



INCARNATION LUTHERAN CHURCH

March 10, 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: Barb Schornstein; Kevin Wipf; Joy Alizadeh; Craig Sharpe; Karen Clare; Maija Olson; Annie Bullert's mother; Kevin Tollefson's father; Barb Bailey's brother; Ann Fankhanel's sister; Carol Lacey's friend, Liisa; the work of the Call Committee.

Sympathy to: Heidi Wiste and family on the death of her father; Deb Rykken and family on the death of her father; Erica and Pat Smith on the death of their baby daughter.

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. You can find the sermon audio recordings online at incarnationmn.org/lentenprayertoolbox as well as resources for the Prayer Toolbox.

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.

40-Day Prayer Experiment

It's not too late to join the 40 Day Prayer Experiment. Commit to a daily time of prayer and to once a week prayer and conversations with a prayer partner. For details, to sign up, or to download the prayer guide, visit incarnationmn.org/connect-grow/prayer.

When: Now - Easter Sunday.

Women's Choir

All women are invited to come and sing in the Women's Choir. No experience is necessary.

When: The group will meet for one rehearsal in the Choir Room on Wednesday March 20 at 6:30 p.m. and sing for the 7:00 p.m. March 20 Lenten Worship service.

Stations of the Cross

During the season of Lent, the Stations of the Cross will be available in the Alleluia Chapel, whenever the building is open. Designed to be accessible for children as well as adults, this experience combines colorful images, reflection questions and prayer.

When: Now - Easter Sunday, April 21.

Prayer Service for Grief & Loss

This service is a time to remember and hear words of comfort and hope. Loss comes in many forms. Whether your loss is recent or years ago, whether it is a loss you've experienced or you're walking with someone facing a loss, come for prayers, readings and to light a candle.

When: Thursday, April 11, 7:00 p.m.

Connect & Grow

Kairos This 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 people better support caregivers in maintaining hope and resilience.

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

Exploring the Sacred Enneagram Small Group

Read and discuss *The Sacred Enneagram* by Chris Heurertz. Learn about the model and each profile type. Grow in appreciation of your type and others. Leader: Becky Benson. Suggested contribution: \$10. Register: dfloe@incarnationmn.org. Registrations due today.

When: Six Mondays, March - May, 1:15 - 2:45 p.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.

Kairos Next Week

Dementia Care at End of Life: A Personal Story

The Rev. Luther Dale and The Rev. Ed Holland learned many lessons while providing end-of-life care for David, Luther Dale's brother and Ed Holland's friend, who had cognitive dementia and many health issues. They will share personal stories of struggle, interactions with health care providers and the legal system, and strategies for self-care when navigating personal emotional responses.

When: March 17, 8:45 a.m. and 10:05 a.m. in the Fireside Room.

Ministry Opportunities, cont.

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.

Women Read: *Under a Flaming Sky*

The February Women Read session was snowed out so participants will discuss the February book, *Under a Flaming Sky: The Great Hinckley Firestorm of 1894* by Daniel Brown, in March. No need to register.

When: Wednesday, March 20, 1 - 2:30 p.m.

Primetimers: March

Primetimers is a time of fellowship and learning for people ages 60 and older. This month's guest is local entrepreneur and Finnish cook, Soile Anderson. Soile founded Taste of Scandinavia and recently co-authored a book called *Celebrations to Remember*. Cost: \$4, includes lunch (Swedish meatballs, mashed potatoes, a vegetable, and a sweet treat made by Soile herself). Sign-up in the Incarnation Office.

When: Thursday, March 28, 10:30 a.m. - 12:30 p.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

Bibles for 6th Graders

The Bibles on the table near the Incarnation Office will be given to current 6th graders at the 6th grade Milestone in April. You're invited to write a message or mark a passage in a Bible using the pens on the table. There are also Post-its available if you would rather add a Post-it to a Bible. Bibles will be rotated throughout the month so check back and write in them more than once please.

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.

Brewed Theology

Brewed Theology is an opportunity for young adults (post-high school/pre-baby) to gather to talk about faith and life. This is open to anyone who is looking to connect with other young adults and interested in digging deeper into their faith. Meet at the Starbucks at the intersection of Hwy 96 and Centerville Road. The only cost is for the food/drinks you purchase.

When: Sunday, March 17, 10:30 a.m. - 12:00 p.m.

Volunteer

Holy Hammers/Habitat for Humanity

Stop by the Holy Hammers table after the Sunday morning services to learn how you can help support the project to build a Habitat for Humanity house in St. Paul from April-June. Volunteers age 16 and older are needed for construction work and food providers.

When: Today, after morning worship services.

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

The 2019 All Hands on Hope FMSC MobilePack™ Event has kicked off and 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/allhandsonhope, or by writing a check to Incarnation with "FMSC" in the memo line.

When: April 29 - May 2.

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. 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 morning worship today.

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. 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 morning worship today.

Congregational Business

Congregational Meeting

There will be a Congregational Meeting to hear the final report of the Call Committee and to discuss and vote on the recommendation of the Church Council to call a candidate for senior pastor, as identified by the Call Committee. Information about the candidate will be shared at the meeting. All Confirmed youth and adult voting members are invited and encouraged to attend. If you have questions prior to the meeting, please contact Pastor Chris Smith in the Incarnation Office.

When: Sunday, April 7, 12:00 p.m.