

Long Lake Lutheran Church

April 2021

He Is Risen!

Saturday, April 10

David Johnson Memorial

11:00 am visitation, 1:00 pm service

Sunday, April 11

9:00 am Installation of 2021 Council

10:00 am Youth & Education Teams,
Mission Team, and Worship and Music Team
Meetings

Tuesday, April 13

7:00 pm Congregational Life Team

Thursday, April 15

6:30 pm Property Team Meeting

Saturday, April 17

9:00 am-4:00 pm Church Council Retreat

Sunday, April 18

10:00 am Stewardship Meeting

Sunday, April 25

9:00 am Mission Trip Sunday



Christ Centered

Purpose Balanced

Mission Driven

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Longlakeluth.org





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²⁵Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, ²⁶and everyone who lives and believes in me will never die. Do you believe this?"
John 11:25-26

Staff

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	Randy Lilleboe	612-222-7024	

Council

Chairperson	Kara Hepp	763-350-0250	kara@larsengardens.com
Congregational Life	Angie Spartz	952-240-7948	spartz.angie@gmail.com
Education	Amanda Saelens	763-227-6545	a.hansen4721@gmail.com
Finance	Dennis Wanless	612-802-2735	dennisatthelake@yahoo.com
Missions	Ronda Fenlon	763-221-0725	ronda.fenlon@yahoo.com
Property	Dan Peterson	651-308-1224	danwp46@gmail.com
Stewardship	Julie Nielsen	612-269-0489	jknielsen44@gmail.com
Worship & Music	Rachel Maguire	701-330-3434	rachelmariemaguire@gmail.com
Youth	Margaret Bauer	612-221-5922	jtbmab@aol.com



PASTOR Sue Olson

From the desk of Pastor Sue...

CHRIST IS RISEN! HE IS RISEN INDEED! ALLELUIA!

We have waited a long time to say this out loud. 40 days of repentance and contemplative prayer during the Lenten Season is a long time to look inward. What a gift our God gave to us that we celebrate each Easter. In fact, each Sunday is a “little Easter!”

With a little “Googling”, I found some interesting facts. The naming of the celebration as “**Easter**” seems to go back to the name of a pre-Christian goddess in England, Eostre, who was celebrated at the beginning of spring. The only reference to this goddess comes from the writings of the Venerable Bede, a British monk who lived in the late seventh and early eighth century.

Easter and the holidays that are related to it are *moveable feasts* which do not fall on a fixed date in the Gregorian or Julian calendars which follow only the cycle of the Sun; rather, its date is offset from the date of Passover and is therefore calculated based on a lunisolar calendar similar to the Hebrew calendar. The First Council of Nicaea (325) established two rules, independence of the Jewish calendar and worldwide uniformity, which were the only rules for Easter explicitly laid down by the council. No details for the computation were specified; these were worked out in practice, a process that took centuries and generated a number of controversies. It has come to be the first Sunday after the ecclesiastical full moon that occurs on or soonest after 21 March. Even if calculated on the basis of the more accurate Gregorian calendar, the date of that full moon sometimes differs from that of the astronomical first full moon after the March equinox.

So, if you are confused as to why Easter is a moveable feast, you are not alone. In 2020, Easter fell on April 12th. Next year it falls on April 17th, which seems quite late. The earliest possible date for Easter is March 22nd, and the latest possible date is April 25th. Easter can never come as early as March 21, however. That's because, by ecclesiastical rules, the vernal equinox is fixed on March 21.

Actually, however, all of that trivia is useless when we hold it up against the gift of salvation that we received from God in the death and resurrection of Jesus Christ. Easter is linked to the Passover of the Angel of Death as recorded in Exodus. Jesus, as a practicing Jew, was in Jerusalem to celebrate the Passover and the festival of Unleavened Bread Feast. On Sunday, the beginning of what we now call Holy Week, Jesus rode with humility into one entrance gate of the old city, to the shouts of “Hosanna! Blessed is the one who comes in the name of the Lord—the King of Israel!” On Tuesday, he looked across the city and wept. On Wednesday, the preparations for Passover are begun. On Thursday, the disciples watch in awe as Jesus washes their feet; the last supper is shared; they go to the Garden of Gethsemane to pray; Judas betrays Jesus and leads the Roman soldiers to the garden; Jesus is arrested.

Jesus undergoes six trials, none of which find him guilty of any crime. The people, however, are calling for his crucifixion and Pilate gives in. Jesus is mocked, beaten, and is made to carry his own cross to the gate on the north side of the Holy City and hung to die. He is buried in a tomb. Just imagine the emotions of the disciples not knowing the rest of the story.

We know how this tragedy ended and so we celebrate the resurrection of our Lord every Easter. May you deeply feel the love of God who gave His only Son to die for you so that you may have eternal life. ¹⁶ *“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.”*

Strawberry Salad

For the Salad:

- 6 cups Spring Mix Salad
- 1 cup Strawberries sliced
- 1 cup Red Grapes halved
- 1/2 cup Candied Walnuts (recipe below) or plain walnuts, chopped
- 2 Tbsp Dried Cranberries chopped
- 1/4 cup Feta Cheese crumbled

For the Dressing:

- 1/4 cup Extra Virgin Olive Oil
- 1 large Lemon juiced (about 3 Tbsp)
- 2 tsp Honey or Maple Syrup
- 1 tsp Dijon Mustard
- 1/8 tsp Kosher Salt



For the Candied Walnuts:

Place 1/2 cup WALNUTS and 1 Tbsp SUGAR (white or brown) in a small skillet over medium heat.

Stir the walnuts continuously until the sugar turns into a sticky liquid and coats the walnuts (about 5 minutes).

Remove walnuts from skillet and set on a baking sheet to cool.

DIRECTOR OF YOUTH & FAMILY MINISTRY SHAWNA BERG



Have you ever kept a diary or a journal? Several years ago, I came across a diary I had written in my pre-teen years and found it quite amusing. I have been an “on and off” again journal keeper for most of my life.

Many years ago I vowed to stop writing in my journals, because I was very afraid that anyone who found my journals and read them someday would think I was a very angry and unbalanced person! I was worried about this because my tendency was only to write in my journal when I was sad or angry. I wasn’t the kind of journal writer who would keep a daily chronicle of my life- I just needed a safe outlet for the intense emotions I sometimes felt that I didn’t really know what to do with. I must admit that this is one of the reasons I have been thankful for social media, I love the “memories” feature on social media that allows me to sometimes take a trip down memory lane, revisiting old memories of what I was doing at this time of year 1 year, 3 years or even 8 years ago. Whenever I get tempted to shut down my social media, it is these memories that tend to keep me there.

When It came to my journal keeping though, I had visions of my great-grandchildren discovering them and sharing stories of their “poor unbalanced” great-grandma and I quickly destroyed them and abandoned the practice. These were memories I didn’t want to revisit each year. However, throughout my life, there have still been places where I have had to acknowledge that the written word has its place. In my daughter’s pre-teen years, we had a mother/daughter journal that we passed back and forth. This written form of communication allowed for thoughts to brew and responses to percolate. Whenever the mood would strike, someone would write something in the journal, and you would know when there was a new entry to respond to when the journal would “show up” on your nightstand. It was a beautiful way that we developed of loving, listening to and blessing one another.

I have learned that there are other relationships in my life where I long for deeper connection and better ways to communicate. Sometimes I struggle with carving out the time and space to pray and connect with God in a deeper way. I have good intentions, but life always seems to get in the way. I know that in any good relationship – communication is the key to strengthening the relationship, but I don’t always make the time for that communication. Sometimes I struggle with how to communicate with God, I don’t know what to say, or how to say it. One of my favorite interviews with Mother Theresa was when someone asked her what she said when she prayed. Her response was. “Nothing, I just listen.” The interviewer asked. “and what does God say?” “Nothing, he just listens.” I don’t think I allow the

space to listen. I talk to God, and I never pause to allow God to respond. I supply my own answers, because I am never patient enough to wait and listen. So, over the years, I have made it a practice to keep a prayer journal. I write all my prayers. I tell God what is on my heart, what I am struggling with, and what I am celebrating. Then I put in my nightstand and wait for God to answer. Sometimes, when I go back and reread my entries, I am shocked at the ways God has responded. What I know for sure is it has slowed me down and forced me to start listening. The book on my nightstand also continued to remind me that taking the time to communicate is half the battle.

Scholarship information is available on the website. Anyone who has completed at least one semester of college is eligible. The deadline for applications is May 31st! Also, there is a \$500 scholarship available for any student looking to get their boiler's license, contact Shawna for more information. This has been given in memory of Marv Evenson by his wife Colleen.

The location for the summer Mission Trip has finally been decided! We will be going to beautiful Fairbanks, Alaska to help out around the community! On April 25, we will be having a Mission Trip Sunday where we will share more details about the work we will be doing. Mark that day on your calendar to learn more about our trip and find out how you can support our travelers!



Council Minutes 3/11/2021

Attendees: Pastor Sue Olson, Kara Hepp, Ronda Fenlon, Angie Spartz, Amanda Saelens, Dan Peterson, Julie Nielsen, Shawna Berg, and Margaret Bauer

Meeting called to order by Kara at 6:35pm

Christ candle lit by Pastor Sue

Devotions: Ronda -You are God's Masterpiece. Psalm 94:19

Approval of March agenda

1st motion made by Angie Spartz

2nd motion made by Ronda Fenlon

Discussion-Pastor Sue Olson would like to add "Visioning" to agenda

Motion passed

Approval of January Minutes

1st motion made by Margaret Bauer

2nd motion made by Kara Hepp

Discussion-need to change the first line to "January agenda"

Motion passed

Approval of February Minutes

1st motion made by Kara Hepp

2nd motion made by Margaret Bauer

Discussion-need to correct the spelling of Joanne's last name, added names of approved check signers, and updated those who have access to safe deposit box

Motion passed

Staff Reports

Shawna wanted to add that we have a free, nonprofit app to Canva (editing tool) to use for logos and fliers. It can be used for social media posts. Staff has access and if any council member would like to use, please let Shawna know.

Pastor Sue shared how the importance of having the checklist to follow for council members is key to a meaningful and successful service.

Team Reports

Thanks to the teams who were able to send reports prior to meeting. There was discussion regarding the importance of sharing any information of any actions that may affect other people or groups. Communication is key! Reports were submitted for Spire.

Support Shawna/Pastor Sue

Council support and volunteers are needed for services. Discussion of how the process of scheduling volunteers and calendar sharing should be handled going forward. Kara Hepp will set up the volunteers for Sundays and Margaret Bauer will do Wednesdays for the month of March. Discussion of getting a new mic or hot spot due to some of the technology errors. Pastor Sue will bring the new mic to the Worship and Music team (Rachel Maguire was not present).

Recommendations from the Taskforce

Minnesota Department of Health has a statement that they are in the process updating their website with the new Centers for Disease Control and Prevention (CDC) guidelines regarding masks and vaccinated people. More information will be shared once the website has been updated.

Procedural Items

Monthly bills - discussion regarding monthly bill approval. Synod guidelines will be referenced and more discussion next month.

Establish a process for Council meeting minutes of when they are approved and shared. Minutes will be submitted to council via email within 5 business days following the meeting. Council will approve minutes within 3 business days via email. Minutes will be submitted to business admin to share with in the Spire.

Council team meetings updated and shared. Pastor Sue Olson will share with staff to update calendar.

Spire intention- Discussion of the intent of the team information shared in the Spire. This does not need to be meeting minutes. Team discussed the importance of getting our congregation excited about what our teams are doing and engagement of our members.

Old Business

Rental of Cornerstone

We are not ready at this time due to more information needed for state requirements and COVID plan. Kara Hepp will follow-up with Matt Lundeen for the letter of person asking.

Annual meeting recap/wrap up

Discussion on how we can make things better for 2022 and shared feedback that was given by congregation to council members. Suggested ideas were to make sure questions are answered, implement pre-meetings for staff and congregation, present the State of the Congregation, share procedures at the beginning of meeting, and time limit for discussion.

New Business

Worship Service volunteer Coordinator

Discussion of how this has been handled historically and thoughts of how this should be handled for the future. Pastor Sue will discuss with staff and bring back to the team for more discussion.

Personnel Updates

Recommendation for a timecard process- employee will complete and sign timecard. It will be placed in Pastor's box for approval and signature. If Pastor cannot sign, the Council president will sign and approve. If this cannot be done due to a pandemic or such, an electronic approval process can be implemented.

Amanda Saelens motion to place the timecard process in employee handbook.

Ronda Fenlon made 2nd motion.

Discussion-Pastor Sue Olson will share with Business Admin to update employee handbook.

Motion passed

Approved admin assistant contract for Joanne Eittreim until the end of May. Pastor Sue Olson shared how wonderful it has been to have more help and how this has created some consistency with office hours. She shared some of the projects that have been completed since Joanne has been on board.

Synod toolkit is this Saturday March 13, 9-12 virtually. Kara Hepp sent an email to council for signing up. Please attend if possible.

Great things have been shared in the past. Also be prepared to share during the council retreat.

Council Retreat will be April 17, 2021 9a-4p at Erickson's Farmhouse

Opening Church to other groups

This was approved previously with the expectation that the group leader needs to contact the office for approval (this will help with guidelines). Staff will have group leader read and sign off on the COVID plan.

Visioning

Pastor Sue Olson shared a bulletin that contains information that has been gathered for our Visioning plan. This will also be available for the congregation. She asks council to review and be prepared to share ideas and thoughts at the council retreat.

Review of Master Calendar

April devotions-Margaret Bauer

April Council Reps

Maundy Thursday Rachel Maguire

Good Friday Ronda Fenlon

Easter Angie Spartz

9a Sunday Dan Peterson

6p Wednesday Julie Nielsen

The meeting was closed with the Lord's Prayer.

Meeting adjourned at 8:40PM

1st motion made by Dan Peterson

2nd motion made by Ronda Fenlon

Motion passed

Respectfully submitted,

Margaret Bauer



COUNCIL PRESIDENT Kara Hepp

It's officially Spring which brings rejuvenation and celebration to our church! We get to kick off April by remembering the events of Holy week and celebrate the resurrection that He foretold and dutifully fulfilled. During this time, I always think of what a whirlwind this all must have been for those closest to him. I'm sure they were filled with jubilee and hope as people welcomed Him with shouts of praise during the Parade of Palms. Then, soon after, filled with fear, doubt, despair, and confusion as they charged Him and hung Him on the cross. Then finally, as it comes full circle, Jesus gives assurance of a prophecy fulfilled and hope for the future. I can only imagine the full range of human emotion on display.

In a small way, it actually reminds me of the year we've just had. We had hope and joy for everything 2020 was going to offer but that quickly turned to fear, doubt, despair, and confusion. Just as Shawna talked about in her sermon on Sunday, March 28th, the road to the cross was paved with both hope and despair. They go hand and hand along this journey. Now, a year later, we are starting to feel the hope return as more and more people are able to receive the vaccine. This has given life to a sense of assurance as many have returned to church and regulations are beginning to lift. It's such a rejuvenating time and I can feel the "buzz" within the walls!

I am thankful for this road we've walked as it has served as a reminder that joy truly comes in the morning, we simply need to put our trust in the one who already walked it. The one who probably felt the full range of human emotions, as He came in human form, but remained steadfast in His mission to save us all. I pray we continue to remain steadfast and keep our eyes centered on both the mission of our church and our personal purpose the Lord has graciously given each of us!

Be sure to check out all of the fun Springtime events that our ever faithful groups are hosting and planning! It's a great time of year to get involved in an event and/or committee!

Prayers and Blessings,

Kara Hepp

EDUCATION

Amanda Saelens



Don't forget Sunday School is held on the 1st and 3rd Sunday of the month!

STEWARDSHIP

Julie Nielsen



God is the maker of all things and we are called to be responsible stewards of Gods creation.

The stewardship team met on Sunday March 21st via zoom. We talked about what the team wanted to do this year.

In June we discussed doing creation care. What we can do to be stewards of God's creation—organic farming, importance of water and soil quality, recycling, gardening, pollination.

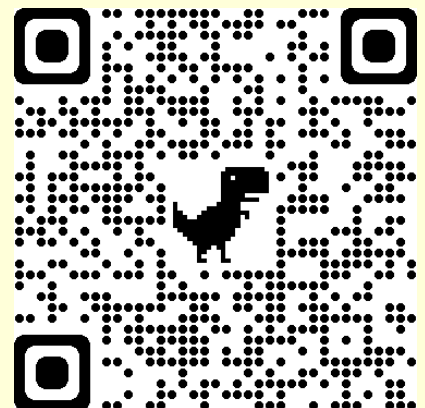
Other ideas were book studies, and self-care.

Remember stewardship is not just about giving, but also stewardship towards others, taking care of our surroundings. Everyone can do their own type of stewardship.

Make sure to try out our new QR code to get to our giving page!

1Peter 4:10 Like good stewards of the manifold grace of God, serve one another with whatever gift you have received.

Thank you, Lord, for these talents.





WORSHIP and MUSIC

I'd like to start with a big thank you to Donna for organizing the special music that was shared this morning at the Palm Sunday service. It was beautiful.

We talked a little about what our vision is for the worship and music team. A few of our dreams included a semi-permanent outdoor worship space with electricity, two services that have a distinctly different style, and providing different types of music.

Our next meeting is April 11 at 10 am. Please join us!



If you give a Lutheran a muffin, then they will want a cup of coffee. If they get a cup of coffee, they are going to want to visit with their friends...

We had so much fun fellowshiping on Palm Sunday, we are ready to begin having an outside coffee hour following our 9:00 am service. We are looking for volunteers to host this as our office staff is busy doing other things Sunday morning! Contact the office if you would be willing to help out on a Sunday morning!



CONGREGATIONAL LIFE

Angie Spartz



Hi! With the snow melted and the temperatures warming up, spring is in the air!

The Congregational Life team is putting together an opportunity for us to celebrate spring, connect, and be there for people in our community who may need a little extra help with their spring yard work.

To do this, we are putting together our first ever **“Let’s Bloom & Groom” Community Clean-up Event!** It will be **May 8th from Noon - 3PM** with time to gather, eat, and celebrate afterward from **3-4pm.**

To make this happen, we are looking for 1) people who are interested in volunteering to help others with light yard work, and 2) people who would love help sprucing up their yard or know someone who might need help. Please let us know if you are interested in either!

More information will be shared in e-news, the bulletin, and facebook.

We are also currently working on ideas for our next directory. Lifetouch is no longer doing church directories so we are exploring other options. If you have a gift for photography, researching, or brainstorming ideas, we’d love to have your input!

Our next meeting will be a zoom meeting on April 13th at 7pm. Please reach out to Jen, Shawna, or me (spartz.angie@gmail.com) if you would like to join us and want the zoom link!

SOFTBALL

It is time to sign up for this year’s softball season!
There is a sign up sheet on the kiosk, or you can contact Bruce Riebe at 612-384-9109 for more information!

Your Congregational Life Team has been brainstorming this spring! Thunder and lightning! We bet you want to be a part of this action- oriented team. Angie Spartz is the team leader. Contact Angie, Julie Nielsen, Margaret McBride, Kara Hepp, Pastor Sue, or the church office if you would like to join this amazing team.

Directory: We know that our directory is already obsolete and would like to begin the process of putting together a new one. Life Touch, the company that has handled ours in the past, no longer does churches and they bought out Olan Mills. We are asking for your input. Do you know anyone who creates directories? Do you have ideas of how to create our own in an affordable way? Do you work with anyone who does this for a living? Please contact the church office with your ideas. Thank you!

“Let’s Bloom & Groom” is the theme of our Clean-up event. On May 8th, from noon to 3:00 pm, we will be matching hard working, volunteer families with anyone who might need some light yard work. Please let us know if you and your family are willing to volunteer. Please let us know if you need something done or know someone who does. Examples are: raking, sweeping, re-potting plants, picking up sticks, gardening, etc. Nothing dangerous or hazardous. This is a Thrivent Action Team Project. We will join back at the church between 3 & 4 to celebrate our accomplishments. Treats will be served following Covid restriction guidelines.

Please fill out the following form:

[illegible]



YOUTH

Margaret Bauer

Hello everyone! I'm sure we are all feeling Spring is around the corner. Our youth had spring break from school in March but our confirmation classes were well attended. We are still having some of our young join our classes on line.

ALASKA is the destination for our mission trip this summer! How exciting! We have approximately 7 of our youth joining adults for the International trip! It is so important for our youth to have the opportunity to go on these trips and see and feel God's love!

Butter-braids are here-so please see Shawna or staff to pick them up.

We are looking for youth or families to join Congregational Life team for their "Groom and Bloom" event on May 8th! What a great opportunity to get some of those service hours and to support our community. Please see Shawna or myself for any questions.

Our next youth meeting will be April 11th after service! We would love for you to join us and share any ideas on how we can support our youth!

Youth council rep,
Margaret





PROPERTY

Dan Peterson

Greetings to you all. I hope this month's Spire finds you and your family well.

Things have been a whirlwind since the day of the Annual Meeting – when on our way home – I asked Barb, “What just happened?” And I’ve been learning as I go since then.

Our initial Property Meeting was on Saturday, February 20, 2021 – when Barb and I got together with Dave Baker, Dennis Wanless, Gerald Anderson and John Hass. The hope for this meeting was to discuss some of the current issues that we are dealing with in our buildings, on our grounds, equipment, etc. We are blessed with a beautiful campus – and, I can assure you that these guys know this property inside and out – but, we still need more involvement as we move into the Spring/Summer season and moving forward.

The LED lighting project has been completed – and, you’ll notice that our building is a little bit brighter these days. And, we also installed some new keyless deadbolts on the Cornerstone and on both of the garages. Thank you to the above gentlemen for getting these items completed.

I will finally be starting our monthly Property Committee Meetings on April 15th at 6:30 – and, then every month on the 3rd Thursday. My goal will be 1 – 1 ½ hours – and, everyone is welcome!!

Thank you for your ongoing support. I’m excited to see where God leads us, Dan

1 Peter 4:7-11

As each has received a gift, use it to serve one another, as good stewards of God’s varied grace; whoever speaks, as one who speaks oracles of God; whoever serves, one who serves by the strength that God supplies – in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever. Amen.

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

A.A. Step By Step: Step Four

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

APRIL CALENDAR

Long Lake Lutheran Church, Contacts

Apr 2021 (Central Time - Chicago)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>28</div> <div>Baptism</div> <div>9am - Worship</div> <div>10am - First Communion</div>	<div>29</div>	<div>30</div> <div>7pm - AA-Contact Office for</div>	<div>31</div> <div>6pm - Worship In person</div>	<div>1</div>	<div>2</div>	<div>3</div>
<div>4</div> <div>9am - Worship</div>	<div>5</div>	<div>6</div> <div>7pm - AA-Contact Office for</div>	<div>7</div> <div>6pm - Worship In person</div>	<div>8</div> <div>7pm - Technology Team</div>	<div>9</div>	<div>10</div> <div>11am - David Johnson</div> <div>1pm - David Johnson</div>
<div>11</div> <div>9am - Worship</div> <div>10am - Education Team</div> <div>10am - Mission Team</div> <div>10am - Worship Team</div> <div>10am - Youth Team</div>	<div>12</div>	<div>13</div> <div>7pm - AA-Contact Office for</div>	<div>14</div> <div>6pm - Worship In person</div>	<div>15</div> <div>6:30pm - Property Team</div>	<div>16</div>	<div>17</div> <div>9am - Council Retreat</div>
<div>18</div> <div>9am - Worship</div> <div>10am - Stewardship</div>	<div>19</div> <div>11am - Funeral Colleen</div>	<div>20</div> <div>7pm - AA-Contact Office for</div> <div>7pm - Congregational Life</div>	<div>21</div> <div>6pm - Worship In person</div>	<div>22</div>	<div>23</div>	<div>24</div>
<div>25</div> <div>9am - Worship</div>	<div>26</div>	<div>27</div> <div>7pm - AA-Contact Office for</div>	<div>28</div> <div>6pm - Worship In person</div>	<div>29</div>	<div>30</div>	<div>1</div>

¹¹*for now the winter is past,
the rain is over and gone.*

¹²*The flowers appear on the earth;
the time of singing has come,
and the voice of the turtledove
is heard in our land.*

Song of Solomon 2:11-12

Long Lake Lutheran Church

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