



Crosslake Lutheran

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Permit #24

January 2023

JANUARY BIBLE STUDY

Being the Body of Christ Bible Study on Passages from 1 Corinthians
by Chris T. K. Duckworth

“In 1 Corinthians, Paul writes poetically and passionately about what it means for the church to live as Christ's body in the world. This 4-session Bible study looks at selected texts from Paul's letter and examines these questions:”

- Do we see ourselves as the gifted Body of Christ? (1 Corinthians 12:1-11)
- What is the gift of the Body of Christ? (1 Corinthians 12:12-31)
- How does the gift of love shape the Body of Christ? (1 Corinthians 13:1-13)
- Are we giving what we were given? (1 Corinthians 15:1-11)



Join us on Wednesday mornings in January at 10 am to explore these questions!

**Bible study begins on Wednesday January, 11.
Come for one session or all four!**

PASTORS' PAGE



January Greetings!

I'm writing this as the temperatures here in MN are getting absolutely balmy rising to a high of 26 degrees today! What a great improvement from the absolute frigid temps we have experienced. This arctic air with terrible wind gusts accompanied our Christmas and Advent celebrations. Prior to the deep freeze, we received such heavy snow and ice in our first big winter storm that many trees were dangerously broken or bent over with ice and snow. I will admit that these terrible weather conditions frustrated me immensely, not just because we personally lost power at our home for over two days, but more so because we had to cancel, re-schedule, and re-do so much at church that caused a lot of stress!

I was feeling this tension in body, mind, and spirit the week going into Christmas and not happy about it, and that's when I received this email from Nancy Westerberg's daughter, Karolyn Shelstad. She had written a beautiful reflection. It was a gift from God that refreshed my heart! And so, I received permission from Karolyn to share it with you, because it may speak to you as well.

The Beauty in the Bend by Karolyn Shelstad

As I was admiring the beautiful snow covered trees on my northern MN drive this morning, I realized the beauty I was witnessing was due to the immense resilience displayed by these bent branches.

Last week, the heavy and dense snow up north caused many trees to sway, bend, and snap (one of them on top of our tiny house!). Roads were blocked and electric power was interrupted.

It proved to be an inconvenience for many, including my awesome husband who drove up to remove the giant oak from our smashed roof.

And, the snow-covered trees were beautiful.

And, it was completely out of our control.

The trees had to bend in order to accommodate the snow. As I was walking on the road last Thursday, the creaking and groaning sounds coming from the trees in the woods was overwhelming and, at times, terrifying. Some trees couldn't withstand the pressure of that one last snowflake, even mighty oaks, and crashed to the ground.

The trees had no control over the snow. They had no control over the wind. They must bend in order to survive. The tree branches that are able to bend and sway will build resilience against future forces of wind and snow.

So often, we creak and groan about things over which we have no control. Sometimes we break. Often we must bend in order to withstand the pressure of that "last snowflake." However, most people overlook the beauty of the bend.

This week, you may find yourself frustrated with a change in school, work, or holiday plans due to sickness or weather, all of which is out of your control. You can, however, control your reactions and attitude.

Please consider finding the Beauty in the Bend. It's all around you.

After I read this, I found tears in my eyes, as the Holy Spirit helped me realize that I hadn't been finding any beauty in the bend at all; and indeed the beauty, God's grace, was all around me. It was in all of you – all the people in our congregation who bobbed and weaved with the weather, making all these re-scheduling, re-doing events of church happen! People were flexible, good natured, and understanding. This gives our church community strength and resilience like those branches! Together, we gave each other God's grace, knowing that people would do what they could when they could, if conditions were okay for people to be out and about safely, if not, then things would still be okay. We made the best decisions we could at the time with the information we had. The Lord gave us so much Beauty in the Bend and continues to do so with whatever circumstances come our way! Thanks be to God!

Finding the Beauty in the Bend with you –

Pastor Kristin



TRANSITION UPDATE

During this continued time of transition with church staffing, we are delighted to have Pastor Becky Swanson start helping out with preaching two times a month on Sundays. Please read Pastor Becky's biography, and we look forward to her first Sunday with us on January 22.

Pastor Becky Swanson began ministry in 1986 at Gustavus Adolphus Lutheran church in NE Minneapolis in the area of music and children's ministry. She served in four other congregations (Lake of the Isles Lutheran, Glen Cary Lutheran, St. Anthony Park Lutheran, and Bethel Lutheran) in the Minneapolis and St. Paul area synods before taking a call to Trinity Lutheran Seminary, in Columbus, Ohio to serve as Director of Contextual Education.

After Trinity and Capital University (the ELCA university across the street) merged, she returned to congregational work in Holmen, Wisconsin as an interim pastor. During this time, she worked with the bishop and synod candidacy committee to reform her call from Word and Service to Word and Sacrament. She was ordained as a Pastor in February of 2020 and served Advent Lutheran in Morton, IL before returning to her home state of Minnesota in April 2022. She is currently On-Leave-from-Call and serving the NE Minnesota Synod as a supply preacher. She is on the synod's LGBTQIA+ Welcome committee and the Together Here Ministries team.



In addition to her ministry, Becky spent over 25 years in Fortune 100 companies based in the Twin Cities in the area of Learning and Development, Leadership Development, and as contracted eLearning design and developer. In addition to supply preaching she has her own practice as a Leadership and Life Coach (at beckyswanson.com) where she helps folks live into their true vocations, whatever that may be. She is a graduate of Augsburg University, and Luther Seminary.

She lives near Garrison in the woods, with her husband, Gary Anderson, and their two dogs, Freyja and Josie and is VERY glad to be closer to grandchildren, multiple circles of friends, and weather that makes sense — even if it makes her face hurt sometimes. She likes to hike and forage; she grew up fishing and is thinking about asking her nephews to teach her to hunt.

THANK YOU

I wish I could have said my thank you's to you in person, but the weather causing the cancellation of activities on Wednesday, December 14, did not allow that to happen. So I now say thank you in this less personal way. This opportunity to serve Crosslake Lutheran came at the most difficult time in my life. I was not sure how I would handle it. I was not sure if I would get through it. But you have all been so gracious and helped me in my healing process. My days here had purpose and for that I am truly thankful. This is a special and caring congregation, here for me when I needed kind souls to keep me going. I will miss all of you but I will see you again in the summer. Thank you and may 2023 be a year of peace and blessings.

In Christ, Karen Zeile

PASTORAL CARE Please contact us if you are hospitalized or if you are in need of a pastoral visit. You can reach Pastor Kristin Oltmann at 952-200-1249.

NEWS OF THE FAMILY

Prayers for Peace and Comfort to those in our congregation who have suffered a loss:



- Ken & Sharon Mulder in the death of their daughter, Christine, on December 17th in Eagan, MN.
- Gary & Sue Phillips in the death of Gary's sister, Judy Nordgren, on December 19th in Edina, MN.
- The family of Ted Silva in their loss & sorrow. Ted passed away on December 22nd in Brainerd, MN. Service arrangements are pending.
- The family of Lois Laurence in their loss & sorrow. Lois passed away on December 23rd in St. Paul, MN. A celebration service will be held at Lord of Life Lutheran Church in Maple Grove at a later date.

FINANCIALS

2022 Financial Report

November:	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>	YTD:	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>
Revenues:	\$ 31,961	\$ 42,671	\$ (10,710)		\$ 418,442	\$ 531,512	\$(113,070)
Expenses:	\$ 37,080	\$ 46,152	\$ 9,072		\$ 463,231	\$ 539,002	\$ 75,771
Difference:	\$ (5,119)	\$ (3,481)	\$ (1,638)		\$ (44,789)	\$ (7,490)	\$ (37,299)

In the month of **November**, Expenses exceeded revenues by \$5,119. YTD's performance is \$37,299 less than budget, because revenues are \$113,070 less than budget, and expenses are also less than budget by \$75,771.

Complete financial reports are available in the Finance mailbox.

NEW MEMBERS

We welcome new members, Mike & Mary Milbrath, on December 11th!
Sponsors: Don & Jane Reieron



Mike is retired and his hobbies include golf, biking and skiing. Mary is also retired and her interests include golf, kayaking, skiing and spending time with their families. They transfer from Westwood Lutheran Church-St. Louis Park, MN.

ART DISPLAY

Heartfelt thanks to all who shared a nativity set for our December display In Fellowship Hall. Please pick up your item(s) at your earliest convenience.

NEXT: Let's create a display of Children's Art! If you have a framed piece or object made by a child (your child, grandchild, or friend) that you'd like to share, this display will run through mid-February. Please bring your item to Patricia's office with your name & a brief description (who made it, when, special occasion?).



LOOKING AHEAD: March will be handwork month. Be thinking about something you'd like to share!

Any questions? Contact Patricia, Music Ministry Director.

CELEBRATING CHRISTMAS TOGETHER

We wanted to share some photos from the celebration which was a wonderful night of food, fellowship and celebrating Jesus' birth!



Crosslake Lutheran Church Columbarium

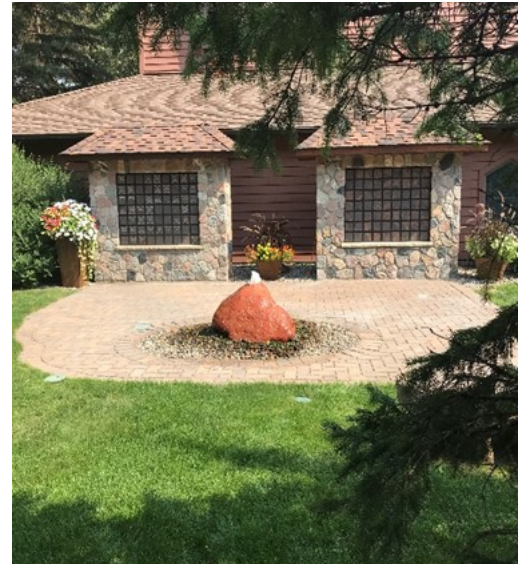
If you have ever considered purchasing a niche in the Columbarium, please consider a purchase in the new year. A second Columbarium unit was installed during the summer along with a new roof added to the first unit. There has never been a price increase since the original Columbarium was installed in 2008. During that time the price of the niches and shipping costs have risen 45%. The Columbarium Committee asked the church Council to approve a price increase at their December meeting and it was approved.

The new prices will take effect March 1, 2023. Until that time, you can purchase a companion niche (husband and wife) for \$1,500 which includes a bronze urn with a name plate plus a face plate tile that has the name of the deceased along with the birth and death dates inscribed. An individual niche, for one person, is \$1,500. A half niche is \$850; you pay for half and someone else can buy the other half.

The new prices, effective March 1, 2023 are as follows:

Companion Niche	\$1,800
Individual Niche	\$1,800
Half Niche	\$1,000

If you are considering cremation and inurnment, please check out the Columbariums located in the vicinity of the existing cross and stained glass window located on the west side of the building. This is a great space for meditating, visiting a loved one, or just sitting quietly listening to the bubbling water (in the summer).

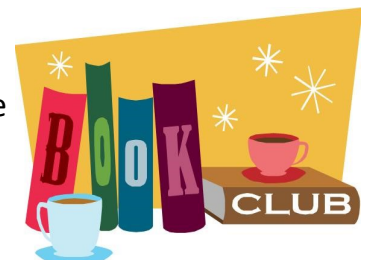


For more information regarding the Columbarium, call the church office to have a Columbarium Committee member contact you and answer your questions. Thank You!

Columbarium Committee Members,
Kris Havir, Kathy Millard, Vicki Abbott

BOOK CLUB

If you are interested in being part of a book club, we have one that meets monthly! The book we are currently reading is “Maisie Dobbs” by Jacqueline Winspear. Our next meeting is January 5th at 10 am in the Fireside Room. The book for February is “Killing Lincoln” by Bill O'Reilly and that meeting will be on February 2nd at 10 am in the Fireside Room. New members are always welcome!



HEALTH MINISTRY

Greetings in the New Year!

I wonder how long it will take for me to remember that it is the year 2023. The years go by so fast, it is challenging to remember times when I couldn't wait for time to pass more quickly so that the next fun thing would be here. I hope that you took the time to celebrate the Christmas season, a time of wonder, excitement and anticipation of what was to happen in terms of our faith life and not just all the gatherings,



presents and other festivities. The weather has been a challenge for some, I hope that you are checking in with folks who are braving the elements and staying in Minnesota for the winter. I remember times when I did not go anywhere without my survival gear in my car; it still is a good idea to pack extra clothes etc. because you never know when you might need to stay warm or before help comes to dig you out of a ditch somewhere. My cell phone always is charged and in cases of long trips or possible power outages, it is good to have backup battery sources for phones and other

important things.

I am not sure that anyone makes New Years resolutions anymore, but if you did make one around getting more exercise or living a healthier lifestyle, there are a lot of tech options that can help. Most are not too expensive or require a lot of expertise like health trackers that can be installed on your smartphone. Apps can track your steps, calories burned, sleep quality and even how long you have been sitting. A very helpful app is one that is on your phone that looks at how much screen time you use-which can be surprising if you are not aware of how much time you spend on apps, watching youtube videos etc. It is helpful to have data to set goals and feel good about progress you are making. Other apps that can be helpful are ones that help with meditation and relaxation. You do not need to have any special skills to meditate, just a willingness to sit and do nothing for short periods of time which can really have positive mind, body and spirit benefits. Many meditations include just simple breathing techniques that can help unhook the stress response and reduce anxiety of daily life. Headspace, Calm, Breathe are just a few free apps that can help start your practice of just stopping and reducing tension. Another way technology can support you is to find online groups that meet virtually or on closed Facebook meetings so that you can learn and receive information and support from like-minded people with issues that are like yours. This can be especially helpful for those in caregiving roles when it is not easy to attend in-person meetings for support and ideas of how to make life easier.

A very big thank you to everyone who make Christmas brighter for those in need. A special thanks to Connie Caspers for her work in getting Christmas packages to some of our members. The Quilters were so generous in their time and talent in making so many wonderful quilts for those packages. Thank you also to the many who checked on people, sent cards to those who are struggling in the season of light and the folks who made days brighter by gifts of presence and food. God uses us in so many ways and I hope that the spirit of Christmas continues for many months to come. The birth of the Christ Child was just the beginning of the miracle and we should continue to find ways to celebrate that miracle in everyday life. What will be different for you in 2023?

Blessings,
Gail Smith, Parish Nurse

JANUARY BIRTHDAYS

1/1 Miryah Pearson-Humphrey
1/2 Leah Glaser
1/3 Kris Gardinier
1/4 Allen Rose, Brak Shramm
1/5 Kathryn Sorensen
1/6 Brian Scheuss
1/7 Natalee Bray, Quinn Bray, Lisa Engblom, Eileen Nissen
1/8 Susan Phillips
1/9 John Ebertowski, Bodie Nybakken, Marlys Thorsgaard
1/10 Earl Bancroft, Clay Wolf
1/11 Sharon Mulder, Kate Stephens
1/12 Kayla Sather
1/13 Carol Bradley, Eric Swanson
1/14 Lori Johnson, Max Martz
1/15 Julie Gerdes, Alyssa DeVries
1/16 Mary Aarestad, Steve Engen, Don Erickson, Larry Miller
1/17 Ron Ommen
1/18 Jon Larson
1/19 Griffin Miller, Dylan Pederson
1/20 Robin Goerges, Nancy Schwab
1/21 Marilyn Blowers, Cole Engen, Joseph Kraemer,
Janice Moengen, Ryan Monahan, Tristan Narum,
Cale Wolf
1/22 Mari Freiberg, Andrew Garin, Paisley Mileski
1/23 Brian Boyda
1/24 Greta Harmala, Kaitlyn Millner
1/25 Lois Haglund
1/26 Leanne Ommen, Donna Puschinsky
1/27 Al Benson, Tristan Schliek
1/28 Samantha Palm, Robin Prigge
1/29 Ryan Aarestad, Stacey Gorr
1/30 Joel Miller
1/31 Christie Henning

JANUARY ANNIVERSARIES

1/1 Doris & Jan Mezzenga
1/2 Joe & Sheree Goerges
1/3 Roy & Carolyn Silcox
1/6 Andrew & Linda Peterson
1/15 Brian & Autumn Thull
1/21 Robert & Kathleen Nelson
1/23 Carl & Judith Weber
1/27 Jody & Chad Harting
1/28 Ted & Terry Pederson

**Please remember these
people in prayer
on their
Birthday and/or Anniversary.**



COMMUNITY RESOURCES

Crosslake Foodshelf: The foodshelf is open on the 1st and 3rd Fridays from 9 am—Noon.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Worship with Holy Communion 9:30 am 10:30 am coffee/fellowship	2 Church office closed for the New Years holiday A.A.-Fireside Room 7 pm	3 Diabetes Prevention class (Zoom) 9-10 am Mahjongg Group - Garden Room 1 pm	4 Kitchen Committee 9 am Knit Wits-Fireside Room 1 pm 5th/6thgrade Youth Ministry 3:30- 5:30 pm Choir practice 4:45 pm Wednesday Dinner 5:30 pm Wednesday Worship w/Holy Communion & Growing Kids 6:15 pm Youth Ministry 7th-12th gr. 7 pm	5 Marketing Committee 9 am Book Club 10 am Communion Service at Whitefish at the Lakes 2 pm	6	7
8 Worship 9:30 am 10:30 am coffee/fellowship	9 Quilters 9 am Men's 500 Card Group 9 am Executive Comm. 4:30 pm A.A.-Fireside Room 7 pm	10 Diabetes Prevention class (Zoom) 9-10 am Ink Spots 9:30 am Staff Meeting 10 am Mahjongg Group - Garden Room 1 pm	11 Bible Study 10 am Knit Wits-Fireside Room 1 pm 5th/6thgrade Youth Ministry 3:30- 5:30 pm Choir practice 4:45 pm Wednesday Dinner 5:30 pm Wednesday Worship w/Growing Kids 6:15 pm Youth Ministry 7th-12th gr. 7 pm	12 Facilities Meeting 2:30 pm	13	14
15 Worship with Holy Communion 9:30 am 10:30 am coffee/fellowship	16 Quilters 9 am Men's 500 Card Group 9 am A.A.-Fireside Room 7 pm	17 Diabetes Prevention class (Zoom) 9-10 am Staff Meeting 10 am Mahjongg Group - Garden Room 1 pm Finance 4:30 pm Church Council 7 pm	18 Bible Study 10 am Knit Wits-Fireside Room 1 pm 5th/6thgrade Youth Ministry 3:30- 5:30 pm Choir practice 4:45 pm Wednesday Dinner 5:30 pm Wednesday Worship w/Holy Communion & Growing Kids 6:15 pm Youth Ministry 7th-12th gr. 7 pm	19	20	21
22 Worship 9:30 am 10:30 am coffee/fellowship	23 Quilters 9 am Men's 500 Card Group 9 am A.A.-Fireside Room 7 pm	24 Diabetes Prevention class (Zoom) 9-10 am Ink Spots 9:30 am Staff Meeting 10 am Mahjongg Group - Garden Room 1 pm	25 Bible Study 10 am Knit Wits-Fireside Room 1 pm 5th/6thgrade Youth Ministry 3:30- 5:30 pm Choir practice 4:45 pm Wednesday Dinner 5:30 pm Wednesday Worship w/Growing Kids 6:15 pm Youth Ministry 7th-12th gr. 7 pm	26	27	28
29 Worship with Baptism of Navy Luzar 9:30 am 10:30 am coffee/fellowship	30 Quilters 9 am Men's 500 Card Group 9 am A.A.-Fireside Room 7 pm	31 Diabetes Prevention class (Zoom) 9-10 am Ink Spots 9:30 am Staff Meeting 10 am Mahjongg Group - Garden Room 1 pm	January 2023			