



# Lifetimes

## Surviving the Summer & Staying Sane

**Lifetimes**

May 6, 2018

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Preschool and Incarnation parents had a great evening hearing how we can “survive summer and stay sane” from speaker, Tricia Sedlacek. What will your summer look like (if it ever arrives, summer that is)? Are visions of summertime dancing in your head? Are your dreams of summer filled with rainbows and butterflies? When reality hits, your summer may also be filled with tantrums and those two words “I’m bored.” For the best success of summer, we would like to share with you what we learned from our guest speaker.

First, think back to your childhood. What is one of your favorite summer memories? Research shows that that special memory probably happened in the summer, parents were around, and it was outside. Did you find that to be true for you?

To enjoy your summer there needs to be a pre-planning family meeting. Your family meeting can be held in the living room set-up for a picnic, or in a tent - make it fun. Make sure you listen to your child and what they have to say. Kids have really good ideas too. As a family, discuss technology usage. Do you know the number of hours your child is spending using technology and the number that they should actually be using for technology? Make a media plan and to find out what the right amount of time is for your child, go to [healthychildren.org/mediauseplan](http://healthychildren.org/mediauseplan). Another way to navigate screen time is to have your child earn it. For the number of minutes they read, they get the same amount of time for screen time.

Have you ever had your kids come to you two weeks after school is out and say, “I’m bored”? What your kids are really telling you is that they are stuck. They need help figuring out the next thing. One idea that Tricia shared with us was to create an idea jar with idea sticks (craft sticks) inside. On each stick write down ideas they can do. For example, read a book, water flowers, take a walk, plant a garden, play Legos. In addition to the ideas written on the sticks, throw in there a Random Act of Kindness stick. If you’re bored that means you’ve done everything for yourself so now it’s time to do something for someone else. Start with connecting with your child first, let them know you see them and that they are important. This too may be enough to help them get unstuck.

Family jobs (chores) is a good way to help your child be an active member of your family. When a child has a job to do around the house, you’re setting them up for success and teaching them life skills. Jobs also help build your child’s self-esteem and teach them responsibilities. They do not have to be hard jobs, you use your best judgement on the jobs your child could have.

Finally, make sure you schedule special time with each of your children. Just your presence in the same room is not enough. When you sense sibling conflict, it could also be a signal that they are in need of connection with you.

For more information, tips, or other helpful websites contact Rebecca Christiansen or Kirsten Barie.

## From The Staff

**Janet Karvonen-Montgomery**

Pastor for Wellness and Generosity



When a person practices gratitude in their lives, it increases their sense of well-being. There are mental and physical health benefits, better relationships, increased productivity and even a greater sense of happiness for the individual. There is also a “ripple effect” which positively affects others and the world around them. (Meanwhile, complaining has been shown to have negative effects on one’s blood pressure and blood sugar by increasing the stress hormone cortisol.)

While we’ve heard that gratitude is a good thing, many of us have not slowed down enough to honestly consider the extent to which we demonstrate a grateful heart toward others and God. Yet it is common for every generation to believe that the following one is less grateful than they were - “Kids these days!”

A recent Wall Street Journal article “An Attitude of Gratitude” (February 25, 2018) suggested that this is true more than ever today, especially in the white middle and upper middle class demographic. The cause? Psychologist Richard Weissbourd, director of the Making Caring Common initiative at Harvard Graduate School of Education, believes the self-esteem movement is the main culprit.

For years, parents were taught that praising their child would increase their child’s self-image. Dr. Weissbourd believes the unintended consequence is that children have come to expect everyone to put them first. And they are not as likely to express gratitude.

As people of faith who believe that God has given us all that we need, the regular practice of gratitude is important. We believe that we are saved by grace through faith by what Jesus Christ accomplished on the cross. Because God freely loves and forgives, we are free to respond out of love for our neighbor. Our response to God’s love and forgiveness is based on gratitude!

Parents are the primary example for young people in many areas of life, including matters of faith, chemical use, attitudes about money and gratitude. This WSJ article indicates that it is never too late for adults to incorporate more expressions of thankfulness in their lives. This is one of the most effective ways for children to learn gratitude. Regular expressions of thanks, even for small things, send a strong message to the people in your household. Giving thanks for meals is a great start!

*continued on pg. 2*

# Senior Pastor Call Process

Work is underway to call a new senior pastor. In order to communicate progress updates with the congregation, posters are now located in the two bulletin boards cases. One in the Atrium just outside the Incarnation Office and the second on the south facing wall near the Gathering Space just outside Incarnation Hall. As each step on the journey to a new senior pastor in the hiring process is completed, it will be noted and dated on the poster. Look for new revisions of these posters as the steps are completed towards hiring a new senior pastor. Listed below is the current status.

Status	Step	Date
Done	Gary Medin announces retirement.	1/28/2018
Done	Call Committee formed. Call Committee members are Incarnation members appointed by the Incarnation Congregation Council on an as needed basis for the purpose of calling a pastor.	2/19/2018
Done	ELCA Bishop meets with Incarnation Congregation Council President Don Martin.	2/26/2018
In progress	Call Committee completes Ministry Site Profile (MSP). An MSP is a snapshot of our church and congregation posted in the ELCA database for potential candidates.	
In progress	Incarnation Congregation Council and Synod Staff assess interim needs.	
	Incarnation Congregation Council hires interim pastor.	
	Farewell celebrations for Gary Medin. June 17 after each morning service in Grace Hall, June 24 from 7-9 p.m. (outside gathering).	6/17/18 6/24/18
	Interim pastor arrives.	
	Town Hall meeting. A town hall meeting is an opportunity for Incarnation members to learn about the work of the Call Committee and offer input. Candidates' names may be submitted by congregation members.	
	Call Committee receives recommended names from Synod.	
	Call Committee recommends candidate to Incarnation Congregation Council.	
	Incarnation Congregation Council assets date for congregational meeting to extend call.	
	Congregational meeting to vote on extending call to candidate.	
	Interim pastor departs.	
	New senior pastor installed.	

*From the Staff, continued from pg. 1*

Gratitude and generosity go hand in hand. If a person has a sense of entitlement, they usually focus on themselves, instead of looking for opportunities to help meet the needs of others. Opening one's field of vision and heart helps in building connections with others. When people start from a place of thankfulness, generosity flows and their gifts move into the world God so loves and blessings abound!

## Spring Day of Prayer

Prayer is one of the ways Incarnation is bonded together as a faith community. As it states in the Mission, Vision & Values statement: We pray, together and individually, to be in relationship with God, express gratitude, ask for forgiveness and seek God's heart and will to form our lives as followers of Jesus Christ. We are engaged in faith practices to be present to God and God's activity in our world.

For this reason, the community of Incarnation will gather for a Day of Prayer on May 10. The goal is to have the people of Incarnation praying without ceasing from 7:00 a.m. to 7:00 p.m. with prayers of reflection and renewal consistent with the Easter season.

Participants are encouraged to commit to a 30-minute time slot. While 30 minutes of prayer may seem daunting, there will be materials to guide your time (if desired) and many participants in the past have been delightfully surprised at how quickly the time goes.

You can come to Incarnation and pray in the Alleluia Chapel or pray wherever you will be that day. If you intend to pray offsite, simply indicate that when you sign up. If you will be praying offsite and want a prayer guide, you can pick one up in the Incarnation Office beginning Sunday, May 6 or email Pastor Jeanne Hartfield (jhartfield@incarnationmn.org) for an electronic copy. Sign up in the Incarnation Office or by emailing Julie Durbin (jdurbin@incarnationmn.org).

### INCARNATION LUTHERAN CHURCH GENERAL FUND - INCOME & EXPENSE REPORT FOR THE MONTH ENDING MARCH, 2018

REVENUE	YTD ACTUAL	YTD BUDGET	YTD VARIANCE
Member Envelopes/Loose	\$406,275	\$445,240	(\$38,965)
Special Env./Misc.	\$8,084	\$14,695	(\$6,611)
<b>Total Offering</b>	<b>\$414,359</b>	<b>\$459,935</b>	<b>(\$45,576)</b>
Other Income	\$1,862	\$2,087	(\$225)
<b>Total Income</b>	<b>\$416,221</b>	<b>\$462,022</b>	<b>(\$45,801)</b>
EXPENSES	YTD ACTUAL	YTD BUDGET	YTD VARIANCE
Missions	\$46,243	\$48,775	(\$2,532)
Salaries/Wages	\$359,176	\$355,000	\$4,176
Ministries	\$7,686	\$28,581	(\$20,896)
Administration	\$16,826	\$17,144	(\$318)
Building	\$42,500	\$52,250	(\$9,750)
<b>Total Expenses</b>	<b>\$472,431</b>	<b>\$501,750</b>	<b>(\$29,319)</b>
<b>Net Income (loss)</b>	<b>(\$56,210)</b>	<b>(\$39,728)</b>	<b>(\$16,482)</b>

### CAPITAL CAMPAIGN

Beginning of the Month balance	\$210,303
Net Income for the month	32,244
Mortgage Payment	(28,540)
1st Qtr Deffered Maintenance	(12,500)
Additional Principal Payment	0
Other Capital Expenses	(118)

Monthly Ending Balance \$201,389

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



# Incorporation Lutheran Church

## Worship, Prayer & Among the Congregation

**Hospitalized:** Sterling Rule; Randy Erickson.

**Sympathy to:** the family of Judie Pratt on her death; Gene Hoff and family on the death of his mother; Carmen Bell and family on the death of her brother; Gaitha Good and family on the death of her grandson; Maryl Wahlstrand and family on the death of her sister; Christine Ringen and family on the death of her mother.

**Congratulations to:** Brad and Emily Grove on the birth of Evelyn Vivian.

## Connect and Grow

### New Wellness Opportunities

New sessions starting for Monday Chair and Mat Yoga classes and Friday Strength Training classes for men and women! Go to the Incarnation website under Wellness for more information.

## Children, Youth and Family

### Vacation Bible School Registration

Children four years of age (by September 1st) - 4th grade are invited to "Shipwrecked" Vacation Bible School. Discover how Jesus rescues us through life's storms. Cost: \$30/child or \$80 family max. Register by June 13 by 4:00 p.m. After this date, you will be placed on a waitlist.

When: June 18 - 22, 9:00 a.m. - 12:00 p.m.

## Congregational Business

### Handbell Choir Director

Incarnation is seeking a part-time Handbell Choir Director. The position includes directing the Chapel Bells and Evening Chimes Bell Choirs. This person will possess strong musical and leadership skills in handbells. A complete job description is posted on the Incarnation website. For more information contact Dave Ellison at dellison@incarnationmn.org.

### Organist

Incarnation is seeking a part-time Organist. The position includes playing for the 8:45 a.m. and 10:05 a.m. worship services, festival services, and serving as the accompanist for the Senior Choir. This person will possess strong musical and leadership skills on piano and organ. A complete job description is posted on the Incarnation website. For more information contact Dave Ellison at dellison@incarnationmn.org.

### Financial/Small Group Secretary

Incarnation is seeking a part-time Financial and Small Group Secretary. Financial responsibilities include activities such as tracking contributions, generating statements and coordinating stewardship activities. Small Group responsibilities include tracking resources and supporting small groups. This position is also included in the Sunday morning office rotational support and includes coordination with Kairos speakers. The position is targeted for 30 hours per week. For more information contact Kathy Kalsow at kkalsow@incarnationmn.org.

## Incarnation Receives Memorial Gifts During the First Quarter of 2018

*In the first quarter of the year, January to March 2018, Incarnation Lutheran Church received the following memorials. We would like to publicly thank these people for remembering Incarnation. "We gratefully acknowledge these gifts and join in loving remembrance."*

### In Remembrance of: Jill Todd

**A Gift was Received from:** Rollie & Murt Seltz, Dale & Vernita Kennen, Jim & Julie Meinen, Ady Wickstrom, Al & Joyce Robinson, Bill & Pam LaBelle, Neal Anderson, LeAnn Sullivan, Carla Rekstad, Sue Ostrom, Ray & Lyla Tutt, Mitch & Laura Harrtad, Kim Kahat, Colleen Gandrud, Lori Kmetz, Chris & Dan Alexander, Lynette Yochum, Nan Remme, Jeff & Cindy McCallum, Todd Family, Carl & Jan Johnson, Kerry & Meili Burt, Dick & Emily Burt, Jenny Burt, Tom & Gwen Simonson, Lisa Torvik,

### In Remembrance of: Bill Seabloom

**A Gift was Received from:** Ken & Rosalie Grosch, Cal & Sharon Wilson, Dennis & Carol Paulson, Bert & Jane Reiman, Don Alsop, Al & Joyce Anderson, Pat & Pat Barnes, Marlys Bossard, Roger & Lu Durbahn, Marilyn Fritze, Arvin & Jane Gehrking, Tom & Jan Hardel, Jan Heaberlin, Jo Hinchcliffe, Carl & Jan Johnson, Harry & Marian Johnson, Luther & Roberta Dale, Dale & Vernita Kennen, Jeff & Carol Klein, Carol Lacey, Gary & Mary Lunstad, John & Pat Miller, Marlys Nelson, John & Gloria Norlinger, Bob & Donna Quick, Larrie & Lou Ann Reese, Rich & Linda Runbeck, Dick & Mary Sandness, Rollie & Murt Seltz, Harlan & Marlene Stoehr, LeAnn Sullivan, Terry & Elizabeth Swanson, Anna Thorstad, Jerry & Carolyn TerEick, Gene & Mary Lou Lindholm, Steve & Annette Monson, Al & Margaret Bostelmann, Ron & Sue Kuhn, Jean Hoaglan, Genevieve Lervik, Lois Eid, Greg & Carol Gross, Del & Katherine Jacobson, Marion Portesan, Robert & Judy Ramgren, Paul & Elise Werger, Omer & Patricia Larson, Jane Croeker, Robert & Nikki Seabloom, Dietmar & Christa Schenitzki, Melba Gevik, Patricia & Kelly Richards

### In Remembrance of: Nick Bremer

**A Gift was Received from:** Ken & Rosalie Grosch, Peter & Elaine McGillivray, Bette Olson

### In Remembrance of: Howard Linsmeier

**A Gift was Received from:** Al & Joyce Anderson

### In Remembrance of: Merry Fragomeni

**A Gift was Received from:** Dick & Ann Christiansen

### In Remembrance of: Eugene Kaehler

**A Gift was Received from:** Peter & Elaine McGillivray

### In Remembrance of: Sheryl Dickison

**A Gift was Received from:** Duane & Marlys Nelson

### In Remembrance of: Gary Moen's Father

**A Gift was Received from:** Don & Claudia Wiebold

### In Remembrance of: Jane Palumbo

**A Gift was Received from:** Marlys Nelson

## Gifts to the Endowment Fund

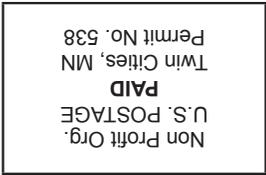
In memory of Jill Todd were received from Duane & Marlys Nelson

In memory of Don & Millie Gustafson were received from Al Montgomery & Janet Karvonen-Montgomery

In memory of Nick Bremer were received from Dick & Ann Christiansen, Bill & Nancy Swenson, Cal & Sharon Wilson, Harry & Marian Johnson, Marlys Nelson, Jeff & Carol Klein

In memory of Bill Seabloom were received from Bill & Nancy Swenson, Duane & Marlys Nelson

In memory of Ann Hoff were received from Gene & Nancy Hoff, Dennis Fronning, Donald & Judith Bradow, Stephen & Marilyn Koepcke, Kay Olson, Sheila Speltz, David VanOrsdal, Howard & Carla Rekstad, Keith Toso, Richard & Kathryn Cochrane, Barbara Mata, Roger & Doris Berglund, Ardis Carlson, Marlys Frank, Alan & Karen Gedemer, Susan Benjamin, Chuck & Tammy Nye, Ken & Phyllis Tohm, Dan & Jenny Nordine, Bernadine Markgraf, Cheryl Hiner, Tom & Paulette Johnson, Doris Buhl, Kathy Marshall, Kurt & Shanon Larson, Harvey & Gayle Nordine, Helen Toso, Earl & Dianne Heifort, DeeDee Jacobson, Eleanor Siedlecki, Tim & LeeAnn McCollor, Gary Ness, Bill & Dorothy Sauer, John & Marsha Hagen, Isaac & Rebecca Liu, Barb Berggren, Sharon Binek, Esther Guzik, Jim & Judy Dahlman



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