



Lifetimes

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January 14, 2018

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Time for a Check Up



By Pastor Janet Karvonen-Montgomery

“My dear friend, I pray that everything may go well with you and that you may be in good health - as I know you are well in spirit” (3 John 1:2).

Setting health and fitness goals seem to go part and parcel with the beginning of a new year. Whether it is the idea of moving one’s body more or adjusting one’s diet, making lasting lifestyle changes is easier said than done. As the pastor for wellness, I am here to support you in your pursuit of wellness in body, mind, and spirit: through prayer, coaching conversation, as well as new and ongoing wellness programming.

You will find these offerings in the ministry opportunity sheet on Sundays and on the website under “Wellness”.

As followers of Jesus Christ saved by God’s gift of grace and love, it is important to be mindful of the world’s messages that often shape our perspectives about our bodies. The messages we hear in the media first tell us we are “not enough” in physical terms - all while offering a profitable solution to weight loss and wellness quick fixes.

Caring for our bodies is part of living as faithful stewards of what God has given us. Sure, there are many benefits for us to enjoy. But Martin Luther believed caring for our body demonstrates that we are children of God for the purpose of caring and working for the well being of others. He said, “If the body is healthy and fit, we are able to work and save money that can be used to help those in need. In this way, the stronger member of the body can serve the weaker.”

Scripture tells us we were made in God’s image as part of God’s creation and that God called all of creation “good” (Genesis 1). What if we thought more positively about our bodies as vehicles in service to the gospel of Jesus Christ? How can we support one another in caring and strengthening our bodies for service to others? Let’s keep the conversation going - together.

From The Staff

Erin Thorstad

Desktop Publisher



Being of Scandinavian descent and Lutheran isn’t a rare thing in Minnesota and certainly isn’t rare at all at Incarnation. People seem to take an interest in learning about their heritage from Norway and Sweden and I too grew up with certain traditions. There were Swedish meatballs, lefse, and lutefisk at Christmas, I know the proper usage of “uff da”, and I even find some Ole and Lena jokes funny. (I have been assured by my non-native Minnesota friends that they don’t lack a sense of humor, the jokes are, in fact, not funny. I tell them that they have been deprived of the upbringing that would help them appreciate fine Scandinavian humor.) I’ve also read about some of the old Norse folklore, about the nisse, the huldra, and the trolls so when I heard that one of my favorite authors was writing a book about the Norse gods, I was sure to order a copy.

While I was reading Neil Gaiman’s book *Norse Mythology*, I was struck by two thoughts repeatedly. Firstly, how foreign the stories felt to me in regards to culture and secondly how fortunate I am. The stories are interpretations of translations from the old Norse eddas about the Norse gods, but written in a way to be accessible for a modern audience. Gaiman tries to stay true to the spirit of the tales and in doing so, gives the reader a window into the lives of those who first told these stories. The gods are mighty, true, but they can also swing drastically between being heroic figures to being petty, arrogant, prone to violence and betrayal, and quick to anger. I try to imagine what life must have been like for the people who held these gods in high esteem and while I’m sure their culture was complex and rich, I’m also sure that their lives must have been hard. Death, rebirth, betrayal, violence, sacrifice . . . these are reoccurring themes in both old Norse and Christian stories, but what the stories in *Norse Mythology* lack are themes of grace, forgiveness, mercy, and peace. Thor is not about to make himself humble to die for your sins so that you may live together forever in a perfect peace. I wouldn’t count on him to turn the cheek either.

Which leads me back to my original two thoughts - that the old Norse culture is foreign to me and that I am lucky. It’s strange to read about gods who seemingly think about themselves first and can be capricious when I’ve been raised in a religion where God is steadfast in his love for all of humanity and strives to have a personal relationship with us. It reaffirms how fortunate I am that I live a life where the fear of death isn’t a constant reality and that I don’t have to worry about the wrath of an angry God. In a year where there is a short time between the end of Christmas and the beginning of Lent, I am struck at the selflessness and the enduring commitment God makes to meet people where they are in their lives instead of demanding that they reach a certain standard before being allowed a place at his table.

While I am grateful to those who came before me for things like Swedish meatballs and a quirky, self-deprecating sense of humor (less so for the lutefisk), I am also grateful that somewhere along the way someone broke with tradition and chose to instead worship a God that loved them back without reserve.

A Positive Impact on Tanzania

By JoHanna Pokorny, Incarnation member and Sue Nelson, JoHanna's mother, 2016 Tanzania Delegation

When you hear the appeals for Tanzanian youth scholarships, do you know who will benefit from your mission commitment?

In 2016 we traveled to Tanzania to represent Incarnation on a visit to our two partner churches, Kigamboni and Mkwawa, the Huruma Orphanage in Iringa, and two secondary Lutheran boarding schools. Lutangilo Secondary School left a lasting impression as we met positive, happy Christian teens living and learning in a remote mountainous area. It is hard to describe the welcome we received from the children at Lutangilo. It felt like we were rock stars entering an arena. They welcomed us with dancing, singing, and praise for Jesus. They made us feel so welcome and the deep appreciation they had for our support was so heartfelt. Supporting the education of these children is so important for the future of Tanzania.

When we toured the school we also saw the girls dormitory that Incarnation helped build. Before it was built, the girls slept each night on the floor of a classroom. Again, our support matters in ways that are hard to imagine. I tuck my children into bed every night and it so easy to take for granted the gifts we have. This trip reminded me how fortunate we are and how our contributions can be so impactful to God's children throughout the world.

As a substitute teacher in White Bear Lake, Sue had a chance to ask 8th grade geography students what they wanted to know about the kids we would meet. They were interested in sports, clothes, school subjects . . . the usual. So, at Lutengilo she visited a class. Very politely, they stood when we teachers entered and whenever they answered a question. They told about soccer and netball (for girls). She learned about studies, foods, and love of music and dance. At the end of the visit, she asked those African teens what they would say to the U.S. teens. There were several thoughtful answers (in English because all secondary schools are taught in English). Her favorite was from a young girl who said simply, "Remember to go the good path and always exercise." Here was the person to person, "human connection". Incarnation is helping to sustain and grow this in the world!

As we waved goodbye to the inspiring teens and their dedicated staff, we asked God's blessing to be on them as they committed to higher education on that mountain. We hoped for a roof on the science lab so they could do their experiments as well as studying textbooks of biology, physics, and chemistry. We saw these young people as the future of Tanzania.

These are the students who need and value the scholarships you send. This is where your money goes! Thank you for caring.



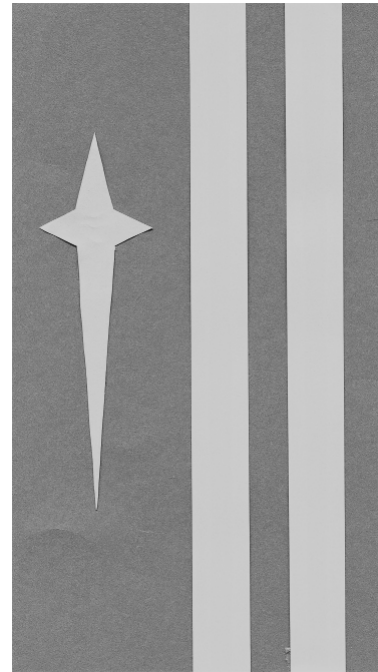
2018 Congregation Council Members

Don Martin - President
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Gary Tolkinen
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Worship Arts: Epiphany

By Jane Gehrking

Epiphany is the revelation of Christ to all nations. The Epiphany season commemorates events in the life of Jesus. Two liturgical colors are used during the season. White is the color associated with the festivals of Christ and symbolizes joy and light. White is the color for the first Sunday after the Epiphany when the Baptism of Jesus is celebrated and the last Sunday of the season when the Transfiguration of Our Lord is celebrated. Green suggests spiritual growth and is the color used from the second week after the Epiphany through the Sunday before the Transfiguration of Our Lord. A new banner to symbolize the Epiphany season has been created for Incarnation Hall services. A white star representing the Epiphany and white panels representing the Baptism of Jesus and the Transfiguration of Our Lord appear on a background of green.



Preschool Registration

Registration packets for the 2018-19 school year are available for pick up at the Preschool or Incarnation Office. Forms may also be downloaded from the Incarnation website and submitted anytime. Forms will be date stamped when received and held for processing following the registration timeline below. Call Kirsten Barie at 651-766-0723 for more information, to schedule a tour or to have a packet mailed to you.

Thursday, January 4 - Thursday, January 18

Open enrollment period for currently enrolled children. Confirmation of placement will be sent home in school bag.

Friday, January 19

Processing begins for forms received from returning/previously enrolled families and NEW children from Incarnation families.

Monday, January 22

Processing begins for enrollment forms received from NEW families for both age groups.

Forms and fee submitted by the above dates will be processed in the order received. Forms and fees may be submitted early, but will be held for processing on the appropriate date. Confirmation of enrollment status will be mailed within two days of processing.

**INCARNATION LUTHERAN CHURCH
GENERAL FUND - INCOME & EXPENSE REPORT
FOR THE MONTH ENDING NOVEMBER, 2017**

REVENUE	YTD ACTUAL	YTD BUDGET	YTD VARIANCE
Member Envelopes/Loose	\$1,517,738	\$1,622,635	(\$104,897)
Special Env./Misc.	\$23,912	\$35,206	(\$11,294)
Total Offering	\$1,541,650	\$1,657,841	(\$116,191)
Other Income	\$6,648	\$11,780	(\$5,132)
Total Income	\$1,548,299	\$1,669,621	(\$121,322)
EXPENSES	YTD ACTUAL	YTD BUDGET	YTD VARIANCE
Missions	\$202,400	\$203,500	(\$1,100)
Salaries/Wages	\$1,258,432	\$1,283,333	(\$24,901)
Ministries	\$52,825	\$98,221	(\$45,396)
Administration	\$57,138	\$61,646	(\$4,507)
Building	\$158,503	\$193,050	(\$34,547)
Total Expenses	\$1,729,298	\$1,839,750	(\$110,452)
Net Income (loss)	(\$181,000)	(\$170,129)	(\$10,871)

CAPITAL CAMPAIGN

Beginning of the Month balance	\$159,938
Net Income for the month	44,654
Mortgage Payment	(28,540)
Additional Principal Payment	(25,000)
Other Capital Expenses	(122)

Monthly Ending Balance \$150,930

Thank you for supporting the ministries, missions, and programs of Incarnation with your continued contributions. Your gifts are greatly appreciated.



Incarnation Lutheran Church

Worship, Prayer & Among the Congregation

Hospitalized: Bette Olson; Lowell Odland.

Sympathy to: Mary and Roger Schlichting and family on the death of their sister-in-law; Jan and Mike Carey and family on the death of their sister-in-law and nephew; Wyatt Stahl and family on the death of his father; Lisa Boehm and family on the death of her sister; Nancy Haugen and family on the death of her mother; the family of Jill Todd on her death; the family of Don and Millie Gustafson on their deaths; Pete Jacobs and family on the death of his father.

Connect and Grow

Brewed Theology

Brewed Theology is an opportunity for young adults (post-high school/pre-baby) to gather to talk about faith, life and the world. This gathering is open to anyone who is looking for a place to connect with other young adults and is interested in digging deeper into their faith. Meet at Panera Bread at Rosedale Mall. The only cost is for the food/drinks you purchase.
When: Sunday, January 14, 10:30 a.m.

Seeking Refuge Small Group

Read and discuss together *Seeking Refuge: On the Shores of the Global Refugee Crisis*, a book that strives to provide practical, balanced and a well-researched guide to the questions: "Who are refugees and other displaced peoples?", "What are the real risks and benefits of receiving them?" "How do we balance compassion and security?", all from a Christian faith perspective. Connect with others and God over this timely and sometimes challenging topic. Suggested contribution: \$5. Leaders: Becky Benson and Liz Thompson. Register: dfloe@incarnationmn.org.
When: Four Monday nights and one Tuesday night, 7 - 8:30 p.m., January - March.

Children, Youth and Family

Camp Wapogasset Registration kicks off January 15!

Register for the many camps offered at Camp Wapogasset Lutheran Bible Camp (Camp Wapo, Ox Lake and Wilderness Canoe Base) starting January 15. Camp is a place where faith and friendships are strengthened and lasting memories are made! Registrations fill up fast for these camps so you are strongly encouraged to sign up early to ensure a spot. For more information about the ministries being offered by Camp Wapogasset, go to the Incarnation website.
When: Registration begins January 15.

Youth Choirs

There is more room in all the choirs and all children and youth are invited to join one of the youth choirs; Joyful Noise (Gr. K-5), Chapel Bells (Gr. 3-12) or Good News Singers (Gr. 6-12). Rehearsal locations: Joyful Noise - Fireside Room, Chapel Bells - Bell Room, Good News Singers - Choir Room.
When: Rehearsal times: Wednesdays 4:55 - 5:25 p.m.

Primary Music

Age appropriate music classes for three - five year olds. A 10-week spring session is offered. Information letters and registration forms are available in the Incarnation Office. There is still room in the Monday 11:00 a.m., and Tuesday, 11:00 a.m. and 11:40 a.m. classes. The deadline for registration is 4:30 p.m. Wednesday, January 17. Classes begin January 22.

Camp Sunday is set for February 11

The Children, Youth and Family staff are excited to share with you what ministry opportunities we have planned for this summer! On Sunday, February 11, stop by the Children, Youth and Family table in the Atrium/Gathering Space following all worship services to pick up information about the ministry that is being offered this summer for children 4 years of age through High School.
When: February 11, after all worship services.

Serve

Feed My Starving Children Monthly Packing Group in January

The monthly Incarnation packing group will assemble meals at Feed My Starving Children in Coon Rapids, on Tuesday, January 30 alongside the Faith in Action group from 6 - 7:30 p.m. Make your reservation by following the links at <https://incarnationmn.org/fmssc>.
When: January 30, 6 - 7:30 p.m.

Donations welcomed for Incarnation Preschool Silent Auction/Carnival

Preparations for the Preschool's 21th Annual Silent Auction and Carnival are underway! Donations of hand crafted items, event tickets, gift certificates, etc. are welcomed and greatly appreciated to support this event. If you would like to donate any items personally or as a promotion for your business, contact Kirsten Barie, Preschool Director at 651-766-0723 or kbarie@incarnationmn.org. The event will be held February 25 in Grace Hall. The Silent Auction runs from 9:00 a.m. - 2:00 p.m. and the Carnival from 1 - 3:00 p.m.
When: Donations will be accepted through February 16.

Lenten Soup Meal Server Volunteers

Incarnation is looking for volunteers to help with Lenten soup suppers and lunches. Sign up at www.SignUpGenius.com/go/60B0C45ABAB28A57-lenten. Contact Joan Volkmann at jvolkmann@incarnationmn.org for questions.
When: Wednesdays during Lent.



Congregational Business

Congregational Meeting

There will be a congregational meeting on Sunday, January 28 at 12:15 p.m. in the Sanctuary. The meeting will be preceded by lunch in Grace Hall at 11:30 a.m. Meeting business will include a review of 2017, a vote to approve the 2018 operating budget and the 2018 mortgage management budget, and a vote for approval of revised by-laws in the Incarnation Constitution. All confirmed youth and active adult members are invited and encouraged to attend this meeting.
When: January 28 at 12:15 p.m.

Incarnation Lutheran Church Office: 651-484-7213

Web Site: www.incarnationmn.org - If registering online, most major debit and credit cards accepted
If payments are made at the Incarnation Office, Visa and Mastercard are accepted for payment.

Address Service Requested

Shoreview, MN 55126
4880 Hodgson Road

Incarnation Lutheran Church



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Ash Wednesday and Lent Schedule

Ash Wednesday - February 14

Worship - 12:00 p.m., 5:00 p.m. & 7:00 p.m.
Imposition of ashes and communion
Nursery available from 5 - 8:00 p.m.

Lenten Worship

February 21, 28, March 7, 14, & 21
Worship at 12:00 p.m. & 7:00 p.m.
Nursery available from 7 - 8:00 p.m.

Soup Lunch & Supper

Following 12:00 p.m. in Grace Hall
5:30 - 6:30 p.m. in the Gathering Space
Cost: \$5/person or \$15/ max/family