

Single married partnered divorced rich poor black brown red yellow white kid parent grandparent nice cranky queer pierced small tattooed plain rich poor short tall average fat thin heterosexual bisexual transgender slow quick employed freelance not working retired unemployed gay lesbian liberal conservative using recovering homeowner renter homeless ambitious content devout seeking old young athletic clumsy doer thinker couch potato reader writer geeky technological analog innocent guilty aggressive passive non confrontational peacemaker challenger explorer Single married partnered divorced rich poor black brown red yellow white kid parent grandparent nice cranky queer pierced virgin tattooed plain rich poor short tall average fat thin heterosexual bisexual transgender quick employed freelance not working retired unemployed gay lesbian liberal conservative using recovering homeowner renter homeless ambitious content devout seeking old young athletic clumsy doer thinker couch potato reader writer geeky technological analog innocent

Salem English Lutheran Church

January-Early February 2023

You Are Loved!



Every time we get ready to publish the Scene I have to sit down and decide what to write on this front page. I'm not sure where the tradition of the pastor writing the front-page article came from, but I have to tell you, it's always been one of the most stressful things about daily ministry. I think maybe just the fact that I need to come up with something new to say EVERY time can be stressful. But, for me, it's more than that. You see, very early in my ordained life someone said to

me, "The front-page article needs to be good because it's the only permanent record that will be around to show people who the pastor was." To which I replied... "What?!?" But he was right. At the time, congregations wouldn't have access to my written sermons that were on my own computer and worship wasn't recorded...the only thing archived that would reflect a pastor's ministry in a concrete manner for the congregation and its history, would be the newsletter articles the pastor wrote.

Well, times have changed. I realize I just dated myself. Everything I preach is now forever in the universe because of the miracle of live-streaming and electronic records are kept of almost everything we do, so there are lots of things that reflect my ministry that will be available for history's sake. But we still keep hard copies of the Scene, so while it's not the only record, it is the one thing that gets the most people looking at it. This newsletter will go to members and friends – ones that are actively worshipping with us and those for whom Salem is part of their past who just like to stay connected. So, does that mean the pressure is off...or on again?

It's not always easy to come up with something meaningful, theological, spiritual, relevant, pithy, and a bit humorous to fill this front-page space. And I am well aware that, as "sacred" as the pastor's front page has been – for as long as church newsletters have been – that it's just as easy to skip reading this page and go right to the important stuff on the inside. Am I wrong?

If you're still reading, thank you. Maybe at this point I should offer a prize for reading this far. I do realize this particular front page article has not been as deep as some, but I'm going to dial it in now and get to the point.

You are beloved! Yes, you. As we jumped into the season of Epiphany, we have spent two weeks just being reminded that we are beloved. That in our baptism, we add the name Child of God to whatever name your parents gave you...and THAT name, Child of God/Beloved is the one we really need to cling to in this life because it is what defines us. I'm not sure you all hear this enough...so please hear this...

At the end of the day, whether you succeed or fail, win or lose, are praised or criticized, feel like a million bucks or feel like you've been hit by a truck...at the end of the day you need to know—you need to believe—that you are loved.

Honestly, If I put down all the pressure of trying to write something clever about the season or inspirational just before we have to pass a budget, and just tell you that you are beloved...well, I might just be doing this front-page thing right.

Wherever you are today, as you read this pastor's front-page article, in the middle of Epiphany, just weeks from an annual meeting, in a church trying to figure out what it means to be church, in the midst of your busy life and all it carries...please know that you are loved. You were loved before you were formed and God loved you right into being. You are given the name Child of God/Beloved and no name the world can give you, no identity others try to thrust upon you, no matter how unworthy you may feel at any given moment...none of that is who you really are because first and foremost...you are loved. And that's all this pastor and her front-page article want you to know today.

Blessings...Pastor Rhonda

January 29–Annual Meeting Sunday Schedule

9:15 am: **Salem Gathering Time**– Join us for breakfast pastries and coffee in the South Sanctuary. Fill your stomach and get caffeinated before we officially begin the morning!

9:30 am: **Salem Annual Meeting**– The annual meeting of the congregation **will begin promptly at 9:30 am** in the South Sanctuary.

10:30 am: **Joint SpringHouse Worship!** (North Sanctuary)

11:30 am: **SpringHouse Annual Meeting** in the North Sanctuary (immediately following worship)

Salem News



Salem Annual Meeting

The annual meeting of the congregation will take place on Sunday January 29, 2023 at 9:30 am. This is a VERY important day in the life of our congregation and it is essential that we have as many members in attendance as possible. Here is everything you need to know:

- ◆ We will gather in the South Sanctuary at 9:15 am for pastries and coffee with the **Annual Meeting starting promptly at 9:30 am.**
- ◆ For anyone unable to attend this important meeting in person, we are currently working on the tech requirements to make the meeting effectively *hybrid via Zoom*. We will provide a Zoom link the week before the meeting.
- ◆ **All information (annual report, ballots, etc.) will be sent to you in the same way you receive the Scene newsletter, either via email or USPS.** If you would prefer a different method of delivery, contact Laurie in the office by January 20.
- ◆ If you know you will not be able to attend the meeting, **please make sure to fill out an absentee ballot before the meeting.** Absentee ballots will be available via the e-blast the week before our meeting or by calling Laurie in the office by January 20.
- ◆ The meeting will adjourn by 10:25 am to allow Salem to join in our SpringHouse joint worship (in the North Sanctuary) at 10:30 am.

We look forward to seeing all of you together for this important yearly meeting to do the business of the church!



Ash Wednesday

Join us in person as we begin our Lenten journey.

Wednesday February 22

7:00 pm

Worship with communion and the imposition of ashes. All are welcome!

Holden Prayer

Take a breath each week during your Lenten journey on Wednesdays as we gather around the cross together.

Wednesdays in March

6:30 pm

Maundy Thursday Upper Room Experience

Mark your calendars now for our annual Maundy Thursday Upper Room Meal and Worship.

Thursday April 6

6:30 pm

NARRATIVE LECTIONARY

Narrative Lectionary Scripture Calendar

1/15: Tempted in the Wilderness—Matthew 4:1-17
1/22: Beatitudes—Matthew 5:1-20
1/29: Annual Meeting Sunday!
2/5: Treasure in Heaven—Matthew 6:7-21 [25-34]
2/12: Parable of the Kingdoms—Matt 13:24-43
2/19: Transfiguration—Matthew 16:24--17:8
2/22: ASH Wednesday- Matthew 18:1-9
2/26: Forgiveness—Matthew 18:15-35
3/5: Vineyard Laborers in the —Matthew 20:1-16
3/12: Wedding Banquet - Matthew 22:1-14
3/19: Living by Practice—Matthew 6:7-21

More News

Salem's Chili Cook-Off is BACK!



Sunday February 12
11 am
Prizes for 1st, 2nd, & 3rd
Place!

Get your recipes ready and mark your calendars - make sure not to miss out on this annual tradition making its big comeback! We will gather after worship, on February 12, (Superbowl Sunday—long before the big game), for our own celebration! After worship we will take 15-20 minutes to set up and then gather around the crock-pots for tasting, judging, lunch, and prizes!

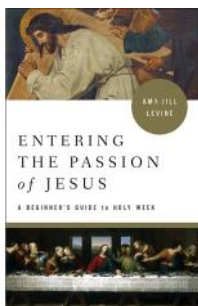
Everyone is welcome to join us for chili tasting and judging! (no qualifications necessary) We appreciate any hands that can help with the set up and the clean up as well. Sign up using the Sign Up Genius link [HERE](#) (right click in the electronic version), through the eblast, or in the sanctuary to enter YOUR chili!



Lenten Book Study

Be part of the conversation! Join us Sundays on Zoom for Salem's book study during Lent. We will be diving into Amy-Jill

Levine's "Entering the Passion of Jesus"...and it's a good one.



Jesus' final days were full of risk. Every move he made was filled with anticipation, danger, and the potential for great loss or great reward. In Entering the Passion of Jesus: A Beginner's Guide to Holy Week, author, professor, and biblical scholar Amy-Jill Levine explores the biblical texts surrounding the Passion story. She shows us how the text raises ethical and spiritual questions for the reader, and how we all face risk in our Christian experience.

Study will be on Zoom at 4 pm on Sundays

February 19, 26, March 5, 12, 19, & 26.

(April 2 will be a make-up day if needed.)

Order your copy of *Entering the Passion of Jesus* by Amy-Jill Levine from any major book seller. If you need help getting a copy, please contact Pastor Rhonda.

WORD OF THE DAY

stewardship

noun [stoo-erd-ship, styoo-]

the responsible overseeing and protection of something considered worth caring for and preserving.



Salem Needs YOU

Might God be tapping you? Check out these two volunteer opportunities and see if you might be willing to share your gifts on an occasional Sunday morning.

Worship Streaming Volunteer

No experience necessary! We are looking for individuals to join our streaming team. (Making worship accessible to all!) Training, an easy set up, & a once every 4-6 week commitment, makes this job simple enough that almost anyone can do it. sign up through the eblast or by emailing Pastor Rhonda.

Sunday School Adult Volunteer

We are looking for adults willing to engage with our SpringHouse kids (small groups of 1-5) in our relationship based Sunday School once every 4-10 weeks. Duties: simple set up of activities and doing activities/playing with kids. If you would enjoy reading stories, coloring, puzzles, Legos, & simple crafts, this is for you! Sign up through the eblast or by emailing Pastor Rhonda.

Salem...Meeting You Where You Are



Tell us about a time the church met you where you were:

"When I was laid-off after 17 years...."

"When my father died...."

"When I needed a word of forgiveness...."

"When I was looking for a church home..."

"When my husband was hospitalized & a long recovery..."

When I wanted to get married..."

"When my mom died..."

Faith Practices... And Neighboring Practices



Spiritual Practices Inform Being Church

During Advent we began each Sunday worship by experiencing a different spiritual practice together. It was a good way to see some of the different ways we can shape our own spiritual lives and our lives together. It is important for us to know that the most important part of our Advent adventure was the “why”. Why were we “practicing” these practices?

Each week before we dove into our practice of the week we heard these words: “Our spiritual practices are DIRECTLY CORRELATED to the way we neighbor.”

What does this mean? It means that how well we attend to our own spiritual lives (both individually and as a community)...how intentional we are about making space for deepening our relationship with God...has a *direct impact* on the way we encounter our neighbors and how we are able to “be church” in the world.

The more centered we are, the more in tune we are with God’s presence in our daily living and the more we allow ourselves to enter authentic relationship with God, the more able we will be to enter into authentic and mutual relationship with our neighbor.

Boiling it down, it really is as simple as saying...*in order to really be church to our neighbors, we MUST be consistently doing the spiritual practices that connect us to God.*

So what spiritual practices are you doing today?

Coloring Mandalas as Prayer



Contemplative coloring is a simple, enjoyable, and tangible way to let go of your distractions and focus on God. Embrace the opportunity to nurture a deeper relationship with God through the colorful, contemplative practice of praying with mandalas.

Ten Tips for Getting Started

from Rev. Sharon Seyfarth Garner
www.bellyofthewhaleministries.net

- 1.**Everyone** is an artist. Trust that you are a work of art created by God. Whatever you create will be a work of art as well.
- 2.**Set aside time.** Designate time in your day to be with God on purpose. You may even choose to mark your prayer time as an appointment with God on your calendar.
- 3.**Set aside sacred space.** You may find it easier to spend time with God on purpose if you create a special space that is dedicated to prayer. If the space is comfortable and inviting, you will long to spend time there in prayer.
- 4.**Lines are optional.** Release yourself from the pressure to color inside the lines. When praying with mandalas, lines are mere suggestions. Color within them, color on them, draw new lines, or draw beyond the lines. Anything goes!
- 5.**No color is off-limits.** Pick colors that attract you and hold meaning for you - match, dash or blend colors. Don’t

overthink color selection so that it becomes a distraction of its own. Whatever colors you choose are precisely the right colors for your prayer

6.**Leave blank space.** There is no need to “finish” coloring a mandala. You can leave blank space that you return to at a later time. The blank spaces may even become integral parts of your prayerful creation.

7.**Coloring utensils.** Colored pencils are a favorite of mine when it comes to coloring. If you prefer brighter colors, gel pens can be a nice option as well.

8.**Spin the mandala.** Remember that you can spin the mandala any direction you wish so that you can color comfortably whether you are left-handed or right-handed.

9.**Breathe.** This may seem self-evident. However, sometimes in moments of great focus, it’s easy to hold your breath in concentration. Relax and breathe deeply while you color and pray.

10.**The sky’s the limit!** Perhaps one of the most important things to remember is that there is no right way to color. Liberate yourself from any preconceived notion of how coloring is supposed to be done. Embrace your inner child and follow where the spirit leads. Your focus is the journey, not the destination.

Use the Mandala enclosed to try your hand at this faith practice!

Congregational Life

Lefse Making in December



Christmas Eve at Salem



Advent Decorating



Children and Families

SUNDAY SCHOOL HELPERS NEEDED!

In order to keep offering this time for kids to play, do activities, and bond with great SpringHouse adults, we need to have more adults join our rotation. This new model of Sunday School is based on building relationships rather than “lesson teaching” and relies on adults being willing to simply be present and do simple activities (read stories, simple crafts, build legos, etc.) Each week we have 1-5 kids in person and the possibility of a couple on Zoom. If you would be willing to volunteer in the Squiggle Space to during this fun time, sign up in the eblast or by contacting Pastor Rhonda.

U Pick Sunday School!
Sundays 9:20 am–10:15 am
Squiggle Space

The Squiggle Space is open Sundays from 9:20- 10:15 am for all SpringHouse children to come and make their own adventure out of Sunday School. Choose from different activities each week and even help decide what activities are offered. With 2 kids or 12, this relational based model of gathering our youngest members is fun for everyone!

Youth Ministry

SpringHouse is currently accepting applicants for our Youth Minister position with hopes to have someone on board in the first half of 2023. If you know of anyone looking for a part time opportunity (10 hours/week), who has gifts with middle school and high school youth and families, send them to our SpringHouse website www.springhousemn.org or (if you are reading this online) right click on the link below to be taken to the job description!

<https://www.springhousemn.org/employment-opportunities/>

**WANTED:
PART-TIME
YOUTH
DIRECTOR**

Faith Practices for Kids–Body Prayer

A body prayer is simply a prayer involving movement or physical action. It's easy for kids to understand this—it's prayer with actions. Sometimes we close our eyes, fold our hands, or bow our heads. Some people kneel, some people open their hands, some people even dance. Take time to talk to kids about the idea that God made our bodies and we can use our bodies when we pray. Below is one body prayer that works well for EVERYONE—go ahead and try it at home!

BODY PRAYER

Placing both hands on top of the head, pray out loud:
God be in my head and in my understanding.

Placing both hands over the eyes, pray out loud:
God be in my eyes and in my seeing.

Placing both hands over the ears, pray out loud:
God be in my ears and in my hearing.

Placing both hands over the mouth, pray out loud:
God be in my mouth and in my speaking.

Placing both hands over the heart, pray out loud:
God be in my heart and in my feeling.

Placing both hands on top of the thighs, pray out loud:
God be in my legs and in my moving.

Placing open hands one on top of the other in front of the body, pray out loud:
God be in my hands and in my touching.

Placing both arms at the side of the body, hands open and turning outward, offering our life to God, pray out loud:
God be in my life and in my journeying. Amen.

(Ciona Rouse, The Way of Pilgrimage, Upper Room Books)

More News

SpringHouse Joint Worship & Annual Meeting

It's time to gather together and worship! That's right, after over 2 1/2 years, all of SpringHouse will gather in **one sanctuary** on **Sunday January 29 at 10:30 am** for joint worship. Join us in the North Sanctuary as we reconnect with our partners in this wonderful tradition we have missed so much!



Immediately following worship we will gather for a brief SpringHouse annual meeting. It will be good to gather, connect and hear about the hope we have for the year ahead as SpringHouse. We hope to see YOU there!



Living Lutheran Magazine

It is time again to update Salem's subscription list for *Living Lutheran* magazine! This dynamic publication has lots of information about what's going on in the larger Lutheran community, as well as other features about our Christian life together. If you'd like to see what it's all about, you can take a look at the church's copy in the library area of the sun room. Please see the bulletin insert and subscription list at church during December for more information about subscriptions and plan to update your information and donate to defray the cost of your subscription if you are able. [You can also sign up or donate through this online form.](#) For 2023, the total cost is still only \$9 for each subscription. You may call the church office (612-872-4650) if you'd like to opt in or opt out of *Living Lutheran* magazine, or update your subscription information. Questions? Talk with Laurie in the office. Thank you!

We're Still Collecting Egg Cartons!

Just bring them along when you have the opportunity to worship in person and put them in the box next to the information table. Cartons will be re-used by CES (Community Emergency Services) and/or other food shelves to re-package eggs they receive in much larger boxes. 12 or 18 count cartons are OK; cardboard or Styrofoam OK. Please direct any questions to Diann Uzelac.



Calendar

Our calendar highlights events that take place weekly. Be sure to check the rest of the Scene for one-time events!

Sundays

- 9:30 am Salem Worship In Person and on YouTube
- 9:20 am Sunday School activities in Squiggle Space
- 10:30 am Coffee Hour in the Sanctuary

Tuesday

- 8:15 am Lectionary Bible Study via Zoom

Thank You From Mary Johnson

Thank you, Salem family, for your support after mom died. Life has peaks and valleys, and mom's death is a deep valley. I miss her caring presence and laughter. This valley of loss is made easier to traverse with your support. Your notes, words, texts, conversation, donations, prayers – while mom was alive and after she died – all helped.

Again, my sincere thanks.

Mary Johnson



Birthdays!

Wish these Salem members and friends a happy birthday! If you're new to Salem and would like your birthday listed, please contact Laurie in the office.

- | | |
|---------------------------|--------------------------|
| Ian Evans – 1/11 | Erica Larson – 2/15 |
| Mary Johnson – 1/28 | Ingrid Jorstad – 2/17 |
| Paul West – 1/31 | Austin Tollerson – 2/18 |
| Jimmy Henzler-Heany – 2/5 | Solveig Tollerson – 2/22 |
| Chris Wick – 2/6 | |
| Axel Jorstad – 2/8 | |





Minneapolis, MN 55408

*Salem English Lutheran Church
is a Reconciling in Christ
(R.I.C.) Congregation*
We are a Spirit-led, welcoming, and bold
Christian community rooted in the neighborhood,
striving to live faithfully in God's world.

Pastor:	Rhonda Hlavinka	revrhonda@discoveralem.org
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Building Coordinator	Allison Jones	shcoordinator@fccmpsl.org

Christ tended to attract