

**FIRST
LUTHERAN
CHURCH**

526 South Olive Avenue
Sandpoint, ID 83864
208-263-2048

Office@FirstLutheranSandpoint.org

December 2023

Messenger

NEWSLETTER

Praising God | Nurturing Faith | Serving All

INTERIM PASTORS

Barbara Rolph
David Walker

OFFICE HOURS

Tuesday, Wednesday, Thursday
9:30 AM – 4:30 PM
Lynne Campbell

SUNDAY WORSHIP

9 AM in the Sanctuary, except
4 PM on Christmas Eve
Online via YouTube by the next day

COMMUNION

Served first and third Sundays

COFFEE HOUR

Following Sunday worship, except
Christmas Eve

YOUTUBE

First Lutheran Church, Sandpoint ID

NEWSLETTER

Lynne Campbell

Office@FirstLutheranSandpoint.org

- Deadline is the 5th of the month
- Submit articles, ads, photos, and information via email
- In the Subj line, use "Messenger"

PASTOR DAVE'S MESSAGE

As you receive this edition of Messenger, we find ourselves halfway through the anticipatory season of Advent.

We have, through Word and Sacrament, worship and study, prayer and reflection, continued our journey of revelation that began with Isaiah's reminder that despite all the darkness in the world and the apparent silence of God, all is not lost; hope and light will prevail.

We have joined John the Baptist in helping make paths clear for the arrival of our Savior along the highways of our hearts in response to the Baptist's cry that the 'One Mightier than me' is on the way and that we should be prepared for his arrival.

On Sunday, the 17th, we were joined by fellow believers from Holy Spirit Episcopal Church and from our adjoining neighborhood, as we gathered for worship and to contemplate and celebrate through the liturgy of Advent Lessons & Carols the coming of Immanuel, the long-promised Savior.

On the final Sunday of Advent we will celebrate Christ's birth with a traditional Candlelight Christmas Eve service at 4:00 pm.

The Twelve Days of Christmas, filled with all the joy that Christmas inspires, will take us to Epiphany where the Western Church celebrates, in part, the arrival of the Three Magi, and where we commemorate the Baptism of our Lord on the First Sunday after the Epiphany.

Be awake!

Be alert!

Be together!

Celebrate!

Immanuel is on the way!

Pastor Dave+



STAFF & CONTACT US

Pastor

Barbara Rolph
208-597-5422

David Walker
509-995-6582

Church Office

Lynne Campbell
Administrative Assistant
208-263-2048

CHURCH COUNCIL

Executive Committee

Ray Yaw *President*
208-290-3880

Walter Ebel *Vice President*
509-951-4182

Sharon Roget *Treasurer*
208-263-2610

Trish Thurston *Secretary*
208-255-6885

Members at Large

Sharon McCormick
208-290-4555

KarenMarie Moran
503-522-1599

Lila Petersen
208-263-2058

Linda Lacy
208-290-8884

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COUNCIL MEETING HIGHLIGHTS, 12-13-23

Treasurer's Report: Sharon Roget noted that we spent more than we took in last month.

Set-Up for Christmas Eve Service: Council members will come in on Saturday morning, December 23, to help set up for the Christmas Eve Service.

Facility Maintenance: The last of the LED light bulbs were installed.

There has been an issue with the vacuum cleaner at the church involving use by the Teen Center. The church will purchase one specifically for use by the church which will resolve the problem.

Parsonage: There is member of the Congregation who needs temporary housing. After the matter was discussed, the council approved renting the parsonage to this individual on a short-term basis, with reviews scheduled. Karen Marie Moran will continue to oversee the property.

Luther Park: Ron Roget gave a detailed report on the status of Luther Park. There were questions about a service fee which requires an increase in cost to the residents whether they use them or not. This is state-mandated and is part of the package. Otherwise, things are going well during the transition time.

Miscellaneous: Linda Lacy was able to sell the old grill in the kitchen for \$500.00

It has been determined that our Congregation needs a specifically designated Property Committee. An announcement will be put in the bulletin and Messenger asking for volunteers.

Next Council Meeting: Scheduled for January 10, 2024.

Respectfully Submitted,
Trish Thurston, Council Secretary

The Sandpoint High School Choir performing at FLC before the Advent Luncheon.



Sunday Readings for December

Dec 3...1 Advent
Isa 64:1-9
Ps 80:1-7, 17-19
1 Cor 1:3-9
Mark 13:24-37

Dec 10...2 Advent
Isa 40:1-11
Ps 85:1-2, 8-13
2 Peter 3:8-15a
Mark 1:1-8

Dec 17...3 Advent
Isa 61:1-4, 8-11
Ps 126 or Luke 1:46b-55
1 Thess 5:16-24
John 1:6-8, 19-28

Dec 24...4 Advent
2 Sam 7:1-11, 16
Ps 89:1-4, 19-26
Rom 16:25-27
Luke 1:26-38

Dec 24...Christmas Eve
Isa 9:2-7
Ps 96
Titus 2:11-14
Luke 2:1-14 [15-20]

Dec 25...Christmas Day
Isa 62:6-12
Ps 97
Titus 3:4-7
Luke 2:[1-7] 8-20

Dec 31...1 Christmas
Isa 61:10—62:3
Ps 148
Gal 4:4-7
Luke 2:22-40

Year B 2024
Church Year Calendar



LIVING CANDLES

If you left the Christmas spirit
Tucked away upon the shelf,
Take it down and start the season
By the giving of yourself.

Just by saying, "Merry Christmas"
With a smile upon your face,
You can make some person happy
And the world a better place.

If life's hardly worth the living
Find yourself a worthy cause.
Take that basket to the needy;
Make believe you're Santa Claus.

If the spark of faith is feeble,
You may well be reconciled
If you read the Christmas story
To a lonely little child.

If you're someone who is looking
For a mission to fulfill,
Be a living Christmas candle
On the world's wide windowsill.

- Reginald Holmes



Dear people of the Northwest Intermountain Synod,

Only a few weeks ago most of us across the country and all of us who reside within the boundaries of the Northwest Intermountain Synod took part in the biannual ritual of changing our clocks as we moved to Standard Time from Daylight Saving Time. Personally, the sun setting well before 5:00 pm each day is the most noticeable and enduring consequence of this time-shift. The extended time of darkness in the evening is evident.

Oftentimes, darkness is seen in a negative connotation. This is true in Scripture as well. That said, there are also instances when darkness is seen in a more positive light (pun intended). There are occasions in the Bible that night and darkness are times of revelation, of divine presence, and of promise. Take, for instance, God appearing to Abram at night in Genesis 15 to affirm God's promise to him by showing him the stars. Additionally, one could look to the dreams of Joseph or even Jesus' parable of the 10 bridesmaids from Matthew 25. In that parable the bridegroom arrives in the middle of the night. These are only a few examples when darkness functions as an opportunity for blessing.

At this fall's Bishop's Convocation we had the opportunity to sing "Bless This Night" together. Bless This Night is a new setting of Vespers (Evening Prayer) created this past year in Holden Village. It is a lovely setting and is described on the website as a "service [that] seeks to honor twilight, dusk, night, and darkness as times of blessing and renewal in our lives. The service also has themes of creation and justice, and recognizes all bodies as holy."

As we continue to live through these days of longer evenings and nights, may this time of darkness also be a time of blessing, revelation, and assurance of God's promise.

God's peace be yours,
Pastor Phil Misner



In the Gospel according to Luke we hear the angels
say to the shepherds,



Glory to God IN THE
HIGHEST HEAVEN,
and peace to God's people
ON EARTH.

At this time of the year, perhaps our longing for peace is even more acute. We know the world isn't right. Nevertheless, we wait for and trust in Jesus, the Prince of Peace. The angels proclaimed, "Peace on Earth. Good tidings we bring." We pray for peace in our world and in our communities. Every week we take time during worship to greet one another with the message of peace. We reach out, grasping hands across pews, across the aisle. Some may walk to other areas of the sanctuary to give a message of peace to a neighbor or a visitor.

"The peace of Christ be with you." "And also with you." We share the peace, the love of God, and as we do, we know that God has reached from heaven to earth and, in the Prince of Peace, is sharing God's peace with us. In this season and all year round, may the peace of Christ be with you.

Merry Christmas, dear church.

Elyahon L. Eaton



Evangelical
Lutheran Church
in America



Fall Squash Bisque

Ingredients

2 tsp oil
2 cups sliced onions
2 lbs winter squash, peeled, seeded, cut into 2-inch cubes (4 generous cups)
2 pears, peeled, cored, and diced
2 cloves garlic, peeled and crushed
1 tsp powdered ginger
½ tsp thyme
4 cups chicken or vegetable broth
1 cup water
1 tbsp lemon juice
½ cup plain non-fat yogurt

Directions

1. Heat oil in a large pot over medium heat.
2. Add onions and cook, stirring constantly until softened, 3 to 4 minutes.
3. Add squash, pears, garlic, ginger and thyme; cook, stirring, for 1 minute.
4. Add broth and water; bring to a simmer.
5. Reduce heat to low, cover, and simmer until squash is tender, 35-45 minutes.
6. Puree soup, in batches if necessary, in a blender.
7. Return soup to pot and heat through. Stir in lemon juice.
8. Garnish each serving with a spoonful of yogurt.
9. Refrigerate leftovers within 2 hours.

HEALTHY HOLIDAY RECIPE TIPS FROM SECOND HARVEST

Author: Carolyn Alecia Negley, RD

Happy holidays from The Kitchen at Second Harvest! 'Tis the season for doing what we love best — cooking for loved ones. Here are a few tips, tricks and recipe ideas to give your holiday dishes a deliciously healthy twist. See if you can make over some family favorites by trying out the following:

1. **Don't be so sweet.** For most baking recipes, you can reduce the sugar by 25% without noticing a difference. In some cases, like marinades, you can replace the sugar entirely with juice.
2. **Make half your grains whole.** Try substituting up to half of the all-purpose flour in your baking recipes with whole-grain flour. By replacing only half of the flour with whole-grain flour, you won't need to make adjustments to the recipe. Using whole-grain flour adds extra fiber which keeps you fuller longer and may just help you resist that second or third cookie.
3. **Cut back on the butter.** Make up the difference with heart-healthy oils like olive oil or canola oil. Olive oil, which has a low smoke point, is most appropriate for baked goods and sauteed dishes. Canola oil, with a high smoke point, is more appropriate for roasting and frying than olive oil.
4. **Lighten up!** Use low or no-fat dairy products in your baking. You won't taste the difference.
5. **Add protein!** Incorporating low-fat Greek yogurt into your holiday recipes is a great way to increase protein consumption during the holidays and balance out the sugariness of the season.
6. **Don't forget to add produce.** Look for opportunities to substitute or add fruits and vegetables in every dish. Apples, carrots, bananas and squashes (shredded or pureed) can be easily added to many baked goods for added nutrients and can replace some of the oil or butter.

Ready for more great recipe inspiration? Visit our website: <https://secondharvestkitchen.org/recipes/>.

GOODY BAGS

The goody bags are going to be available on Christmas Eve again this year. We plan on having about 40, so when you bring items, please keep that in mind.

We are asking for candy (that does not contain nuts or peanut butter), healthy snacks, apples and oranges (though these should be at church closer to Christmas), small toys, microwave popcorn, etc.

We will also happily take cash and will do the shopping for you to fill in what we need.

Contact Hali Jacobs at (208) 290-6558 or email at rupsyched1@gmail.com or Tiffany Kurwicki at (208) 290-8175.

FOOD BANK DONATIONS

For the month of November, FLC member donations totaled 23 pounds of food and \$208 in cash.

Bags of Blessings

This month's contributions will be collected on December 31. Cash donations may be given directly to Marianne Foster or left with Lynne Campbell in the church office.

Foods and household and personal items that are especially needed are listed above the Bags of Blessings box outside the Fellowship Hall.

Thank you for your participation.



RECONCILED AT THE TABLE

“So if anyone is in Christ, there is a new creation: everything old has passed away; look, new things have come into being! All this is from God, who reconciled us to himself through Christ and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ: be reconciled to

My sister and I are good friends. When we were little kids we shared a room, played together, had the same neighborhood friends, gave each other back rubs and covered for each other. We also fought and broke several commandments against each other. We could be mean, selfish, and hurtful towards each other.

When we did so, and if my mother was aware of it, she would make us apologize to each other. Through our anger we would mumble “sorry”. But my mother insisted that we “say it like you mean it!” She said we had to speak our way into feeling sorry and would make us say it until it sounded genuine. She told us “You may still not really feel sorry, but you have to act towards each other as if you are, so that when we gather at the family dinner table tonight, we are all together.”

When we repent, even half-heartedly, when we forgive, even half-heartedly, we act out the grace and mercy that we also have received at THE table. We don't become one, we recognize that we ARE one at the table of Christ Jesus.

As a church we have forgiveness to offer, and as we are becoming more and more aware, we have repentance to offer, to many who we've harmed. Likewise, as individuals and in our congregations the same is true. Even though it may not be easy, and even if you don't quite feel like it yet, don't procrastinate in this labor. So that when we gather round the table, we will all be there together in love.

With you at the table,

Mary Morrow
Director for Evangelical Mission



Yoga Ministry

Classes designed for “Late Bloomers” are held weekly in the Fellowship Hall on Mondays and Thursdays from 8:15 to 9:15 AM. Contact Judy Payne at 208-263-3564.

Quilting Groups

Bosom Buddies

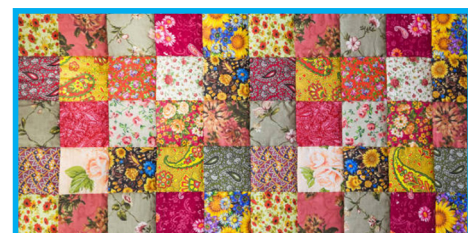
Third Monday each month, 9:30 AM-12 PM, Fellowship Hall. Contact: Linda Aavedal 208-610-6565

Lutheran World Relief

Wednesdays, 1:00 PM, Sunday School Quilting Room. Contact: Sharon Roget 208-610-9005

Stitches of Love

Currently on hiatus
Contact: Brigette Sanborn
If you know of someone in the FLC congregation who would benefit from a tangible gift of love and caring through a handmade quilt, please contact Brigette at 208-263-8120.



At FLC: Community Organizations

Panhandle Piecemakers Quilt Guild (non-profit)

Will not be meeting in December
Second Tuesday each month, Fellowship Hall. Providing education, enjoyment, and social exchange for those who enjoy the art of quilting. For questions or more information...
Contact: Linda Oldridge 208-597-1598

Teen Center

Teens will be using the Fellowship Hall, kitchen, and game room on schoolday afternoons from 2:30 to 5:30 PM (1:30 to 5:30 PM on Fridays).
Contact: Joan Avery 208-946-1087

Women’s Circles

Phoebe / Faith Bible Study

Fourth Tuesday each month, 1:00 PM, Conference Room. The Phoebe and Faith Bible Study groups have combined and are finishing studying the Book of Ruth. *Gather Magazine* may be used. The group has not yet decided which Bible study to use next. *The group will not be meeting in December.*

For more information, contact: Judy Payne at 208-263-3564 or Sharon Roget at 208-610-9005

Mary’s Circle

Each meeting arranged
Contact: Jean Cafferty 208-263-4942