



St. Luke Lutheran Church

Connect, Grow and Serve.

Parish Times February 2022

St. Luke Lutheran Church
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The Pastor's Perspective.....

Finding your Restorative Niche

As a new pastor, I participate in a continuing education program designed for first call pastors in our synod. We met recently to talk about wellbeing and flourishing in ministry. One of the concepts we explored was how to find your restorative niche as a way to detach from work and relax.¹ This isn't just for pastors! We all need restoration, especially these days, so I wanted to share about this concept with you.

A restorative niche is something you do simply for the joy of doing it. It is nourishing and gratifying, but a restorative niche is more than just a hobby. It is something you can do well. When you practice it, you aspire for excellence, even mastery. You might feel a sense of "flow," as you let go of worries or distractions and zone in on this activity. To spend time doing it engages your mind (and maybe your body) and uplifts your spirit. Regularly tapping into your restorative niche helps combat burnout, stress, and fatigue.

So what is a restorative niche for you? Knitting, writing poetry, gardening, golfing, playing an instrument, calligraphy, bird watching? I have a friend who translates historical ship manifests from German to English as his restorative niche, so it really can be anything. If nothing comes to mind immediately, spend a few minutes journaling to see if you can identify something that is already a restorative niche for you or something you might like to try learning as a new practice.

For me, distance running is a restorative niche. It is something I truly love to do, but it is also something into which I put significant effort. I follow training plans, join run clubs, and work toward specific race goals. I don't listen to music when I run; I just let my mind relax and be present. I breathe deeply and pay attention to what's going on around me. I admire the beauty of God's creation in all seasons. In this sense, running is a form of prayer for me, even when I am not talking aloud to God. Do you feel that way about your restorative niche? Even if it's not something that is traditionally considered "spiritual," reflect on the ways your restorative niche connects you more deeply to God.

Friends, despite the deep cold and pandemic restrictions of these days, I hope you are able to find and tap into your restorative niche. If you have an activity that restores your soul and allows you to pursue excellence, I'd love to hear about it! Send me a note and share more: pastorbristolreading@gmail.com.

Pr. Bristol Reading

¹ The concept of restorative niche comes from Matt Bloom and his team at workwellresearch.org.



Worship for Lent and Easter

The liturgical season of Lent begins with Ash Wednesday on March 2, 2022. Then, we follow a 40-day journey to Holy Week as we accompany Jesus through the final days of his ministry on his way to the cross. Join us for worship in-person or online at the following times this Lent/Easter season:

- Ash Wednesday: 7:00 pm on March 2
- Wednesdays in Lent: 6:30 pm on March 9, 16, 23, 30, and April 6
- Palm Sunday: 9:30 am on April 10
- Maundy Thursday: 7:00 pm on April 14 14
- Good Friday: 7:00 pm on April 15
- Easter Sunday: 9:30 am on April 17

Art Cards on Wednesdays

For Wednesday evening worship during Lent, we invite you to try a new practice. Each week, you're welcome to create art cards reflecting on a Lenten theme. The cards should be 3 x 5" (the size of an index card). You can use markers, pencils, crayons, paint, paper -- whatever media you'd like! If you're only able to make one, we'd still love for you to share it. If you're able to make multiples, please bring extras so others might take home one of your cards. Here are the themes for each week:

- March 2: Ashes
- March 9: Purple
- March 16: Wilderness
- March 23: Thorns
- March 30: Stone
- April 6: Cross

Special thanks to Julie Ellingson for introducing me to the idea of art cards!



February Birthdays

- 4 Maggie Erickson
- 5 Kurt Schultz
- 9 Kirby Peterson
- 10 Junella Litzkow
- 11 Sue Grzywinski
- 14 Dianne Diestler
- 16 Ann Verschoyle
- 17 David NedreLOW
- 23 Mary Dybvig,
Volker Landenberger
- 26 Karen Wasko
- 28 Sadie Pilgrim



February Anniversaries

(None.)



LOAVES AND FISHES

Our heartfelt thanks to our January volunteers: Christine Olson, Bev Gause, Claudia Melbye, David Tews and Larry Litzkow.

February Scripture Readers

- 6 Sue McNeill
- 13 Christine Olson
- 20 Kay Reich
- 27 Wendy Bjorklund





St. Luke Financial Report Year End 2021

Receipts	\$108,151
Expenses	\$125,274
Net	(\$17,123)

Checking Acct	\$10,653
Money Market	\$2,392
Sprain Fund	\$6,560
Vanguard	\$265,970

If you have any questions, please feel free to contact Joyce Bluel, Treasurer.

President's Corner



Greetings,

I hope all of you are enjoying our winter climate by staying warm and staying safe from this continuous pandemic. Although we are still in this pandemic, and we pray that things will get better and back to normal, it takes time. We are going to have some festivities in February. On Sunday, February 13, Deacon Krista Lind will be joining us to participate and preside over the installation of Pastor Bristol. Although we can't have our normal gathering with a luncheon, it is a celebration to be installing our new pastor. I hope all of you will plan on being present at this special installation service.

Warm regards,
Nancy Hegdahl

Game Nights at St. Mark meets in the conference room on the 2nd and 4th Wednesdays (Feb. 9 and 23) at 6:30 pm. Mary Miller (651-261-8803) would be happy to answer any questions that you may have. All are welcome.



BUN RUN



Many thanks to our Bun Run volunteers for February: Julie Ellingson, Mike Hegdahl, Volker Landenberger, Ken McGrew.

Notes From the Music Director



It was so nice to hear everyone singing "Silent Night" on Christmas Eve, and I want to thank everyone for being patient and understanding as we continue to navigate safely worshipping together. In our worship, as we continue to keep an eye on the local situation and community transmission, you'll start to notice new ways in which we use music to enhance our worship. Some Sundays, a small group of voices will add the words back to parts of our liturgy, or you may hear the Psalm canted between voices. And of course, our bells and choir will brighten our service each month as well! Once community transmission subsides, we can even look forward to singing the sending hymn together. My hope had been to announce that for February, but we need to think about our actions as part of the community and unfortunately, it's not quite time.

But it will be, in time. It isn't easy, it's exhausting and at times disheartening, but it's not hopeless. We can still be hopeful and know we're being thoughtful as we continue to navigate safely worshipping together in this time.

-Rebecca Ruiz