



INCARNATION LUTHERAN CHURCH

March 3, 2019. Welcome to Incarnation! You are invited to be a part of any ministry opportunity. All events will be held at Incarnation unless otherwise noted. For more complete information about these listings, visit incarnationmn.org and use the search function on the homepage. The website contains information on additional ministry offerings. You can also contact the Incarnation Office at 651-484-7213. If you are a guest who would like your child to experience SPARK Sunday School, visit the Children's Resource Center.

Worship & Prayer

Prayer Concerns: Kevin Wipf; Joy Alizadeh; Craig Sharpe; Karen Clare; Karen Dunlap; Maija Olson; Annie Bullert's mother; Kevin Tollefson's father; Larry and Siri Peter's nephew; Barb Bailey's brother; Ann Fankhanel's sister; Carol Lacey's friend, Liisa; Lisa Boehm's friend, Shelly and family; Bill Bouley's friend, Kim and her cousins; Kim Wielenberg's friend, Nancy; the work of the Call Committee.

Sympathy to: Jackie Barrett and family on the death of her mother.

40-Day Prayer Experiment

Grow in your prayer life - join the 40-Day Prayer Experiment. Commit to a daily prayer time, a weekly prayer time and conversations with a prayer partner. A printed guide will be available today. Learn more at incarnationmn.org/connect-grow/prayer. Sign up in the Incarnation Office.

When: Ash Wednesday - Easter Sunday.

Ash Wednesday Worship

Wednesday, March 6 at 12 p.m., 5 p.m.* & 7 p.m.*
Communion & imposition of ashes.
Soup Meals at 1 p.m. & 5:30 p.m. in Grace Hall
There is no cost - free will offering.

Wednesday Lenten Worship

March 13, 20, 27, April 3 & 10 at 12 p.m. & 7 p.m.*
Soup Suppers at 5:30 p.m. in Grace Hall.
There is no cost - free will offering.

**Nursery is available.*

Lord, Teach Us to Pray

The sermon series for Wednesdays during Lent will be "Lord, Teach Us to Pray." Using Jesus' teaching in the Lord's Prayer as inspiration, explore different ways of connecting with God in prayer. On Ash Wednesday, worshipers will receive a wooden Prayer Toolbox (one per household, please). Each week there will be a new prayer tool to include in your toolbox.

March 6: Our Father in heaven, hallowed be your name
March 13: Your kingdom come, your will be done on earth as in heaven.

March 20: Give us today our daily bread.

March 27: Forgive us our sins as we forgive those who sin against us.

April 3: Save us from the time of trial, and deliver us from evil.

April 10: For the kingdom, the power, and the glory are yours, now and forever. Amen.

Connect & Grow

Kairos This Week

Competition and the Christian

Whether we are athletes, coaches, avid fans, or just bystanders, sports have the capacity to influence due to their indelible place in American culture. Dr. Steve Henkel, Bethel University, describes ways to view and participate in sport in God-honoring ways, so the life lessons involved can positively impact ourselves and others.

When: Today, 8:45 a.m. and 10:05 a.m. in the Fireside Room.

Faith and Fitness

Led by fitness instructor Shannon Rainey, this workout is a great way for people of all ages and abilities to improve strength and balance while connecting with others. Register in the Incarnation Office. Cost \$135 for nine sessions or \$20 for drop ins.

When: Women's Faith and Fitness Fridays, March 1 - April 26, Devotions at 8:15 a.m. Class at 8:30 a.m. - 9:45 a.m. | Men's Faith and Fitness Fridays, March 1 - April 26, Devotions at 9:30 a.m. Class at 9:45 a.m. - 11:00 a.m.

Whisper Chair Yoga - Join the new session!

Working with the support of a chair, learn how to become quiet in body and mind to hear God's whisper and get stronger for your everyday life. An easy entry to yoga, this class is offered by Incarnation member Tina Zerrath. Sign up in the Incarnation Office. Cost: \$48.

When: Mondays, March 11 - April 29, 11:15 a.m. - 12:15 p.m.

Whisper Mat Yoga - Join the new session!

Bring a yoga mat and water bottle and join the fun, devotion and relaxation with leader and Incarnation member, Tina Zerrath. You'll build your balance, strength and flexibility regardless of your experience level. Sign up in the Incarnation Office. Cost: \$56.

When: Mondays, March 11 - April 29, 12:45 - 2:00 p.m.

Exploring the Sacred Enneagram Small Group

Read and discuss *The Sacred Enneagram* by Chris Heurertz in a small group setting. The Enneagram is an ancient "personality" tool used for spiritual growth. Learn about the model and attributes (and shadow sides) of each profile type. Grow in appreciation of your type and those who see the world differently. Leader: Becky Benson. Suggested contribution: \$10. Register: dfloe@incarnationmn.org. Register soon, spots are filling quickly!
When: Six Mondays, March - May, 1:15 - 2:45 p.m.

Men's History Book for March

Meet in Bethany Lounge to discuss the book, *Things Fall Apart* by Chinua Achebe. This historical fiction work is a story of one man's resistance to the loss of native traditions in colonial Africa. All are welcome.

When: Tuesday, March 5 and 19, 9 - 10:00 a.m.

Ministry Opportunities, cont.

Kairos Next Week

Caring for the Caregivers: Ambiguous Loss & Pastoral Care
Dr. Carla Dahl of Luther Seminary states that caring for a loved one with dementia is complicated by the ambiguity of the situation. Our loved one is here, yet not here - physically present, yet psychologically absent. Understanding this ambiguity can help us better support caregivers in our congregations and communities in maintaining hope and resilience.

When: March 10, 8:45 a.m. and 10:05 a.m. in the Fireside Room.

What is the Bible?

This book discussion group will work through Rob Bell's *What is the Bible? How an Ancient Library of Poems, Letters, and Stories Can Transform the Way You Think and Feel About Everything*. Participants are asked to buy their own book. Led by Georgia Schultz. Sign up in the Incarnation Office by March 19.

When: Tuesdays, March 19 - May 14 (except April 16), 9:30 - 11:00 a.m.

Discover Incarnation is on a Sunday!

Discover Incarnation is for anyone who wants to learn more about Incarnation's mission, vision, and values, and is required for those who wish to step into membership. An interactive opportunity is available for children three years and older, and childcare for those younger, with an advanced registration. Contact Becky Benson at bbenson@incarnationmn.org by March 27 by 4:30 p.m. to register.

When: Sunday, March 31, 1 - 4:30 p.m.

Children, Youth & Family

"Wall O' Money" Fundraiser

If you have a "Wall O' Money" envelope to return, please drop it off in the Incarnation Office by tomorrow. Thank you for supporting Incarnation's children, youth and families!

When: Tomorrow, March 4.

HSM: First Thursday

9th - 12th graders, stop by the Caribou Coffee in North Oaks for breakfast and a brief devotional on the first Thursday of each month. Students are responsible for purchasing their own food and beverage.

When: Thursday, March 7, 7 - 8:00 a.m.

Mission Trip to Milwaukee, WI!

This trip is for grades 6th - 12th to travel to Milwaukee, WI. This is a week-long opportunity to serve the community at soup kitchens, the Kids Club program, a senior living center, a shelter and more. This trip allows youth to grow in their faith. Cost: \$600; \$100 non-refundable, non-transferable deposit due at registration. Registration deadline: March 15. Registration materials and information are available in the Incarnation Office.

When: June 23 - June 28.

Camp Wapo and Ox Lake Priority Registration Deadline, March 15

If you haven't registered for Wapo One Day, Seeds, Youth Camp, Senior High Camp, or the Servant Leadership Program, visit campwapo.org to register. The preferred registration deadline for Incarnation is March 15.

High School Open Canoe Trip

Do you want to go on a Wilderness Canoe Base trip by yourself or with a couple friends? WCB is now offering Open Canoe Trips that allow individuals, or small groups, to experience the fun and beauty of the Boundary Waters without the need to register with a full group. Cost: \$505. For more information or to register visit: campwapo.org/camp/wilderness.

When: August 4 - 10.

Volunteer

Thank You to the Prayer Square Knitters

Thank you to the knitters who created prayer squares or expressed an interest in knitting! The prayer squares were used at the Healing Service and will continue to bring comfort and be a reminder of God's presence.

Minnesota FoodShare

A portion of all donations of food and dollars to Ralph Reeder Food Shelf from now through April 8 are matched by Minnesota FoodShare. Dollars can be stretched as food is purchased through discounted suppliers. Drop off donated items in the large bin near the Nursery. Thank you for your continued generosity.

When: Now - April 8.

2019 All Hands on Hope Feed My Starving Children MobilePack™ Event Kick-off

The 2019 All Hands on Hope FMSC MobilePack™ Event kick-off will be Ash Wednesday, March 6, when you can make your online registrations to pack April 29 - May 2 to help pack 750,000 meals, feeding 2,054 kids for one year! Make donations to help pay for the food by going to incarnationmn.org/fmsc, or by writing a check to Incarnation with "FMSC" in the memo line.

When: Packing registrations open March 6

Generosity

Thrivent Choice Dollars

If you are a Thrivent Financial member, you may have the opportunity to direct your Thrivent Choice Dollars to a charity of your choice, including Incarnation. The deadline for directing 2018 funds is March 31, 2019. If you have questions about how to do this, speak to your Thrivent representative, go to <https://incarnationmn.org/financial-stewardship/>, or visit the information table following worship today or March 10.

When: The deadline for directing 2018 funds is March 31.

Thrivent Action Teams - A Great Way to Fund Your Service Idea

Thrivent Financial members are eligible to lead a Thrivent Action Team and apply for seed money of \$250. Thrivent Action Teams encourage a sense of generosity and service utilizing a small group of people who come together for the benefit of others. Learn more about how you can fuel an Incarnation ministry you're passionate about with an action team by going to <https://incarnationmn.org/financial-stewardship/>.

When: Visit the information table following worship today or on March 10.