



First Edition

The Newsletter of First Lutheran Church
March 2024

Issue Number: 239 Issued: Monthly

March Worship

Sunday, March 3

Holy Communion

8:30 am - Spirited Traditional

10:00 am - Celebration

Wednesday, March 6 ~ Lent ~ 7:00 pm

Forgiveness: Glue for Relationships

Sunday, March 10

8:30 am - Spirited Traditional

10:00 am - Celebration



Wednesday, March 13 ~ Lent ~ 7:00 pm

Patience to Forgive

Sunday, March 17

Holy Communion

8:30 am - Spirited Traditional

10:00 am - Celebration

Wednesday, March 20 ~ Lent 7:00 pm

The Wisdom of Forgiveness

Palm/Passion Sunday, March 24

Cry of the Whole Congregation

8:30 am and 10:00 am

Maundy Thursday, March 28

Holy Communion, First Communion

7:00 pm - Special Music

Good Friday, March 29

7:00 pm - FLC Choir

Easter Sunday, March 31

7:30 am - FLC Choir & Alleluia Bells

8:45 am - FLC Choir & Alleluia Bells

10:00 am - Celebration Praise Band



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He is Risen!

Administration Committee

2024 Church Council



Jeremy
Eppler
President



Matt
Albert
Vice
President



Stacey
Quam
Secretary



Dave
Horneck
Finance



Gary
Weum
Personnel



Wayne
Kiefer
Treasurer

Committee Liaisons



Katie
Galston
Education



Jeff
Krause
Evangelism



Richard
Bjordahl
Property



Jessica
Tiede
Social Ministry



Angie
Olstad
Stewardship



John
Gray
Worship



Amy
Steinmetz
Youth

Richard Bjordahl is a life-long member of FLC and has assisted with ushering since he was in confirmation. His parents, Chris and Ann Bjordahl, are long-time members who serve as communion assistants. Richard is the Assistant Manager at Ace Hardware in McFarland and in his 12 years there has gained an abundance of knowledge regarding hardware, equipment, and handyman related items. He believes his experience will benefit the church in its future operation and sustainability. In his spare time, Richard enjoys taking his two Corgis for nice long walks around Stoughton.

Jeff Krause and his wife Paige have been members of FLC for 9 years after moving to the Stoughton area. He has worked in marketing at a small environmental controls manufacturer in Middleton for the last 16 years and recently served on FLC's Outreach Taskforce. Jeff enjoys hunting, traveling and spending time with Paige and their three dogs. He is grateful to be part of FLC's community of faith and looks forward to contributing to our church's journey ahead.

Stacey Quam has been a member of FLC for over 46 years, with mother Janice Rahn and sister Jodeen Bitter. She has been a Service Coordinator for North American Mechanical for 23 years, and 35 years total in the HVAC industry. FLC has been an important part of her life. Stacey grew up in the church, attended Sunday School, was confirmed and was married here to her husband Scott in April 1991. Together they have three children, Steven, Sammi and Brianne; and three grandchildren, Jaxon, Aubree and Riley. Stacey taught First Kids during her daughter Sammi's years, served as a confirmation guide for 2 years, a confirmation mentor five times and served on Council for 3 years. She is honored to serve on Council again and looks forward to continuing to grow her faith in God and help the church succeed and grow by serving the Lord.

Gary Weum has been a member of FLC for 22 years and has been married to his wife Ellen for 28 years. Together they have two daughters, Jordyn (26) and Alyson (24), and one Bichon Shih Tzu Teddy Bear named Henry (7). Gary is entering his 24th year as Senior Sales Account Executive for Philips Healthcare. He enjoys golfing, vacationing, and hanging out with family and friends. Gary and family are grateful to be part of FLC, and he is honored to serve a second term on Council.

**Welcome New
Council Members!**

A Word from the Pastor

How is your Lent going so far?

It seemed to come kind of early on Valentine's Day in February. Plus, Easter is at the end of March, and that seems early too!



Our sermon series for Wednesdays in Lent is, **Not Perfect, Just Forgiven**. In order to understand the concept of forgiveness better, I shared some information derived from a PhD in Counseling Psychology named Blaine Rader.

Dr. Rader's experience and research led him to create a list of qualities and characteristics that are often **substituted for forgiveness and thus not as effective**. Please see the list below that I shared with the congregation on Ash Wednesday evening.

True Forgiveness Is Not

- | | |
|--------------|--------------------|
| * Apathetic | * Just Feeling Bad |
| * Avoiding | * Making Deals |
| * Forgetting | * Painless |
| * Excusing | * Pretending |
| * Explaining | * Tolerating |

Given the feedback I received afterwards, it was clear that almost all of the worshippers had never seen such a chart before; so I thought it would be a good idea to include it this newsletter.

Why? Because Lent is a time to focus especially on forgiveness. Repenting to receive mercy includes three steps: **1)** feeling bad about what we have thought, said or done, **2)** apologizing to those we have wronged, and **3)** turning away from our sins in order to reconnect with God and others.

Yet even in Lent, this is a challenging issue. Dr. Rader suggests that we may not seek forgiveness because we are afraid of talking with whomever we have hurt. In other words, we can be conflict averse.

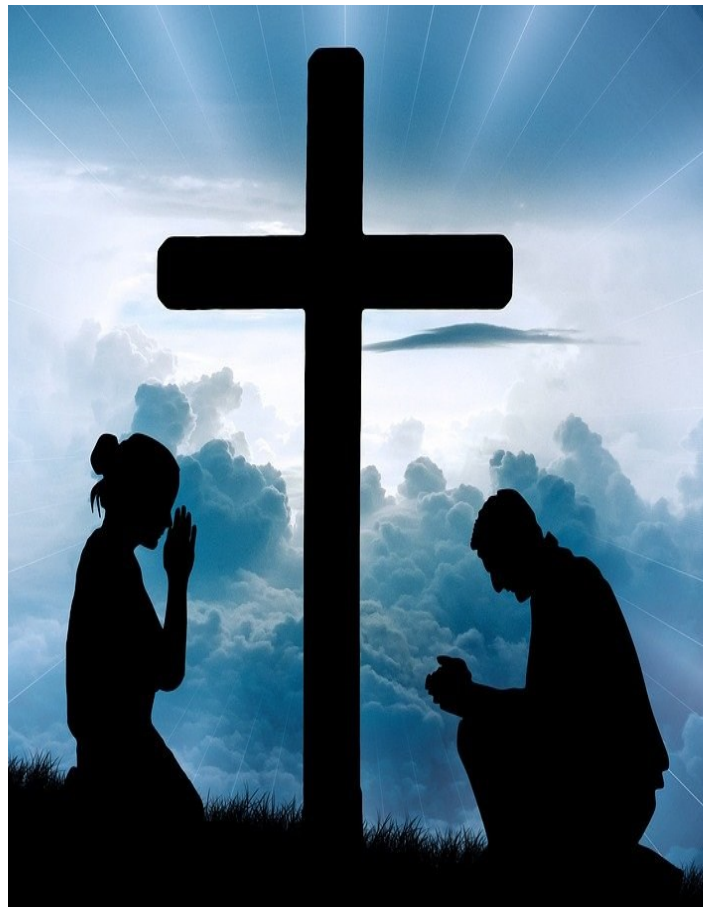
Jesus suffered, died and was resurrected so that we can receive God's forgiveness in the asking. It is unmerited grace! He also taught that we need to forgive one another just as God forgives us. It may not be easy, but it can be wonderfully fulfilling.

May we share the grace God has already given to us with others! **Pastor Lehman**

Council Highlights

At its February meeting, the Council:

- > Welcomed **new Council members**: Richard Bjordahl, Jeff Krause, Stacey Quam and Gary Weum. (See page 2)
- > Approved a **10 week sabbatical** for Pastor Lehman that had been delayed for two years. He will take his sabbatical in two parts during the months of April, May and June.
- > Approved the recommendations of the **Endowment Committee** to give \$35,000 of financial support to worthy beneficiaries.
- > Learned that the leaders of the **kitchen remodeling** met with two vendors and will be making recommendations to the Council soon. This project will be completed using Caring Hearts and Hands appeal gifts.
- > Learned that the Administration Committee approved **three facility requests** for dates in May and June.



Got Forgiveness?

Sharing and Caring



Our Condolences to the family & friends of...

Bob Leonard (father of Gaye Lehman)
Tom Thorpe



Congratulations to...

Rocky and Lee Ann Klitzke
on the birth of their son,
John Timothy.

Do you have a prayer request or would like your loved one to be listed in this section of the newsletter?
Please contact the church office or one of the pastors.

Special Prayers for...

Judy Casey
Richard Green (father of Rikki Klassy)
Gene Heise
Al King
Lani Kohrt
Elwood Knutson (father of Lori Moll)
Paul Krueger
Peggy Maveus
Jean Peterson
Ron Pieper
Scott Smith
Don Steele (brother of Ron Steele)
Ron Steele
Scott Steele (son of Ron Steele)
Jerry Tierney (friend of the Moll family)
Vera Thorpe
Emily Vitale (daughter of Karen Thomson)
Judy Zillmer (mother of Kendra Eppler)



Women's Circles

Circle 3 will meet on Tuesday,
March 12 at 11:00 at Deak's.



Phoebe Circle will meet on Tuesday,
March 12 at 7:00 pm
in the Fireside Room.

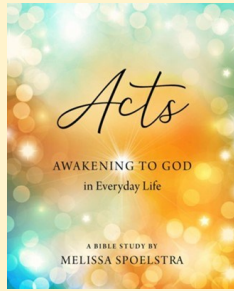
If you are interested contact
Jeanne Gilbertson at 608-692-3452

Small Group Ministries

Soul Sisters

Soul Sisters will meet on **Monday, March 18 from 10:00-11:45 am** in the Fireside Room.

We welcome guests and new members to join us in the study of *Acts*: *Awakening to God's Grace*.



Care for Creation Study

Starting Monday, April 1 at 6:00 pm, FLC Library

Awakening to God's call to Earthkeeping

The series is a four week study on our call to care for creation.



Contact Kendra Eppler at (608) 219-5525 with Questions

Contact Kendra or the FLC office to join the group.

Men's Breakfast and Bibles

2nd and 4th Wednesdays of each month.

Bible Study is

Simon Peter: Flawed but Faithful by Adam Hamilton

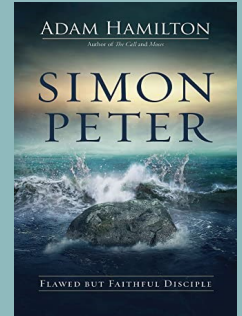
Breakfast: 7:30 am at The Pancake Cafe.

Bible Study

9:00 am at the church

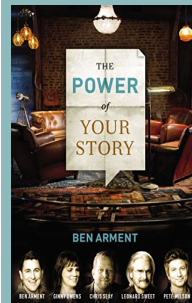
Information:

Contact Rich Albright
albrightclannn@gmail.com /
(608) 215-6027.



Monday Zoom Faith Conversations

Join the Monday Study group! It meets **Mondays on Zoom at 6pm.**



The Power of Your Story by Ben Arment

Last meeting of this study will be March 11.

Get a study guide from Pastor Sara at
pastor.sara@flcstoughton.com
or
608-873-7761.

Join the Quilters!

Come and join this industrious group to create quilts that are then donated to organizations serving those in need.



Quilting meets at FLC **each Monday in March from 8:30 am - 12 noon** and continues **each Monday until Easter.**

The group is looking for new people to participate. Talk to LouAnn Ellingson for more information.

Tentative Earth Day Field Trip

St. John's in Oregon is anticipated to host their second earth day event in April.

Efforts to coordinate carpooling will be made for those interested once a date and time are available.



Wednesdays in Lent and Holy Week



Each Wednesday night in Lent starts with supper at 5:30 pm

Similar to past years, the *Holden Evening Prayer Service* will be used in worship on Wednesdays at 7:00 pm.

This year, the Pastors will offer sermons under the general theme of *Not Perfect, Just Forgiven*.

The Lenten season runs through **Wednesday, March 20**. A meal will be served each of the three Wednesday evenings prior to Holy Week from 5:30 pm to 6:30 pm in the Fellowship Hall.

Lenten Schedule:

<u>Date</u>	<u>Menu</u>	<u>Leaders/Servers</u>	<u>Music Groups</u>	<u>Sermon ~ Lent</u>
Mar. 6	Chicken Soup Subs Dessert	The Purcell Family Confirmation Group 4	First Kids	<i>Forgiveness: Glue for Relationships</i> <i>Genesis 45:1-15</i>
Mar. 13	Lasagna, Salad, Garlic Bread, Fruit, Dessert	The Stepp Family Confirmation Group 5	Special Music	<i>Patience to Forgive</i> <i>Ephesians 4:1-5, 32-33</i>
Mar. 20	Grilled Brats, Hotdogs, Beans, Potato Salad, Ice Cream	Todd Fossum Confirmation Group 6	Special Music	<i>The Wisdom of Forgiveness</i> <i>Psalms 103:8-18</i>



Holy Week Schedule:

<u>DATE</u>	<u>SERVICE</u>	<u>TIMES & MUSIC</u>	<u>COMMUNION</u>
Sun, March 24	Palm Sunday	8:30 am FLC Choir 10:00 am Celebration Group	
Thurs, March 28	Maundy Thursday	7:00 pm Special Music	Altar Rail
Fri, March 29	Good Friday	7:00 pm FLC Choir	
Sun, March 31	Easter Sunday	7:30 am Alleluia Bells & FLC Choir 8:45 am Alleluia Bells & FLC Choir 10:00 am Celebration Group	

Special receptacles for the Lenten Coin folders have been placed in the Atrium and Narthex for your convenience starting on Palm Sunday.





High Score: Dan, Carri, Adeline and Gabe

Number of Strikes: Mark

Ball Speed: Nolan, Joseph, Maeve, Edelweiss

Most Improved : Erin



Stewardship of God's Creation

Disposable ~ Kendra Eppler

"Disposable" is an interesting concept. It has been weighing on my mind since seeing a baggie commercial that sought to positively advertise the product as being disposable.

According to the Merriam-Webster dictionary (online), disposable means "designed to be used once or only a limited number of times and then thrown away."

While throwing a "disposable" product away after use aligns with the definition, I continue to ponder whether a product is truly disposable if its end-of-life is a landfill. The purpose of a landfill is to keep trash and their related contaminants in (i.e., out of the rest of the environment). They are not designed to facilitate the decomposition of items.

Is something really "disposable" if it will be around, even in a landfill, for many years after it has been used? Following are a few examples of how long certain items take to break down when placed in the trash (landfill):

- Plastic bags – 10-20 years
- Aluminum cans – 80-200 years
- Paper waste – 2-6 weeks
- Orange peel – 6 months
- Glass – may never decompose
- Styrofoam – does not biodegrade

We can demonstrate care for creation by minimizing use of "disposable" items, particularly one-time or few-time use items, that are destined for a landfill. We can reduce landfill use and further demonstrate care for creation by recycling or composting those items those items eligible for recycling or composting.



Earth Day Events

Keep an eye out for events that will help us to celebrate Earth Day, on Monday, April 22. There will be many ideas and opportunities that will appear in the April Newsletter. Do you have an idea that you would like to try? Please talk to Pastor Sara or Kendra Eppler.



Please help us fill the baskets!

Baby Basket needs:

Baby Wipes
Fall and winter 9-12 month old outfits for Boys
Fall and winter 0-3 month old outfits for girls
Girl Onesies 9-12 months
Hooded Towels

Items can be placed in the basket in the Lower Atrium or brought to the office.
Thank you for giving generously to these little ones!



Thank you Scouts for helping to collect food for the Souper Bowl!
Thank you to everyone who brought food during the month of February.
All the food will be taken to the food pantry in early March.

First Kids and IMPACT 456

First Kids will be learning about Jesus' Ministry.

Bible Memory Verse:

"God loves a person who gives cheerfully." 2 Corinthians 9:7b



March 3:	Jesus wants us to share
March 10:	Jesus wants us to be kind to others
March 17:	Jesus wants us to say Thank You
March 24:	Palm Sunday Event

4th - 6th Graders or **IMPACT 456** will be learning about the New Testament.

March 3:	Lost Things
March 10:	The Raising of Lazarus
March 17:	A Rich Ruler
March 24:	Palm Sunday Event



Preparation for First Communion

Saturday, March 16
9:00 am to 12:30 pm

Students in fourth grade learn all about Holy Communion, examining the elements of bread and wine as well as the Communion ware.



If you have an older child who has not received instruction, please contact Pastor Sara at 873-7761.

Easter Egg Hunt on Palm Sunday

Grab a friend and come to our annual Easter Egg Hunt on Palm Sunday, March 24, 2024! Lunch will be served after church around 11:20 am. Then the fun continues with a story, prayers and the colored Easter Egg hunt. Sign up at church or email Pastor Sara for this **EGGstravaganza!**



First Kids Sing

Wednesday, March 6
At 7pm, practice at 6:45pm
Sing: *Peace Like A River*

Sunday, March 24
Palm Sunday
Processional at both services

Sunday, May 12
Sing at both services
Kids Under Construction

Sunday, June 2
Spring Program at 10am



Youth and Family Ministries

Senior High Youth Bible Study

Who? All Senior High Youth and Friends!



What? A Bible Study just for Sr. High Youth! We will focus on the texts preached about in church and make real life applications to our lives.

When? Every other Sunday at 11:30 am. In March we will meet on March 10th.

Where? Meet in the Fellowship Hall. On some Sundays we might go out to eat for our discussions.

Why? To have fun and learn and grow in faith together.



The Lock-in was a blast!
For more great pictures check out the FLC Website!

Mission For a Day ~ April 8

Join the fun by helping others around Stoughton and the Madison area by signing up for a local mission for a day trip on April 8 from noon - 4:00 pm.

It is a perfect thing to do on a half day of school. This is part of confirmation, but anyone of any age is invited to attend.

If you are interested let Pastor Sara know.



Youth Rummage Sale

**Saturday, April 20
8am to Noon**

It's the New Year! Time to clean out the attic, garage, basement and closets! The annual Youth Rummage Sale is scheduled for **April 20** (Some might need that much time.☺) You can bring donations now!

This event is a huge fundraiser for the youth. Thank you in advance for your donations!



There are little Jesus figures still hidden in the church! Can you find one? They help us to remember Jesus is everywhere!



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March 2024

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