

March 2019

Scripture Passage of the Month:  
**Psalm 119:105**

*Your word is a lamp to my feet and a light to my path.*  
Psalm 119:105

In her latest article for the Living Lutheran magazine, our Presiding Bishop, Elizabeth Eaton, asks the question "What is God Up To?" It's a very good article and I encourage you read her entire message at [www.livinglutheran.org/2019/02/what-is-god-up-to/](http://www.livinglutheran.org/2019/02/what-is-god-up-to/).

I was especially struck by one particular paragraph, particularly as we of St. Mark's are wrestling with the same question as we work together to discern God's direction and vision for our future. She writes:

*If we want to attract people to our congregations to rebuild a memory, God will not bless our efforts. But if we – grabbed by the Spirit in baptism, changed by the word, intimately and lovingly connected to Jesus and each other in communion, and set free by grace to serve the neighbor – invite all people into true life, then we shall become part of the answer.*

I think that's a really good description of what it means to be Christ's church. These are the basics and if we get the basics right, we are doing and being what we are called to do and be. These are the things that are fundamental to our life together and our ministry in the world. We come together to receive the love and grace of God through word and sacrament, and then renewed by community, inspired by preaching and teaching, empowered by water, bread and wine, we share God's love and grace with the world. It's who we are and what we do.

Here at St. Mark's, the sacraments, baptism and communion, are central to our worship and our experience of life together. In addition we hear God's word read and expounded on whenever we gather. But there's more. I invite you to go deeper; to study together and reflect together on what this life of faith means – what it means to follow in the Way of Jesus.

This month, as part of our Woven Together: Many Threads, One Fabric theme, we are highlighting adult education and Bible Study here at St. Mark's. The theme verse from Psalm 119, speaks of the guidance we need and receive from God when we open the scriptures and study them. Reading, studying, discussing together the basics of our faith, draws us into a deeper relationship with God and with one another and shines light on the path God asks us to follow.

Here at St. Mark's there are many opportunities for going deeper through Bible Study and conversation around what it means to live a life of faith. Take advantage of these opportunities. Help create additional opportunities. Let your pastors know when you might be available or what you would like more information about or how you might like to increase your participation in this vital aspect of our church life. God's word has power to transform us as individuals and as a congregation. Let's go there together.

God's peace,  
Pastor Mary

## Coming Up...

**March 3:** Blood Pressure Screening

**March 3:** Youth BINGO fundraiser, 11:30 am—2:00 pm

**March 3:** Carpool Karaoke, 7 to 9 pm

**March 6:** Ash Wednesday services at 11:30 am and 7:00 pm (Dinner at 5:00 pm)

**March 6:** No JAM/Confirmation or HSYG

### Spring Break

No JAM/Confirmation/HSYG  
March 10,13, and 17

**March 10:** Blessing of the Quilts at both worship services

**March 13:** *Interwoven* Wednesday Worship Service for Lent @ 6 pm. Discussion follows @ 6:30.

**March 20:** *Interwoven* Wednesday Worship Service for Lent @ 6 pm. Discussion follows @ 6:30.

**March 27:** *Interwoven* Wednesday Worship Service for Lent @ 6 pm. Discussion follows @ 6:30.

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# What's happening this month

## BINGO Youth Adventure Trip Fundraiser Rescheduled for March 3

Join us from 11:30 am to 2:30 pm for a fun afternoon of BINGO! Concessions! Great prizes! All ages are invited. \$10 per person provides cards to play all the games. Additional cards can be purchased for \$1 each. Proceeds will support the youth as they earn funds for their summer adventure trip.



## Season of Lent begins on March 6

March 6 is Ash Wednesday. Ash Wednesday ushers us into the season of Lent, that 40 day period where we intentionally walk with Jesus on his way to the cross. It is a time for self-examination and contemplation; a time to deepen our faith and understanding.

During Lent this year, our mid-week services will use the Holden Evening Prayer format to focus on the theme **Interwoven: God's Story and Our Stories**. All services are in the Sanctuary unless otherwise noted. During worship on Wednesday evenings from March 13 to April 10, members of our congregation will reflect on a particular Bible passage (God's Story) that has special meaning for their lives (our stories). This passage may have provided comfort or direction at a particular time, or it may have challenged them to look at things in a new way. Following the service, we will gather with that evening's presenter for a time of deeper conversation and reflection on what has been shared.

### Wednesday worship service schedule during Lent:

March 6 : Ash Wednesday Services at 11:30 am (Chapel) & 7:00 pm  
Community Supper 5:00 pm

March 13-April 10:

Community Supper at 5:00 pm  
Interwoven Worship Service at 6:00 pm  
Interwoven Discussion at 6:30 pm

- March 13: Dick Dolby
- March 20: Susie Modrow
- March 27: Margaret Schultz
- April 3: Jenn Luong
- April 10: Kurt Biedermann

### Schedule for Holy Week & Easter Sunday:

April 14: Palm Sunday Services at 8:45 and 10:15 am with  
Youth Pancake Breakfast between/after services

April 18: Maundy Thursday Services 11:30 am (Chapel) & 7:00 pm

April 19: Good Friday Service at 7:00 pm

April 21: Easter Sunday Services at 7:00, 8:45 and 10:15 am

## Donations for Police Hospitality

Last October, we began a new community partnership between St. Mark's and the North Saint Paul Police Department. We offer space for officers to take a break, have something to eat, and fill out paperwork in Fellowship Hall during evening and overnight shifts. They have been so appreciative of our hospitality! If you would like to donate food items to this outreach program, below are some suggested items. Food can be brought to the Fellowship Hall kitchen and marked for police:

bottled water, individual juices, small assorted chip bags, snack bags, frozen microwaveable sandwiches, microwave popcorn, cookies and bars

## Wednesday Night Dinner

Join us for dinner on Wednesday nights (5-5:50 pm) in Rees Hall. Suggested freewill offering of \$2/ person or \$10 max/family. Be sure to follow St. Mark's on Facebook, where we post the menu each Wednesday:

March 6: Sub sandwiches (Ash Wed.)  
March 13: Sloppy Joes  
March 20: Baked Potato  
March 27: Mexican specialties

## Graduation Scrapbooks

In June we will be recognizing our high school graduates, and St. Mark's scrapbookers will again make a personal memory book for the students. We invite each graduate/parent/grandparent to provide \$15 (for basic materials) 10 photos (to be inserted in the book) and 10 memories to go with the photos. Please contact Karyn Mikel at [karynmikel@comcast.net](mailto:karynmikel@comcast.net) or 651-779-8624 to obtain the form. Pictures and form are due by April 28.

**Ministry Highlight Insert:  
Women's Ministries &  
Adult Education**



Please take a moment to read the *Women's Ministries & Adult Education* insert at the back of this month's newsletter. It's filled with an overview of the many opportunities to go deeper at St. Mark's through Bible Study and conversation around what it means to live a life of faith. This focus on ministries continues every month during the program year.

**Partnership with Genesis East Covenant Church and Pastor Aaron Freer**

Pastor Aaron started leasing office space at St. Mark's February 1, and we look forward to welcoming the rest of the congregation on Sunday mornings beginning in April 2019. Genesis East is contracting with St. Marks to use our Chapel and our Fellowship Hall (once it becomes available mid-May) for worship, education and fellowship. This is a wonderful opportunity to share our beautiful and abundant space with another ministry in our community. We are hopeful it is only the first of many such opportunities. Below is a brief bio provided by Pastor Aaron:

*Aaron, his wife Kate, and their three kids (Nash, Mila, Knox) live in Mahtomedi, MN. Aaron is the founder and Lead Pastor of Genesis East Covenant Church, a small multigenerational community of people in the East Twin Cities Metro who are committed to wrestling with God, encountering each other and bringing good into the world. Aaron encourages people to pursue honesty and vulnerability as we all seek to join God's work of cultivating new beginnings in all of us, everywhere. Aaron enjoys spending time outside (especially anything to do with Lake Superior), reading anything by John O'Donohue or Richard Rohr, and spending time with Kate, his kids and close friends. You can find him this winter taking care of the hockey rink on the pond behind their house.*

On Ash Wednesday, March 6, members of Genesis East will be joining us for supper at 5:00 and holding their own worship service in the chapel at 7 pm while St. Mark's folks are worshipping in the sanctuary at the same time. During supper and before our services we will have the opportunity to introduce ourselves to one another and get acquainted. We ask for God's blessing on both of our congregations as we step forward together into this new partnership.

**St. Mark's Property Committee Needs You**

The Property Committee is looking for new members who may be interested in working "behind the scenes" of our active church. We focus on the care and maintenance of the building and the grounds. Some of our projects are large, such as repaving the parking lot, or as small as washing mirrors. We welcome anyone who has a love for this place and is willing to share their gifts and ideas with like-minded people. We meet on the second Tuesday of the month at 6 pm. For more information, please contact Heidi McKenzie at 651-231-5500 or Hunter Winner at 651-500-1930.

**Coffee Hour Sponsorship**

In our ongoing efforts to be good stewards of our resources for ministry here at St. Mark's, we are inviting members of the congregation to consider sponsoring coffee on a given Sunday. \$30 will cover the cost of the coffee for our fellowship time for one week. Maybe you'd like to choose a week to sponsor in honor of a significant event in your life or in memory of a special someone. Or maybe you just love coffee and want to share the love! During the month of March, council representatives will be available in Rees Hall to help you sign up. Just a fun and easy way to contribute to the life and fellowship of our congregation. Thanks!

**Financial Update through January 2019**

	January 2019	YTD Budget	YTD 2019	Over/(Under) Budget	YTD 2018
Contributions	\$48,953	\$47,545	\$48,953	\$1,408	\$61,503
Other Income	296	862	296	(566)	712
Total Income	\$49,249	\$48,407	\$49,249	\$842	\$62,215
Expense	\$69,679	\$73,226	\$69,679	(\$3,547)	\$73,033
Difference	(\$20,430)	(\$24,819)	(\$20,430)		(\$10,818)

# Children, Youth & Family Ministries

the great



This year, we are focusing on Bible stories that teach us how God walks with us through ALL the emotional ups and downs of life. Kids will receive different emoji stickers each week to create a poster!

JAM is our Children's Ministry Program for all kids from Age 3 through 5th Grade and is offered weekly at 6:30pm on Wednesdays and 10:15am on Sundays. It's never too late to sign up -- you can register your kids for JAM on the church website ([www.stmarks-nsp.org/k\\_5\\_grade](http://www.stmarks-nsp.org/k_5_grade)) or complete a registration form at church.

Volunteer Sign-Ups are available on the church website or you can sign up at church. Please contact Pastor Ivy if you need financial help or have any questions!

## What's Next...

As we move into March, you may be wondering what is happening within the Children, Youth and Family ministries of St. Mark's since Jan's departure alongside the 2019 budget adjustments which will impact the CYF ministries beginning this Summer. Here's what we can tell you:

- We will continue to provide engaging and educational opportunities for your children and youth and are working to maintain as much of the programming as possible through the beginning of May which includes Sunday and Wednesday JAM. We have a dedicated group of leaders who have stepped up and stepped in to help us in this process across all the ministry areas and are thankful for their many gifts. During this time, Pastor Ivy will take over the leadership of the Children's ministry and any questions you have should be directed to her or the Children's Leadership team.
- We are adjusting several events on the CYF calendars to reflect our new reality which include letting go of the Worship Young worship experience originally scheduled on Feb 27. & Mar. 3 and the Stations of the Cross experience originally scheduled on April 10. Both events are cancelled for now but will be part of discussions moving forward. On April 10th, we will have JAM, Confirmation and Youth group along with worship at 6:00 pm.
- We encourage you to join us for the last Listening Post session on Saturday, March 2, from 10:00 -11:00am in the youth room. Susie Modrow, our High School Youth Leader and Pastor Ivy will be leading discussions about where we are and where we are being called by God to go in relation to the CYF ministries of St. Mark's. We also will be sending out an electronic survey to parents and volunteers within the CYF ministries in order to glean greater insights. During Lent, we'll be discerning our best way forward and hope to have plans in place for Summer/Fall of 2019 by the start of May.

## Upcoming Dates for JAM

- No regular JAM due to Ash Wednesday and Spring Break: March 6, March 10 & 13, and March 17. Plan to join us in worship if you are in town!
- Starting March 20, we'll be exploring the Parables of Jesus and how Jesus walks with us throughout our lives.
- Beginning in April, SUNDAY JAM will begin in the Fellowship Hall. We will be renting the chapel space to a new, mission start congregation to use for worship. Watch for further details. 5th Grade Welcome to Confirmation- Wed April 3: 5th graders will join in on confirmation to see what it's all about. There will be a brief parent meeting at 6:30 to discuss the transition from JAM to Confirmation.

## First Communion Workshop Saturday, April 13

Children in 3rd grade & parents are invited to a workshop from 9:30 to 11:30 am (please note time change!!!) to learn about Communion. Students will receive their First Communion during the evening Maundy Thursday service on April 18 at 7:00 pm.



March 11-17, 2017

## Confirmation Ministries Grades 6–8

We meet on Wednesday nights, 6:30-7:30 pm in Rees Hall unless otherwise noted.

**Sat. Mar. 2:** 8th Grade Poverty Experience: **CANCELLED**

**Wed. Mar. 6:** Ash Wednesday – No Confirmation. Join us for dinner starting at 5 pm and worship at 7 pm

**Wed. Mar. 13:** Spring Break – No Confirmation

**Wed. Mar. 20:** Teaching Night: Holy Baptism – Washed in the Waters; 8th Grade to check out Youth Group (6:30-8:00 pm)

**Wed. Mar. 27:** Feed My Starving Children Service Project with HS Youth Group. Meet at church at 5 pm (dinner will be available) and get on the bus to pack meals at FMSC in Coon Rapids. We'll return at 8 pm. Wear closed toe shoes and do not come if you are ill.

**Wed. Apr. 3:** Teaching Night: Holy Communion – Taste and see; Welcome to Confirmation 5th Graders

**Wed. Apr. 10:** Senior Mentor Visits

## High School Youth Group Calendar

Youth Group meets regularly on Wednesday nights from 6:30 to 8:00 pm in the Youth Room (upstairs in Rees Hall).

**March 2:** Listening Post for CYF from 10-11 am.

**March 3:** BINGO fundraiser, 11:30 to 2:00 pm

**March 3:** Carpool Karaoke, 7-9 pm, Bring \$ for pop. Snacks and lemonade are free.

**March 6 & 13:** NO Youth Group

**March 20:** Welcoming 8th Graders to Youth Group

**March 27:** FMSC from 5-8 pm

## Come Sing with the Joyful Voices Choir during Lent and Easter

Attention all youth, ages 7-17: You are always welcome in the Joyful Voices Choir. Lent and Easter will soon be here. Do you remember hearing some of those great pieces we have sung (or maybe you sang with us)? Think *The Walk To Calvary* and *A Lenten Love Song*. Those were always favorites, and you can join us to sing them again. Just show up in the music room any Wednesday between 4:45 and 5:30 pm. We will be singing for a couple of the Wednesday evening services, and also on Maundy Thursday and Palm Sunday. Don't miss out. All are welcome - and did I mention - there are always treats, and supper. Contact [dorotheaj@stmarks-nsp.org](mailto:dorotheaj@stmarks-nsp.org) if you have any questions.

### **Children, Youth, and Family Ministries: Pastor Ivy Huston**

Email: [privyh@stmarks-nsp.org](mailto:privyh@stmarks-nsp.org) Tel: 651-777-7451, ext 232

### **High School Youth Ministry: Susie Modrow**

Email: [susiem@stmarks-nsp.org](mailto:susiem@stmarks-nsp.org) Cell: 320-279-0905

# Women of St. Mark's

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## Come Quilt With Us

St. Mark's is Blessed to have a very faithful group of quilters who assemble and tie quilts for Lutheran World Relief as well as for those in our community. These quilts provide comfort and warmth, often in difficult times. Quilts change lives. All women of our church are invited to help make quilts. You qualify if you can tie a knot!! Plan to attend one or more of our last two quilting sessions of the season on Thursday, March 14 and 28. We meet in Fellowship Hall from 1:00-5:00 pm. Come for an hour, or stay for the entire time. Your help is appreciated, and what a wonderful feeling of satisfaction to know that this quilt that you are making will help someone in need. Please contact our quilting coordinator Shirley Pickett 651-735-0016 with questions.

## Quilts will be blessed on Sunday, March 10

Did you know that St. Mark's quilters began about 45-50 years ago?! In the last 15 years, approximately 1,325 quilts have been made which equals about 10,600 yards of material. 10,600 yards of material would cost about \$53,000. Batting for 1,325 quilts would cost about \$5,000, plus the cost of thread for sewing and tying. The quilting program is sustained by donations and is sponsored and supported by the Women of St. Mark's. Thanks be to God for all the faithful who made this ministry possible.

## Prayer Shawl Ministry – March 19 at 7:00 pm

Prayer Shawls bring comfort to those in need. Meet in the Fireside Room at 7:00 pm as we knit and crochet and pray together. Help provided! We meet on the third Tuesday of the month. Contact Sue Fletcher 651-770-1271 for more information.

## The Women of St. Mark's Board Meeting – March 25

We meet at 6:30 pm in the Fireside Room. All board members and circle representatives are asked to attend.

## 32nd St. Paul Area Synodical Women's Convention "Hospitality" Based on 1 Peter 4:9-11

You are invited to join women from around the St. Paul Area Synod for Bible Study led by Bishop Patricia Lull (worship with communion, learning sessions and business meetings) on Friday and Saturday, **May 3 & 4** at St. John's Lutheran Church in Lakeville. We will be collecting new socks and underwear for women and children. Please leave your donation in the collection cupboard in Rees Hall, or bring it with you when you come! This is a time of learning, fellowship, entertainment and good food with other Christian women. All women are welcome. Registration forms are in Rees Hall on the Women's Board. Scholarships are available for first time attendees. Call Virginia Coller 651-777-0584 for more information.

## Bible Studies

There are many weekly and monthly Bible studies available at St. Mark's. If you are interested in digging deeper into God's Word, making new friends, and having great conversation, contact the church office or Virginia Coller at 651-777-0584 to get all the details. You can also review the *Woven Together* insert included in this newsletter.



## Congregational Singing Matters: A note from Neil Lubke

“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs with thankfulness in your hearts to God.” - Colossians 3:16

“Show me a church’s songs and I’ll show you their theology.”  
- Gordon Fee

What we sing matters. It instills and informs and reinforces what we believe. What we sing often shapes our theology and our faith far more than what we hear from the pulpit. Songs have a way of taking up residence in our psyche and staying in our head and heart much longer than speeches or sermons. What we sing can shape our social conscience as well, and draw people together in solidarity. Think about the power of “We Shall Overcome” during the civil rights marches in the 60s, or songs like “Imagine” or “Blowin’ in the Wind” protesting the war in Vietnam. Martin Luther knew this and used it to great advantage. He set psalms and other scripture passages, the Creed, the Lord’s Prayer and parts of the catechism to simple hymn tunes so that the word of Christ, and the basic tenets of faith would be imprinted in the minds and hearts of Christians. Other reformers quickly followed suit, and with the help of the printing press, hymn writing grew exponentially. A couple centuries later, John and Charles Wesley alone left a legacy of nearly 6500 hymns and over 50 hymnals, so that the church might be “taught and admonished.” To this day, poets and musicians continue to craft songs of praise and thanksgiving, hope and comfort, songs that teach and inspire us, unite and challenge us.

## Council Corner: February Meeting

The February meeting is typically filled with administrative activities involved with bringing on new members elected at the annual meeting. This year was no exception. The election of officers was held. The executive team will be again made up of President Shannon Young, Vice President Beth Ingberg, and Secretary Alan Wyman. The difference is that Josh Hirman will also be joining the executive team to learn the ins and outs of being the secretary in the future. Volunteers were also solicited to be liaisons to the various standing committees. For some committees it will be new to have a liaison and some committees are in the process of forming. The liaisons are:

- Finance - Bob Engwer
  - Hospitality - Carolyn Newell
  - Players & Planners - Karen Biedermann
  - Worship & Music - Mike Ericson & Brian Larson
  - Property - Gary Hook & Brian Larson
  - CYF - Pam Simanski, backed up by Nick Glendenning
  - Personnel - Beth Ingberg
- Starting in April the chapel will become the worship space on Sunday mornings to Genesis East Covenant Church. We are preparing to welcome them on Ash Wednesday with our dinner in Rees Hall followed by each congregation holding a separate service.
  - The Council will be holding a retreat on April 6 to plan and prepare for the year and beyond.

*The complete meeting minutes are available in the church office after they are approved at the following meeting. The next Council meeting is scheduled for March 21, 2019 at 7:00 pm.*



## Did you know . . .

the St. Mark's Foundation Board of Trustees meets 4-5 times a year to conduct its business. If you have any questions, comments, grant requests or other business for the board members, please contact a board member, fill out the contact form on the website or drop a note in the Foundation mailbox in the church office. The upcoming board dates are: April 9, June 11, Sept. 10, Nov. 13. Visit our website for more information about the Foundation and its mission at [stmarksnspfoundation.com](http://stmarksnspfoundation.com).

## Have you signed up for Electronic Giving?

Electronic giving can be an easy way to commit to a consistent giving plan. Go online at [stmarks-nsp.org](http://stmarks-nsp.org) and choose the “Donate Online” button to access Simply Giving through VANCO Services. Create a user profile and set up your offering schedule and form of payment. Offerings can be made as a debit from your checking/savings account or with a debit or credit card. If you have any questions, please contact Helene Doran in the church office at [helened@stmarks-nsp.org](mailto:helened@stmarks-nsp.org) or 651-777-7451.

## Have you subscribed to St. Mark's weekly eNews update?

It's a fun way to keep in touch with what's happening at St. Mark's, in the community, and the world. If you would like to receive this weekly "mini-newsletter" just email [annm@stmarks-nsp.org](mailto:annm@stmarks-nsp.org). You can unsubscribe at any time.

## Church Office Hours

Mon - Thurs  
8:30 am - 4:00 pm  
Closed on Fridays

## Weekly Worship Services

Sundays  
8:45 and 10:15 am (Sept-May)

Wednesdays  
6:00 pm (Sept-May)

## Visit us online

At [www.stmarks-nsp.org](http://www.stmarks-nsp.org) you will find lots of resources such as the current newsletter, the most up-to-date online calendar and downloadable forms.

## St. Mark's Prayer Line & Community Prays Email

Prayer is Powerful. A Community Prays email is sent weekly to staff, council, the prayer line group, and anyone who would like to be part of this ministry! Contact the church office at 651-777-7451 to sign up or ask questions. If you do not use email, we will mail the weekly prayer lists to your home. You may also continue to contact Dawn at 777-7693 with Prayer Line requests.

## Follow us on Facebook



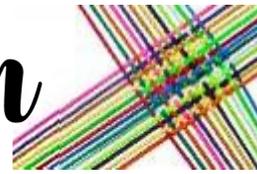
Fun pictures from events and around church, inspiring updates, and timely event reminders are posted often. Find us at [facebook.com/stmarksnsp](https://www.facebook.com/stmarksnsp) to get status updates on your timeline!

## Staff Directory

Church Office.....	(651) 777-7451
After Hour Pastoral Emergency.....	(651) 274-9708
Lead Pastor, <i>Mary Froiland</i> .....	<a href="mailto:primaryf@stmarks-nsp.org">primaryf@stmarks-nsp.org</a> , ext. 222
Pastor of Faith Formation, <i>Ivy Huston</i> .....	<a href="mailto:privyh@stmarks-nsp.org">privyh@stmarks-nsp.org</a> , ext 232
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Morning Receptionist, <i>Jenn Luong</i> .....	<a href="mailto:jennl@stmarks-nsp.org">jennl@stmarks-nsp.org</a> , ext 221
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Custodian, <i>Heather Winner</i> .....	<a href="mailto:heatherw@stmarks-nsp.org">heatherw@stmarks-nsp.org</a> , ext 237

# Woven Together

MANY THREADS ONE FABRIC



## March Highlight: **Women's Ministries & Adult Education**

### Overview of Women's Ministries

The Women of St. Mark's Ministry Vision: As an organization of Christian Women, we encourage all women to grow in their faith, be of service to others and engage in fellowship with other women.

The Women of St. Mark's have six Bible Study Groups that meet monthly for Bible Study and fellowship. Studying the word of God is the focus of our time together as it has been for many years. From the Ladies Aid to the LCW (Lutheran Church Women) to the current Women of the ELCA, we grow through study and through service to others. We remember St. Mark's shut-ins with cards and small gifts throughout the year. Cards of support are sent to St. Mark's women in the military. We provide financial support to local organizations as well as support for people in India, Tanzania and Guatemala. All women of the church are welcome and encouraged to join us. For more information about the Women of St. Mark's, contact Virginia Coller at 651-777-0584.

### Quilt Ministry



For over 45 years, St. Mark's has been blessed with a faithful group of quilters who assemble and tie quilts for Lutheran World Relief as well as for those in our community. These quilts provide comfort and warmth in difficult times. Quilts change lives. In the last 15 years, approximately 1,325 quilts have been made – that equals about 10,600 yards of material! Thanks be to God for all the faithful who made this ministry

possible. The quilters meet twice a month from 1:00 to 5:00 pm (come when you can and stay as long as you like), January through March. If you are interested in participating, no experience is necessary – if you can tie a knot, you are qualified! Please contact the quilting coordinator Shirley Pickett at 651-735-0016 with questions.



### Prayer Shawl Ministry



This ministry shares God's love through the comfort and warmth of handmade shawls. The group gathers monthly to pray and knit/crochet shawls that are given to

people during times of need such as a hospital stay or while in a nursing home. As the shawls are created for others, the strands of yarn become an expression of the loving care of God working through us. Recipients feel wrapped in the warmth and love that the prayers and yarn have become. If you know someone for whom a shawl would be beneficial, contact the church office and arrangements will be made to deliver a shawl. The group meets on the third Tuesday of the month. Contact Sue Fletcher at 651-770-1271 for more information.

### Special events

Throughout the year, special events are where women gather together for programs, good food and meaningful fellowship. These range from a Cabin Fever game day in winter, a spring luncheon, craft day, holiday brunch, "field trips" to plays and Synod events, and attendance at local and national ELCA gatherings.

*Continued →*

### Are you ready?

Here at St. Mark's there are many opportunities for going deeper through Bible Study and conversation around what it means to live a life of faith. Take advantage of these opportunities. Help create additional opportunities. Let your pastors know when you might be available or what you would like more information about or how you might like to increase your participation in this vital aspect of our church life. God's word has power to transform us as individuals and as a congregation. Let's go there together. Contact the church office at 651-777-7451 for more information about adult education opportunities. Contact Virginia Coller at 651-777-0584 to learn more about Women's Ministries at St. Mark's.



## Adult Education

Faith is a lifelong journey of exploration where we seek to understand our lives and the ways of the world through the lens of scripture, prayer and conversation with God and one another. As adults, we often neglect to carve out time to participate in the spiritual practices which help us stay grounded in God's peace and sustained in God's grace. The further along the path we walk with God, the more we begin to recognize where God has encouraged and uplifted us as well as where God has challenged us. Through a variety of topics, always grounded in scripture and Lutheran witness, we come together explore God's promises of new life. Groups are always open to new members!

Group	Description
<b>Old Testament Bible Study</b> Mondays 6:00 – 7:00 pm	This group provides opportunity for spirited discussion around biblical texts and their application for our life today. The group is currently studying the minor prophets and expects to move into the New Testament shortly. <i>Led by John Froiland</i>
<b>Tuesday Morning Bible Study</b> Tuesdays 8:30 – 9:30 am	This group is taking a year long walk through the highlights of the Bible from beginning to end. The group has completed a survey of the Old Testament and is currently following the life of Jesus as recorded in the Gospel of Matthew. <i>Led by Pastor Mary Froiland</i>
<b>Weekly Word</b> Wednesdays 10:00 – 11:00 am	This is a chance to preview the scripture passages which will be used in worship and preaching for the following week. The group is led by the preaching pastor for that week.
<b>Denny's Bible Study</b> Thursdays 8:00 – 9:00 am  (White Bear Ave near Maplewood Mall)	Previously a men's Bible Study, this group is open to anyone since Pastor Mary was welcomed in. Faithful and far-ranging conversations around scripture are accompanied by good food.
<b>Women of St. Mark's Monthly Bible Studies</b> Various dates & times	Six Bible study groups meet for study and fellowship. They use the yearlong Bible study presented in <i>Gather</i> magazine. Every group is open to new participants. Contact the church office, or Virginia Coller, for times and dates of gatherings.
<b>Topical series</b>	These are offered at various times and usually run for 4 – 6 weeks at a time. During Lent we will have the opportunity to gather following the Wednesday evening service for discussion on the Lenten topic, <i>Interwoven: God's Story and our stories.</i>

## God Moments

"We gather together 6 afternoons every year to assemble quilts for Lutheran World Relief and local agencies. Sometimes it seems as if there is "not enough" and we won't be able to make the quilts. And then, almost miraculously, the next time we gather there is enough material for 15 quilts and wonderful women arrive and put them together!" - Quilt Ministry

"We come together from different backgrounds, faiths and perspectives and yet can easily enter into conversations of faith without judgement. We are accepted as we are and don't feel pressured to have all the answers. We can say any bizarre thing; ask any question and no one judges, because we are all on the journey together." - Tuesday Bible Study

"My head is spinning! There is so much to think about – things I never considered before!"

"There is always something new to learn. There is great value in the discussion and the people gathered are interested in what God has to say to us now. Attending Bible study is like a religious battery charge that helps us keep moving through this life God has given us and can act like a road map for living." - Old Testament Bible Study

"I love the discussions with the pastors as they share insights from scripture. It's helps me prepare for worship, knowing what the scripture passages are about. It makes the sermons that much more rich and engaging." - Weekly Word



"Having an opportunity to engage in real life conversations through the lens of faith has been life giving for me. Seeing how difficult it is for our culture to engage in civil conversations about politics and community, having a space to faithfully and honestly reflect on the issues of our times gives me hope."

"I love sitting around a table with several different generations of people and hearing how God has been writing the story of grace and love on each heart. It makes me feel more connected to my faith and my church."

"On a hospital visit, Pastor Ivy brought a prayer shawl for a non-verbal teenager who had surgery. The smile on her face and the movement of her hands over shawl reflected God's presence in the room and brought a measure of peace and joy to the whole family."