



Crosslake Lutheran

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Permit #24

February 2024

ASH WEDNESDAY WORSHIP **with Holy Communion & Imposition of Ashes**

February 14, 6:15 pm

Soup Supper 5:30 pm



PASTORS' PAGES



In a daily email devotion from Women of the ELCA, the author was explaining the acronym **T.H.I.N.K.** It's an acronym that challenges us to ask ourselves is what I am saying, texting or typing

TRUE – HELPFUL – IMPORTANT – NECESSARY – KIND?

I remembered that Pr. Becky and Lindsay had posted this on their doors as well. As I thought about it in a devotional context, I wondered about all of us contemplating these discipleship practices for ourselves this Lenten season. And as the Holy Spirit worked, I also realized that these traits are what and who Jesus is for us! These words describe the very *Heart of Jesus!* So, we turned this into our Lenten theme:

T.H.I.N.K. -- The Heart of Jesus



We will be exploring this theme on both Sundays and Wednesdays, using the regularly appointed texts for this year of Lent. The gospel texts come from both Mark and John. Sunday worship will follow a more regular format as we usually do, and Wednesday worship will have Communion and Candles as we have done the past two Lenten seasons with activity stations to reinforce the theme of the week. We hope you can join us for both Lenten worship experiences each week as we experience again the very Heart of Jesus, beginning with **Ash Wednesday on February 14 at 6:15. Please join us for supper beforehand at 5:30!**

Lenten Blessings,

Pastor Kristin

New Worship Opportunity!

Lenten Worship at Noon followed by Soup begins on Wed, February 21

Join us for the five Wednesdays in Lent (after Ash Wed) for a brief worship service of Responsive Prayer at Noon. The worship service will be around twenty minutes, with spoken prayer, a psalm, and hymn. Afterwards people are invited to lunch in the fellowship hall for a simple meal of soup and bread. We hope this new worship and fellowship opportunity can provide a chance for people who don't drive at night to experience midweek worship and share in fellowship during the season of Lent.

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.

PASTOR BECKY

Faith Formation in Lent



Faith formation during Lent is not just about giving up something for Lent; nor is it about picking up a new spiritual practice. Both of those things are possible but neither is required to be a "good" Christian. God comes to you in love and with grace and nothing you do or don't do can change that. (Thanks be to God!)

Here are some activities you could consider for this season of Lent:

- Use the time you'd usually spend on a favorite activity in prayer or service to others
- Begin using one of the free devotional books the church provides (found near the office door)
- Attend either the Noon or 6:15pm mid-week Lenten service and meal fellowship
- Read one chapter of the Gospel of Mark per day (you'll finish the Gospel by Easter)
- Refresh your understanding of Holy Communion by attending First Communion class with the 5th & 6th graders at 4:15-5:30 (anyone can join us!) (First communion will be on April 10th this year)
- Plan to attend either (or both!) Maundy Thursday (March 28) or Good Friday (March 29) services.
- Keep a gratitude journal during Lent. Watch for "God sightings" in your conversations and everyday activities
- Text, call, or send a note to friends and family telling them how much you love them.
- Watch "The Chosen" or watch "The Gospel According to Mark" (on Prime) Contemplate how these artistic interpretations of Jesus' story compare and contrast with each other and with your own imagination. Even better, watch with someone and talk about it together.

In Christ's service with you,
Pastor Becky

LENTEN FOOD SHELF CHALLENGE

Our area churches are participating in this unique challenge. It takes place during Lent, beginning on Ash Wednesday, Feb. 14th and continuing through March 24th. We are collecting both financial gifts and food stuffs. Place your donations of non-perishable food on the table set up in the hallway or your financial gifts in the offering plate or drop off in the church office. All the donations from Crosslake Lutheran will be donated to the Crosslake Foodshelf. Thank you for stepping up to help make life a little bit easier for others. God's work. Our Hands!



LENTEN SOUP SUPPERS

Soup Suppers begin with Ash Wednesday (February 14) and are served beginning at 5:30 pm, followed by a Lenten Service at 6:15 pm each Wednesday evening during Lent. If you would like to donate bars and cookies or help out in some way, please sign up on the board in the Fellowship Hall. In partnership with the kitchen committee we are keeping the Lenten Soup Suppers simple and the menu is: soup, bread, crackers, dessert and drink. A peanut butter and/or jelly sandwich option will be available each week. Come and gather around tables for food and fellowship, then join together for different prayer stations and activities for some interactive creativity and time of contemplation in the worship space.



Pastor Kristin's Sabbatical Announcement -- congregational email sent on January 22

As some of you have already heard, the Good News of a Glad Tidings message about Pastor Kristin's planned Sabbatical was presented in a Temple Talk by Karen Christofferson and Carla White yesterday. If you missed it, you can go to Crosslake Lutheran Church's website and view the worship service from January 21.

Last August, the Personnel Committee began working with Pastor Kristin on a Pastor Sabbatical Leave Policy. The NE Synod suggests sabbatical leaves every seven years. The recommended time for pastors to take a sabbatical is three months. Pastors are encouraged to take time to rest, refresh, spend time with family, and reflect. These are all parts of the sabbatical process and guided by the theme "What makes my Heart Sing?"

Pastor Kristin has never taken a Sabbatical during the almost 20 years of pastoral ministry. She came to Crosslake Lutheran as Associate Pastor in 2014 and was elected Senior Pastor in 2016. During that time, she often served as our only Pastor and skillfully and graciously led us through the Covid pandemic, significant staff changes, pastoral care and pulpit responsibilities, as well as working with committees and task forces, and the many moving parts of a dynamic congregation.

The Personnel Committee, the Executive Committee, and the Church Council have adopted a Sabbatical Leave Policy and have granted a Sabbatical Leave to Pastor Kristin Oltmann to commence May 6 and conclude August 4, 2024. This period of time was suggested by Pastor Kristin because it fits well with our church calendar and normal flow of activities.

The Sabbatical for Pastor Kristin and a negotiated compensation package for Associate Pastor Becky Swanson will not affect our annual budget as it will be funded by a recent gift from a member of this congregation.

The Sabbatical Leave Committee is composed of representatives from Personnel and the Executive Committee. Pastor Becky and Church Secretary Brenda LaRock have been active participants in this process and will work with the Sabbatical Leave Committee throughout this process. Copies of the Sabbatical Leave Policy and a Question-and-Answer sheet is available by contacting the Church Office. This Q&A document is a work in progress and you are encouraged to view this document and suggest questions that have not been addressed by March 15th.

This sabbatical includes not just our pastor, but it is also an invitation to our congregation to explore new ways of loving one another and exploring ways we can personally serve God, our families, our church, and our many communities. We invite you to explore the question of what makes your heart sing with yourself and your loved ones. Then share as you choose, with us, your church family, with our communities, and our world.

Yours in Christ,

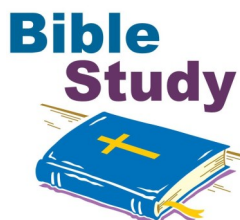
Rocky Chapin, Council President

A Heartfelt Thank You!

I want to thank the personnel and executive teams for their work on the Sabbatical policy that the council adopted at the January Council meeting. I am grateful that the Northeastern MN Synod has given encouragement for congregations to have these policies. And I thank the council that I am now granted a three-month sabbatical beginning in early May. One pastor commented to me how blessed I am to be in such a supportive congregation, and I agree!

Now, I will be working closely with the Sabbatical support team, Pr. Becky, and the staff to plan in a more detailed way how things will go during that time. I also have some ideas for how my three months will be spent in contemplating “What makes my heart sing.” I can assure you that pastoral ministry indeed “makes my heart sing.” Without a doubt, I love being your pastor, and I know that will continue. But the sabbatical will be a time for me now, to explore other ways and things that “make my heart sing.” So, that is what I am going to do! I know family and friends make my heart sing, so I intend to spend as much quality time with family and friends as I can. Also, I hope to explore some aspects of my hobbies from long ago that I have lost touch with like music making and writing. Maybe I will find something new that makes my heart sing! Our God of surprise is always up to something in our lives, and I know this time will refresh and renew me in ways that I don’t know now. I hope that God can do that for you, too, as this is an invitation for you, too, to explore “what makes your heart sing?” And when I return in early August, I am excited for the ministry that we will again do together at Crosslake Lutheran for the years ahead!

- Pastor Kristin Oltmann



FEBRUARY BIBLE STUDIES

Wednesdays at 10:00am - Fireside Room

Wednesdays on Zoom at 12:00 Noon Central Time thru February 7th

THERE WILL BE NO BIBLE STUDIES ON ASH WEDNESDAY—FEBRUARY 14TH!

NEWS OF THE FAMILY

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



- Dave & Marti Dickinson in the death of their daughter, Mary Griffiths, on December 24th in Chanhassen, MN.
- The family of Ted Pederson in their loss & sorrow. Ted passed away on Saturday, January 6th at Golden Horizons Assisted Living in Crosslake
- The family of Dave Topinka in their loss & sorrow. Dave passed away on Saturday, January 6th at Abbott NW. A memorial service will be held in the Spring.

Pastoral Acts

Memorial Service: Ted Pederson, January 13, 2024

ALL-AGES FAITH FORMATION TRIP TO HOLDEN VILLAGE



We now have dates for our Group Reservation at Holden: August 21-28th. **If you are on the fence about going, you have until Feb. 10th to reserve your spot.** We need your first night's lodging (\$90 adults; \$67 kids; \$0 preschool). Check out Holdenvillage.org and talk to Pastor Becky for more details!

FINANCIALS

2023 Financial Report

<u>December:</u>	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>	<u>YTD:</u>	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>
Revenues:	\$ 73,650	\$ 64,087	\$ 9,563		\$ 546,676	\$ 577,900	\$ (31,224)
Expenses:	\$ 41,571	\$ 52,612	\$ 11,041		\$ 488,811	\$ 577,900	\$ 89,089
Difference:	\$ 32,079	\$ 11,475	\$ 20,604		\$ 57,865	\$ 0	\$ 57,865

In the month of December, revenues exceeded expense by \$32,079.

YTD's performance is \$57,865 more than budget, because revenues are \$31,224 less than budget, however, expenses are also less than budget by \$89,089.

**On January 16, 2023, Council voted to restrict year-end earnings as follows:
10% to local charities, an additional \$1,405 to the Synod , and \$25,000 to Property Reserve.**

Complete financial reports are available in the Finance mailbox.

SOLAR EXPRESS

Power, generated by Crosslake Lutheran's solar panels, flows directly into the grid at our church and thus is used locally. Alternately, Crow Wing Power's electricity comes through Great River Energy from several sources, mainly the Coal Creek Power Station in North Dakota. It is estimated that over the 500-mile distance from this station, 2 % of the power is lost. Therefore, solar power generated on site is more efficient just from reduced transmission losses.

Solar Panel Data



Month	Solar Savings	CWP bill after savings
August 18-31	\$317.70	\$353.00
September	\$533.30	\$20.00
October	\$428.80	\$35.00
November	\$295.40	\$163.28
December	\$124.00	\$350.00

JUL FEST



Jul Fest workshop will begin again on Monday, March 4th. We will gather every Monday from 9am – 12 Noon in the fellowship hall; you can come for all or part of the morning. We will be working on crafts, sewing, and painting. If you have ideas for new crafts, please bring samples or pictures to share with the group. New members are always welcome! We will have a coffee break for sharing and fellowship. If you

have any questions, contact Marcia Prescott (952-938-6846) or Cindy Bighley (651-770-0720). **Our group has been assigned March 6th to cook soup supper, bring desserts, set up and clean up. Please sign up on the board in the Fellowship Hall, as the date will be here before we know it!**

CLC YOUTH & FAMILY MINISTRY

FEBRUARY 2024

SAVE THE DATE!
SUMMER
STRETCH
JUNE 12, 19, 26
JULY 10, 17 24
5TH-8TH GRADE

We have had a busy start to the new year, the first over night LOCK IN the church has had in MANY years was a huge success, field trips and learning continue to keep all ages busy!

Looking ahead our 5th & 6th grade youth who have not yet had communion will be learning about 1st communion and will be celebrating and receiving their First Communion on April 10th.

SAVE THE DATE!
VACATION
BIBLE SCHOOL
JULY 15-18,
2024
K- 6TH GRADE

We are still in need of parent volunteers to help with Wednesday Dinners, please message or talk to Lindsay to volunteer!

Blessings, Lindsay

Valentine Care Packages for our Young Adults

It's time to reach out to our recent H.S. graduates! We will be sending care packages this year consisting of a gift card and a treat to approximately 22 young adults for Valentine's Day.

We would appreciate any monetary donations to help cover the cost of the gift cards and postage. Packages will be mailed on Thursday, February 8th. We thank you in advance for helping share God's love with these young people!



HEALTH MINISTRY

Greetings from the heart of Texas in this month of Valentines and Heart Health. We have done many presentations at Crosslake Lutheran on how to keep you heart healthy and am planning another “Coffee with a Cardiologist” for when I return. Some of the most important things that you can do on a daily basis is to exercise, keep your cholesterol and blood pressure in normal ranges and to consult with your primary or specialist MD for ways to make that happen. With the temp changes, it can be challenging to walk when the possibility of ice is there, but there are ways to just keep moving by walking in your home or in a public space that is safer. Blood pressure and cholesterol management is important not only for your heart health but also to protect your brain from strokes. As many of you already know, there are basically two kinds of stroke that can cause changes to the circulation to the brain. The first type is caused by bleeding into the brain which can happen when a small blood vessel breaks often due to high BP readings. As we get older, our vessels become



more delicate and a big increase in your BP can cause those vessels to break. If you do not know what your BP is or if it is normal, please give me a call or check with your primary MD. The other kind of stroke is called embolic which means a bit of plaque that has built up over time in your blood vessels has become so severe or has broken off and traveled to your brain which caused a blockage to that part of your brain. The only way to tell the difference between these two strokes is by Cat scan imaging which is done the instant you get to the ER.

Both CRMC and Essentia have stroke protocols that start when the paramedics are called to your home which call together a stroke response team that is ready for you when you arrive. The reason that is it is important to tell which type of stroke it is, is that the treatment options are very different. If you are having an embolic stroke, we give clot busters which hopefully break up the clot that is blocking the flow of blood. For the hemorrhage type, you may need surgery to clip the bleeder if it is accessible. The most important part of this process is to recognize the early signs of stroke so that these interventions can be done within the first 3 hours of stroke to give you the best chance of recovery. The trouble is often signs might to subtle such as speech, vision or balance issues and not the full blown paralysis that is very noticeable. If you experience any of these subtle changes it is very important to reach out to medical professionals so that you can be evaluated. There are a few things that can mimic stroke such as migraines but it takes testing to determine that so please do not delay in getting help. Some strokes are called transient ischemic attacks or TIA which produce symptoms that spontaneously disappear within 24 hours but these are often the warning signs that a bigger event is very possible. Your job is to be aware of the signs of stroke such as speech issues, one side of the face drooping, weakness of paralysis on one side of the body and the time that the event started. Remember the acronym FAST-face, arms, speech and time to guide you. Please reach out to your provider if you have any questions about your stroke risk. I know that there are many things that I did not include in this very brief overview of stroke, but at least your will know the basics.

Plans are underway for the Senior Expo, including the prom, so I hope you are dusting off those dancing shoes. The prom theme is “Putting on the Ritz” with black and gold the décor. Even if you are not a fan of dressing up, please consider coming since it fun to listen to music of our era. The cost is \$30 per person and includes appetizers, a lovely sit down dinner and the dance. More info. will be out shortly. Planning is also underway for “Matter of Balance” class which will start in April, “Final Gift” workshop and “Flying Solo” which will happen early May. We will be also leading the Dementia-Friendly Community Initiative which started last year. If you have ideas about any additional programs that you would like to see, please reach out to me.

I am hoping that the more moderate temps are uplifting your spirits and will be back soon.

Gail Smith, RN—Parish Nurse

COMMUNITY RESOURCES

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

FEBRUARY BIRTHDAYS

2/1 Amy Engen, Jared Hemming, Sannah Lohmiller,
Jane Reiersen, Hunter Spray
2/2 Betsy Boyda, Virgene Johnson
2/3 Kelly Spray, Austin Young
2/4 Jeffrey Bittner, John Knight, Brian Miller
2/6 Amy Meister, Kary Montour, Jessica Nybakken
2/7 Debi Backdahl, Ellen Nelson, Danielle Rasmussen
2/8 Lawsyn Allyn, Jane Krause
2/9 Paul Millard
2/10 Roland Hirman, Bertie Johnson
2/11 Cindy Myogeto
2/12 Jake Anderson, Sharon Seeker, Warren Kleinsasser
2/13 Sharon Huff, Randy Kraft, Amy Ledin
2/14 Isabel Larson, Val Squires
2/15 Brenda LaRock
2/16 Nick Buckentin, Garrett Wolf
2/17 Jill Andersen, Kim Bolz-Andolshek, Maxine McEwen,
Jill Otterson, Kyle Spray
2/18 Matt Neko
2/19 Alex Christofferson, Arlene Heal
2/20 Cooper Anderson
2/21 Jack Haar
2/22 Linda Andrews, Michelle Courneya, Barbara Johnson
2/23 David McChesney, Don Jacobsen, Sande O'Connell
2/24 Ed Anderson, Kate Bolz-Andolshek, Wesley Johnson,
Terry Pederson
2/25 Leon LaRock
2/26 Ralph Flohr, Sally Mainquist
2/27 Luke Schramm, Barbara Schwartz
2/28 Renae Balmer, Grant Blosberg, Deb Dahlke

FEBRUARY ANNIVERSARIES

2/4 Charles & Denise Hicks
2/5 Roger & Jaci Peterson
2/14 Rich & Carol Irish
Ray & Rosalie Justison
Gary & Sue Phillips
Robin & Kathleen Prigge
Don & Jane Reiersen
2/15 Ivan & Kathy Millard
2/16 Steve & LuAnn Nelson
Tony & Kristin Oltmann
2/19 Roger & Linda Joyce
2/24 Frederic & Lynn Engman
Brent & Jessica Nybakken
2/25 Arlen & Virgene Johnson
2/26 John & Joan Callender

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



DINERS GROUP

The Diners Group will meet on Thursday, February 15, at 5:30 pm in the upstairs of The Wharf, 12986 County Rd. 16, in Crosslake. All are welcome! Call Leanne Ommen with any questions (218-820-2141) and sign up on the church bulletin board.



BOOK CLUB

The book for February is "An American Beauty" by Shana Abe and we will meet on **February 1st at 10 am** in the Fireside Room. New members are always welcome!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2024						
4 Worship with Holy Communion 9:30 am 10:30 am coffee/fellowship	5 Quilters 9 am Men's 500 Card Group 9 am A.A.-Fireside Room 7 pm	6 Ink Spots 9:30 am Mahjongg Group - Garden Room 1 pm	7 Kitchen Committee 9 am Bible Study 10 am Bible Study (Zoom) Noon Knit Wits-Fireside Room 1 pm 5th/6th grade Youth Ministry 3:30- 5:30 pm Choir practice 4:30 pm Wednesday Dinner 5:30 pm Wednesday Worship w/Holy Communion & Growing Kids 6:15 pm Youth Ministry 7th-12th gr. 7 pm	1 Marketing Committee 9 am Book Club 10 am Communion Service at Whitefish at the Lakes 2 pm	2	3 Crosslake Firefighters Pancake Breakfast in the Fellowship Hall 8—11:30 am
11 Worship 9:30 am 10:30 am coffee/fellowship	12 Quilters 9 am Men's 500 Card Group 9 am Staff meeting 1 pm A.A.-Fireside Room 7 pm	13 Mahjongg Group - Garden Room 1 pm Exec. Comm. 2 pm	14 Ash Wednesday Knit Wits-Fireside Room 1 pm 5th/6th grade Youth Ministry 3:30- 5:30 pm Choir practice 4:30 pm Soup Supper 5:30 pm Ash Wednesday Worship w/Holy Communion & Imposition of Ashes 6:15 pm No Youth Ministry for 7th-12th gr	15 Facilities Comm. 2:30 pm Diners Group 5:30 pm	16	17
18 Worship with Holy Communion 9:30 am 10:30 am coffee/fellowship	19 Quilters 9 am Men's 500 Card Group 9 am Staff meeting 1 pm A.A.-Fireside Room 7 pm	20 Ink Spots 9:30 am Mahjongg Group - Garden Room 1 pm Finance 4:30 pm Church Council 7 pm	21 Bible Study 10 am Lenten Worship followed by soup Noon Knit Wits-Fireside Room 1 pm 5th/6th grade Youth Ministry 3:30- 5:30 pm Choir practice 4:30 pm Soup Supper 5:30 pm Lenten Worship w/Holy Communion 6:15 pm Youth Ministry 7th-12th gr. 7 pm	22	23	24
25 Worship 9:30 am 10:30 am coffee/fellowship	26 Quilters 9 am Men's 500 Card Group 9 am Altar Guild 10:30 am Staff meeting 1 pm A.A.-Fireside Room 7 pm	27 Mahjongg Group - Garden Room 1 pm	28 Bible Study 10 am Lenten Worship followed by soup Noon Knit Wits-Fireside Room 1 pm 5th/6th grade Youth Ministry 3:30- 5:30 pm Choir practice 4:30 pm Soup Supper 5:30 pm Lenten Worship w/Holy Communion 6:15 pm Youth Ministry 7th-12th gr. 7 pm	29		