

## Lent Unplugged

### Lent 2016

Wouldn't it be refreshing to unplug from all the meetings, commitments, devices and networks that overstimulate our lives? The season of Lent invites us to deepen our experience of God's loving presence. The ancient church traditionally urged fasting or abstaining from practices that harmed us. This year at Gloria Dei, we are inviting one another to honor the tradition by **unplugging** from those things that interfere with our relationships and faithful priorities.

**3 minutes a day.** We'll invite you to spend three minutes each day unplugged - turning off your phones and screens, preoccupations and worries. Use those three minutes to let your mind and body rest, and to sit quietly in the presence of God. We'll provide specific suggestions each week for ways we can unplug from those things that distract us.

**Unplug in Community.** A series of Sunday morning forums will help us explore the topic, (see p. 7 for more information). Midweek worship on Wednesday evenings will give us the chance to unplug through quiet prayer with others. Various small group experiences on Wednesday evenings will offer us further opportunities to join others in discussion and expression of being unplugged in new ways (see p. 2). More information about all of this is on our website, and will also be described in the "Unplugged" brochure you'll find at Gloria Dei.

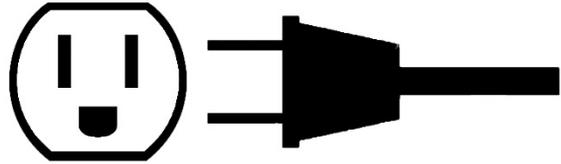
**Lent begins on Ash Wednesday, February 10. Join us in worship at 1:00, 4:30, and 7:00 pm.**



# Wednesday Evenings of Lent

February 17, 24, March 2, 9, & 16

Lent provides a wonderful chance to connect with others. As you observe the season this year, look for chances to unplug in community.



Lent Unplugged

**5:15—6:15 Supper is served each week.** Eat with friends or make new connections.

**5:45 – 6:45 pm —Small Group Activities** -- Join a Lenten small group for a chance to unplug from your busy schedule and connect to the Spirit in new and unexpected ways. Plan to join one of these for all five weeks, or sample several of them throughout the season. Learn more about each of these at Sunday Forum on February 14 at 9:30.

- **Overview of the New Testament** – No experience necessary for this introductory bible study on Christian scriptures. Pastor Bradley leads us. **Room 100**
- **Art & Faith** – Create, explore, delight in your faith. All levels of artists (including those of us who have never felt very artistic) are invited to dabble with a variety of materials to create expressions of faith. **Colonial Room**
- **Welcoming Task Force** – Join those who are exploring Gloria Dei's Welcoming Statement and how it might be expanded to provide an intentional welcome to Trans\* people and their families. **Room 109**
- **Book Discussion: *Beautiful Boy: A Father's Journey Through His Son's Addiction***, by David Sheff – A small group discussion, especially relevant to anyone who has a family member with an addiction. **Room 203**
- **Book Discussion: *Ask the Beasts: Darwin and the God of Love***, by Elizabeth Johnson— A small group discussion on this book claiming that Jesus' resurrection redeems all creation, and inviting Christianity and Darwinism to faithful dialogue. Pastor Lois leads us. **Gallery.**
- **Planet Earth Video** – Watch five segments of this beautiful series reminding us of the miraculous splendor of the earth and how we can care for it. **Youth Center**
- **Going Deeper Conversations** – Continuing our discussions from last summer, members of Gloria Dei meet one-on-one with those who want to get to know others more fully. **Gathering Place**
- **Open Gym** – Want to just play and let off steam? Unplug from inertia and enjoy some free time in Gloria Dei's open gym.

**7:00 pm Evening Prayer** — Contemplative, quiet invitation to unplug through prayer and reflection.

## Update On Our Restoration Work

Outside work has finally come to a halt around Gloria Dei. However, due to the mild fall and start to winter, a great deal was accomplished. Take a moment and read over the list of what has been completed.

- Underground fuel tank removed.
- Hazardous materials abated from soils and exposed foundations.
- Waterproofing and insulating completed on all foundation walls from front Snelling Avenue entry around to the west gym foundation.
- Choir room roof exposed and resurfaced, waterproofed and insulated.
- Removed front entry steps and waterproofed. Replaced steps.
- Window wells and stairs removed from around the Chapel foundation.
- Stabilizing helical piers installed under the Chapel wing.
- New concrete floor for the Colonial Room.
- Drain tile system installed around the foundation from Snelling entry to the west side of the gym and connected to the city storm-water line.
- New concrete slab poured under the existing chillers on the north side.
- Began to repair masonry on the south educational wing.
- Poured new concrete entry walk to front Snelling portico.
- Accomplished some of the rough grading.

It was amazing progress and places us in a good position when outside work starts up again following Holy Week. In the meantime, attention will be focused inside on completing the Choir and Colonial Rooms. Due to rain damage, the Choir Room is getting a complete overhaul. New lighting and ceiling tiles, south wall, carpeting and a fresh coat of paint will provide our music ministry with a well-deserved space in which to practice. The new windows for the Colonial Room are due to arrive at some point next week and will be framed in. New lights, carpet and fresh paint are coming as well as wainscot repairs.

On some other fronts, Les Jones will be coming soon to finish work on the bay windows of the 1964 addition. They will also be replacing the steeple membrane roof for us. We received a grant from Ramsey Conservation District and Capital Region Watershed District for the construction of a rain garden along the north side of the building. Work on the rain garden will begin in the spring.

In closing, a shout out to everyone who has teamed up to make this important work a reality. The financial support from all of you. The Gloria Dei staff and members of the CITF committee. HGA, Adolfsen & Peterson and Sterns & Associates. We have been blessed.

By God's Grace,  
Meg Stevenson



# Gloria Dei Auction 2016! Save the dates.

**Donate!!!** We need your donations.

**Volunteer:** We need help with auction setup, tear down, serving, decorations, marketing, soliciting items, you name it! Please contact Julie you'd like to help at [julie@printz@comcast.net](mailto:julie@printz@comcast.net) (651-308-5750, text or phone).

**Participate:**

**Live Auction/Fund-A-Need Event:** On Saturday evening, April 16th join us at the Highland Golf Course Clubhouse in St. Paul for a fun-filled, **cheesy** evening. Admission is free and food will be offered for a small donation along with a cash bar. We will hold the live auction and fund-a-need portion of the auction this evening, provided generously by Gloria Dei member Glen Fladeboe of Fladeboe Auctions.

**Silent Auction:** On Sunday, April 17th, join us in the Gathering Space between services and bid on items for all ages.

**Online Auction:** On Monday, April 18th thru Friday, April 22nd bid in the online auction for group events, services and gift certificates to local businesses.



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In my family growing up, we were fairly stoic Europeans who did not make a fuss over things. Everyone had their ups and downs. Good things happened, but bad things didn't happen to us. Instead, Problems happened. There were "Little Problems", "Problems" and "Big Problems".

A Little Problem would be minor. These were things that would work themselves out. A Problem was going to take some time and effort to fix, but if you did the right things, all would be well. A Big Problem might turn out to be permanent. Sometimes all you could do was be thankful that the situation wasn't worse. When Big Problems happened, it was important to have family and friends around to help get through it.

As I have gotten older I still find myself using this system, though I have discovered that there is (forgive me) a problem with this kind of thinking. It implies that most difficulties will either go away, or will be solved by doing the right things. Real life isn't that simple.

I knew, growing up, that some of my relatives had "a Drinking Problem". My parents cautioned me about this, as I have warned my children, as though words by themselves will act as a protective shield. Through the years I have had to watch some of my dear friends and family do battle with alcohol abuse. Not all of them have won. It is a wrenching experience. I have truly appreciated the support of a faith community that understands and helps things to not feel so bad.

This year, our Gloria Dei Hope In Recovery group is focusing on ways to support those families and friends who are doing their best to cope with problems caused by addiction. We are planning a Lenten book study of "Beautiful Boy" by David Sheff, a true story of a son's addiction from his father's perspective. We invite you to join us, because Problems resulting from addiction are never Little, and when Big Problems happen, it is good to have family and friends around to help you get through it.

## Blood Drive at Gloria Dei on February, 2016

Preparations are underway for this year's only blood drive at Gloria Dei. Jane Stendahl is leading the effort, with a great group of volunteers doing the calling, scheduling, and working at the blood drive itself. Donation times are available 2:30 – 7:30 pm on Monday, February 8 in the Gathering Place. At Gloria Dei's last blood drive in February 2015, 56 units of blood were given. That had the potential to save 196 lives. Think of the difference made in the care of God's creation; the lives saved being someone's family member and maybe someone in your family.

Please realize that it wasn't just **Gloria Dei** members that donated here February 2015. People from **Mount Zion Temple** and **Holy Spirit Catholic Church** came to donate also. This neighborly alliance called the **Circle of Faith**, works with the **Red Cross** to make the blood drive at each church more successful than any one church could do alone and therefore the cost per unit of blood collected is less.

The Red Cross schedules blood drives at one of the Circle of Faith congregations 4 or 5 times per year, so that there are more than 56 days between donation opportunities within the Circle of Faith. That assures enough time has elapsed to make donors eligible to donate single units again.

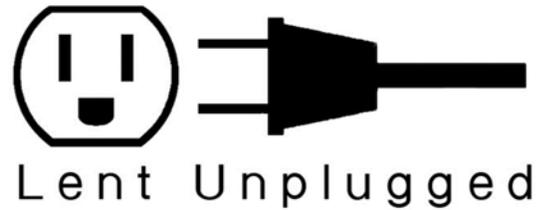
Last November when I donated blood at Mount Zion Temple, I walked in and felt such joy at seeing so many people from Gloria Dei there doing the same thing. An extra bonus for donating at Mount Zion is their tradition to serve delicious homemade matzo ball soup in addition to the usual snacks before you leave. We are grateful to God that we live in a community in which we can work together on projects with our sister church and temple to make good things happen like this and Project Home. Watch the announcement pages for opportunities to donate at Mount Zion and Holy Spirit later in the year as reminders that it is time to donate again. Help us make the Circle of Faiths Blood Drives even more successful ever this year.

Consider donating on February 8. The Red Cross has lots of information about eligibility questions on-line at [www.redcrossblood.org](http://www.redcrossblood.org). Click here (((www.redcrossblood.org ))) and use sponsor code 0173445 to register, or call Jane Stendahl at 651-699-2257.

# Sunday Forums

## Sunday mornings, 9:30 am, Fellowship Hall

**2/14/16 Unplugged: Lent 2016.** An introduction to our theme for the season, and a sampling of the ways we can practice unplugging during the Wednesday nights of Lent. Pastor Lois and other leaders will explore ways we can unplug this Lent.



**2/21/16 Mindfulness** – How do we “unplug” from the distractions of everyday life in order to make room for God’s new life in us? Nancy Agneberg and Ruth Halvorson will lead us in practices that can help us more fully experience mindfulness and other forms of meditation.

**2/28/16 Unplug from Inhospitability** – How might Gloria Dei expand our Welcoming Statement to foster a more welcoming culture for people who are transgender and their families? Come prepared to get your questions answered on what it means to be transgender (or “trans\*”), why a specific welcome to trans\* folks is needed, what concrete steps will make trans\* folks feel truly welcomed at Gloria Dei, what’s going on with the bathroom use controversy in the news—and all sorts of other issues. Gloria Dei’s Working Group on Expanding Our Welcome will moderate our discussion. Hope to see you there!

**3/6/16 Unplug from Distractedness--** How do we "unplug" from the distractions of everyday life in order to make room for God's new life in us? Dr. Lois Malcolm, professor of Systematic Theology at Luther Seminary, leads us as we consider the biblical call to unplug from the need for success, approval, affirmation, and allow the Holy Spirit to shape our sense of self.

**3/13/16 Unplug from White Privilege--** How do we “unplug” from the prejudice or social norms that allow some of us to benefit from privileges we’re not even aware of, while others experience daily oppression? Gloria Dei’s Racial Justice Working Group leads our reflections.

**3/20/16 Unplug through Worship.** Holy Week worship allows us to unplug from isolation and self-absorption, turning us instead toward the mystery and miraculous grace of God. Our clergy will lead an introduction to Holy Week worship, which opens us to a broader sense of self and community in these sacred days.

**3/27/16 Easter Sunday. No forum.** Join us for worship at 8:00, 9:30 or 11:00 am.



## Our Construction Project

follow the construction project at



<http://www.gloriadeistpaul.org/giving/capital-improvement>

## Financial Update

By Jeanne Hanson, Administrator

**Gloria Dei Lutheran  
Church**

**700 Snelling Avenue  
South**

**St. Paul, MN 55116**

**651-699-1378**

**By God's grace,  
we are called to be a  
caring, healing and  
welcoming community  
who proclaim and  
celebrate the love of  
Jesus Christ,  
live as God's servants  
and seek justice for  
all people.**

### Capital Fund Information

Contributions Year to Date	\$ 617,659
Monthly mortgage payments Interest Only	
Capital Improvement Costs Year-to-Date	\$ 666,791
Balance in Capital Accounts December 31, 2015	\$ 347,806
Mortgage Balance December 31, 2015	\$1,718,031

### FINANCIAL UPDATE

#### Operating Information

**December 31, 2015**

Total offerings	\$ 95,682
Ahead (Behind)	(\$ 9,761)
Total Income	\$ 122,586
Total Expenses	\$ 122,006
Net for Month	\$ 580
Total YTD Offerings	\$ 1,012,801
Ahead (Behind)	\$ 8,101
Total YTD Income	\$ 1,268,266
Total YTD Expenses	\$ 1,277,546
Net for Current Year	(\$ 9,280)