

WEEK AT A GLANCE

Sunday, February 10 ~ 5th Sunday After Epiphany

- 8:30 am Traditional Worship
- 9:45 am Traditional Worship
- 9:45 am Adult Forum
- 9:45 am Kids' Kingdom
- 9:45 am Youth Forum
- 10:45 am Youth Orchestra Rehearsal
- 10:50 am Adult Forum
- 11:00 am Celebration Worship with Holy Communion
- 11:00 am Guatemala Trip Information Meeting
- 12:00 pm Where Faith Meets Family Valentine Event
- 3:30 pm Summit Hill Brass Quintet Concert
- 6:30 pm Senior High Sundays

Monday, February 11

- 9:15 am Centering Prayer
- 10:00 am Women's Coffee & Conversation
- 3:00 pm Loaves & Fishes
- 6:30 pm Faith~Filled Mat Yoga

Tuesday, February 12

- 1:00 pm Quilting Ministry
- 6:30 pm Spiritual Enrichment Series
- 6:30 pm Men's Meet & Eat
- 7:00 pm Al-Anon/AA Groups

Wednesday, February 13

- 5:00 pm Library/Congregational Dinner
- 5:50 pm Confirmation
- 6:00 pm Where Faith Meets Life Bible Study
- 6:15 pm Cherub Choir Rehearsal
- 6:15 - 8:00 pm Chorister Choir Rehearsal in Sanctuary
- 7:00 pm Agape Choir/Rejoice! Bells Rehearsals
- 8:00 pm Senior Choir/Alleluia Bells Rehearsals

Thursday, February 14

- 10:00 am Faith~Filled Chair Yoga
- 7:00 pm Knitting Ministry at WSP Culver's

Friday, February 15

~Youth Ski Trip departs & returns 2/18~

Saturday, February 16

- 9:00 am - 12:00 pm Choristers Cantata Rehearsal

Sunday, February 17 ~ 6th Sunday After Epiphany

- 8:30 am Traditional Worship with Holy Communion
- 9:30 - 11:00 am Blood Pressure Clinic
- 9:45 am Traditional Worship
- 9:45 am Adult Forum
- 9:45 am Kids' Kingdom
- 9:45 am Youth Forum
- 10:45 am Youth Orchestra Rehearsal
- 10:50 am Adult Forum
- 11:00 am Celebration Worship with Holy Communion

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



February 10, 2019

Augustana Lutheran Church

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

651 457-3373

augustana.com

Connection Card

2.10.19

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 an invitation to the April 23 & 30 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.

Auggie Love Bags 2019: The Community Mission Committee has selected two groups to be our Auggie Love Bag recipients this year. Wakota Life Care provides help to anyone in need of health care and basic social services, and Matrix Housing Services delivers programs and services to the homeless in Dakota County. Stop by the Information Center to get the pink Auggie Love Bag info sheet that lists the needs for these two important organizations. Collection of gifts will be now through Sunday, February 17.

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, February 11

Boys & Girls Club: Tuesday, February 26, 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, February 26

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

Lenten Ushers Needed: Wednesdays, beginning Ash Wednesday, March 6 - April 10. Turn in this form or sign up in the binder at the Information Center.

- 11:30 am service** **7:07 pm service**

Hospitality Volunteers needed: Saturday, February 23, 8:00 am - 1:00 pm. Please help in welcoming the St. Paul Area Synod as we host a Congregational Leader Workshop here at Augustana. Assistance is needed with food service and directing participants to their breakout sessions throughout the morning. If interested, contact Cori in the church office, 651-457-3373 or cpochardt@augustana.com.

Grief Small Group Facilitators Needed: Augustana is a member of a coalition of 16 local churches that presents Growing Through Loss, a program of information and support for persons who are experiencing grief due to the death of a loved one, broken relationship, job loss, loss of health, etc. Small group facilitators are needed for this coming year. Growing Through Loss takes place twice a year. The Spring Series will be held at Shepherd of the Valley Lutheran Church in Apple Valley on Thursday evenings, March 14 – April 11. Each session offers a presentation followed by small groups led by facilitators. Training is provided. If you are a good listener and wish to minister to those experiencing grief, this ministry may be for you. If you are interested, please contact Pat Williams, Pastoral Care Associate at Church of St. Thomas Becket, 651-683-9808.



CONNECT

ALL-CONGREGATION

2019 Guatemala Trip Meeting: Today at 11:00 am, Luther Room. Come and learn about our next visit to Guatemala at this informational meeting. The trip is planned for July 31 - August 8. Meeting highlights include visiting our partner church, San Agustin in La Esmeralda, activities with the young women studying at the MILAGRO Women's Education Center, fun activities with the children of El Mirador Elementary School, and a visit to the Mayan ruins of Tikal. Packets are available at the Information Center. Any questions, contact Janet Metcalfe at 651-450-1717 or jkmetcalfe@yahoo.com.

Augustana Concert Series: Today at 3:30 pm, *Summit Hill Brass Quintet*. Enjoy this group's unique repertoire that includes works by J.S. Bach, Gastoldi, Fauré, Joplin, and more. This concert is free and open to the public, and child care is available during the concert. All are invited to a reception afterwards.

Augustana Blood Drive: Tuesday, February 19, 1:00 - 7:00 pm in the Fellowship Hall. Register online now for an appointment to give blood at red-crossblood.org. Augustana's sponsor code is 'Augustana'. You can also sign up in the Narthex at the Share Your Gifts Table Sundays through February 17. Please consider giving the "Gift of Life"!

Connection Card Q & A

The questions asked last week and the pastor's answers are below. If you have a question about today's worship service, please complete the appropriate section of the Connection Card and check back next week for the answer.

Q: What does it mean to have God as your master?

A: Having God as our master means we can be confident that God will provide for us through all things. We are turned away from all the distractions that hold us captive and turned fully toward God in trust, devotion and service.

Q: Why do we have to worry so much?

A: Worry is very natural because there are so many unknowns outside of our control. That is the difficulty and beauty of considering the life of the lilies and grasses of the field as Jesus mentioned last week in Matthew 6. The day could bring brilliant sunshine or a terrible storm. The lilies and grasses will experience both. We can expect the same. There will be good times and tough times. We can prepare for possibilities, but worrying about what will come will neither help us nor our neighbors.



LEARN

ADULT

Adult Forum: Today in the Jerusalem Room, 9:45 am & 10:50 am. The topic is *The Basics - A General Overview of Dementia and Alzheimer's Disease*. Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts.

Next Week's Adult Forum: Sunday, February 17, *Healthy Living for your Brain and Body: Tips from the Latest Research - Alzheimer's Association*. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Coffee & Conversation: Monday, February 11, 10:00 am, Facilitator: Stacy Eichman-Cardwell. We will watch and discuss the movie *The Five People You Meet in Heaven* based on Mitch Albom's book.

Spiritual Enrichment Series:

~Tuesday, February 12, 6:30 pm. *Drums Alive!* with Cheri Bunker. Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new and unique high-energy dance rhythmical workout. Power Beats combines movement with the power of drumming. It's a program for everyone! Any one, of any age, and of any ability can do Drums Alive® Power Beats. Come and experience the joy of music, movement, and rhythm. Break the rules, open the door and enter a new dimension of fitness!

~Tuesday, February 19*, 6:30 pm. *How Faith Meets Life in the Root and Sacral Chakras*. Using an online resource, we will learn more about the root and sacral chakras and how they relate to faith in our daily lives. We will learn how to tell when these chakras are out of balance in our lives and what we can do to obtain better balance. Several meditations will also be practiced. *This replaces the 2/19 session of Healing Energy with Crystals originally scheduled for this night. It has been rescheduled for Monday, March 18, 6:30 pm.

Men's Meet & Eat Date Change: Tuesday, February 12, 6:30 pm at Little Oscar's in Hampton. It is a quick 20 minutes south on Highway 55, but if you would like to carpool, meet at Augustana between 6:00-6:10 pm. Email Tim Turgeon at taturg@msn.com for details or to be added to the group.



FOR YOUR INFORMATION

We raise the *Live Free Without Violence* flag to honor the life of Julia A. Kneifl who was killed by her husband in their home. Julia is Minnesota's first known victim of domestic violence homicide in 2019.