Arlington Hills LUTHERAN CHURCH

"Lights From the Heights" - Newsletter - March - 2023

The Arlington Hills Lutheran Church

HVAC Fundraiser is underway!

Our president Jim Persoon announced at the annual meeting that we need a major repair on our HVAC system that services the Sanctuary. We have received nearly $70,000.00 so far towards the $150,000 total that it will take to make these repairs. We appreciate all those that have given so far and hope that others will consider making a financial commitment to this needed repair. More information will be mailed to you in the coming weeks.

Pre-work for this repair will start the 3rd week in March.

Thank You!

Congregational Council 2023-2024

Congratulations to our newly elected Church Council Members and returning members. On Sunday, February 5th the following members were elected to the Congregational Council at our Annual Meeting: Tom Brockway, Tom Hansen, and Diane Allmendinger, Linda Strohrkirch and Cindie Peterson who were elected to a second term.

At the February 21, 2023 Congregational Council Meeting the following members were elected to the Executive Committee:

Jim Person, President
Jon Helgason, Vice President
Diane Allmendinger, Treasurer
Florence Rasmusson, Secretary
Ex-officio - Pastor Mitch Kinsinger

An installation of the council will be held in March.

See page 12 for a full list of Congregational Council Members and their contact information.

Next meeting is a Council/Staff Retreat on Saturday, March 18, 2023

Mitch's Ministerial Musings

As I mentioned in the sermon last month, I had the privilege of praying at the opening of the Minnesota State Senate on February 6. It was quite a thrill. (A link to the one-minute prayer is on the church's homepage at ahlc-stp.org.) I met our Senator here in District 66, Clare Oumou Verbeten and our neighboring senator to the East, Foung Hawj. I also met John Marty, senator of District 40 in northern Ramsey county and chatted about friends we had in common.

The following day, I attended a gathering of ISAIAH, where Governor Walz spoke. On the following Tuesday, I attended a meeting of ISAIAH, a multi-racial, state-wide, nonpartisan coalition of faith communities fighting for racial and economic justice in Minnesota. Their mission is to build "a just and abundant Minnesota through faith in action." ISAIAH is an interfaith organization that brings together Protestant, Catholic, Muslim, Jewish, and other faiths. Governor Walz applauded their efforts for a cleaner environment, greater access to voting, and support for child care and health care, among others issues. Their efforts have helped bring justice to marginalized and underserved people in Minnesota.

Jesus calls us to care for the poor and needy. Maybe you can't rally at the capital with ISAIAH, but, you could check out their website at isaiahmn.org and support them in prayer, if that feels right, or at the very least pray for those they are seeking to help. And if you'd like a prayer to use, here are the words I recited for the Minnesota State Senate:

Almighty God, ground of our being,
we pause to remember our collective humanity
and the responsibility of this chamber for our communities.

Grant us, insight, prudence, courage, and wisdom as we work
to promote the common good,
and to secure the flourishing of all our people.

Keep us mindful of the demands of justice and the promise of peace.

To paraphrase the prophet,
may the answers not be "blowing in the wind,"
but found in the **collaborative** labors of this chamber.

May we have tight connections to the hearts of our people,
So that we promote
liberty and justice for all whom this chamber serves.

This we ask, with humble hearts and grateful spirits. **Amen.**

Yours in mission together, *-Pr. Mitch Kinsinger*

Becky's Blurb - March 2023

Grace and peace to you from our Lord and Saviour Jesus Christ,

The season of Lent is upon us, a holy time to draw closer to God in spiritual practices and disciplines. Lent allows us as Christians to walk more fully in our faith. Lent, a 40 day journey before Easter, was traditionally a time of penance, almsgiving and fasting. In the early church, Lent was a time of preparation of candidates for baptism and sinners who were excluded from Holy Communion. As a sign of their penitence, they wore sackcloth and were sprinkled with ashes.
The tradition of 'public penance' moved to the more common concept of receiving an imposition of ashes on foreheads on the first day of Lent—hence the name Ash Wednesday. The history of lent has held strict traditions that have gradually relaxed over the years. Nowadays, some often choose to 'give-up' something for lent, while others add a new spiritual practice to their way of living out their faith.

My encouragement to you is to find your challenge with both by utilizing the resource compiled by the Eastside Collaborative called THE LENTEN CHALLENGE 2023. This challenge offers both spiritual practices and 'giving up' of something.

UpcomingEvents:

- *Eastside Collaborative Team Meeting: March 27, 2023 6:00-7:30 PM @ Grace Lutheran* 1730 Old Hudson Road, St. Paul Join us by phone call: +1 (312) 626-6799 or on zoom https://luthersem.zoom.us/j/94833728174 pwd=eDFTU0hUZUNCdWlSZTZuL3o2cHVmUT09 We welcome new team members. Sit in on a meeting to see where you'd be interested in helping out.
- Lenten Opportunities:
  - ◊ Each church has different offerings for the members. I look forward to our Eastside Collaborative COMBINED Good Friday Service at 7 p.m. at Our Redeemer Lutheran Church on April 7, 2023 Are you interested in helping out? Ask your leadership team!
  - ◊ A big thanks to the Eastside Collaborative Social team for the '40 day journey through Lent' resource including spiritual practices and 'giving up' items! Connect with your church office for more information!

- Other Opportunities:
  Stay tuned! Information to come about educational opportunities to learn about some of our neighbors and their different cultures! Summer plans like worship in the park and National Night Out/Unite the Night are in the works!

  Game night @ Our Redeemer! March 10 @5:30-9:00 Bring a snack to share. Bunco will be taught!

Spring Moonlight Madness 2023
Friday, April 21, 2023 Grades 6-9

- $43 per person including adult leaders; this covers all fees except extra snacks
- Bus Fee ($20, looking again to hop on board with Gethsemane)

We are excited to offer the following activities this spring:

- Youth Rally led by well-known artist Rachel Kurtz (music/speaker) at Bethlehem Lutheran Church in South Minneapolis (singing, dancing, faith sharing, humor).
- Swimming, gym and ice skating at The Chaska Community Center in Chaska
- Movies (choice of 3-4 movies) in Lakeville
- Bowling, Lasor Tag and Arcade at Bowlero in Lakeville

--> Looking ahead to the Fall! Moonlight Madness on November 10, 2023

The Lenten Challenge 2023

During the season of Lent many people choose to give up something or do something extra. This year we are challenging you to do both!

The Challenge:

During the 40 days of Lent on the odd days (1, 3, 5, etc.) you will "give up" an item in your home that you do not need or use and put it in a bag. When you do this take a moment to reflect on God's blessings in your life.

On the even days (2,4,6 etc.) we challenge you to do something extra. Read scripture, pray for a specific need, walk, call a friend and more.

Drop off your bags at your church and the donated items will be delivered to the Alley Shoppe – a free store at Arlington Hills that has provided clothing and household goods to families since 1970.

Day 1- Give up something from a kitchen drawer.

Day 2- Pray "Let these 40 days be a way to clear clutter in my heart and mind to see you more clearly."

Day 3- Give up a mug or a pretty teacup.

Day 4- Call someone instead of texting.

Day 5- Give a bar of soap.

Day 6- Write a letter to a friend or family member.

Day 7- Give up a pair of shoes.

Day 8- Pray 3 times today.

Day 9- Choose one book: children's or adult to donate today.

Day 10- Reflect on John 3:17 *For God did not send his Son into the world to condemn the world, but to save the world through him*.

Day 11- Choose an item of clothing from your closet to add to the bag.

Day 12- Listen to or hum your favorite hymn.

Day 13- Give up a decoration or a tool from your home.

Day 14- Walk in your neighborhood or home and pray for the community you live in.

Day 15- Pick something from the linen closet to put in the bag.

Day 16- Send a message to someone who inspires you and tell them why.

Day 17- Look for a kitchen tool you no longer use to donate today.

Day 18- While eating breakfast, pray for those who do not have enough to eat.

Day 19- Donate a cake mix or canned frosting.

Day 20- Reflect on your favorite Bible verse and share that verse with a friend.

Day 21- Give up a knickknack or decoration that can beautify someone else's home.

Day 22- Pray for someone in your family.

Day 23- Put a bar of soap in the bag. Be grateful for soap.

Day 24- Do something kind for the earth: a shorter shower or recycle one additional item.

Day 25- Give up a cleaning product.

Day 26- Reflect on Psalm 42:2
My soul thirsts for God, for the living God. When can I go and meet with God?

Day 27- Choose another book: children's or adult to add to the bag.

Day 28- Today give up evening TV time to rest and listen for God.

Day 29- Give up an item of clothing from your closet.

Day 30- Pray "Help me to be patient today."

Day 31- Find something in a bedroom drawer, such as socks or a piece of jewelry to give.

Day 32- Reflect on the beauty of God's creation as a morning devotion.

Day 33- Give something from the linen closet.

Day 34- Pick someone to pray for every day for the last week of Lent.

Day 35- Give up a kitchen tool you no longer use.

Day 36- Pray "God may your light guide my day, and your spirit bring me peace."

Day 37- Find a religious item such as a Bible, devotional book, picture that you can give up.

Day 38- Reflect on Colossians 3:2
Set your minds on things that are above, not on things that are on earth.

Day 39- Donate a new toothbrush and/or toothpaste

Day 40- Practice being fully present in your day, 3 times today pause and take in a breath, notice what is around you and give thanks to God.

We hope that you have found this challenge to be a meaningful practice during Lent. A time to reflect, give up and deepen our spiritual lives.

The East Side Collaborative Lutheran Churches
Arlington Hills, Grace, Gustavus Adolphus/Hope and Our Redeemer

If you can donate food for the March Campaign we appreciate it!
Leave it on the counter in the entryway.

A Preview of The Book of Genesis/ Rachel and Leah

A Preview of The Book of Genesis/Rachel and Leah

Next Bible Study : March 6

In February's Bible Study, we read about the dangers of favoritism in a family. And now in March's study (Genesis 29), we find Jacob committing the same sin.
We read that the deceit of Rebekah and Jacob had serious consequences, and now in our next study, we find that Jacob is the receipient of deceit!

Rachel and Leah were sisters who were both married to Jacob. Jacob favors Rachel. Leah, of course is hurt and even desperate! I find Leah's story so sad. Yet, God hears her pain and comforts her and even rewards her. We see God be kind to her even when the people closest to her were not.

How does Leah get beyond her pain and come to praise God? Does God hear our prayers of suffering? Does He care? Genesis 29 tells us that He does. And we can't forget Rachel. She has her own serious problem.

We also learn that God works through our brokenness and human failings. In spite of our flaws, His purpose will be accomplished. I know you will find
their story both interesting and relatable.

Hope to see you on Monday, March 6th at 1:00!
Valerie Robertson-Osmundson

The Promise of Resurrection

We pray for the family of Patricia Karr who died February 4, 2023.
No funeral arrangements have been made yet.

LUTHERAN CAMPUS MINISTRY TWIN CITIES

On Sunday March 26th we will have a couple of students and sponsors present in worship and in our fellowship time where they will be available to meet, greet, and chat with our members. One of the students will also be preaching that Sunday as is there custom.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Lenten Service and Soup 11:30 a.m. Reception Room	2	3 Church Office Closed	4
5 Worship Service 9:30 a.m. Annual Meeting 10:30 am	6 Alley Shoppe Volunteers 9:00am Naomi Circle 1:00 pm Reception Room	7 WMA Meeting 10:00 am Alley Shoppe Devotions 9:00 am Clients 9:30 am	8 Lenten Service and Soup 11:30 a.m. Reception Room	9	10 Church Office Closed	11
12 Worship Service 9:30 a.m.	13 Alley Shoppe Volunteers 9:00am	14 Alley Shoppe Devotions 9:00 am Clients 9:30 am	15 Lenten Service and Soup 11:30 a.m. Reception Room	16	17 Church Office Closed St. Patrick's Day	18
19 Worship Service 9:30 a.m.	20 Alley Shoppe Volunteers 9:00am	21 Alley Shoppe Devotions 9:00 am Clients 9:30 am	22 Lenten Service and Soup 11:30 a.m. Reception Room	23	24 Church Office	25
26 Worship Service 9:30 a.m.	27 Alley Shoppe Volunteers 9:00am	28 Alley Shoppe Devotions 9:00 am Clients 9:30 am	29 Lenten Service and Soup 11:30 a.m. Reception Room	30	31 Church Office Closed	

Happy Birthday

Carol Hansen	March 3
Nancy Ellen Swanson	March 6
Christine Anderson	March 6
Nancy Seagren	March 6
Teri Johnson Larson	March 6
Ethan Peterson	March 12
Thomas Dolen	March 19
Cheryl Hollman	March 21
Carol Baldwin	March 25
Myrl Vietor	March 25
Linda McInerney	March 27
Justin Hanson	March 28

March

Ron and Sharon Hanson	March 10
Kevin and Priscila Wieken	March 12
Cheryl and John Hollman	March 21
David and Nancy Seagren	March 24

Happy Anniversary

We hired a Financial Administrative Assistant

DID YOU KNOW ?

My name is Chris Vos and I am the new Financial Administrative Assistant. Thank you for the warm welcome I have received. I am very happy to be part of the Arlington Hills church community.

I have a B.S. in Accounting and I have worked as a staff accountant in a variety of corporate settings, ranging from grocery to mechanical contracting. My most recent position was with the City of Saint Paul.

Our family lives in Maplewood. My husband, Bill, works for the City of Saint Paul as a Civil Engineer. We were married in 2003 at Gethsemane Lutheran Church. Our daughter, Amanda, is a senior at Concordia Academy High School. I have had the privilege of being a stay at home mom since Amanda was four years old. Now that she will be graduating, I am excited to see the plans God has in store for me.

Thank you Volunteers!

Date	Assisting Ministers	Ushers	Hospitality	Livestream Producer
March 5	Mary Kowitz Dennis Rasmusson	Florence Rasmusson David Almquist	Cheryl Hollman	Silvester Vicic
March 12	Cheryl Hollman Jon Helgason	Wayne Hansen David Almquist	Valerie and Orval Osmundson	Silvester Vicic
March 19	Diane Allmendinger Pam Wiehe	Florence Rasmusson Dennis Rasmusson	Judy and Michelle Hanggi	Silvester Vicic
March 26	Valerie and Orv Osmundson	Charles and Elaine Rohrbach	Cindy Schreiber and Sally Keller	Silvester Vicic

Sunday Morning Choir - March 5th and 19th - Please join us.
Rehearsal at 8:45 in the Sanctuary

Tax Time!

Church Member Wayne Hansen is offering his Tax Knowledge and Expertise to church members and friends again this year to file a complete and accurate 2022 tax return. If anyone has questions about taxes you may contact Wayne at 612-787-8161 call or text or his email is wkhanse@comcast.net

January Financial Report Card

Date	Revenue	Expenses	Difference
January 2023	$16,228.17	$25,582.90	- $9,354.73
January 2022	$15,299.35	$32,064.89	- $16,765.54

Church Information

GENERAL INFORMATION

1115 Greenbrier Street
St. Paul, MN 55106
651-771-5501
www.ahlc-stp.org

SUNDAY MORNING WORSHIP

9:30 a.m.
In person and streaming at
www.facebook.com/ahlc.stp.org

OFFICE HOURS

Monday - Thursday
9:00 a.m. - 3:00 p.m.
Friday
Closed

MINISTRY OF ARLINGTON HILLS LUTHERAN CHURCH

ALLEY SHOPPE

Pam Wiehe, Director - Cell - 651-216-9074
Church Office - 651-771-5501

ALLEY SHOPPE - VOLUNTEER OPPORTUNITIES

Mondays 9:00 a.m. - noon
Tuesdays - 8:30 a.m. - 2:00 p.m.

ALLEY SHOPPE - CLIENTS

Tuesdays 9:30 a.m. – 1:00 p.m.

ALLEY SHOPPE DONATIONS

Mondays and Tuesdays
By Appointment Only - Call the Church office at 651-771-5501

STAFF

Reverend Dr. Mitch Kinsinger
Senior Pastor
651-771-5501 x 102
Email: pastor@ahlc-stp.org

Barbara Rossow
Organist/Choir Director
651-771-5501
Email: pianobr@aol.com

Mary Kowitz
Administrative Assistant
651-771-5501 x 101
Email: office@ahlc-stp.org

Chris Vos
Financial Administrative Assistant
651-771-5501 ext. 109
Email: finance@ahlc-stp.org

Becky Sliva
Intern
651-771-5501 ext. 107
Email: beckybsliva@gmail.com

FINANCIAL SUPPORT

Your generosity of spirit and money makes all that we are as a church and a community possible. Please consider making an online donation by filling in the form found on our website.
Your contribution will be processed by our secure payment center.
You may also mail your donation by check, payable to Arlington Hills Lutheran Church, to our address: 1115 Greenbrier Street, St. Paul, MN 55106.

Thank you for your support!!

Our Ministry Partners

IDEGANDA PARISH
Tanzania, Africa

HOUSE OF PRAISE
Pastor Richard Pittman
651-276-4511
11:30 Service

OPEN DOOR SCHOOL LITERACY MINNESOTA
Andy Francis
651-793-4423

IGLESIA CHURCH
Pastor Alex Pacheco
612-751-4850

KEYS TO BEST HEALTH
Channa Pittman
651-354-4228

EAST SIDE COLLABORATIVE
Arlington Hills Lutheran Church
Grace Lutheran Church
Gustavus Adolphus
Hope Lutheran Church
Our Redeemer Lutheran Church

ST. PAUL AREA SYNOD
105 University Ave West
St Paul, MN 55103
Phone: 651-224-4313

ELCA - EVANGELICAL LUTHERAN CHURCH IN AMERICA
8765 W Higgins Road
Chicago, IL 60631
Toll-Free: 800-638-3522

Our Congregational Council & Committees

EXECUTIVE COMMITTEE

Jim Persoon, President
persoonjrp@gmail.com
Jon Helgason Vice President
lgyjhelg@me.com
Florence Rasmusson, Secretary
florden1969@gmail.com
Diane Allmendinger, Treasurer
dingers72@gmail.com
Mitch Kinsinger, Pastor
pastor@ahlc-stp.org

COUNCIL MEMBERS
Tom Brockway
tbrockw@comcast.net
Karl Ebert
ebertk@dinkytown.net
Wayne Hansen
wkhanse@comcast.net
Tom Hanson
trhano@msn.com
Cindie Peterson
cindie749@comcast.net
Cindy Schreiber
schreibersx2@comcast.net
Linda Strohkrich
Unlisted email
Silvester Vicic
Silvestor.vicic@gmail.com

Church Council Meets on the Third Tuesday of Each Month

COMMITTEE CHAIRS

Finance, Property and Administration
Jim Persoon
Mission Investment Committee
Barb Schmidt
Worship, Music and the Arts
Florence Rasmusson

2023 EASTER

MEMORIAL GARDEN

Once again we will have an Easter Memorial Garden. If you would like to give a donation in memory or in honor of a loved one, please complete the information below and return it to the church office by Monday April 3rd. The cost of flowers has gone up with an average price around $15.00. Flowers are available to be picked up after the service on Easter Morning.

Thank you for your support in making our Sanctuary Memorial Garden beautiful.

General Fund_____ Other_____

Payment must accompany this form and be returned to the church office

By Monday, April 3rd

Name of Donor _____Envelope #: _____

In Memory of :_____

_____

In Honor of_____

_____

Thank you for your donation!

Arlington Hills Lutheran Church
1115 Greenbrier Street
St. Paul, MN 55106

OUR VISION

"Arlington Hills Lutheran Church Community, A Beacon for the Kingdom of Jesus Christ."

OUR MISSION

"To Spread the Good News of Jesus Christ to all in word and deed."

COMPANION CONGREGATION

Idegenda, Tanzania