

# THE FIRST EDITION

First English Lutheran Church 511 W Belle St Cannon Falls, MN 55009 Phone 507-263-3042

FEBRUARY 2023



## It's Good to Be Here

I'd like to start by saying thank you! Thank you to the Call Committee for your work in helping me get here. And thanks to all for extending such a warm welcome. I am genuinely excited to be here and ready to start doing ministry with you all.

Some of you have asked, "how can we help support you as you begin here?" The answer is simple, come introduce yourselves. I'd love to grab coffee or lunch so I can get to know you and your families better. I'd be happy to have you swing by the office

during office hours some Tuesday-Thursday as well. And if neither of those work, we can schedule something else. Some of my favorite ways to get to know people at my last church were attending sporting events with families, fishing a trout stream, going on a hike, and meeting people in their homes. I am looking forward to getting to know you!

As we begin this journey together, let us put our trust in the promise of God's presence. God is up to something good here at First English, and I am thrilled for the call to be apart of it. We will continue to honor and respect the work that has come before, and we will listen to where the Holy Spirit is leading us today and in the years to come. Please join me in keeping the ministry of First English in your prayers as we begin this work together.

In Christ,  
Pastor Luke

## WORSHIP SERVICES

The livestream of our 9 am worship service is available on our website, [www.firstenglishchurch.com](http://www.firstenglishchurch.com)



...on our YouTube channel & Facebook page  
...aired on the local HBC Channel 12  
(check local listing for schedule)

& MediaCom cable channel 12 (11 am on Tuesday, 3 pm Wednesday, and 4:30 pm on Saturday)

*(Note: Recently the local cable commission has been having issues with the government access channel.)*

If you'd like to have a DVD of the worship services delivered to your home, contact the church office at 507-263-3042.

*Still unable to access the weekly worship?  
Call the church office; a link can be sent to your email and you can click on it and watch!*

Join Us!

February 22

Ash Wednesday

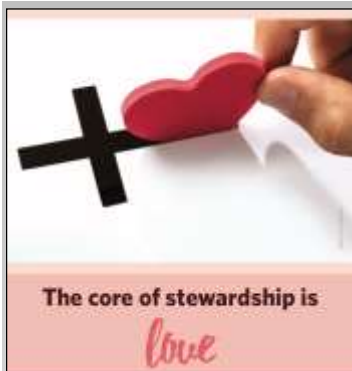
Worship Services

2 pm and 7 pm



Visit our Website for Updates!

[www.firstenglishchurch.com](http://www.firstenglishchurch.com)



## Embracing Valentine's Day

February always brings in a faint (sometimes very faint) hint of spring with more daylight and then midway we hit Valentine's Day. Christians today may be cynical about the commercialization and media hype over 14th of

February. But do we just ignore it or can we embrace the day and think how we can reach out to others?

It's a shame that our culture prizes romantic – *eros* love over any other type, when there are so many! Love is the only word we have in the English language to describe an infinite variety of relationships, emotions and actions that express it. In comparison, the Greek and Latin languages boast a wealth of precise words that describe specific types of love, many of which the New Testament writers used.

*Eros* love refers to romantic love. The word doesn't appear in Scripture but is inferred in Song of Solomon where the passionate love between spouses are described.

*Storge* love is the love that unites and bonds families: the love between parents and children, husband and wives, siblings and wider family members.

*Phileo* love is expressly used in the Bible to describe the warmth and affinity shared by close friends, almost as if they were actual siblings. When Jesus was seen crying over the death of Lazarus, one witness pointed to the depth of Jesus's love by using a derivative of the word *phileo* to exclaim, 'See how he loved him!' (John 11:36 NIV)

Last but not least is *Agape* love. This is the highest level of love the Bible describes. This form of love is everlasting, sacrificial and perfect. In the original Greek, *agape* is specifically used to describe God's love for us: 'God is love.' (1 John 4:8 NIV) *Agape*, in contrast to the other forms of love, is not born out of emotions and feelings, but from the will and as a choice. *Agape* requires faithfulness, commitment, and sacrifice without expecting anything in return. Paul beautifully describes *agape* love when he writes to the Corinthian church.

*'Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.'* (1 Corinthians 13: 4-8 NIV)

With a little forethought and planning we can make Valentine's Day a celebration of all different types of love. Here are a few other suggestions to mark the day:

1. Send a thank you letter or card to your church leader or headteacher of your children's school – showing your appreciation for their leadership and commitment.
2. *Agape* can also be described as a 'love-feast': host a meal or a coffee meet up and invite those on the margins of your church family or who are lonely or in need.
3. Use the day as a catalyst to review your giving and causes you give to.
4. *Agape* love is sacrificial and active: carve out time to spend with someone else, either visiting or helping with some jobs; cleaning, gardening, DIY and so on.

For some, Valentine's Day will resurface painful or sad memories and a sense of loss and loneliness. Particularly for those who are newly single for whatever reason, like a parent who lost their spouse after many years of marriage. But here is a chance for us to share God's overwhelming comforting *agape* love.

*'Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.'* (2 Corinthians 1:3-4 NIV)

Source: [www.stewardship.org.uk/blogs/debbiewright](http://www.stewardship.org.uk/blogs/debbiewright)





To all of my friends at First English,  
 Thank you so much for the privilege of getting to serve as your interim pastor! The ten months I spent with you have been especially rewarding to me. I will be forever grateful for all of the kindness you showed me during my time in Cannon Falls. Also, I wanted to thank you for the many generous gifts and cards given to me on my last Sunday--I am humbled by the love showered upon me. My best to all of you. And if you're ever in Red Wing in the upcoming months, swing by First Lutheran and say hello!

Pastor Mike Zaske

## Women of FELC

### Next Gathering

**Tuesday, February 14 at 10 am**

Fellowship Hall

*Sharing Fellowship and Bible Study*



Now meeting the 2nd Tuesday of each month!



### In Memory of Mary Jill Bringgold

Thomas Stein  
 Vicki Pepera

### In Memory of Grayden Moorhouse

Dick and Jeanette Sutherland  
 Jim Edlund  
 Jim and Arletta Soule  
 Kay Sabin  
 Jeff and Jean Moorhouse  
 Doug and Lynn Larson  
 Betty Woodward  
 Marjorie Barnett  
 Jim and Babe Nelson  
 Brian and LaNor McDonald  
 Steve and Debra Gesme  
 Evie Strack  
 Dar Qualle  
 Elvena Schmugge  
 Blake and Christine Otte  
 Phil and Terry Ruud  
 Martin Benson  
 Marlys Gillund  
 Thomas and Kathy Moorhouse  
 Debra and Stanley Kjarland

## New baby?

### We want to know!

Are you expecting a child through birth or adoption? Do you have a new infant at home? In these sacred times of welcoming a baby, First English Lutheran Church is here for you. We have resources to support the whole family and look forward to connecting with you! Contact Maddie Patterson [maddiefirstenglish@gmail.com](mailto:maddiefirstenglish@gmail.com).



## Children, Youth & Family Ministries Maddie Patterson, Director of Children, Youth & Family Ministry

Hi First English,

Here's what's been happening with the youth and what we have to look forward to!

Sunday School has been having fun and learning all about Jesus recently through lessons, crafts, and adventures. Last week we went on a special tour of the food shelf and talked about how we can serve the people around us.

Confirmation is diving back into the routine after Christmas break. We've picked up our learning by diving into who our New Testament faith ancestors are. Lessons about the disciples and other followers of Jesus from the New Testament have given us insight into who Jesus is.

Finally, we have an event coming up for the 6-12th grade youth on **February 10th!** The **Florida Man Fun Night** will be a night filled with games, crazy Bible stories, and activities for the youth. We'd love to see you there.

Peace,

Maddie Patterson

Director of Children, Youth, & Family Ministries





# Southeastern Minnesota Synod



At our 2022 Synod Assembly, we gathered under the theme *Imagine: Endless Possibilities in God's Grace*. As we live into the future God has for us, we see what we had once only imagined start to take shape in concrete ways.

This year has brought a new way of meeting the needs of congregations in transition as we have explored various models for pastoral ministry. Most prominent among them is what we call a Bridge to Settled model. This new model allows congregations to work with a Bridge pastor (different than an intentionally trained interim) while forming a call committee and engaging in the call process with the understanding that both the pastor and congregation are open to transitioning from the Bridge into a settled call. It is not the right model for every congregation, but it has greatly benefited many.

We have also seen a gentle uptick in individual congregations exploring partnerships of all kinds. Some congregations are forming new joint parishes, others are working together to meld two part-time calls into full-time work for a single candidate, and still others are merging weekly confirmation classes. More and more of our congregations are realizing the profound benefits and joy of collaboration.

It has been fun to walk alongside folks as they lead their congregations into new ways of being the People of God in their community in this time and place.

As 2023 approaches, I remain ever hopeful for all that the Spirit will continue to do in and through us as the Southeastern Minnesota Synod. Looking ahead to our next Synod Assembly, I am excited to announce that we will be joined by Drs. Susan Brower and Matt Bloom. Drs. Brower and Bloom will give us tools to understand our communities as they are presently and as they are projected to be. They will also explore ways congregations can ignite flourishing in the communities to which they are called.

I am excited to continue imagining alongside each of you as we discern what God is doing in our midst and calling us to do. What a wonderful time to be the church together for the sake of the world.

In Christ,

*Rev. Regina Hassanally*

Bishop Regina Hassanally

[www.semnsynod.org](http://www.semnsynod.org)



# Council Highlights

## FELC Council Highlights: January 12, 2023

Meeting was called to order at 7:00 pm by President Mike Miller. Present: Phyllis Althoff, Brenda Duetsch, Phil Jacobson, Diane Johnson (Zoom), Dean Kautz, Dan Meyers, Mike Miller, Jim Nelson, Jennifer Nobach (Zoom), Mike Trelstad, Pr. Mike Zasko. Excused: Scott Johnson, Robin Stewart.

Non-voting: Karen Anderson, Royce Anderson, Maddie Patterson (Zoom).

Pr. Zasko led opening devotions.

Approve agenda: J. Nelson moved, D. Meyers second. Passed.

Approve December 8, 2022, council minutes. D. Myers moved, M. Trelstad second. Passed.

### Pastor's Report:

- Pastor provided a recap of his time at First English as the interim minister.
- December highlights included:
  - Christmas Eve services went well. We may want to consider just having the 3:00 p.m. and 5:00 p.m. service and not having the 8:00 p.m. service as there were only approximately 30 people.
  - Christmas Sunday and New Year's Day Services.
  - Grayden Moorhouse's funeral.
- Pastor Luke Hollander will assume pastoral responsibilities at FELC on Monday, January 16<sup>th</sup>.
- Pastor Mike will begin as an interim at First Lutheran in Red Wing on Monday, January 16<sup>th</sup>.

### Treasurer's Report: K Anderson

11/30 Gen Fund Balance/Checking Acct	\$ 6,918.60
December Gen Fund Income	+ 36,914.74
December Gen Fund Expenses	- <u>23,154.15</u>
12/31 Gen Fund Balance/Checking Acct	\$ 20,679.19
12/31 Fund Balances/Gifts	
Rooted in Faith Fund	\$ 32,002.27
Building Expense Fund	\$ 3,133.99
Youth Account	\$ 22,603.87
Benevolence Gifts (December)	\$ 2,253.00
Designated Gifts (December)	\$ 8,482.67

As is normal in December, we received a large increase in all giving areas and ended the year with \$20,679.19 in the checking account/general fund.

We received \$2,475.00 in undesignated Christmas memorials. Last year the council directed these funds to FMSC, Lutheran Disaster Relief, and Youth Pizza fund.

Pledges received for Building expenses, Benevolence, and Rooted in Faith ended the year ahead of budget. The Youth Account continues to be in good shape.

The audit committee of Sharon Aamodt, Cathy Rehm, and

LaNor McDonald will conduct the audit of the 2022 financials on Saturday, January 21.

Approve Treasurer's Report. M. Trelstad moved, D. Kautz seconded. Passed.

### Old/Continuing Business:

1. Dean Kautz requested that the Social Ministry Committee be given a designated line item in the annual budget with an amount of \$1,000.

Approve Social Ministry budget of \$1,000. D. Meyers moved, P. Jacobson seconded. Passed.

2. The 2023 Budget was reviewed.

Karen Anderson reported that we received approximately one third of the pledge cards back this year. This is a typical response.

Approve 2023 Budget as amended for approval at annual meeting. P. Althoff moved, M. Trelstad seconded. Passed.

### New Business

1. P. Althoff presented Nominating Committee's proposed slate for annual meeting.

Approve slate for annual meeting. J. Nelson moved, D. Meyers seconded. Passed.

2. Karen Anderson reported that Jeanette Sutherland is retiring as the offering counter effective January 11, 2023. Chris Pofahl is a regular counter with Barb Elias and Sarah Novotny as back-ups. The Council was asked to come up with potential people who might be interested in serving in this role.

3. Approve distribution of Christmas undesignated memorial funds: \$2,000 to Youth Pizza Fund and \$475 to Lutheran Disaster Relief. D. Meyers moved, J. Nelson seconded. Passed.

4. P. Jacobson noted that the Call Committee will not need additional funds. Approve transfer of \$3,031.68 in Call Committee fund to General Fund. P. Jacobson moved, D. Meyers second. Passed.

### Committee Reports

1. Property Committee: Royce Anderson

a. The phone in the elevator was repaired.

b. D. Johnson and P. Althoff will work with the Property Committee to develop options regarding security for the doors and cameras.

c. The carpeting in the offices will be replaced. R. Anderson will get a bid on the project.

2. Faith Formation: Maddie Patterson, Jennifer Nobach The Pancake Breakfast received positive feedback and was well attended.

a. Sunday School attendance is average approximately 20-30 students each week.

b. Confirmation is ramping back up. M. Patterson will ask Pr. Luke when he comes if there is a plan to

Continued from previous page...

continue the Wednesday night soup suppers event this year. This will impact plans for confirmation.

c. A youth lock-in is scheduled for Friday, January 13, that will end at 11 pm.

d. J. Kobach reported that some students not in Sunday School as families are at Wednesday worship and learning. Sunday School is doing well.

3. Pastor Mike Zaske's last Sunday will be January 15<sup>th</sup>. He will be recognized at the service and a special reception will be held after the service. The council thanked him for his significant contribution.

Pastor M. Zaske led the group in the Lord's Prayer.

Approve motion to adjourn at 8:31 pm. Moved, seconded. Passed.

### Communion Assistants

Feb. 5 – Phyllis Althoff, Jim Nelson, Mike Trelstad

Feb. 19 – Phil Jacobson, Dean Kautz, Jim Nelson

Feb. 22 at 2 pm – Maddie Patterson, Pastor Luke Hollander

Feb. 22 at 7 pm – Dan Meyers, Jim Nelson, Mike Trelstad

Respectfully submitted, Phil Jacobson and Diane Johnson

**Next Council Meeting:  
Thursday, February 9, at 7 pm**

### Annual Congregational Meeting Minutes: Jan. 22, 2023

President Mike Miller called the meeting to order at 10:00 am. With 60 voting members in attendance, a quorum was present.

Robin Stewart moved to approve minutes of the January 23, 2022, annual meeting of the congregation as written. Seconded. Passed.

Dick Peterson moved to approve minutes of the December 4, 2023, special meeting of the congregation to call a new pastor as written. Seconded. Passed.

Interim Pastor Mike Zaske submitted a written report. Children, Youth, and Family Director Maddie Patterson highlighted her written report.

Worship and Music, Social Ministries, and Health and Safety submitted written reports.

Karen Anderson reviewed 2022 financials. The audit committee of Sharon Aamodt, Cathy Rehm, and LaNor McDonald conducted the audit of the 2022 financials on Saturday, January 21.

Robin Stewart moved to approve the 2022 Treasurer's Report as written. Seconded. Passed.

LaNor McDonald moved to cast a unanimous ballot for the slate as presented. Seconded. There were no additional nominations for any positions. Passed.

- Church Council (3-year terms): Julie Gergen, Phil Jacobson, Diane Johnson, Robin Stewart

## Health and Safety Ministry

**Rebecca Shepard, RN**



### It's Not a Diet

I know. You are sick of hearing me talk about good nutrition and exercise. But I can't help myself, when I know they are the two most

important aspects of healthy living. But here it is again, and I cannot impress upon you enough; the Mediterranean Diet is the heart of healthy eating. Its well-studied benefits include lower blood pressure and cholesterol, and it reduces the risk of developing type 2 diabetes.

I wish they wouldn't call it a "diet." Rather, it is a way of eating—a lifestyle that is healthy and just happens to taste good! What could be better than fish, poultry, fresh vegetables and fruit, nuts, beans, whole grains, and using healthy oils. And guess what? A glass of wine or alcoholic beverage is recommended! And eggs and cheese are also allowed in moderation. The Mediterranean "Diet" is very easy to follow. It is realistic and sustainable.

Rigorous studies have shown that the Mediterranean diet contributes to better heart health. This is because of changes in blood sugar, inflammation, and body mass index (all of which run amuck when eating processed foods like crackers, chips, and packaged foods and meals). The diet

also protects against oxidative stress that can cause DNA damage and contributes to conditions such as neurological diseases and cancer. The Mediterranean diet can also help to lose weight if calories are monitored. By itself, the diet won't eliminate chances of developing heart disease and it won't cure disease...it should be used in conjunction with regular exercise, adequate sleep, and not smoking.

There is one downside. Since the diet does not recommend eating a lot of red meat (a very occasional steak won't hurt), it will be important to make sure you are getting enough iron. Iron is found in nuts, beans, dark leafy green vegetables. Foods rich in vitamin C like citrus fruits, bell peppers, strawberries, and tomatoes will help you absorb iron.

The Mediterranean Diet along with healthy behaviors is at the heart of healthy living.

*(resource: New York Times-Healthline)*

*"If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple." 1 Corinthians 3:17*

I wish you well,  
Rebecca Shepard RN  
FELC Parish Nurse



Continued from previous page...

- Church Council (1-year terms): Phyllis Althoff, Mike Trelstad
- Foundation (3-year terms): Denise Holz, Tiffany Kiffmeyer
- Nominating Committee (2-year terms): LaNor McDonald, Sharon Noble, Kathy Swanson
- Synod Assembly/Conference (1-year terms): Dave Lindor, Betty Nelson
- Synod Assembly/Conference alternates (1-year terms): Brian McDonald, Karen Anderson
- CCIC Representative (1-year term): Kay Sabin

The proposed amendments to the Constitution were reviewed. Gail Moorhouse noted a spelling error on page 2, C4.02.f (player should be prayer). Cathy Rehm noted that she had not received a copy in the mail and asked for major changes. Diane Johnson explained that the proposed changes were to bring us into conformity with the required and recommended provisions of the ELCA model constitution for congregations. The 2 exceptions are to retain our Nominating Committee structure (6 members serving 2-year terms with 3 elected annually) and to retain our practice of no term limits for officers of the congregation/church council.

Diane Johnson moved to approve the proposed amendments to the Constitution as written, with spelling error corrected. Seconded. Passed.

Karen Anderson presented the proposed 2023 budget. Brian McDonald suggested increasing stipend for Bell Choir director. President Mike Miller said this was being reviewed. LaNor McDonald asked about plans for upgrading projection system. President Mike Miller said this discussion could now go forward, as council was waiting to get input from new pastor. Dick Peterson noted that we should not give less because we have money in the bank and encouraged the congregation to give more and do more.

Cathy Rehm moved to approve the proposed 2023 budget as written. Seconded. Passed.

Vice President Phil Jacobson thanked retiring Nominating Committee members Barb Elias, LuAnn Hughes, and George Rehm, and retiring Foundation members Cathy Rehm and Rick Hughes. He thanked retiring council member Mike Miller for his service and for serving as President for 5 years.

Moved, seconded, and passed to adjourn at 10:50 am.

Respectfully submitted,  
Diane Johnson, Secretary

## CHURCH COUNCIL

Phyllis Althoff	Brenda Deutsch
Julie Gergen	Phil Jacobson
Diane Johnson	Scott Johnson
Dean Kautz	Danny Meyers
Jim Nelson	Jennifer Nobach
Robin Stewart	Mike Trelstad

## FOUNDATION BOARD

Barb Elias	Denise Holz
Nicole Holz	Tiffany Kiffmeyer
Elvena Schmugge	Emily Spicer

## CHURCH OFFICE

507-263-3042

Office Hours: M-F, 9 am - 3:30 pm  
E-Mail: [firstenglishchurchcf@gmail.com](mailto:firstenglishchurchcf@gmail.com)  
Website: [www.firstenglishchurch.com](http://www.firstenglishchurch.com)  
PASTOR: Luke Hollander  
507-218-1311 [lukefirstenglish@gmail.com](mailto:lukefirstenglish@gmail.com)  
FAITH FORMATION MINISTRIES: Maddie Patterson  
507-384-8317 [Maddiefirstenglish@gmail.com](mailto:Maddiefirstenglish@gmail.com)  
TREASURER: Karen Anderson  
651-210-5992 [kernie1951@gmail.com](mailto:kernie1951@gmail.com)  
FIN. SEC./ADMIN. ASST.: Kathy Ehlers  
507-263-3042 [firstenglishchurchcf@gmail.com](mailto:firstenglishchurchcf@gmail.com)  
ORGANIST: Deb Stark  
651-258-4332 507-649-2733 [dstark@sleepyeyetel.net](mailto:dstark@sleepyeyetel.net)  
CHOIR DIRECTOR: Jill Serres  
507-649-0851 [jserres@mac.com](mailto:jserres@mac.com)  
BELL CHOIR DIRECTOR: Jane Peterson  
507-263-4148 [janerichard@mchsi.com](mailto:janerichard@mchsi.com)  
PARISH NURSE: Becky Shepard  
507-298-1176 [rbrown53@gmail.com](mailto:rbrown53@gmail.com)

Give blood.

Every 2 seconds someone  
in the U.S. needs blood.

American Red Cross



## Blood Drive

For the Cannon Falls Community

**Tuesday, February 7, 2023**

**1 to 7 pm**

**First English Lutheran Church**

Sponsored by the VFW Auxiliary

Please call Denise at 507-263-0351 or visit  
[RedCrossBlood.org](http://RedCrossBlood.org) and enter cannonfalls to  
schedule an appointment.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 <b>February 2023</b>	30	31 11 am Pastors Text Study	1 10 am Staff Meeting 6 pm Gr 6-9 Mentor Night 7:30 pm Wednesday Communion Worship	2	3	4 10 am—Noon CF Food Shelf
5 9 am Communion Worship 9:20-9:40 am Sunday School	6	7 11 am Pastors Text Study 1-7 pm Red Cross Blood Drive	8 10 am Staff Meeting 6 pm Gr 6-9 Confirmation Meal and Classes 7:30 pm Wednesday Worship	9 10 am—Noon CF Food Shelf 7 pm Church Council	10 7-11 pm Gr. 6-9 Youth Lock-In Fun Night	11
12 9 am Worship 9:20-9:40 am Sunday School 10 am Kindergarten Milestone Class	13 10 am Social Ministries Meeting	14 <b>Valentine's Day</b> 10 am Women of FELC Gathering 11 am Pastors Text Study	15 10 am Staff Meeting 6 pm Gr 6-9 Confirmation Meal and Classes 7:30 pm Wednesday Communion Worship	16 4:30—6:30 pm CF Food Shelf	17	18
19 8:15 am Choir Rehearsal 9 am Communion Worship (No Sunday School)	20 <b>President's Day</b> FELC Office Closed	21 11 am Pastors Text Study	22 10 am Staff Meeting <b>Ash Wednesday</b> 2 pm and 7 pm Worship	23 10 am—Noon CF Food Shelf	24	25
26 9 am Worship 9:20-9:40 am Sunday School	27	28 11 am Pastors Text Study	1 10 am Staff Meeting 6 pm Gr 6-9 Confirmation Meal and Classes 7 pm Lenten Worship	2	3	4 10 am—Noon CF Food Shelf



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