as an "accent" to a meal can help to create more variety to our diet.

Be active; for adults this means at least 2.5 hours a week, include activities that raise breathing and heart rate as these help to strengthen our muscles and bones. Kids and teens need to be active at least an hour a day to help with strengthening. Physical activity helps to maintain weight, reduces high blood pressure, reduces risk of developing type 2 diabetes, heart attack, stroke, osteoporosis and falls. It can also reduce arthritis pain and symptoms of depression and anxiety. So let's move into spring. *Julie Andrix, RN*

**Sundays at First Christian Church
Worship at 10:30 in the Garden Sanctuary**

Before Worship

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

After Worship

Fellowship Time 11:45



A **spiritual gift** is **given** to each of us so **we** can **help** each other.

**Narrative Lectionary Text
for Sunday, May 15
Gifts of the Spirit**

I Corinthians 12: 1-13

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

Reflections on the Word

I Cor. 12: 7 - "To each is given the manifestation of the Spirit for the common good."

Too often, despite our desire for oneness in the church, we have a hard time with people who have "other" gifts, "other" understandings of scripture, and "other" ideas about what it means to follow Christ. We tend to think that we will be come one when the others become like us. Instead, let us affirm and value "the other" for what it gives to the one body, the church.

Breathe on us,, Holy Spirit, that in our diversity we will find strength, not strife. Amen.

By Rev. Ned Hill (adapted)

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

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(DISCIPLES OF CHRIST)
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