

WEEK AT A GLANCE

Sunday, January 6 ~ Day of Epiphany

- 8:30 am Traditional Worship with Holy Communion
- 9:45 am Traditional Worship with Holy Communion
- 9:45 am Adult Forum
- 9:45 am Adoptive/Foster Parent Group
- 9:45 am Kids' Kingdom
- 9:45 am Youth Forum
- 10:50 am Adult Forum
- 11:00 am Celebration Worship with Holy Communion
- 5:00 pm Fellowship Hall reserved

Monday, January 7

- 8:00 am - 4:30 pm AARP Tax Prep Training
- 6:30 pm Faith~Filled Mat Yoga

Tuesday, January 8

- 8:00 am - 4:30 pm AARP Tax Prep Training
- 10:00 am Memory Caregivers Support Group
- 1:00 pm Quilting Ministry
- 7:00 pm Al-Anon/AA Groups

Wednesday, January 9

- 8:00 am - 12:30 pm AARP Tax Prep Training
- 9:30 am Lydia Circle at Betty Hess' Home
- 5:00 pm Library/Congregational Dinner
- 5:50 pm Confirmation
- 6:00 pm Where Faith Meets Life Bible Study
- 6:15 pm Cherub & Chorister Choir Rehearsals
- 7:00 pm Agape Choir/Rejoice! Bells Rehearsals
- 8:00 pm Senior Choir/Alleluia Bells Rehearsals

Thursday, January 10

- 10:00 am Faith~Filled Chair Yoga
- 6:00 pm Working Women of Faith Dinner
- 7:00 pm Befriender Ministry
- 7:00 pm Knitting Ministry at WSP Culver's

Friday, January 11

Saturday, January 12

~MATRIX HOUSING through January 26~

Sunday, January 13 ~ 1st Sunday After Epiphany

- 8:30 am Traditional Worship
- 9:30 - 11:00 am Blood Pressure Clinic
- 9:30 am - 12:30 pm EarthKeepers
- 9:45 am Traditional Worship
- 9:45 am Adult Forum
- 9:45 am Kids' Kingdom
- 9:45 am Youth Forum
- 10:50 am Adult Forum
- 6:30 pm Sundays with High School

HAPPENING @ Augustana

YOUR TAKE-HOME BULLETIN INSERT

Please complete the enclosed Connection Card when you need to update your contact information, request prayers or a pastor visit, or sign up for an event/opportunity. Then place it in the offering plate.

Connect



Learn



Serve



January 6, 2019

Augustana Lutheran Church

1400 South Robert Street, West St. Paul, MN 55118

651 457-3373

augustana.com

Connection Card

1.6.19

Welcome! We are happy you are worshiping with us today!

Visitors, help us get to know you by completing the info below.

Members, use this to update/change information.

Name (s) _____

Address _____

City and ZIP _____

Phone _____ New **PHONE** number

Email _____

New **HOME** Address New **EMAIL** Address

Check all that apply:

- Member
- Received Communion today
- Visitor with church home
- Visitor without church home
- I / We would like information on New Member Classes.

I'd like to . . .

- Share a comment
- Share a prayer request with Augustana's confidential prayer ministry
- Request a call from a pastor
- Notify staff of a hospitalization, new baby or death in family
- What questions do you have about today's sermon or worship service, or any matter of faith?** Please submit your name with your question so pastors can follow up if needed. Thank you!

Comments/Questions/Requests _____



SERVE

Prayerfully choose from the opportunities below; then drop this in the offering plate. Please complete the front side of this card so we know how to contact you. Call 651-457-3373 with questions about any of these ministries.

Matrix Housing: Augustana will again host the Dakota County winter shelter program managed by Matrix Housing for two weeks from January 12-26. Up to 50 Dakota County residents who would otherwise sleep in their cars on or the streets will know Augustana's hospitality while staying overnight in our Fellowship Hall. Volunteers are needed for everything from overnight shifts to meals to laundry duty. Go to <http://www.matrixhousingservices.org/volunteer> - you can volunteer during Augustana's weeks or any time during the winter. If you want to donate any supplies, go to www.matrixhousingservices.org/contribute (scroll to the bottom) for up-to-the-minute program needs. Thank you for your ridiculous generosity with your time, gifts, and space! Contact Pastor Torgerson with any questions.

Volunteer for Matrix Housing at Augustana
I can help with: _____

Loaves and Fishes: Shifts begin at 3:00, 4:30, or 5:30 pm. Check the box below or sign up in the Loaves and Fishes Binder in the Information Center.

Monday, January 14

Boys & Girls Club: Tuesday, January 22, 3:00 - 6:00 pm. Help kids with homework, play games or lend a hand in the kitchen. The Boys & Girls Club is located at 291 Belvidere, just a mile from church. If you have any questions, please contact Jan or Jeff Gunderson at 651-458-0706.

Tuesday, January 22

Feed My Starving Children: Please watch for Augustana dates in 2019. Please visit www.fmsc.org to register if you want to volunteer on other dates.

Caring Casseroles: Prepare and share a meal with families that are experiencing life challenges. For more information, call Joann Arneberg, Faith Community Nurse at 651-457-3373.

I am interested in providing meals

Health Ministry Volunteer Opportunities:

~*Growing Through Loss* South Suburban coalition volunteer: Represent Augustana at coalition meetings. *Growing Through Loss* is an Augustana-supported ministry that hosts Fall and Spring speaker series that address grief and loss. Augustana is one of 15 churches in the coalition. Contact Nancy Peterson 651-2241912 or Joann Arneberg 651-457-3373 for more information.



CONNECT

ALL-CONGREGATION

Guatemala Friends Gathering: Sunday, January 20, 4:00 pm, at the Lutheran Church of the Resurrection, 3115 Victoria Street North in Roseville. You are invited to the next Guatemala Friends meeting to learn more about Iglesia Luterana Agustina de Guatemala (ILAG). You will sample a variety of Guatemalan food (think heavy hors d'oeuvres) while you learn about our companion relationship with ILAG. If you would like to help make tortillas for the event, arrive at 3:00 pm. Contact Debra (651-925-6201) or Joel (651-395-0100) if you have any questions, or visit the website at www.lcrelca.org.

CHILDREN, YOUTH & FAMILY

Sundays with High School: January 13 at 6:30 pm, Youth Room. Start the new year off right! Connect with your church friends and participate in a variety of activities throughout the year. All students in grades 9 -12 are invited and encouraged to attend!

Camp Wapo: Registration opens online on January 15. Information cards with camp dates and age requirements can be found at the Information Center. Spots are limited, so don't wait to register. If you have any questions contact Cathy or Abby at 651-457-3373.

Youth Orchestra: Youth Sunday Worship, February 24, 2019, 8:30 & 9:45 am. This is for youth in grades 7 through 12. There are 3 rehearsals: Sunday, January 27, February 3 & 10, at 10:45 am in the Commons. Confirmation students earn service credits for participation. Sign up in the Youth Ministry Binder at the Information Center. Contact organist Kris Langlois for more information.

Youth Ski Trip: February 15 - 18, 2019, Giant Ridge in Biwabik, MN. Our group will stay in villas and enjoy the variety of slopes the resort offers. Youth in grades 7-12 are welcome. Space is limited. Cost is \$265 per person and includes transportation, lodging, lift tickets, and most food. Ski/Snowboard rentals are available on your own at \$34 per day. Helmets are also available for rent at \$8 per day. A \$65 nonrefundable deposit reserves your space. Final payment due by February 10, 2019. Sign up in the YFM book at the Information Center with deposit. Your registration is not complete until we have received your deposit.



LEARN

ADULT

Adult Forum: Today in the Jerusalem Room, 9:45 – 10:45 am & 10:50 -11:45 am This season in Forum you will again be challenged to connect faith to your life in a variety of ways. We will begin by exploring mental health issues. Many of us regularly take care of our bodies with exercise, rest, and healthy foods. However, we often don't take time to take care of our brain. Mindfulness is a preventative practice that prevents disease, reduces stress and even improves compassion! Today's topic will be *Mindfulness - A Way to Train Your Brain*. On January 13, the topic is *Forgetting Pain* with Augustana member Jonathan Wagner. He will discuss how to use Mindfulness and Biofeedback as a way to deal with chronic pain and everyday stress.

Living Faith At Augustana Returns! Join this digital Bible study with Pastor Torgerson. From January 6 through May 25, we'll read about a different Bible character each week. Get ready to learn about 20 figures from the Bible and what they mean for your faith and life. Sign up at the Information Center with your email. If you have participated in previous years, you'll receive an email indicating you can roll over into the next year (unless you respond otherwise).

Adoptive & Foster Parent Group: January 6, 9:45 am, Bethlehem Room. Facilitators: Donna Engels & Ellen Thorson.

Where Faith Meets Life Bible Study: Wednesdays, at 6:00 pm. Led by Pastor Mark Aune. Discussion of the upcoming Sunday's sermon text.

2019 Faith-Filled Yoga Schedule Set: Please sign up and pay in the Faith-Filled Yoga Binder at the Information Center.

>Mat Yoga: Mondays, January 7 - March 11, 6:30 pm, 10 weeks, \$80.*

*Will meet on both MLK & Presidents' Days

>Chair Yoga: Thursdays, January 10 - March 14, 10:00 am, 10 weeks, \$80. There is a drop-in fee of \$10 per session if you do not want to commit for a full 10-week session. This is an opportunity for you to check out Mat & Chair yoga.

Working Women of Faith Dinner: Thursday, January 10, 6:00 pm. Contact Susan Berg-Williams at bergwilliams@hotmail.com for more information.

Coffee & Conversation: See you January 28th! 10:00 – 11:30 am, Facilitator: Stacy Eichman-Cardwell. We will start our year by watching and discussing the movie *The Five People You Meet in Heaven* based on Mitch Albom's book. See flyer for event details.

Men's Breakfast: Wednesday, February 6, 6:30 am in the Jerusalem Room.



FOR YOUR INFORMATION

Augustana Annual Meeting
Tuesday, January 15 at 7:00 pm