

Long Lake Lutheran Church

April 2019

# Country Spire

## Palm Sunday

Sunday, April 14th 8:00 am and 9:30 am worship

## Holy Week

Wednesday, April 17 6:00 pm worship

Maundy Thursday Service, April 18 7:00 pm

Good Friday Service, April 19, 7:00 pm

## Easter Sunday April 21st

Sunrise service 6:15 am

8:00 am, 9:30 am

Breakfast served from 7:00 am-10:30 am

## Friends of Ruth Annual Spring Luncheon

April 27 11:30 am

More information on the kiosk



**Christ Centered**

**Purpose Balanced**

**Mission Driven**

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[longlakeluth.org](http://longlakeluth.org)

Like us on Facebook



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*"For now the winter is past, the rain is over and gone. The flowers appear on earth; the time of singing has come, and the voice of the turtledove is heard in our land."*  
*Song of Solomon 2:11-12*

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### *Staff*

Choir Director	Donna Larsen	763-350-8209	donna@larsengardens.com
Organist	Kristy Anderson	763-300-0167	kristy.anderson@co.isanti.mn.us
Wedding Coordinator	Carol Perrin	952-220-2684	carol.perrin.cp@gmail.com
Custodian	Gene West	763-689-6931	

### *Council*

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From the desk of Pastor Sue Olson

1 Corinthians 1-17 (NRSV)

### Salutation

<sup>1</sup> Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,

<sup>2</sup> To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours:

<sup>3</sup> Grace to you and peace from God our Father and the Lord Jesus Christ.

<sup>4</sup> I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, <sup>5</sup> for in every way you have been enriched in him, in speech and knowledge of every kind— <sup>6</sup> just as the testimony of Christ has been strengthened among you— <sup>7</sup> so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. <sup>8</sup> He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. <sup>9</sup> God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

### Divisions in the Church

<sup>10</sup> Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose. <sup>11</sup> For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. <sup>12</sup> What I mean is that each of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." <sup>13</sup> Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? ... <sup>17</sup> For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power.

## From the desk of Pastor Sue Olson

I chose this passage to share with you this month to invite you to reflect on the mighty power of the cross of Christ. As we journey together through Lent toward our joyful Easter Celebrations, we must never forget what Christ did for us and why “he chose the nails,” to quote Max Lucado. Paul calls us to “be of one mind and purpose,” not to discourage us from expressing our differences on things that matter to us, but to encourage us to work towards harmony in the church. Little differences are up for debate and we seem to love to engage in discourse over some pretty small stuff. It’s the big stuff Paul is writing about in this letter.

And that big stuff is Jesus Christ who willingly participated in God’s plan of salvation for humanity. Pastor Bob and I love to tell the story of the life of Jesus; we plant the seeds in your heart, and when you worship at church, read and study the bible, hear and sing songs, and participate in the life of your church family, you are watering and fertilizing these seeds. It is God, in the Holy Spirit, that makes your faith grow. We look to the empty cross and sing joyfully on Easter morning, knowing that death had no power over Jesus. Without faith, all we would see are two pieces of wood. With faith, we see love, grace, mercy, forgiveness, life everlasting, and great sacrifice on our behalf flowing from the cross.

This gathering of people we call church is not an amazing, wonderful place just because we are so amazing. (Well, we are!) It is not Bob’s church; it is not Sue’s church. It is not even your church! It is God’s church! So how do we stay of one mind and purpose? Look to the cross and let it guide you. Remember who you belong to; remember who died on that cross for the sins of all.

**I would like to announce my graduation from Luther Seminary on Sunday, May 19, 2019 at Central Lutheran Church, 333 S. 12<sup>th</sup> St. Minneapolis at 3:00 pm. All are welcome to attend.**





Bob Ruscant  
Interim Pastor

*"Looking Forward to the Promise of a New Season!"*

***"<sup>11</sup>For surely I know the plans I have for you, says the LORD, plans for your welfare and not for harm, to give you a future with hope. <sup>12</sup>Then when you call upon me and come and pray to me, I will hear you. <sup>13</sup>When you search for me, you will find me; if you seek me with all your heart, <sup>1</sup>I will let you find me, says the LORD..." Jer. 29***

Seasons come and go... winter has moved to spring here in Minnesota and transformations of landscape and heart and mindscape are occurring rapidly. Winter hit us hard with worship cancellations and travel trials. The deep freeze, the deep snowfalls, the deep darkness of November to February... these outdoor extreme conditions followed us indoors with troubling building heating complications and leading to leaks through the roofing into multiple rooms in the facilities. The deeps and the extremes and the leaks also seeped into our hearts and minds as we continued to deal with heartaches, change in staff, illnesses and crisis and losses related to family members, and unexpected changes in the search for a new settled pastor. Yet, clearly the Spirit of God has been moving and carrying the family of God that is LLLC! Congregational Event # 1 brought a wonderful esprit de corps and multiple insights into the long life of Long Lake Lutheran. Of all the epiphanies that came during this wonderful (even if 'rushed' and timebound) shared experience led by the Transition Team was RESILIENCY! The Spirit of God has carried LLLC through storm and fire, climactic and emotional and brought us out alive and kicking! Its not so much that LLLC 'skated' through it all... more like 'plowed' with determination and 'endured' with the power of the Holy Spirit.

God had and has hope-filled "plans for our welfare." God brought faithful and loving shepherds to LLLC in the past and God will do so again. Half to a dozen Swedish farm families came together with the Spirit to birth this congregation. Now the Spirit calls US ALL together to bring new birth into a new season of ministry and mission and mutual caregiving and compassionate outreach locally through our LLLC parish ministries and regionally and worldwide through mission partnerships and extensional ministries with the MPLS Synod and the ELCA.



Faithful Council, Transition Team, lay leader members, faithful staff, and families of all ages keep LLLC on course with the “plans God has for us.” We do so, “calling on God in prayer” to continue guiding us forward, keeping us hope-filled and in unity, practicing “speaking the truth in love” and exercising grace and tolerance and respect for one another. The Spirit keeps calling and empowering us to set aside personal agenda, ambition and privilege of entitlement for the sake of blessing the whole body of Christ in humility with what is best for LLLC.

In the days, weeks, and months to come... let us be found faithful, faithful to our Lord Jesus Christ and faithful to one another and the plans God has for us. Let us be found seeking the will of our Lord by praying together always, “Thy will be done, Lord... here at LLLC as it is in heaven!” Let’s be found giving out Lord “the best of us” as God as given the best to us in Christ Jesus. Especially, let us be in prayer for Pastor Sue Olson for her future in Ordained Ministry and as an internal candidate for Call to LLLC.

*8Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. 9Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. Phil. 4*

In the coming weeks the Council will be calling the members of LLLC together as early as Tuesday evening, April 2 to seek how God’s plans will unfold for us. The Transition Team will continue to work on its appointed calling to serve and lead the congregation toward our next settled pastor shaped by the input of the whole congregation. Let us double our prayers and intensify our shared efforts to live out God’s will and plans for the future with hope that God has for us.

Yours in Christ Jesus, Interim Lead Pastor Bob Rusert



On Sunday, March 24 and Wednesday, March 27 we shared with the congregation the story of a household that gave a generous gift to our church simply because they believe in who we are and what we are doing to enrich the lives of our congregation. Long Lake has a cup of blessings that overflows into all our ministries, like youth programs, education for all, and our worship programs. These programs only work if we are able to meet the budget that was passed at our Annual Meeting. We are currently experiencing a shortfall and have had to use money from other accounts to cover that shortfall. We encourage all households to be inspired by that generous household and follow their example of generosity if they are able.



Shawna Berg

Director of Youth and Family Ministries

Traditions and Rituals

Tradition and rituals. There is something very comforting about them isn't there? Easter is coming up, and there are definitely some traditions and rituals that my family hold dear, many of which have been held over from my own childhood.

Every year we make and decorate a bunny cake. This is something we did when I was growing up, and something that I now do with my own family and niece and nephew. My kids are 14 and 16 and we will still make a bunny cake this year, because it is tradition! The year my kids don't want to make a bunny cake with me will probably break my heart!

New outfits for Easter Sunday – when I was growing up we always got a new outfit to wear on Easter Sunday, and for some reason I almost always feel like this is something we need to do, so most likely, my crew will end up wearing a brand new outfit to church on Easter Sunday, because it is tradition.

We have always done Easter egg hunts – now that isn't an unusual tradition I know, but when our kids were young we modified how we did our hunts. Since our kids were young each of the cousins were designated one color as their own and we hid the eggs accordingly. This worked well since there was a wider age span and otherwise the older cousins would end up with all the eggs! Every Easter it is fun to watch the cousins help each other find their eggs and work together -rather than race to compete to find the most eggs and it has worked well for us.

Finally, we always make sure we go to both Good Friday and Easter Sunday worship services. It is really hard to fully celebrate the joy of Easter, without feeling the sorrow of Good Friday. When my children were younger attending these services wasn't always easy. Having young children at a quiet Good Friday service can be a challenge, but it was an important tradition. I'll never forget the year my son, who was five years old at the time said very loudly "Mom, I can't believe Jesus dies again, he died last year!". This is the moment when I realized that teaching my children to whisper would be a very good thing. 🤫

Shawna Berg

Director of Youth and Family Ministries

As important as our tradition and rituals are to us, there have also been things that have changed over the years. We have relatives all over the place, and because I have a job in ministry, we are not always able to be with family on Easter, or when we would like to. This means that we have had to change our ideas of tradition when it comes to extended family celebrations, menus, and meals on Easter. Some years we have been able to be together, and some years we just can't – and we have learned that we can still have a meaningful celebration and still keep some of our most important traditions and rituals.

Long Lake has been going through a lot of changes recently. Change is hard. In the midst of all the hard changes Long Lake has been able to hold on to important rituals and traditions that make up the core of who Long Lake Lutheran is. At the last Transition Team meeting I walked away so impressed with hearing about how resilient and strong this congregation has been throughout challenges and changes over the years. This is something to celebrate! I pray that we can continue to hold each up in prayer as we navigate the changes and work to make Long Lake Lutheran a welcoming church for all! Thank you all for your continued partnership in ministry.



## Summer Stretch!

Attention 6<sup>th</sup>-12<sup>th</sup> grade students! Are you looking for ways to serve and have fun this summer? On Wednesdays this summer (beginning June 19<sup>th</sup> – not meeting July 3<sup>rd</sup>) we will be gathering for fellowship and service. Our service activities will include: Feed My Starving Children, making cookies for local firefighters and police officers; making toys for local animal rescue services and more! Our fellowship activities will include Valleyfair, minigolf, bowling and more!

If you want to sign up watch for a brochure with specific events and details that will be available on May 1<sup>st</sup> – Summer Stretch is a great opportunity to invite your friends! We will also be looking for adults that might want to help provide leadership for these events – if you are interested in being a participant or a leader please contact Shawna Berg!



# LLLC Scholarship Information

Applicants must be a member of Long Lake Lutheran Church.

Applicants must be currently attending a college or trade school and have completed at least one semester. (Undergraduate programs only)



Each applicant may apply to the scholarship fund a maximum of two times. These two times must be in consecutive years.

Scholarships will be awarded once per year for \$250.00 each.

The Scholarship Committee will take into consideration special circumstances that are outside the limitations set by our guidelines.

Applications can be found on the church website ([www.longlakeluth.org](http://www.longlakeluth.org)) and in the church office.

Students need to provide proof of enrollment and a GPA of 2.75 or higher.

Donations to the scholarship program will be graciously accepted at any time throughout the year. Make checks payable to Long Lake Lutheran Church Scholarship Fund.



Some students in our community recently lost a classmate unexpectedly. Feelings of grief, loss and depression come in waves and at unexpected times when this happens. This can be a challenging time for the entire community. If you or your student needs extra support please let Shawna or one of the Pastors know and we can provide a safe space for you to talk and help refer you to some resources that would be helpful.

# Church Council Minutes

**March 14, 2019**

## **Church Council Meeting**

Attendees: Matt L., Ronda F., Marsha W., Pastor Sue, Rachel M., Jennifer M., Pastor Bob, Kara H. and Kathie S.

Matt called the meeting to order at 6:31PM.

Rachel lit the Christ candle.

Ronda led devotions Psalm 55:22 Cast your burden on the Lord, and he will sustain you: he will never allow the righteous to be shaken.

Marsha moved to approve the Agenda, Rachel second. Motion passed.

Adding water leaking concerns.

## **Staff Reports**

Pastor Bob will be on vacation in Budapest May 26<sup>th</sup> – June 10<sup>th</sup>.

Pastor Sue has withdrawn from her placement with the Northwest Synod; will continue in her position with LLLC and will be available for call as we continue to follow the transition process.

## **Team Reports**

### **Property**

In the utility room above the breakers is waterlogged ceiling tile.

Plus, Jen's office has a leak on the South Window wall (repaired for same reason 7+ years ago).

Water is flowing in back door by the mechanical room.

Chairs in the Conference Room are filthy and need to be cleaned/replaced.

Snow on roof is being raked.

### **Finance**

Our expenses have exceeded our income \$30,000 since January 1<sup>st</sup>. We had to move \$25,000 from the money market account to cover expenses.

Stewardship will be sharing a message on March 24<sup>th</sup>.

Online giving has been increasing.

Travis Fisher from Thrivent will be visiting and leading a workshop(s).



# Church Council Minutes

## **Worship & Music**

Sanctuary Music area will be re-configured for a 6 month period to test flow and ease of use. Re-configuration will be done thru volunteer time & materials.

## **OLD Business**

**Safety & Security Team** – people have been contacted and are considering providing leadership to the Team.

**Transition Team** – 1<sup>st</sup> Congregational Meeting was well received with 65 attendees as our History was discussed. 2<sup>nd</sup> Congregational Meeting April 2<sup>nd</sup> 6:30-8:15PM will be discussing assessment & enhancement of our present ministry. 3<sup>rd</sup> Congregational meeting is April 28<sup>th</sup> 10:45-12:30PM looking around identifying our neighbors and their needs. A lite lunch will be served. Potentially a 4<sup>th</sup> meeting will be scheduled to discuss the future. All data is used to develop the Ministry Site profile.

Council/Transition Team hospitality gathering.

**Council Retreat** – relationship building, praying, spiritual growth. Looking at scheduling a retreat at Onamia May 17<sup>th</sup>/18<sup>th</sup>.

MN Adult & Teen Challenge – October 6<sup>th</sup> OR 13<sup>th</sup>.

## **NEW Business**

Marsha will be available to do additional sound system training the last Sunday of March and the 1<sup>st</sup> Sunday of April.

Soup Supper - Council serving March 27<sup>th</sup> chili – will be cooking March 24<sup>th</sup>.

Facebook/Website - please review and identify potential changes needed. How should we be utilizing.

Sympathy card to Roxie & Jim Peterson for their care of Moonshine.

Marsha made a motion to adjourn the meeting, Kathie 2<sup>nd</sup>. Motion passed.

Meeting closed with the Lord's Prayer.

Meeting was adjourned at 8:55PM.

Next Council Meeting is Thursday, April 11 6:30PM (Devotions by Kathie)

Ruth Sweet, Joan Anderson, Becky Agranoff visited.

# President Ponderings

Is it safe to say that Spring has sprung? I sure hope so! As the outdoor seasons change, so do our spiritual seasons. We are approximately three weeks into the Lenten season, and are beginning to study the path that Jesus took to ensure that all of us are forgiven. Most of you reading this know this great story, but it sadly reminds us of how much Jesus loves us, by fulfilling a promise that seems impossible for any of us to do.

As seasons change, Long Lake is also in a time of transition. We are fortunate enough to have welcomed and installed some new members to our congregation around the beginning of February. We have new council members that are helping lead the church in many capacities. We also have a transition team that has graciously been working to help Long Lake develop a Ministry Site Profile.

The transition team hosted a congregational meeting that was quite successful, and I thank every member for their hard work. This meeting was very informational for all who attended and was also a fantastic opportunity to meet new people. The information that is obtained is very important as we figure out how to fill our pastoral and youth leadership needs.

Recently, Pastor Sue was released from the Northwest Synod and announced her eligibility for call here at Long Lake Lutheran. This does not mean that Sue has been hired by Long Lake. Pastor Sue will still have to go through the interview process. While I realize that this may be good or bad news for you, I urge you to respect the importance of the work being done by the transition team. Please thank them, their work is not finished yet and is just as important as it always has been.

I'd like to thank all the selfless volunteers that devote so much time and efforts to our church! Your willingness to serve is contagious and is deeply appreciated.

Please keep Long Lake Lutheran in your prayers in this time of transition.

God's Peace,

Matt Lundeen



# stewardship

# HE IS RISEN!

Here is some input from Billy Grahams Evangelical Association website

“Create in me a clean heart, O God, and renew a right spirit within me.” —Psalm 51:10 (ESV)

Spring is a time to start fresh—to wash windows, sweep the doorstep and purge your closet. Sometimes our spiritual lives need a deep cleaning, too. As you refresh your space at the start of this new season, don’t neglect the space inside—your very soul, the core of who you are. Here are three questions to ask yourself as you take a spiritual inventory.

## **What Needs to Go?**

Let’s be honest, some things should go straight to the trash. We’re talking broken, falling apart, cobweb-covered this and thats we probably never should have owned in the first place.

Think of a tucked away box that hasn’t been opened in ages. That’s what our sins can be like. We harbor all this guilt and shame over past mistakes and hide them away in the untouched corners of our hearts, never to see the light of day.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” —1 John 1:9

God is ready to give you a new start. Take the first step by seeking His forgiveness and asking for His direction as you move forward in your newfound freedom.

## **What Can You Give Away?**

So often, we hold onto things we haven’t used in years because *maybe* we’ll need them one day. Or we feel an attachment to something and can’t bear to release it to the donation pile.

But those things have a tendency to bog us down and clutter our lives. In the end, it feels good to let them go.

So what part of your faith life can you give to others?

“You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.” —Matthew 5:14-16

As followers of Jesus Christ, we aren’t supposed to keep Him all to ourselves. He commands us to share His Good News with others.

Think of someone you can talk to about Christ’s love for us. Ask a friend to become a prayer partner, or read the Bible to someone who’s unable to. Keep your eyes open for opportunities to mentor a new Christian. Look for ways to serve as Jesus would serve.



# stewardship

## What Needs Some Love?

Don't worry, you don't have to let go of *everything*. Perhaps the pillows just need to be fluffed, the shelves dusted or the universal "junk drawer" reorganized.

Our spiritual lives can usually use some tidying up, too. Think of all the letters the Apostle Paul wrote to churches about keeping the faith. It takes work, he told them—constant energy to get along, set a good example and generally be faithful to Christ.

There's no shortcut to a relationship with Jesus. It takes time and effort—elbow grease, you could call it.

"You shall love the Lord your God with all your heart and with all your soul and with all your might." —Deuteronomy 6:5

Whether your faith life needs a fresh coat of paint or total renovation of the heart, there's no better time to jump in than now. Start with one thing at a time—maybe it's alone time with God, spending time in the Bible or treating others as He would.

Wherever you begin, remember you're not spring cleaning alone. God Himself can help you cut through the spiritual clutter in each area of your life. <https://billygraham.org>

We have a garage sale coming up in May hosted by WELCA to raise funds for the kitchen fund. This saves our general fund from paying for kitchen items.

THANK YOU WELCA !

Please volunteer your time, share your talents, and spread your treasure. This is what God intended for us to do.

Pray your way through the day !

Your sister in Christ,

Kathie

# Education

This summer's fun will begin on Friday, June 14th in the evening with a meal for the families and the whole congregation! Saturday, June 15th will be Bible School from 9:00 am to 3:00 pm. We will wrap it up on Sunday, June 16th by sharing what we've learned with the congregation at our annual outdoor worship service! Look for more details coming soon!



# Congregational Life

## Happy Spring!

I hope everyone is enjoying the warmer weather and staying dry! The Congregational Life committee has been able to meet this month to discuss some very fun events coming up. One in particular will be the intergenerational event on Friday, June 14<sup>th</sup>. Please save the date! There will be more details to come but we're hoping that the congregation will help kick off the annual Vacation Bible School for our youth while coming together as a community for a BBQ.

As we continue to dive into and embrace this wonderful Lenten season, I thought I would share our March devotional. It comes from Romans 12:4-8:

For as we have many members in one body, but all the members do not have the same function, so we, being many, are one body in Christ, and individually members of one another. Having then gifts differing according to the grace that is given to us, let us use them: if prophecy, let us prophesy in proportion to our faith; or ministry, let us use it in our ministering; he who teaches, in teaching; he who exhorts, in exhortation; he who gives, with liberality, he who leads, with diligence; he who shows mercy, with cheerfulness."

The human body is one whole being made up of many members that serve different, very important functions. Our church and all the members in it are the same. We are unified through Christ, but we all have unique gifts and talents that we bring to the table and together we are able to function in an AMAZING way! We are called to use our gifts and talents for the betterment of all! Feel free to read further in Paul's first letter to the Corinthians. Chapter 12 really dives into this analogy!

Any and all are welcome to join our next Congregational Life meeting!

## Prayers and Blessing!

Kara Hepp

# Property

This year's clean up day will be held on Saturday, May 4th. From 9:00 am until about lunchtime we will tackle some of the projects that need to be addressed. Many hands make light work, so please mark this important date on your calendar! Look for a sign-up sheet coming on the kiosk soon!



# Friends of Ruth

The Friends of Ruth are continuing the baby care kit ministry and are in need of the following items:



Hooded sweatshirts size 6 to 24 months  
Cardigan sweaters or crew sweatshirts size 6 to 24 months  
Receiving blankets Socks size 6 to 24 months Sleepers (with no feet in them) size 6 to 24 months (no onesies) T-shirts size 6 to 24 months Hand towels (dark colors preferred) Bath size soap bars in individual wrappers Sturdy safety or diaper pins

We appreciate the congregational participation in this ministry. If you have items that you can donate to the kits, please leave them in the Friends of Ruth basket in the kiosk.

Thank you.

Friends of Ruth

# Mission Quilters



Please join us at our next quilting session on Wednesday, March 13th. We start at 9:00 a.m. and end at 4:00 p.m. You are welcome to come for an hour or the whole day. Bring a snack to share for our coffee break and we will enjoy a potluck lunch and fellowship at noon.

If you have any questions, please contact:

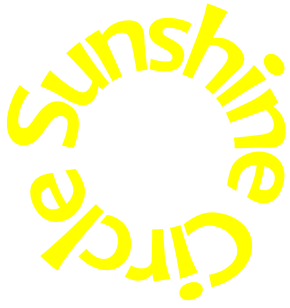
Janelle Pelika  
(763-760-0102)

Connie Anderson  
(763-444-4118)

Glenna Sorenson  
(763-444-52914)

Thank you.  
Hope to see you there!!!

Janelle Pelika



Six blankets were tied, center pieces on tables was changed (Hoping for spring weather now) to spring tulips.

Hamburger vegetable soup was made for Wednesday night Lenten services.

We welcome new members, come visit see what we do. We meet every second Tuesday of the month.

Time is at 1:00 P.M. We end with prayer, snacks, conversation and lots of laughter!

Respectfully, Sunshine Circle

# WELCA

The WELCA group met this week Thursday and had eight in attendance. We're starting to make plans for the upcoming WELCA Garage Sale the first Thursday in May, which is May 2. We're asking members to set aside items to donate to the sale. Please do not bring baby car seats, high chairs, etc.

Furniture in good condition is welcome. We will have free cookies and coffee for shoppers that day. The items are not priced, but paid for by donation.

The Ladies Lunch Group will be going to Carol's in Blaine for their April lunch, which is the last Monday in the month, April 25. There will be no lunch at the end of May, since it's Memorial Day.

We are all enjoying the kitchen updates and only have a few expenses left. We ask that every group that uses the kitchen will assign someone to clean up when they are finished. There's no Mom to come in to clean up when you leave. The ranges are new and there is a new refrigerator and freezer, also the sinks and counters. Let's do everything we can to wipe up crumbs, drips in the ovens, do the dishes, etc.

Blessings to all for a safe and wonderful Spring,  
Lillian



*"Two can accomplish more than twice as much as one, for the results can be much better."*

*Ecclesiastes 4:9*



**Garage Sale**  
**Thursday, May 2nd**  
**7:00 am-7:00 pm**

You can begin bringing gently used items after Sunday, April 28th during office hours. No computers, car seats, cribs-any questions, check with office.



## News from the Fellowship Café

Since the beginning of Epiphany, the Fellowship Café has been open Monday and Wednesday mornings. Julie Nielsen and Will Remus have been the constant hosts and have prayed for it to catch on and grow. It is a wonderful opportunity for people to meet and visit with one another. Since we all have our preferred worship times, we sometimes don't interact with those who attend other services. This is your chance. The coffee is on! Visiting, crafts and games have all been so much fun and the snacks are plentiful.

Beginning with the week of March 17<sup>th</sup> we have moved our Wednesday open time to noon-4:00 to see if we can encourage more to attend. On Monday, March 18<sup>th</sup>, Will served home-made waffles to 18 people, a record attendance!! We have gotten to know each other better through the Fellowship Café. We invite you to join us Mondays 9-noon and Wednesdays noon – 4 through May 1<sup>st</sup>. We have other ideas for summer fellowship.

Julie and Will welcome your ideas and input. Won't you join us?



It finally stopped snowing and we  
can see the softball field again!  
It is a great time to start thinking about long summer days!

We had a great season last year!  
Why don't you come and find out how much fun we have!

Sign--up on the kiosk if you are interested in  
playing some ball this summer.

Contact Bruce Riebe with questions @ 612-384-9109  
(Jamie Schurbon is coming back to help coach too!)

Our GriefShare program has resumed!  
Beginning Thursday, April 4th at 6:00 pm we will  
once again be offering help to anyone who is dealing  
with any kind of grief. From the death of a loved one  
to the loss of one's job, there are many different  
kinds of grief that this program can help you  
through. Please contact Sharon Sudeith if you have any questions.





*Friends of Ruth*



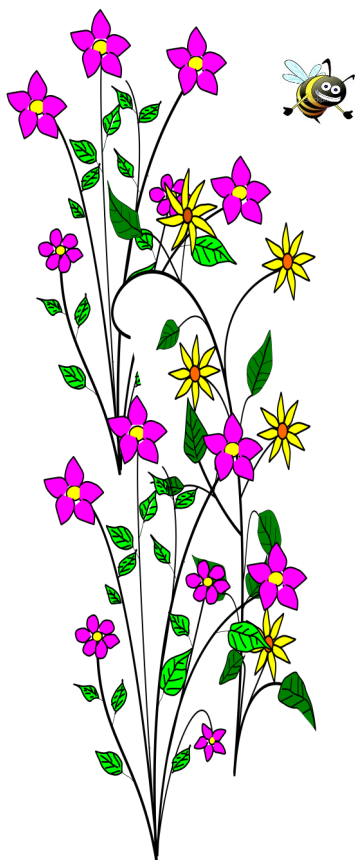
# Spring Luncheon



**Saturday, April 27th, 2019**

**11:30 a.m.**

**Long Lake Lutheran Church  
3921 277th Ave NW, Isanti**



Enjoy lunch and the beauty of  
spring as we ponder the  
Bee-attitudes!

**Guest Speaker:  
Shawna Berg**

Please sign up on the  
sheet in the narthex.  
Cost: \$10

## A.A. Step By Step

### **STEP FOUR: *Make a searching and fearless moral inventory of ourselves***

The Fourth Step is necessary to continue the progress we made in the first three steps. The AA Big Book describes this specific course of action as “vigorous.” We prepare an inventory of who we are, identifying the things we want to keep and those we want to change. This needs to be a searching and fearless moral inventory and not to be taken lightly. It is also important that it is written down and for a very different reason, kept somewhere where it is very, very safe.

Many of us assume that if we stop our addictive behavior our problems will be solved. Unfortunately, that’s not true. By stopping the behavior, we did solve the problems directly related to the active addiction... no more DWI’s for example. Other problems persisted, however. Resentments, rage, irresponsibility and isolation still created problems for us in recovery. Just because we quit using, didn’t make the character defects go away.

“Liquor” says the AA Big Book was “but a symptom;” In recovery we had to deal with these character defects regardless of the nature of our addiction or compulsion.

The purpose of the Fourth Step is to identify those character defects. Writing it down forces us to confront what is really there. Our inventory is moral because it concerns our behavior. The purpose is not to humiliate or punish but to bring closure and freedom. This Step requires us to be vulnerable—to honestly examine our flaws and our fears.

Resentments play a large part and must be complete with name, action or cause of resentment and wrong behavior that contributed to the situation. We ignore the other person’s wrongs, no matter what they were, and only look for our own mistakes that contributed to the situation. Were we selfish, dishonest, self-seeking? In other words, “where were we to blame?”

Next we review the fears we have and why we think we have them. Who do we owe money? Something we are afraid we might fail at or something someone said? Write it all down. We examine our sexual conduct over the past years. Whom have we hurt? Where were we at fault? What should we have done instead?

Then we review the Seven Deadly Sins of pride, greed, lust, anger, gluttony, envy and sloth (laziness). We examine each and list how they apply to us and how they have hurt us and others. In this group of defects we have the opportunity to look at grandiosity. Some examples may be: bragging, having to be right, always the center of attention, not willing to admit when wrong.

Once we have made a list of all our defects, we must make a list of our assets. Since facing reality is our goal, we need to accept our strengths, as well as our weaknesses.

Finally we must double-check to be sure we left nothing important out of our inventory and kept secrets. We want to be sure we have included everyone we have hurt by our conduct and that we were completely honest.

Do all these suggestions make for a very long Fourth Step? YES! But if we are both “searching and fearless” it can’t be anything less. If properly done the Fourth Step is intensely painful and ego-deflating, bringing us face to face with what we have done and describes our addiction or compulsion in vivid detail, forcing us to face the need for change. Sometimes the hardest one to be honest with is ourselves.

Again as a reminder-when the Fourth Step is being written-keep it safely hidden. Don’t’ leave it on the computer, lying on a desk or where someone could just casually come upon it. It could be a disaster if a spouse, co-worker, or child happens to find it. If it is done properly, you probably don’t want to share it with the world.

AA Big Book

Twelve Steps and Twelve Traditions

AA Sponsorship

<b>Date</b>	<b>Birthdays</b>	<b>Date</b>	<b>Birthdays</b>	<b>Date</b>	<b>Baptism Anniversaries</b>
2	Ashlund Anderson	24	Lyland Erickson	25	Carol Strand
	Lucas Gustafson		Stephanie Matson		Carter Fournier
	Lori Koester	25	Joanna Wachsmuth		Grace Fournier
	Doug Orr	26	Phillip Nestrud	27	Cole Vandenheuvel
3	Madelyn Anderson	27	Shelby Snidarich	28	Kent Eittreim
	Dave Baker	28	Maynard Folstrom		Melissa Sorenson
	Lisa Lynn		Bruce Jernell		Annabella Schulze
4	Dan Niemi		Melissa Sorenson		Evelyn Anderson
5	Kristy Anderson	29	Dave Eberhardt	29	Richard Larsen
	Owen Nelson		Cody Gustafson		Colleen Bell
	James O'Keefe		Cora Maguire	30	Bexley Budnick
	Melanie Ringstad				
	Kimberly Schmidt	<b>Date</b>	<b>Baptism Anniversaries</b>	<b>Date</b>	<b>Anniversaries</b>
6	Amanda Saelens		Claudia Hanson	3	Gerry & Warren Stock
	Lucas Sand		Tina Anderson	4	Claudette & Duane Oberg
	Jim Werronen	1	Mark Hanson	12	Sandie & Tim Hemsworth
7	Sophia Lund		Emily Hennen	18	Beverly & Odin Olson
8	Layton Gilbert		Samantha Capra	22	Melanie & Dave Ringstad
10	Travis Gustafson	2	Dale Strike		Leslie & Dave Jacques
	Kevin Kriesel	3	Georgene Johnson	23	Karen & Dave Baker
	Trevor Thompson	8	David Jacques	24	Lyle & Barb Erickson
12	Colleen Evenson	9	Jake Hennen	26	Sarah & Cory Greene
13	Heather Townswick	10	Nicole Nelson		
	Charlotte Welch	11	Sophia Magaard		
15	Madilyn Borer	12	Phillip Lundeen		
16	John Bartz		Charlene Jacobson		
	Franklin Cacioppo		Cheryl Knapp		
	Emily White		Christy Strand		
17	Greg Anderson	13	Devin Magaard		
	Shelby Orr	14	Riley Puck		
18	Karter Hass	15	Carole Larson		
19	Shelby Niemi	16	Jack Bauer		
	Michael Roos		Kaitlyn Bauer		
21	Zeke Clausen		Samantha Bauer		
	Lennon Isle	19	James O'Keefe		
	Al Schmidt		Caleb Johnson		
	Mo Spike	22	Wyatt Wald		
22	Jacob Jaffe	24	Antonia Rouen		
	Dave Snidarich		Cristel Rouen		
23	Mitch Bell		Lucas Rouen		
24	Monica Ahlman		Franklin Cacioppo		

*"Do not fear, for I am with you, do not be  
afraid for I am your God; I will strengthen  
you, I will help you, I will uphold you with my  
victorious right hand."*

Isaiah 41:10

**Long Lake Lutheran Church**  
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Isanti, MN 55040