



Arlington Hills

LUTHERAN CHURCH

“Lights From the Heights” - Newsletter - February 2025

Congregation Council Members Elected

At the Annual Congregation Meeting on February 2, 2024 the following members were elected to the Congregational Council: Kathy Brackey, Wayne Hansen, Ryan Henk and Paul Kowitz. They join with Diane Allmendinger, Tom Brockway, Tom Hansen, Cheryl Hollman, Cindie Peterson, and Silvester Vicic to make up our Congregation Council. At their first meeting on February 25th, they elected the Executive Committee:

President - Paul Kowitz

Vice President - Cheryl Hollman

Treasurer - Diane Allmendinger

Secretary - Kathy Brackey

We also would like to express our appreciation for those members leaving the Congregation Council: Jim Persoon, Florence Rasmusson, Jon Helgason, and Cindy Schreiber.

Congratulations and Thank You for your Leadership!



Lent Begins - Wednesday, March 5th

Ash Wednesday Service in the Sanctuary at 12:00 (noon).

Mid-Week Lenten Soup and Scriptures will start on Wednesday March 12th in the Reception Room, soup at 11:30 with scripture to follow, we plan on ending by 12:45 p.m. We will be using a

devotional entitled “The Hardest Part” by Kate Bowler.

Copies are available in the church office - so let us know if you'd like a copy.

We are looking for volunteers to help with the soup, please contact Cheryl Hollman or the church office.

Maundy Thursday - April 17th Worship at noon in the Sanctuary

Good Friday - April 18th Worship at Grace Lutheran 7:00 p.m.

Easter Sunday - April 20th Worship at 9:30 a.m. Sanctuary



A Prayer for Illumination

In many liturgies, the prayer before preaching is called the *Prayer for Illumination*. You may have noticed that I've begun offering a new prayer before I preach. It goes like this:

**Almighty God,
In a world that is rapidly changing and stirring fear in many,
We come to You and Your word,
As Christians throughout the ages have done,
To be challenged by Your call
And to be comforted by Your love.
Grant us ears to hear Your word today. Amen.**

This prayer reflects a well-known saying—originally from a humor column about journalism but later applied to preaching and the gospel—that part of our pastoral duty is to **"comfort the afflicted and afflict the comfortable."** While we readily affirm the need to comfort the afflicted, the idea of afflicting the comfortable can be more challenging. It forces us to ask: *Am I too comfortable? Do I need to hear a prophetic word from God?*

If we are comfortable, perhaps we aren't paying attention. Perhaps our circles of empathy have not been stretched wide enough. Remember, Jesus not only called us to love our neighbors—He pushed us further, commanding us to love even our enemies.

A Lenten Challenge

Lent begins on **March 5th** with Ash Wednesday. We will gather to receive ashes in the shape of the cross on our foreheads, hearing the familiar words: *"Remember, you are dust, and to dust you shall return."* This phrase reminds us of our mortality, the fleeting nature of worldly things, and the call to prepare our hearts for the death and resurrection of our Lord and Savior, Jesus Christ.

Many of us give up something comforting during Lent (chocolate is my usual choice!) as a way of remembering Christ's sacrifice. But given the state of our world, what if this year we considered giving up inactivity instead?

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Jesus never backed down in the face of those who abused power—not even the religious authorities of His own tradition. Ultimately, He stood against the ruthless power of the Roman Empire, and it cost Him His life. We are the disciples of this Messiah, the One anointed to bring good news to the poor, release to the captives, sight to the blind, and freedom to the oppressed (*Luke 4:18-19*).

May this Lenten season draw us closer to Jesus as we engage in acts of love and nonviolent resistance against the forces of empire.

The Lord be with us all in these challenging times.

- Mitch Krinsinger



March Birthdays:

Carol Hansen	March 3	Thomas Dolen	March 19
Nancy Swanson	March 6	Cheryl Hollman	March 21
Chris Anderson	March 6	Carol Baldwin	March 21
Nancy Seagren	March 6	Myrl Vietor	March 25
Teri Larson	March 6	Linda McInerney	March 25
Kathleen Martin	March 11	Justin Hanson	March 28
Ethan Peterson	March 12	Esther Hallgren	March 29

March Anniversaries

Ron and Sharon Hanson	March 10
Nancy and David Seagren	March 24



Sunday, March 9th

Don't forget to set your clocks ahead one hour on Saturday March 8th before you go to bed or you'll be really late to church!

SECURITY PROTOCOL UPDATE

Security Protocols

We are making a few changes to our security protocols at Arlington Hills Lutheran Church. These changes are being made to ensure the security of our members, building users and visitors who enter our building as guests for the many ministries that we offer.

These changes are being made in collaboration with Open Door St. Paul Learning Center , Alley Shoppe - Pam Wiehe regarding clients and volunteers; and with our other building users House of Praise, Ministerio Dias de Gloria, Keys to Best Health and Minnesota Preparatory Academy.

The results of our discussions are the new security protocols listed below.

Alley Shoppe will now use the church's main entrance for volunteers, clients and donations to enter/leave the building. This change started on Tuesday, February 17th. Pam and the Alley Shoppe staff are setting up procedures to allow the flow of clients to and from the Alley Shoppe once they have entered the building.

Open Door is issuing a green laminated card to their students. They will hold up this card so it can be seen on the camera in order for them to gain entrance into the building. This will let the office staff/volunteers at AHLC know that they are a part of Open Door St. Paul. They will also provide a volunteer to assist in our entry way to help with identifying students for entry into our building.

AHLC staff will work with our volunteers and members to review new protocols. Camera access has been added to the Volunteer Desk computer and to the Administrative Assistant's computer as well as virtual keypad program to unlock the doors for people to enter.

Other Building Users - we will be working with them to address any concerns that they might have that impact their use of the building.

We believe these new protocols will ensure the safety of our staff, volunteers and those that enter our building for the services that we provide.

Please contact the office if you have any questions.



March is Food Shelf Drive



**Our local food shelves are in need of our help.
The need, again this year, has been overwhelming.**

This month, please bring non-perishable items to church on **Sunday, March 16th** or make a financial donation to help support our local food shelves. You may leave your food donations on the counter in the entry way and give your financial support to the Church office or place in the offering plate labeled "Food Shelf".

"Feeding America" suggests this list of food donations:

1. Applesauce
2. Canned Beans
3. Canned Chicken
4. Canned Fish (Tuna and Salmon)
5. Canned Meat (Spam or Ham)
6. Canned Vegetables
7. Cooking Oils (Olive and Canola)
8. Crackers
9. Dried Herbs and Spices
10. Fruit (Canned or Dried)
11. Granola Bars
12. Instant Mashed Potatoes
13. Meals in a Box (Pasta, rice & soup kits)
14. Nuts
15. Pasta
16. Peanut Butter
17. Rice
18. Shelf-Stable and Powdered Milk
19. Soup, Stew and Chili
20. Whole Grain Cereal



When purchasing items for a food bank, try to avoid:

Junk food

Items with glass or cellophane packaging, which can be broken in transit

Things that need can openers or special equipment (pop-top cans—whether for veggies, meat or fruit—are a plus).

Thank you for any support that you can give, it will be appreciated!



BIBLE STUDY

Next Bible Study: Monday, March 3 @ 1:00

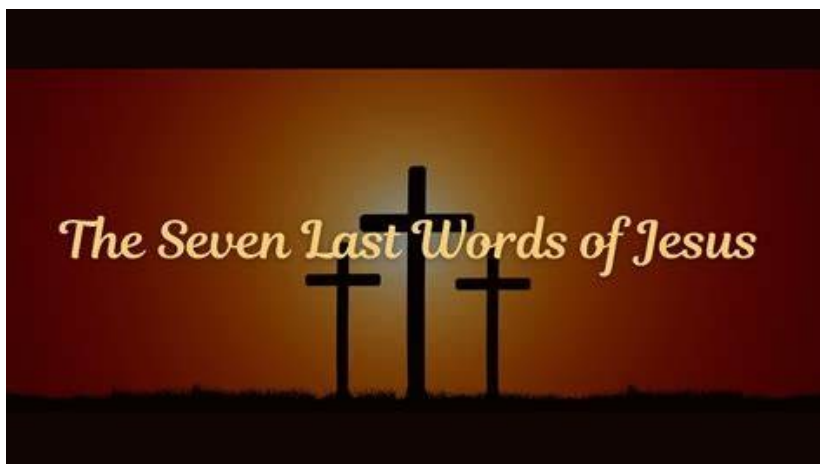
Hello Bible Study friends! With our next Bible Study we will continue to study the last words of Jesus Christ on the cross. We have covered:

- 1- ***Father forgive them for they know not what they do"***
- 2- ***"Today you will be with me in paradise"***
- 3- ***"Woman, behold your son and to John, behold your mother"*** We will now be studying
- 4- ***"My God, my God, why have you forsaken me."***
In Matthew 24:45-46, we read, ***"Darkness covered over the land, from noon until 3:00. At 3 in the afternoon, Jesus cried out with a loud voice, My God, my God, why have you forsaken me?"***

What was happening here? 2 Corinthians 5:21 tells us:

" For God took the sinless Christ and poured into him our sins. Then in exchange, he poured God's goodness into us, so we might become the righteousness of God." Colin S. Smith states it this way: *"Jesus was now entering into the heart of His work He was being our sin bearer. He was enduring all that is hell on the cross. He was plunging into all the torments of hell. Being surrounded by demonic forces, He could no longer feel the love or comfort of God. If there are times in our lives when we do not feel the love or the presence of God, we need to know that Jesus Christ has been there too."*

Hope to see you on March 3rd, Valerie Osmundson



SUNDAY WORSHIP VOLUNTEERS

Date	Assisting Ministers	Communion Assistants	Ushers	Hospitality
March 2	Mary Kowitz Dennis Rasmusson	Elaine & Charles Rorhbach	David Almquist Tom Brackey	Judy and Michelle Hanggi
March 9	Diane Allmendinger Cheryl Hollman	Cheryl Hollman Diane Allmendinger	David Almquist Wayne Hansen	Tom and Kathy Brackey
March 16	Barb Schmidt Jim Persoon	Kathy Brackey Jon Helgason	Florence R Dennis R David Almquist	Florence Rasmusson Diane Allmendinger
March 23	Valerie and Orv Osmundson	Carol Hansen Mary Kowitz	Elaine & Charles Rohrbach David Almquist	Cheryl Hollman
March 30	Jon Helgason	Janine Almquist and Florence Rasmusson	David Almquist Elaine & Charles Rohrbach	Janine Almquist Mary Kowitz



Every Meal (formerly Sheridan Story) is a non-profit organization that provides 4-pound bags of food to any student who signs up. This enables them to have good meals over the

weekend when school breakfast and lunch are not available.

The East Side Collaborative (ESCo) Arlington Hills, Grace, Gustavus Adolphus, and Our Redeemer, have adopted Txuj Ci HMong Cultural School (formerly Phalen Lake and Harrison Elementary) 1089 Cypress St Paul 55106.

ESCo is delivering over 200 bags of food to children's backpacks on the last school day each week, usually Friday starting at 12:30. We could use your help. You can volunteer on whatever schedule works for you, even just once to see what Every Meal is on Sign Up Genius. [https://www.signupgenius.com/go/10C0F4FADA82FA0F8C43-51760629-every#/#/](https://www.signupgenius.com/go/10C0F4FADA82FA0F8C43-51760629-every#/)

Or by email: DanBjorkquist@Outlook.com



**Open Door
Saint Paul**
a program of Literacy Minnesota

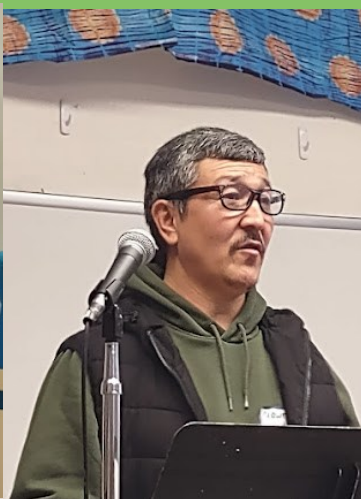
**Literacy
Minnesota**



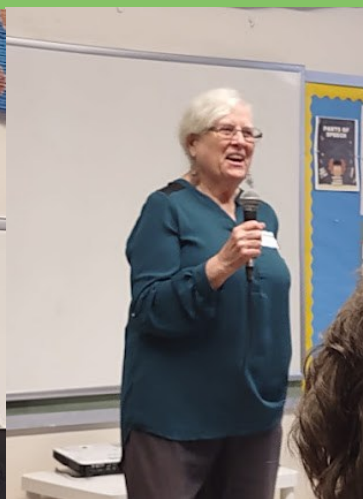
Christian Preston, Clark Roman, Jesse Chang and Eric Nesheim



*Christian Preston, Rachel Lyness
And Jess Ponthan*



Nawroz Ali Ahmadi



Marya Abraham



Pam Wiehe



Jim Persoon



Jessica Jones



Guests

Open Door - 20 Year Celebration

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 cash or check, payable to:
 Arlington Hills Lutheran Church
 1115 Greenbrier Street - St. Paul, MN 55106.
Thank you for your support!!

Financial Report Card

	2025		2024	
Revenue	Current	YTD	Current	YTD
<i>January</i>	\$ 19,686.51	\$ 19,686.51	\$ 9,529.54	\$ 9,529.54
Expenses	Current	YTD	Current	YTD
<i>January</i>	\$ 40,025.12	\$ 40,025.12	\$ 36,673.88	\$ 36,673.88
Surplus/ (Deficit)	\$ (20,338.61)	\$ (20,338.61)	\$ (27,144.34)	\$ (27,144.34)



Funny Name. Easy Fundraising.

LET'S ORDER SOME SCRIP CARDS NOW!

Help fundraise for AHLC
 And give some great gift cards too!
 Order forms available in the
 Church Office.
 Easter is coming! Or
 Maybe a March Birthday?



MARCH PRAYER PROMPTS

“Father, thank you for carrying us through life’s winter season and bringing us into new springtime seasons of hope.

Thank you for the lessons you teach us in the winter season: lessons like endurance, rest, perseverance, and trust. Thank you for the blessings you have prepared for the season ahead. Most of all, thank you that your character and love never changes.” - Prayer for Everything

1. March Birthdays
2. Congregation Council
3. Peace in Our Country
4. Peace in Our State
5. Ash Wednesday
6. Peace in Our City
7. Employees, wherever they work
8. Women - International Women’s Day
9. Daylight Savings Time
10. Immigrants
11. Local businesses
12. Plant a Flower Day
13. Thankfulness
14. Loved Ones
15. Sale of the Church Building
16. Food Share Month
17. St. Patrick’s Day
19. God’s Direction & Guidance
20. Spring renewal
21. Planting Seeds
22. New Beginnings
23. Settling the Roof Claim
24. Alley Shoppe volunteers
25. Travelers
26. Loving our enemy
27. Sufferings of Christ
29. God’s favor
30. For what He knows we need
31. Blessing for the new month ahead



HIGHLIGHTS OF UPCOMING EVENTS

Sunday Worship Services are at 9:30 a.m. in the Sanctuary
Staff Meetings - Mondays at 11:00 a.m.

Alley Shoppe Volunteers, Mondays and Tuesdays 9:00 a.m.
Alley Shoppe Clients - Tuesdays 9:30 a.m. - 1:00p.m.

Alley Shoppe Donations - Mondays and Tuesdays 10:00 a.m. - noon

Romeo Breakfast - Wednesday at 7:30 a.m. Perkins County Road D & WB Avenue

Soup and Scripture - Wednesday starting March 12th during Lent
Reception Room 11:30 p.m.

March 3	Bible Study - 1:00 - Reception Room
March 4	WMA - Worship Music & the Arts Board Meeting 10:00 a.m. - Pastor's office Monthly Building User Meeting - 1:00 p.m. - Reception Room/Zoom
March 5	Ash Wednesday - 12:00 noon service - Sanctuary
March 10	Executive Committee Meeting - 11:00 a.m. Pastor's Office
March 12	Soup and Scriptures - Reception Room 11:30 a.m. FPA - Finance, Property and Administration Board Meeting - 5:00 p.m. Reception Room
March 18	Congregation Council Meeting - 6:00 p.m. - Reception Room
March 19	Soup and Scriptures - Reception Room - 11:30 a.m.
March 26	Soup and Scriptures - Reception Room - 11:30 a.m.

WHAT'S YOUR FAVORITE HYMN?

We currently choose the hymn selections each week based on what is suggested in "Sundays and Seasons", a computer program that we use for designing Sunday and other worship services. The songs are recommended because they fit with the bible scriptures for each Sunday/Season. This program also includes the scriptures, visual arts suggestions for bulletin covers and numerous other resources that can be used for planning worship services.

We are also interested in knowing what are your favorite hymns?

Please list below what you'd like to have us sing and we will try to work them in.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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
<https://www.youtube.com>

OFFICE HOURS

Monday - Wednesday
9:00 a.m. - 3:00 p.m.
Thursday - 9:00 a.m. - Noon

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. 106

Email: finance@ahlc-stp.org



ALLEY SHOPPE

Pam Wiehe, Director

Cell - 651-216-9074

Church Office - 651-771-5501

Email: info@ahlc-stp.org

Alley Shoppe Hours

Mondays

9:00 a.m. - Noon

For Volunteers

Tuesdays

9:00 a.m. Devotions for Volunteers

9:30 - 1:00 p.m. for Clients

Donations Accepted

Mondays and Tuesdays

10:00 a.m. - Noon

**A MINISTRY OF
ARLINGTON HILLS LUTHERAN CHURCH**

OUR BUILDING/ MINISTRY PARTNERS

IDEGENDA PARISH

Tanzania, Africa

EAST SIDE FREEDOM LIBRARY

HOUSE OF PRAISE

11:30 Service

Pastor Richard Pittman

651-276-4511

Pastor Richard Pittman, Jr.

Pastor Donnell Bratton

651-468-8024

OPEN DOOR ST. PAUL LITERACY MINNESOTA

Christian Preston

612-789-9024

KEYS TO BEST HEALTH

Channa Pittman

651-354-4228

MINISTERIO DIAS DE GLORIA

Pastor Esdras Archila

612-221-2313 - 11:00 Service - Chapel

MINNESOTA PREPARATORY ACADEMY

Pastor Donnell Bratton

651-468-8024

Lady Elizabeth Bratton

651-500-5525

SPIRIT OF LIBERATION CENTER (S.O.L.)

Pastor Donnell Bratton

651-468-8024

OUR CONGREGATIONAL COUNCIL & COMMITTEES

EXECUTIVE COMMITTEE

Paul Kowitz, President

Cheryl Hollman, Vice President

Kathy Brackey, Secretary

Diane Allmendinger, Treasurer

Mitch Kinsinger, Pastor

COUNCIL MEMBERS

Tom Brockway

Wayne Hansen

Tom Hanson

Ryan Henk

Cindie Peterson

Silvester Vivic

Church Council Meets
on the Third Tuesday of Each Month
6:00 p.m. in person/Zoom

COMMITTEE CHAIRS

Finance, Property and Administration

Jim Persoon

Mission Investment Committee

Barb Schmidt

Worship, Music and the Arts

Florence Rasmusson



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.”**