



Messenger

Engaging Enthusiastic Followers of Jesus

February 15, 2013

“GROWING DEEPER IN PRAYER”

The theme for this year’s midweek Lenten worship is “Growing Deeper in Prayer”. Each week our worship experience will explore ways to deepen our prayer life using the themes of supplication, trust, praise, promise, and thanksgiving. As part of each week’s worship experience you will find prayer stations set up throughout the church. The prayer stations are listed below.

Please join us in both worship and prayer as we take time during this Lenten season to grow our faith and our prayer life.

Prayer Stations Fox Point Lutheran Church GROWING DEEPER IN PRAYER: Lent 2013

Votive Candle Prayers (Memorial Chapel)

The lighting of candles in prayer has been observed for thousands of years and is a powerful means of deepening our prayers and our connection with God. As you enter the chapel in silence, please sit and think about what you will be asking when you pray. Take time and contemplate whether you are asking God for your will or his to be done. If you are asking for God to help someone, take time to really reflect on what you are asking. Get the person and the request firmly in your mind. When you are ready, go up to the altar, take a taper, and light a candle. Put the taper back into the sand, kneel, and spend time in prayer. You can use one of several prayers. You can say “Jesus Christ, Son of God, have mercy on me a sinner.” (Recite to yourself). Say Jesus Christ as you **breathe in**, Son of God **as you breathe out**, have mercy on me **as you breathe in**, a sinner **as you breathe out**. Do this over and over again and you will find that God will put a person or situation in your mind as you pray. You may also say the Lord’s Prayer...slowly...several times...asking after each petition how you can be better (e.g.,... *give us today our daily bread....Are you thankful enough for what you have?*). When you are finished please leave the room in silence.

Guided Meditation (Pine Room)

As the saying goes, "Meditation is not just for monks!" Guided Christian meditation is a wonderful way for you to clear your mind and open your heart, while entering a state of deep, wholesome relaxation. If you yearn for a deeper and more intimate relationship with God and would like to open yourself to a more direct experience of communion with him, then a guided meditation on Jesus will be of tremendous benefit to you. Your guide will darken the room and take you on a verbal journey of spirit with peaceful music in the background. Guided meditation helps to eliminate negative thinking, nervous tension, stress and depression, returning you to a more peaceful, open-hearted state of being. Each week will offer a new theme.

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Lenten Worship (con't.)

Prayer Labyrinth (Fellowship Hall)



The labyrinth is a model or metaphor for life. The Christian life is often described as a pilgrimage or journey with God, a journey in which we can grow closer in relationship with God, and in turn, closer to others. In life, as in the labyrinth, we don't know where the path will take us. We don't foresee the twists and turns that the future holds, but we know that the path will eventually arrive at the center, God. Sometimes the path leads inward toward the ultimate goal, only to lead outward again. We meet others along the path—some we meet face-to-face stepping aside to let them pass; some catch up to us and pass us from behind; others we pass along the way. At the center we rest, watch others, pray. Sometimes we stay at the center a long time; other times we leave quickly.

Before beginning to walk the labyrinth ask yourself why God might be inviting you into a time of prayer and quiet?

Based on God's invitation, how might you use the labyrinth to pray? Choose an option from those listed on the next page that best fits where you are being led.

Ask God to protect and guide you during this time of prayer. In your own way, dedicate this time to God.

Ways to use the labyrinth:

1. Ask God a question upon entering and then listen for an answer. For example; ask God what he wants to tell you and listen for an answer.
2. Pray for yourself on the way in, stop to experience God's love in the center, and pray for others on the way out. (or vice versa)
3. Recite the Lord's Prayer as you walk. (You could also recite some familiar scripture. Repeat it as you walk.)
4. As you move toward the center of the labyrinth, focus on letting go of distractions or worries that keep you from God. In the center, spend time reflecting on your relationship with God. Be aware of God's presence. Then, as you leave, spend time giving thanks and praising God for all that he has done.

Prayer Wall (Main Sanctuary)

In Jerusalem people travel to the Western Wall of the old temple and write prayers that they would like to offer God. The belief was that Jerusalem was the center of Jewish worship and the temple was the place to pray, so by inserting a note in the stones of the Western Wall one was sure that God would notice. As Christians, we believe God is in all places at all times. We trust that he is always listening to our prayers. However, we also see the benefits of a spiritual discipline where we take the time and write prayers, thoughts, questions, and meditations to our God and place them on the prayer wall. It allows us to be intentional and to spend serious time and be intentional about our prayer. Each week we will have different questions and opportunities for our prayer wall.

Please wait until the sanctuary is empty. There will be paper and pens available.

Take your time, write your prayers and place in prayer wall and then sit back in a pew and talk with God about what you have just written. When you are finished please leave in silence.

Health Ministry

Daffodil Sunday March 17



Every year, the American Cancer Society Daffodil Days program brings hope to people with cancer, and to their friends and families across the country. With your support we can continue helping those touched by cancer, and empowering people to fight back against this disease. Together, we are creating a world with less cancer and more birthdays. Help decorate our church by ordering daffodils in honor of a loved one who has cancer or in memory of one who has lost their battle to cancer. The cost of each bunch of daffodils is \$10.00. Ray O. Hope, the newest bear for the Bear and a Bunch, is available for a \$25.00 donation. Please use the order form in the Welcome Area to place your order (pay when you order) or send a check to the church office with "Daffodils" in the memo section by Sunday, March 10.

Thank You

This was a thank you note I received from someone in the community that received one of the heart pillows we sew and give to Columbia /St. Mary's Cancer program.

Please convey to the people who take the time to sew the Recovery Pillows, my thanks and blessings. I have just completed breast therapy, and the pillow is just perfect for under arm comfort after surgery. Little is much when love is in it.

Mary Jane from New Berlin

I would like to thank my volunteers for making this "Have a Heart" ministry possible. Together, we can make a difference. Bless you for your love and concern for others.

If you would like to sew pillows, please contact me at joni@foxpointchurch.org.

Living Healthy Is A Prayer



Journey to Inner Peace

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

In my last article I wrote about finding inner peace. I hope you have had time to reflect on that message and perhaps you have been doing the meditation I included.

We all struggle with temptations and with making decisions that honor God. How do we know when we experience inner peace? In Dr. Bernie Siegel's book, Love, Medicine, and Miracles, he lists the signs of inner peace. They are certainly worth striving for.

Signs Of Inner Peace

A tendency to think and act spontaneously, rather than on fears based on past experiences.

An unmistakable ability to enjoy each moment.

A loss of interest in judging other people.

A loss of interest in interpreting the actions of others.

A loss of interest in conflict.

A loss of ability to worry.

Frequent overwhelming episodes of appreciation.

Contented feeling of connectedness with others and with nature.

Frequent attacks of smiling.

An increased tendency to let things happen rather than to make things happen.

An increased susceptibility to the love extended by others as well as an uncontrollable urge to extend it.

Inner peace seems like an elusive dream sometimes. It can be achieved when we keep our focus on God and spend time in His word. Having an attitude of gratitude certainly is key to achieving inner peace. Inner peace doesn't just happen. You cannot have peace with yourself without having peace with God first. In order to achieve this you must obey and trust God and know that He controls all things.

Meditate on this...

Be still and know that I am God.

Be still and know that I am

Be still and know

Be still

Be

Peace, health, and healing in Christ,
Joni Ledzian

Outreach



“Soup” it up!



It is time to “**soup**” up our food drive for Lent! There is no need to “**stew**” about ways to help those in need. Keep it simple. When you come to church, on Wednesdays or Sundays or any days at all, please bring cans of **stews** and **soups**. The key is that they are hearty and that they are ready to eat. People out there are hungry. Pantry shelves are empty. One can equals one meal for one person (maybe more). Like Jesus that day so long ago, with loaves and fishes, let’s have our own miraculous feeding of the five thousand. Let’s get five thousand cans together. Let’s do this thing together--feeding the hungry in the name of Christ.

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 a 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 414-352-8990.

Remembrance Roses



The Remembrance Rose schedule book is now 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.

Celebrating Serenity Inns, A Path to Recovery

The third annual fundraiser, Celebrating Serenity Inns, will be held on Friday, April 26 at the Italian Community Center in downtown Milwaukee. The evening will begin with fellowship at 6pm followed by dinner and will include a silent auction, a special guest speaker, and recognition of both a graduate of the program and a community supporter.

There are several opportunities for you to participate in this event:

1. You can plan to attend the dinner on April 26. The cost is \$50 per person or \$1000 for a corporate table (setting for 8 and special recognition for sponsorship). Contact Lorraine Buehler at 414-964-8933 or lcbuehler@cs.com if you are interested in attending or underwriting the event.
2. You can buy dinner for a resident or a graduate.
3. You can donate an item for the Silent Auction. Possible donations include theme baskets, gift cards from area businesses, a "treasure" you were gifted but haven't used. Do you have a hobby or craft? Consider making an item for the auction: jewelry, afghan, doll clothes, wooden shelf, etc. You could also ask a business you frequent to donate a gift card or an item or service. If you have an item for the Silent Auction please contact Debbie McGregor at mrs.debbie.mcgregor@gmail.com or Lorraine Buehler. (See #1 above.)

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 the days and times that will be best for you.

Date and time to be determined and scheduled in the next few weeks for those interested in experiencing the trip of a lifetime.

Questions—call Jo Ann Berdelman
414-352-8990 x100 or church@foxpointchurch.org

Fellowship

Young at Heart

Don't miss this very special "Young at Heart" meeting on Thursday, March 21 —11:30am social time/open bar

"The Restaurant Business in Today's World"
Presented by Andy Sylke

Taylor and Dunn's Restaurant in Mequon will open at 11:30am **especially for us!**

There are three homemade specials for us to choose from on our sign up sheet. We are planning a wonderful time with great food and an interesting topic with a good speaker.

Sign up early and save your space. You won't want to miss this event! Our special price is just \$12.00 per person. **Absolute Deadline - March 10.** Any questions; call Judy Clemens 262-242-1692.

Piecemakers Say Thank You!

At our last meeting we found bags and boxes of donations in our closet. Many thanks to all of you who contributed. It is so much fun to look through all those and plan what we can create.

As always, our most needed items are flat sheets and flannel sheets.

We meet again on Tuesday, February 19, from 9-3. What will we find in our closet then? We'd love to have new participants. Consider joining us!

High Schoolers and Parents

If you would like to get information on FPLC High School Youth Group, service opportunities, summer trip and other fun activities in our High School Ministry, please send an email to Morgan Oldenburg morgan@foxpointchurch.org and say that you would like to be added to the high school list!

Women's Club

Wednesday, March 13

11:30am in Fellowship Hall

"Heirlooms of Faith"

We all have precious items saved from the past and many of them are probably symbols of times in our *Faith Journey* that were very important to us. Perhaps you have your baptismal gown or certificate, your confirmation picture or something from your wedding or other church event. Or maybe you have kept a special family Bible or item of your parents' or grandparents' faith journey.

Now is the time to "rediscover" some of those reminders and share their stories with our fellow Women's Club members.

Plan to attend our gathering in March and bring along an "Heirloom of Faith" from your life to show and tell about.

Luncheon will be served and guests are welcome. Sign up in the Welcome Area beginning Sunday, February 24. The cost is \$7.00 per person.

Youth Group

February 22 (4pm) - 23 (5pm)
Ski Trip to Cascade Mountain!

February 24 —10:30-11:30am
Coffee and donuts in the youth room!

March 3—7:00-8:30
Youth Group!

March 10—7:00-8:30
Youth Group!

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.

ANNUAL MEETING WILL BE HELD

SUNDAY, FEBRUARY 17

AT NOON IN THE CHAPEL

ALL ARE WELCOME TO ATTEND

Marriage Ministry

Show Patience at Home

A Sharing from the Marriage and Family Ministry Steering Committee

It is one of the sad consequences of our competitive, media-driven consumerist culture that we expect perfection in others but excuse mediocrity in ourselves. Restaurants and hotels live on the edge, knowing that all it takes is one bad experience and a customer will never be back.

When you first get married, you are marrying a rookie, someone who will make rookie mistakes. That's why God tells husbands and wives to let go of their Mommy and Daddy and stick like glue to their spouses—never, ever comparing a husband to a Daddy or a wife to a Mommy. It's an inherently unfair comparison, since you are remembering mature veterans. Cut your spouse some slack.

“As God’s chosen people, holy and dearly loved, clothe yourselves with...patience. Bear with each other and forgive whatever grievances you may have against one another.” (Colossians 3:12,13)

Think of how often God has had to be patient with you. Think of how he has nurtured you and put up with stuff and invested energy and resources in you. Think of how you learned from your failures and thrived on encouragement and praise. Well, hello! How about extending some of that same patience to your spouse? Lord, forgive us our sins as we forgive our spouses who sin against us.

From *Grace Moments* by Pastor Mark Jeske 2012

Serving

<u>February 17</u>	SERVING:	<u>February 24</u>
8:00 Kathy Braun 9:00 Mike Karegeannes 10:30 Jeff Woodliff	Lectors	8:00 Lorraine Buehler 9:00 Julia Holmes 10:30 Mark Smith
8:00 Klasner/Kurtz Team 9:00 Janik Team 10:30 Gebel Team	Ushers	8:00 Buehler Team 9:00 Keehn Team 10:30 Harland Team
9:00 John & Lori Heinrich 10:30 Greg & Kathy Gebel	Coffee Hour Hosts	9:00 Gerald & Sandra Osborne 10:30 Kevin Kosobud, Nancy Lewander
Sara Hansen	Welcome Kiosk	TBD
9:00 Michael Muth, Matt Oates 10:30 Eric Mullins, Henry Rohmer	Acolytes	9:00 Joe De Lia, Jackson Mandella 10:30 Tony Scotton, Brad Zachowski
Susan Janik	Worship Assistant	Michelle Kornitz
9:00 Jim Severin, Dolores Stops 10:30 Nancy & Paul Rosenheimer	Super Greeters	9:00 Mary & Tom Klatt 10:30 Eric & Lisa Nelson

Fox Point Lutheran Messenger (USPS 207-560) Volume 60 Number 4 published semi-monthly, by Fox Point Lutheran Church, 7510 N. Santa Monica Blvd., Milwaukee, Wisconsin, 53217. PERIODICAL POSTAGE PAID AT MILWAUKEE, WISCONSIN. POSTMASTER: Send address changes to Fox Point Lutheran Messenger, 7510 N. Santa Monica Blvd., Milwaukee, Wisconsin, 53217. (414) 352-8990.
 -- Dated Material --
 Please deliver by Friday, February 15, 2013

Next Messenger: dated March 1; deadline Feb. 21



All in the Family



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

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
 Lee Nelson
 Ellen B.
 Marcia Kaye
 Elaine Zarse
 Ellen M.
 Wayne
 Shirlee Rosendahl
 Donald Maloney
 Bette Poelzer
 Odelle Leonard
 Kathy Dietrle
 Susie
 Terri
 Art Baumgarten
 Carol Larson
 Helen

Sue Keehn
 Michael
 Dan Jones
 Tom Scharf
 Tim Lynch
 Jamey Worley
 Gary
 Brian
 Laura
 Jan
 Donna Loose
 Arlyn Dieck

Our sympathy, thoughts and prayers be with the family and friends of James Krause who passed away peacefully January 29, 2013. Uncle of Sue Krause Birmingham and family. Jim was a member of FPLC for 65 years actively participating in the life of the church. He was a Sunday School teacher for 28 of those years, served as captain of a 9:00 usher team for a countless number of years, and was an active member of the Men's Club. Jim also served many families in our church over the years with his compassion and peaceful manner as he helped and guided them through a very difficult time in their life, the loss of a loved one.

Our sympathy, thoughts ,and prayers be with Janet Quail and family on the death of her brother Tom Holtz who passed away recently.

Military

Samantha
 Ben
 Parker
 David

Congratulations

Henry Michael Guinane, son of Joel & Christy Guinane, was baptized February 2.

Avery Addison Ploszaj, daughter of Terence & Lisa Ploszaj, was baptized February 3.

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***

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 Monday-Thursday.....8:00am - 4:00pm
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