

**FIRST
LUTHERAN
CHURCH**

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

Office@FirstLutheranSandpoint.org

November 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
Online via YouTube by the next day

COMMUNION

Served first and third Sundays

COFFEE HOUR

Following Sunday worship

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 BARBARA’S MESSAGE

Dear First Lutheran Family,

This has been a beautiful fall. October began with the hosting of the Second Harvest Mobile Market and continued with the arrival of a new stove for the Teen Center to use. (FYI, the grill is for sale.) Later in the month 69 quilts were made and dedicated to send to Lutheran World Relief. I posted a photo on my Facebook page and received many compliments. Also during the month we hosted the North Idaho Philharmonia concert. It was lovely and a great way to mentor our youth with professional musicians.

The transfer of management companies for Luther Park is almost complete. All the paperwork is done, now the state needs to come in and do a physical inspection of the facility. Hopefully by mid-November the transfer will be in place.

With the transfer come some changes to the church. Ecumen supplied the phone service and internet. Now, the church has finished the process of getting this changed over. A big thank-you to Don Farnham for assisting in this work, and Scott Youngren for his input. Needless to say, the changeover has come at a price. So, remember to maintain your church giving so the congregation can meet its obligations.

Worship has resumed at 9 AM. I will be conducting worship on the first and second Sundays of the month and Pastor Dave Walker on the third and fourth. In months where there is a fifth Sunday, Pastor Amber Remillard will preach. Worship assistants are always needed, so contact Judy Payne if you would like to volunteer. Communion will be served the first and third Sundays, again volunteers for set-up are needed; contact a council member if interested.

A Prayer Service focused on conflict resolution was held on October 26 with the chapel being open in the afternoon for meditation.

The third Sunday in Advent will be a joint service with Holy Spirit Episcopal Church in our sanctuary. It will consist of Christmas Carols and readings. Watch for details.

Consider inviting someone to worship. Perhaps a neighbor, friend or inactive member. The pandemic contributed to folks staying home for worship. Part of the faith experience is the fellowship of believers found in community. The apostle Paul emphasized this aspect in many of his letters.

Blessings to all as we enter the end of the church year with Christ the King, Sunday, November 26.

—Pastor Barbara

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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COMMUNION FOR LUTHER PARK RESIDENTS

Luther Park residents may request shut-in communion if they wish. Those who are interested may contact Lynne Campbell in the church office during office hours (Tuesday through Thursday from 9:30 AM to 4:30 PM) at phone number 208-263-2048.

—Pastor Barbara

COUNCIL MEETING HIGHLIGHTS, 11-8-2023

Christmas Eve: Christmas Eve services were discussed. There will be only one service at 4 PM that day, with no 9 AM service. There will be no service on Christmas day, Monday 12/25/23.

Advent Soup Lunch: An Advent Soup Lunch with devotion will be held in the early afternoon on Wednesday, 12/13/23, with a possible performance by the Sandpoint High School choir as a fund raiser for them. Details to be announced.

Parsonage: Karen Marie gave an extensive report on the parsonage. Renting it for the short term was recommended for the time being, with funds being used to upgrade the building. This is based on a realtor's evaluation compared to other homes in the area. Present market valuation is approximately \$750,000.

Bible Study: There is a possibility for an adult Bible Study and also a refresher course on what Lutherans believe.

Facilities Use Request: A Facilities Use Request from Emily Bond was received and approved for a family preschool mixed-age music class for 12-24 people. The class will be held in the Nursery starting in January on Tuesdays at 9 AM.

Update on Luther Park: State licensing was approved with a Silver Star rating. Ecumen will leave Nov 30, 2023, and SSA will begin administration on Dec 1, 2023.

Next meeting: December 13 at 5:00 PM.

Respectfully Submitted,
Trish Thurston, Council Secretary

FLC WELCOMES TEENS

The Teen Center has been needing a new home and approached FLC about using our facility during after-school hours, which has been approved by Council. The Center will use the Fellowship Hall, kitchen, game room and bathrooms on school days from 2:30 to 5:30 PM (1:30 to 5:30 PM on Fridays). There will be a kick-off pizza party on Thursday, November 16 at 3 PM. Schools will be closed Thanksgiving week, with the teen program beginning in earnest on November 27.

Sunday Readings for November

Nov 5...All Saints Sunday

Rev 7:9-17

Ps 34:1-10, 22

1 John 3:1-3

Matt 5:1-12

Nov 12...Lectionary 32

Amos 5:18-24 or

Wis 5:12-16

Ps 70 or Wis 6:17-20

1 Thess 4:13-18

Matt 25:1-13

Nov 19...Lectionary 33

Zeph 1:7, 12-18

Ps 90:1-8 [9-11] 12

1 Thess 5:1-11

Matt 25:14-30

Nov 23...Thanksgiving

Deut 8:7-18

Ps 65

2 Cor 9:6-15

Luke 17:11-19

Nov 26...Christ the King

Ezek 34:11-16, 20-24

Ps 95:1-7a

Eph 1:15-23

Matt 25:31-46

Year A 2023

Church Year Calendar





2nd HARVEST

FOOD AS MEDICINE: NOURSHMENT DURING FLU SEASON

Author: Carolyn Alecia Negley, RD

When we think of preventing and treating the flu, a few consumables come to mind — vitamin C powders, zinc supplements, chicken soup, and tea with honey. Diet, however, is just one part of the complex puzzle that is the immune system. As we find with many disease states, a balanced and varied diet, regular sleep and exercise, and reduced stress are all key players in staving off that pesky fall flu.

There is no one food that will protect you from sniffles during sweater season, but there are some nutrients known to be essential for proper immune cell function. Here's a quick guide with some sources for each nutrient:

- Vitamin C — Citrus, bell peppers, tomatoes, broccoli, Brussels sprouts, white potatoes
- Vitamin D — Fortified milk, cereal, and orange juice; salmon, tuna, beef liver
- Zinc — Shellfish, beef, poultry, pork, legumes, nuts, seeds, whole grains
- Selenium — Shellfish, beef, turkey, chicken, beans, lentils
- Iron — Organ meats, beef, poultry, beans, lentils, spinach, nuts, seed
- Protein — Poultry, seafood, eggs, lentils, beans, nuts, seeds, whole grains

Another key component of immunity is gut (microbiome) health. Chronic inflammation of the gut, often caused by high-sugar, low-nutrient diets, suppresses immunity. To improve gut health, the trillions of microbes living in the microbiome need to be fed certain high-fiber foods known as prebiotics and repopulated with helpful bacteria food in probiotics. Here are some good food sources for your gut:

- Prebiotic foods — Bananas, garlic, onions, leeks, asparagus
- Probiotic foods — Kefir, active culture yogurt, fermented foods and drinks (sauerkraut, kimchi, and kombucha)

Vitamin and mineral supplements help to bridge the gap when a varied diet isn't possible, but we always recommend trying to "eat the rainbow" for a robust, vibrant diet to nourish your body. For recipe ideas, please visit: www.seconddharvestkitchen.org.

Oatmeal Pumpkin Cookies

Ingredients

2 ripe bananas, mashed
1 cup canned pumpkin puree
1/2 cup brown sugar
2 cups rolled oats
1 Tbsp pumpkin pie spice
1/2 cup raisins, chocolate chips,
nuts or seeds

Directions

Preheat oven to 350° F and line a baking sheet with parchment paper. In a large bowl, mix mashed bananas and pumpkin puree together. Add in brown sugar, oats, and pumpkin spice until well combined. Fold in desired toppings.

Scoop tablespoon-sized scoops onto baking sheet. Press dough down with hands to shape cookies.

Bake 18-20 minutes until lightly golden brown on top. Let cool 5-10 minutes on baking sheet before transferring to cooling rack.

Visit seconddharvestkitchen.org to find more recipes.



Lutheran Disaster Response

Dear Church,

As Lutherans, we are accustomed to holding tension between two truths. Thus the ELCA denounces the egregious acts of Hamas, acts that have led to unspeakable loss of life and hope. At the same time the ELCA denounces the indiscriminate retaliation of Israel against the Palestinian people, both Christian and Muslim.

For the past week we have borne witness to the horrors of the escalating crisis between Israel and Hamas. We also watch a growing humanitarian crisis in Gaza as Israel blocks food, water, fuel and medical supplies and as airstrikes continue to cause unbearable civilian casualties ahead of a just-announced ground assault. We see Israelis and families around the world in the agonizing wait for word about the fate of loved ones killed or taken hostage by Hamas. We are in anguish, grieving and praying for all people who are living in trauma, fear and uncertainty.

Among us are Palestinian Lutherans who are fearful for their families, their communities and their homeland. In our communities we have Jewish and Muslim neighbors, who are also facing the horrors of this crisis and its impact on their loved ones.

It is difficult to find words that suffice in the complexity of this moment, and in the web of relationships that bind us together, as church, with the Evangelical Lutheran Church in Jordan and the Holy Land and our inter-religious partners. Yet God has called us to be a people who stand with others amid suffering.

We must also call a thing a thing. The power exerted against all Palestinian people — through the occupation, the expansion of settlements and the escalating violence — must be called out as a root cause of what we are witnessing. We are committed to our long-standing accompaniment of the Evangelical Lutheran Church in Jordan and the Holy Land.

The God who liberates us calls us to be a liberating witness. May it be so.

In Christ,

The Rev. Elizabeth A. Eaton

Presiding Bishop, Evangelical Lutheran Church in America

Message from LDR: Gifts to Lutheran Disaster Response have equipped us to respond to this and other disasters. Gifts designated for “Middle East Crisis” will be restricted to and used in full (100%) for those affected by this crisis and others in the region. Send to ELCA Gift Processing Center, PO Box 1809, Merrifield, VA 22116-8009. To give by phone, call 800-638-3522.



BEGIN ADVENT WITH MUSIC!

On Sunday, December 3, at the 9:00 AM service, the congregation is invited to worship through song.

Holden Evening Prayer, composed by Marty Haugen, will be led by Pastor Barbara Rolph; the First Lutheran Church Choir; Lynn Youngren, leader/cantor; Corina Hughes, piano accompanist; and the congregation actively participating as the assembly. Through Psalmody, readings, canticles, litany and prayers, we will celebrate the first Sunday of Advent with this service of light in preparation for the birth of Christ.

Holden Evening Prayer was written in 1985-1986, while Marty Haugen was living at Holden Village, a spiritual retreat center near Lake Chelan in the North Cascade Mountains of Washington state. Originally written as a Vespers service for the winter community at Holden Village, its popularity has expanded over the years and is a popular worship tool in many churches today.

Come join in the inspiring music and text, and be reminded that Jesus Christ, the light of the world, scatters darkness and shines within all of us.



Donation to the Help Fund Endowment

Get a Holiday Centerpiece

Delivered to your home Dec 17-18.

Please get your order to the

Church office by December 1.

The office has extra Order Forms.

Questions Call Diana Carlson 208-304-2441.



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 Kurwicky-Wright
at (208) 290-8175.

THANK-YOU FROM SECOND HARVEST

FLC has received the following message from 2nd Harvest:

Dear FLC friends,

Thank you for your generous support of our Mobile Market.

We're grateful for your partnership in getting healthy food out to people like Sofia and her family [see the bulletin board for Sofia's story].

Your gifts help provide a vital resource to people facing hunger. Thank you for your care and compassion in serving your community!

—Jean Tucker, Second Harvest

Yes, it is that time of year, so be thinking ahead. The Giving Tree will once again be helping homeless children and families of Bonner County through Blue Haven, the Bonner Homeless Transition Agency, and through Panhandle Special Needs, a local agency that assists adults with developmental disabilities.

Bonner Homeless Transitions (BHT) is a transitional housing program for homeless families. Housing and supportive service are provided at two locations, Blue Haven and Trestle Creek. Along with housing, clients participate in a case plan for moving forward, getting help with job search and retention, service coordination, transportation, food, minor medical, clothing and 24-hour support. BHT also offers domestic violence and court advocacy and supports families in moving out of crisis into self sufficiency. 85% of the families they serve move on to long term permanent housing. 60% of the people they serve are the children in these families.

Panhandle Special Needs helps developmentally disabled clients learn skills to live as independently as possible. These include work and social skills, community safety, shopping, money management, and so much more. The agency plans and hosts many events throughout the year to build a sense of community for clients that otherwise may struggle to be involved. Workers and staff go out of their way to assist clients and help them access resources to ensure their needs are being met. Many clients consider this their primary support system as several do not have families or others to turn to. This year, we will be collecting a few items to be used within the agency by all clients who attend services there (generally about 4 tags on the tree). Thank you for your support!

ALL gifts must be at the church by Sunday, December 17th.

The Giving Tree tags will include the person's name, age, and needs or likes. These are only suggestions; please feel free to do whatever you think will work for you. If in doubt, a "gift card" is always welcome, plus a Gift Receipt along with the gift for return for a different size if needed.

****Please pay special attention to instructions for signing out tags (if you don't sign them out, we don't know who has tags that are still out). Instructions will be on the table by the Giving Tree next to the bulletin board, so watch for the tree to appear.**

If you need someone to gift wrap, shop for you, or if you are leaving gift cards in envelopes, PLEASE contact me.

Wishing ALL a blessed holiday season,
Hali Jacobs
(208) 290 6558
rupsyched1@gmail.com



FLC'S BOSOM BUDDIES QUILTING GROUP

The mission of the Bosom Buddies quilt group is to help others with comfort quilts. The group came together in the year 2000 to make quilts for breast cancer patients going through chemotherapy. We also make children's quilts for the Homeless Task Force.

The local Schriners recently treated us to a barbecue in thanks for our help in making fabric dolls that they give to children who are in the hospital.

Bosom Buddies meets every third Monday in the First Lutheran Church Fellowship Hall at 9:30 AM. For more information, please contact Linda Aavedal at 208-610-6565.

JoAnn Sims



Sue Graves



Millie McCarthy



Ann Murphy



First Lutheran Church Bosom Buddies Quilting Group Photo





PRAYERS FOR KINZIE AND KYNNIDI

Thank you everyone for the prayers for my dear friend Kinzie and her daughter.

Scans in July found Kynnidi's brain tumor wasn't shrinking enough. More tumors were discovered in her legs, so she's had more scans and been on chemo again, completing yet another round this week. "Earl" (the main tumor) has decreased to 50% and the other tumors are nearly gone.

Following chemo, this little girl will need to undergo two surgeries, the primary one to remove "Earl." She's not yet two, and this tough little one has a long way to go with momma trying to stay hopeful.

Please continue to wrap your prayers around this family. Kinzie is now single (dad couldn't handle the situation and took off with some of the funds donated to help pay their bills). Because of all the medical appointments, she can't work her normal job helping kids with behavioral needs in school. She has a heart of gold and is so thankful for all the support!

I would love to have a packet of encouraging cards and Christmas cards to send her way if anyone is interested. No gifts necessary; just help me shower them with prayers and positivity if you would be so willing.

Thank you all so much!
—Tiffany Kurwicki-Wright

LUTHER PARK RECEIVES GROUP GRANT

The Luther Park Board announces their first group grant to Luther Park for \$2,000.

Endowment interest can be donated to an individual or as a group project. Thank you for sharing your faith and generous gifts with Luther Park residents.

FOOD BANK DONATIONS

For the month of October, FLC member donations totaled 91 pounds of food and \$90 in cash.

Bags of Blessings

This month's contributions will be collected on November 26. 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.

MARTINA'S BACK WITH JUNIOR IN TOW



MESSAGE FROM SSA

Dear FLC Parishioners,

You may be aware that Luther Park is undergoing a change of management to Senior Services of America, based in Gig Harbor, Washington.

Senior Services of America (SSA) manages 21 senior housing communities across the Pacific Northwest, offering independent living, assisted living, memory care, and respite care.

SSA managed communities are revered for their warm and inviting atmosphere, along with extraordinary customer service. We are well known for helping senior living communities achieve a higher standard of excellence focusing on resident care and satisfaction.

SSA is excited to welcome Luther Park as a part of our family of senior living communities. We are working hard behind the scenes to offer the best resident care and programs possible for the seniors of Sandpoint. As you get to know our team, you can expect our focus to be on excellent health services, good food, compassionate care, and meaningful programs.

Warm regards,

Elena Roppel VP of Operations for Senior Services of America



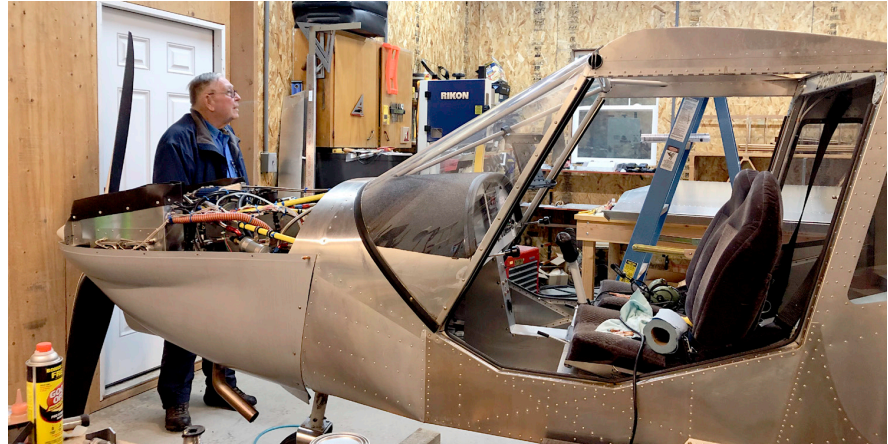
Don Farnham

Pilot, Mechanic, Wood Carver, & Techie

by Diana Carlson

Celebrating, Don Farnham!

Don has a long list of talented hobbies: he is a pilot, wood carver, mechanic and all around tech enthusiasts. **Thank you, Don, for your efforts and time in helping FLC with our many projects!**



Don's plane kit is A Zenith Cruiser CH 750. There are thousands of hours to assemble and complete the project. Jim Carlson reviews the plane in awe.



Oak & Walnut laminated bowl. Each layer takes 2 hours to dry.



Don pictured with the tail section of the 820 lb. plane. Speed is 100 MPH. Don had a immense repair job, but today the plane is flying again.



Walnut and Oak laminated bowl.



Light Oak trimmed with Walnut.



Don's shop where everything is organized and in perfect order.



Join our happy family

Donate to Luther Park HELP FUND ENDOWMENT

Your contribution will permanently benefit residents.

Our mission is to support "Urgent Needs" of residents.

Contributions are tax deductible.

Donate by check, stock transfer, in-kind.

An endowment empowers us to invest in the future of Luther Park.

The principle is kept forever; interest used for urgent needs.

ANNUAL CHRISTMAS HOLIDAY DRIVE begins November 6, 2023.

If you have questions, call Diana Carlson at 208-304-2441.





Yoga Ministry

Classes designed for “Late Bloomers”—kids at heart—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

Food Addicts Anonymous

Wednesdays, 10 AM-12 PM Meeting Room across from the LWR quilting room. Based on the 12 steps of recovery, this group is for anyone suffering from food addiction.
Contact: Brenda Swenson 208-255-9339

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