



Messenger

Engaging Enthusiastic Followers of Jesus

February 1, 2013

Shrove Tuesday Pancake Dinner is February 12

Join your friends and neighbors for the Shrove Tuesday Pancake Dinner, a festive evening of food, fun and fellowship on Feb. 12, the day before Ash Wednesday, the beginning of Lent. Pancakes are the traditional food for this day to use up rich ingredients before the Lenten fast. That's why the day is also called Fat Tuesday, or Mardi Gras (which is Fat Tuesday in French). So put on your Mardi Gras beads and plan to come to the party!



The Shrove Tuesday Pancake Dinner is a Fox Point Lutheran tradition that brings together people of all ages. Plenty of pancakes and all the extras will be served between 5:30 and 7:30pm. Children will enjoy a Mardi Gras carnival with fun, games and lots of prizes. There is no charge for the evening and a free-will offering will be available.

To help us plan, please sign up on the sheet available in the Welcome Area after services. But, you can come even if you forget to sign up.

Pancake Supper Help needed!



We are looking for cooks, hosts, and other volunteers to help cook, organize games, or clean up that evening. The first shift for set up and food prep will run from 4:45 to 6:30pm. The second, including cooking and clean-up will run from 6:30 to 8:15pm. We also need six high schoolers to entertain younger kids with games during the buffet. You'll have plenty of time to enjoy the buffet and fellowship.

One other need: electric pancake griddles! Let us know if you have an appliance we can borrow.

If you can help or will be joining us for supper, please sign up in the Welcome Area or contact Bunny at brh@wi.rr.com.

Ash Wednesday, February 13



Worship services at noon and 7:00pm

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Health Ministry

Yoga in the New Year Fellowship Hall FPLC

Yoga is a wonderful form of exercise. It strengthens and tones muscles, increases flexibility, promotes relaxation, and is fun! Classes are also open to the community so invite a friend!

The class schedule is:

Monday eve. at 6:30 pm

Friday morn. at 5:30 am

You may purchase any of these yoga packages:

Package 1 – 5 classes for
\$60.00

Package 2 – 10 classes for
\$100.00

Package 3 - 20 classes for
\$200.00

The first class is free for new participants.

Please contact Joni, your parish nurse, at 352-8990, x 117 with any questions.

Living Healthy Is A Prayer



Finding Inner Peace

I am forever on a journey to find inner peace. It is something that I must work toward on a daily basis. Since 2013 has just arrived I am still very mindful of my resolution to seek calmness and inner tranquility. God gives us tools to obtain this peace. We need to be in His word and in His grace. Make time each day to search for what gives you peace, purpose, and promise...I refer to them as the 3 P's. God encourages us to be still and know that He is God. Heeding His advice, through prayer, we can find peace. Discern what your life's purpose is. God has given each of us special gifts to use here on earth. Find out what these are and USE them to bring honor and glory to Him. Lastly, remember God's promise to us. We are loved beyond comprehension and our sins are forgotten and forgiven in His eyes. He promises us salvation and the gift of everlasting life with Him. Nothing we do will earn our way to His kingdom; He gives it to us freely.

I have a new meditation this year that I recite every morning. Meditation is a great way to create calmness and peace within us. Let your body relax and be at rest. As best you can, let your mind be quiet, letting go of plans and preoccupations. Then begin to recite inwardly the following phrases. Begin with yourself because without loving yourself it is almost impossible to love others. You may replace the word "P" with someone close to you or someone who you are having difficulty with. Notice how you feel about the person after.

May I be filled with loving-kindness.

May I be well.

May I be peaceful and at ease.

May I be happy.

Repeat this affirmation several times throughout the day and begin to notice a feeling of love and acceptance. Take the time and make the effort to know inner peace...it is a beautiful way to live.

Peace, health, and healing in Christ,
Joni Ledzian

February is American Heart Month

The Lord is my strength and shield. I trust him with all my heart. He helps me and my heart is filled with joy.
Psalm 28:7

Indeed, the heart is an amazing creation of God's workmanship. We might all take time during the month of February to consider making one simple lifestyle change that promises to take better care of our hearts. I like to think of the heart as the body's "GPS" or God's Perfect System. Nutrition, exercise, and weight management are areas of health stewardship important for the prevention of heart disease in both men and women. What will you do to take care of God's amazing workmanship – the most sophisticated GPS ever designed?

Fellowship

Women's Club Brunch

Ash Wednesday, February 13
10:00am
Fellowship Hall

"The Power of Prayer"

Elizabeth Murphy, Special Guest

Prayer is often considered the cornerstone of our Christian faith. We all have different ways of praying and individual means of connecting to God through prayer. We will talk about what prayer is, why prayer matters, and what we can do to make prayer a bigger part of our daily lives.

Our speaker is Elizabeth Murphy. She is an enthusiastic encourager of women, a gifted storyteller, and possesses a fun - loving spirit.

She has been married to her pastor husband Mike for 28 years, is the mother of four sons, an author and an active conference and retreat speaker. Her first book, *A Rollercoaster, A Roundabout, and A Road Trip-Three Exciting Rides That Will Change Your Life*, was released in December 2011.

Join us as we listen to ways to enhance our prayer life and empower us as women of God.

Note the change in time of our gathering. We will begin with brunch at 10:00am followed by Elizabeth's presentation. We will be finished in time for us to attend the noon Ash Wednesday Service.

Please sign up in the Welcome Area by February 10. The cost is \$7.00 per person. Guests are welcome.

ANNUAL MEETING WILL BE HELD

SUNDAY, FEBRUARY 17

AT NOON IN THE CHAPEL

ALL ARE WELCOME TO ATTEND

Youth Group 2013!

February 3—NO Youth Group
February 10—7:00-8:30pm
February 17—7:00-8:30pm
February 22 (4pm) - February 23 (7pm)
SKI TRIP to Cascade Mountain
February 24 10:30-11:30am

Men's Club Meeting

Second Thursday of the Month
11:45-1:15 Program & Lunch
The Town Club
7950 N. Santa Monica Blvd., Fox Point
Cost: \$15/ea.; pay at the door
All men of the church are invited;
their guests are welcome

Thursday, February 14 *"The Psychology of Gender"*

Philip Chard is a psychotherapist, author, and trainer. His column *Out of my Mind* appears weekly in the *Milwaukee Journal Sentinel*. Subtitled his presentation to us today *How and Why Women and Men Are Different* -- seemingly an appropriate topic for Valentine's Day -- his remarks will "..... provide commentary and insight into the human experiencethrough perspectives of psychology and spirituality". He has spoken before many groups, including our church Women's Club members.

For further information and reservations (in advance, please), contact either Ron Plietz 414-354-8596 or Paul Rosenheimer 262-241-9627.

Remembrance Roses



The Remembrance Rose schedule book is available for 2013. You can purchase a rose to honor or memorialize a loved one either on Sundays in the Welcome Area or by calling the church office. The cost is \$25.00.

Outreach

Save a Life!

The next blood drive is Tuesday, February 12 from 2-6pm at FPLC. We will have a dual red machine for anyone who wants to donate double red cells. You can sign up on Sundays or call the office during the week.

We would really appreciate you taking the time to sign up (even if you can't specify a time) so we make certain there is enough blood team staff to help with all the donors.

Again, to donate you have to be at least 17 years old and 16 year olds can donate with permission of a parent. Permission slips can be found on the Blood Center of Southeastern Wisconsin website or you can fill one out at the actual drive. Each donor's blood can help save up to 3 lives!

Any questions about donating, call Kathy Sauer at 414-964-2617 or any questions about eligibility, call the Blood Center at 1-877-232-4376. The web site is www.bloodcenter.com.

Important note—blood drive will be downstairs in the green room just this time. Elevator available inside east door.

Top Coat Still Missing

If you or someone you know attended either the 8:00 or 9:00am service on Sunday, December 9 and wore a tan Glen Eagles all-weather lined topcoat size 44R, the coat is still here. Instead a light tan London Fog all-weather topcoat size 44L or 46 L with a pair of black leather gloves in the pocket was mistakenly taken. Please check your closet at home, and if you have the wrong coat, call the church office, 414-352-8990. This would be greatly appreciated.

Save Your Christmas Cards

Polly Reed will once again be collecting the Christmas cards you all have received this holiday season. Please drop them off and she will take them to the Salvation Army where they will be repurposed and given again! Cards can be brought to the Welcome Kiosk or the church office.

Brushes with Life

Our amazing Outreach partner Venice Williams needs a crew of painters to help transform the Good Shepherd Lutheran Church building.

Located at 48th and Capitol, the building houses the offices of Seedfolks Youth Ministry and Alice's Garden. It is home to all of their winter programs—yoga, potlucks, food pantry, a summer arts program—all aimed at promoting good eating, good health, and support for young people.

We would like to put together team of painters to tackle at least one of the areas that need a paint job—the fellowship hall, the gym, four bathrooms or a hallway.

If you can help, let us know what Saturday you might be available. Sign up in the Welcome Area or contact Linda Cole at cole@foxpointchurch.org or 414-352-8802.

Recognize These Dishes?



These dishes were left behind last spring after the Progressive Dinner. They are in the church kitchen on the counter to the left of the refrigerator if they are yours and you go to claim them!

Thrivent Members

Attention Thrivent Members

It is not often that you are presented with the chance to make a financial contribution to Fox Point Lutheran Church (FPLC) at absolutely no out-of-pocket cost to you! But that is exactly the opportunity you currently have.

Every year, eligible Thrivent Financial members are offered the opportunity to donate “Thrivent Choice[®]” dollars to an organization they select. These funds are part of Thrivent’s charitable grant programs, and Thrivent Choice allows eligible members to recommend where Thrivent Financial should donate portions those funds.

Here’s how it works:

Eligible Thrivent benefit members are designated a certain number of Thrivent Choice DollarsSM based on their insurance premiums, contract values and Thrivent Financial volunteer leadership.

You may elect to direct Thrivent Choice Dollars to organizations enrolled in the program.

Fox Point Lutheran Church is an eligible organization, and is enrolled in the program.

If you do not elect to give your designated dollars to FPLC they will still go to valuable charity work, but the recipients will be decided by a vote of all Thrivent members 16 and older, and will be distributed to national or local organization other than FPLC

You may have recently received a letter from Thrivent Financial telling you all about the program and how much money has been designed for your account. If it has not arrived, it will soon be sent to you. The deadline for your decision is March 31, 2013.

Even if you designated your allocation of Thrivent Choice Dollars to FPLC last year, if you want to elect FPLC again this year, you must contact Thrivent and inform of your decision.

Informing Thrivent of your choice to bless Fox Point Lutheran Church with your Choice Dollars is easy.

If you would like the designated funds allocated to you to go to FPLC’s outreach programs, you can elect to direct them to us by phone or online.

- **By Phone:** Just call 800-THRIVENT (800-847-4836) and say “Thrivent Choice.”
- **Online:** Just visit <https://www.thrivent.com/thriventchoice>, log in and follow the directions (hint – in their data base, Fox Point Lutheran Church is located in Milwaukee, WI, not Fox Point)

If you have any questions, you may call our Congregation’s Advocate, Jim Jurack at 262-240-2234 or email him at Jim@birchwoodci.net.

February 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Every Sunday: 8, 9, & 10:30am Worship Services 9 & 10:30am Sunday School					1 5:30am Yoga	2 9am Made to Crave Guinane Baptism
3 Holy Communion Blood Pressure Screening 10am Children's Choir 11:45am Plosazj Baptism 5:15pm Bible Study	4 6:30pm Yoga	5 6:30am Eye-opener Small Group 8:30am Senior Exercise 9:30am Good Grief Support Noon Aging Parents Seminar 7:30pm Men's Bible Study	6 7pm Lenten Mentor Orientation 7pm Women's Bible Study	7 8:30am Senior Exercise 9:30am Mom to Mom 6pm Joyful Noise 7pm Chancel Choir	8 5:30am Yoga	9 9am Made to Crave 9am Meru Meeting
10 10am Children's Choir 11:30am New Members Orientation 7pm HS Youth Group	11 6:30pm Yoga	12 6:30am Eye-opener Small Group 8:30am Senior Exercise 9:30am Good Grief Support Noon Aging Parents Seminar 2-6pm Blood Drive 5:30-7:30pm Pancake Supper 7pm KnitWits 7:30pm Men's Bible Study	13 7am Outreach 10:00am Women's Club Ash Wednesday Noon & 7pm Worship Services 8pm Chancel Choir	14 8:30am Senior Exercise 10am Luther Manor Communion Service 11:45am Men's Club 6pm Joyful Noise Serenity Inn	15 5:30am Yoga Serenity Inn	16 9am Made to Crave
17 10am Children's Choir Noon Annual Meeting 5:15pm Bible Study 7pm HS Youth Group	18 10am Book Study 6:30pm Yoga	19 6:30am Eye-opener Small Group 8:30am Senior Exercise 9am Piecemakers 9:30am Good Grief Support Noon Aging Parents Seminar 1pm AAUW 7:30pm Men's Bible Study	20 5:30pm Book Discussion 7pm Mid-week Lenten Worship Service 7pm Lenten Mentors	21 7am TOP 8:30am Senior Exercise 9:30am Mom to Mom 11:30am Lunch book Discussion 6pm Joyful Noise 7pm Chancel Choir	22 5:30am Yoga	23 9am Made to Crave
24 10am Children's Choir 10:30am HS Youth Group	25 10am Book Study 6:30pm Yoga 7pm Book Club	26 6:30am Eye-opener Small Group 8:30am Senior Exercise 9:30am Good Grief Support Noon Aging Parents Seminar 7pm Church Council 7:30pm Men's Bible Study	27 5:30pm Book Discussion 7pm Mid-week Lenten Worship Service 7pm Lenten Mentors Serenity Inn	28 8:30am Senior Exercise 11:30am Lunch book Discussion 6pm Joyful Noise 7pm Chancel Choir		

Tanzania 2013

ARE YOU INTERESTED IN JOINING THE NEXT FPLC

DELEGATION TO TANZANIA - OCTOBER, 2013?

PLEASE INDICATE YOUR INTEREST BY SIGNING-UP AT THE

WELCOME KIOSK TO ATTEND AN INFORMATIONAL MEETING WITH DAYS AND TIMES THAT WILL BE BEST FOR YOU.

DATE AND TIME TO BE DETERMINED AND SCHEDULED IN THE NEXT FEW WEEKS BY THOSE INTERESTED IN EXPERIENCING THE TRIP OF A LIFETIME.

QUESTIONS – CALL OR EMAIL Jo Ann Berdelman

414-352-8990 X100 – church@foxpointchurch.org

Serving

<u>February 3</u>	SERVING:	<u>February 10</u>
8:00 Jayson Hongsermeier 9:00 Matt Kirchner 10:30 Peter Klug	Lectors	8:00 Dawn Braun 9:00 Leslie Davis 10:30 Bob Menard
8:00 Christensen Team 9:00 Harms Team 10:30 Sullivan Davies Team	Ushers	8:00 McClure Team 9:00 Quisler Team 10:30 Gepfert Team
9:00 Allen & Asli Cooper 10:30 Tom & Jenny Kregel	Coffee Hour Hosts	9:00 Gary & Miriam Erickson 10:30 Joe & Joanne Graf
Julia DeCicco	Welcome Kiosk	Sara Hansen
9:00 Stephanie Metzendorf, Olivia Quehl 10:30 Ali Menard, Brenna Grych	Acolytes	9:00 Daniel Adix, Ethan Padgett 10:30 Anne Boorse, Rylee Callahan
Brenda Trier	Worship Assistant	Kathi Behm
9:00 Jim & Susan Janik 10:30 Ben & Peggy Young	Super Greeters	9:00 June Bell, George Hinkens 10:30 Andy & Lori Barrieau

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 -- Dated Material --
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Next Messenger: dated February 15; deadline Feb. 7



All in the Family



We encourage you to keep these people in your prayers during the week.

With the dawning of a new year, the congregational care team has prayerfully updated this list. If you feel that someone whose name was removed from this list needs to be restored to it, please contact the church office.

Prayer List

Steve Heronemus
 (brother of L. Barrieau)
 Bob Lynch
 Stretch Luedeman
 Sheila Dlugi
 Nikki Etheridge
 Verlie Keehn
 Pam Fuhry
 Audrey
 Holly Beard
 (sister of Wendy Randazzo)
 Eleanor
 Marion Pohlmann
 Andrea
 Lee Nelson
 Ellen B.
 Marcia Kaye
 Jim Krause
 Elaine Zarse
 Ellen M.
 Wayne
 Shirlee Rosendahl
 Donald Maloney
 Bette Poelzer

Lucia Byal
 Odelle Leonard
 Kathy Dietrle
 Susie
 Terri
 Art Baumgarten
 Carol Larson
 Helen
 Sue Keehn
 Michael
 Dan Jones
 Tom Scharf
 Tim Lynch
 Jamey Worley
 Gary
 Brian

God's care be with Ralph & Joan Bluhm on the death of their son John, who passed away January 17, fighting a courageous battle with cancer. Please keep John's family in your thoughts and prayers.

Military

Samantha
 Ben
 Parker
 David

Congratulations

Proud grandparents, Ralph & Marlene McClure, welcome their new granddaughter, Romanie Marie Mallas, daughter of Laura & Jared Mallas. She was born on December 21.

Julia Baldwin, daughter of Nancy Nygaard and Steve Baldwin, was baptized January 12.

Elizabeth Marie Mattson, daughter of Ryan & Emily Mattson, was baptized January 27.

In case of urgent pastoral care, call the church office at 414-352-8990.

***Pastors' cell phone numbers
 Pr. Knapp 414-704-7070
 Pr. Cheever 414-573-4138***

Church Office.....414-352-8990
 Monday-Thursday.....8:00am - 4:00pm
 Church Fax Number.....414-352-1482
 Website.....www.foxpointchurch.org
 Email.....church@foxpointchurch.org