

# Good News from St. Andrew's

501 NW 16th Street, Grand Rapids, Minnesota 55744  
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January 2012

2012  
2012  
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2012

**“This is the day the Lord has made,  
Let us rejoice and be glad in it!”**

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Dear friends,

Often, we approach the New Year with a variety of unique mottos or resolutions. We hope they will assist us in living life in a more meaningful way. Though we may not always honor them, they serve to encourage us to be more thoughtful and intentional in how we live the 365 days in the New Year.

Wednesday, December 21, I participated in a Memorial Service at First Lutheran Church in Duluth. The service was for a dear friend, 97 year old Marcella Von Goertz. She was a remarkable woman; warm, gracious, kind, intelligent, energetic, creative, loyal and deeply committed to her Lord and His Church. At her home congregation, First Lutheran, she served as the congregation's first woman president, church librarian and had a passion for mission and outreach. Marcella also served on the Mission Partner's Committee of our Northeastern Minnesota Synod; that's where I first met her, as I served as Chairman of the Committee for many years.



She was deeply committed to making sure our committee did everything possible to offer support to congregations that were new, reorganizing or facing major challenges. As we visited various mission sites, Marcella took meticulous notes, trying to discern how best to offer practical support. Certainly, she offered her personal encouragement and prayer support, but she also addressed the Mission Committee of First Lutheran to promote the case of any congregation she felt needed additional support.

As a new congregation, St. Andrew's was on her list regularly. During our early years, Marcella often pleaded our case. As a result, First Lutheran sent thousands of dollars to help us get established. She was one of the few that took a very personal interest in our new ministry. She also wrote me incredible letters of encouragement, as the new pastor developer. I called them "epistles of hope." I still have them and will treasure them always.

At the Memorial Service, Marcella's rich and full life was celebrated with thanksgiving to God! Certainly, she lived her 97 years with gusto, meaning and purpose. It's no surprise that her daily prayer was a verse from Psalm 118:24, "This is the day that the Lord has made, let us rejoice and be glad in it." In her own way, she tried to make the most of everyday of her life. She took time to focus on what mattered. She took time to make a difference in the lives of countless people and situations. What a legacy of love, care and concern she leaves behind. What a way to live as a servant of God in the world. What an example for all of us! "Well done," Marcella, "you good and faithful servant."

Make the most of 2012, my friends,

Pastor George

## PASTOR MEGAN'S MUSINGS...

Billy Joel (one of the greatest singer/song writers of our time in my humble opinion) sings a wonderful song which has been ringing through my head as I thought about this month's musing. It's the song, "Tell Her About It." Only instead of the word "her," I have been saying the word GOD. You see, for the past month, I have been talking with my confirmation students about prayer. Talking about how important it is, different ways you can pray, prayer tools, and what kinds of prayers we find in the Bible and so on. However, all of the wonderful things I can say about prayer really boil down to the simple idea that we need to tell God about it!

Now when I say we should tell God about it, I mean everything! It is anything and everything that comes up in our day to day lives which is the beauty of prayer. God wants to have a relationship with us... we see this throughout the Bible, and actually just celebrated that fact when we celebrated the birth of Jesus Christ this past December. However, relationships always work better when we communicate, and while God may not need us to pray in order to love us, we do need to pray so that we can know that we are loved. We worship a God who wants to listen to us, to be with us in all we do. That is something truly amazing!!! God listens to us, no matter what, and no matter what happens in our lives or what we may do, God will always want to hear from us.

Praying is a way for us to invite God to be a part of every part of our lives! That's the real beauty of prayer; God wants to hear it ALL. When we are frustrated, sad, angry, excited, impatient, joyful, afraid, depressed, tired, thankful, worried, relieved, peaceful, proud, sorry, silly, or some combination of all of these things, God wants to know! The Bible is filled with prayers expressing all these things to God. Prayers of thanksgiving and joy like Psalm 69; or for forgiveness and mercy like in Daniel 9:1-19. There

are prayers for God to help others like Paul's prayer for the Ephesians in Ephesians 1:15-23 and 3: 14-21, and prayers of turning all things to over to God's will like Jesus' prayer in the Garden of Gethsemane in Matthew 26:36-45 or David's psalm of surrender (Psalm 139). There are literally hundreds of prayers throughout the Bible that cover every aspect of human emotion, and in all these situations, God is present! That is what prayer does. It invites God to be a part of our whole lives, a part of difficult decisions, overwhelming moments, and the everyday things we encounter on this journey we call life.

The best news of all is that you don't need to have the right words or the perfect language to pray. You can do what the song says, tell God "everything you feel", "all your crazy Dreams." Let God know how much you need him, and how much God means in your life! Not because God needs to hear it, but because we need to say it!

I saw a billboard the other day which I absolutely loved. It was all black and said, "I love you I love you I love you. signed God." In the everyday whirl of our lives, it can be all too easy to forget that we have this wonderful, amazing, loving God who so deeply wants to be there for us. Praying is something that reminds us that we are not alone with anything that life throws our way. It helps us to realize that God's love and support is all around us, and that there is no sin that cannot be forgiven, no bad day that will not end, no miracle that God is not a part of, and nowhere we can go that is outside of God's grace. Prayer is one of the most important things we can do to improve both our faith lives and our lives in general. That is why my resolution this New Year, and I hope one of yours too, is simply to tell God about it!

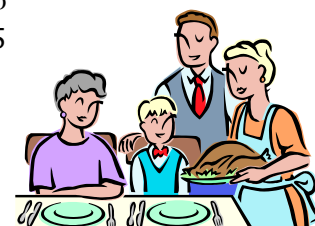
Blessings and Peace,  
Pastor Megan

### St. Andrew's Rascals

Rascals meet Thursday, January 19, 2012 at 5:00 pm for a rare and unusual opportunity to see a display of dozens of World War II war souvenirs taken from German prisoners by Harley Kiger around Berlin. Included will be an amazing 16 foot banner, rifle, swords, knives and much more. Harley is a WW II veteran who served in the Army, in an armored tank division. He grew up near 9-mile corner south of Grand Rapids. Harley's European tour of duty began with his landing at Omaha Beach. His division marched across Europe, where he saw action in many different battles,

including the legendary Battle of the Bulge. Harley and his son, Kraig, recently traveled with the Honor Flight Northland to Washington DC.

A catered dinner will follow the program, all for only \$8.00 (payable in advance). Checks should be made payable to Jean Gardner and may be left in the church office. Please call Jean Gardner at 326-0940 with your reservations no later than Sunday, January 15 to attend.



## PARISH NURSE MINISTRY

### FIBROMYALGIA SYMPTOMS OR NOT?

Fibromyalgia symptoms often mimic those of other conditions. Determining the true cause of your symptoms is key to receiving proper treatment.

Fibromyalgia symptoms include widespread body pain, fatigue, poor sleep and mood problems. But all of these symptoms are common to many other diseases. And because fibromyalgia symptoms can occur alone or along with other diseases, it can take time to tease out which symptom is caused by what problem. To make things even more confusing, fibromyalgia symptoms can come and go over time.

### No specific test for fibromyalgia

Fibromyalgia can't be easily confirmed or ruled out through a simple laboratory test. Your doctor can't detect it in your blood or see it on an x-ray. Instead, fibromyalgia appears to be linked to changes in how the brain and spinal cord process pain signals and how the body handles stress signals.

Because there is no test for fibromyalgia, your doctor must rely solely on your group of symptoms to make a diagnosis.

In the American College of Rheumatology guidelines for diagnosing fibromyalgia, one of the criteria is widespread pain throughout your body for at least three months. "Widespread" is defined as pain on both sides of your body, as well as above and below your waist.

It is important to determine whether your symptoms are caused by some other underlying problem. Some common culprits include rheumatic diseases, mental health problems and neurological disorders.

While there is no lab test to confirm a diagnosis of fibromyalgia, your doctor may want to rule out other conditions that have similar symptoms.

People who have fibromyalgia also often wake up tired, even after they've slept continuously for more than eight hours. Brief periods of physical or mental exertion may leave them exhausted. They may have problems with short-term memory and the ability to concentrate. If you have any of these problems, your doctor may ask you to rank how severely they affect your day-to-day activities.

In some cases, fibromyalgia symptoms begin shortly after a person has experienced a mentally or physically traumatic event, such as a car wreck. All this information taken together will give your doctor a much better idea of what may be causing your symptoms. And that determination is crucial to developing an effective treatment plan.

*"The Lord bless you and keep you; the Lord make his face shine upon you..."* Numbers 6: 24-26

Resource: Mayo Clinic

Blessings,  
Diane



### Thanks for Christmas Decorating

Our thanks to all the volunteers who decorated the church so beautifully for the holidays! Special thanks to Frances Haubrich and Kory Cease for coordinating the effort, Doug & Karin Grandia and family for making and donating the wreaths, and Jeff & MaryAnn Miels for donating the trees. THANK YOU!!

*Please plan to help "undecorate" Saturday, January 14 beginning at 9:00 am.*

### Christmas Dinner served to Support Groups

Tuesday, December 13, participants in the Community Divorce Support Group and the Loss/Grief Support Group were served a sit down turkey dinner with all the trimmings. Kevin Docken served as chef and several members of St. Andrew's helped serve the dinner. The dinner was served in the Fireside Room, which was beautifully decorated by Kim Prestidge. Lou Ellen Gilbertson provided harp music. The dinner was possible due to contributions made to the Good Samaritan Fund.

**Wild Rice Given**—Thanks to the generosity of Kathy Nelson, wild rice was distributed this Christmas. The wild rice was distributed in the Operation Merry Christmas fruit baskets and given to those attending the Support Groups dinner. We are grateful to Kathy for her generosity and thoughtfulness.

### Men's Breakfast

The "Men's Breakfast" is a group of men who meet every Wednesday morning at 7:00 am at the Forest Lake Restaurant. Each week, they discuss the scripture for

the next Sunday's worship service. It's a nice way to start the day and the New Year. All men are welcome to attend.

### Hospitalized? Please let us know!

Pastor George and Pastor Megan would like to visit you when you are in the hospital but are unable to do so if unaware of your hospitalization. Because of confidentiality laws, many hospitals DO NOT inform the church if a member is admitted. It is up to you or your family to call the church office.

### Deadline for February Newsletter

All news articles and information need to be in the church office by January 20 to have it included in the February newsletter. Please be on time! The newsletter will be assembled for mailing Tuesday, January 31 at 11:00 am. Come help with assembling it if you can.

### Annual Meeting—January 22

The Annual Meeting for our congregation will be held Sunday, January 22, 2012 following the 10:30 am worship service. Please make every effort to attend and be informed about issues related to the ministry of St. Andrew's in the New Year. The annual report will be available to pick up Sunday, January 15. Please take it home and read it prior to the meeting. *Assembly of the annual report will be Thursday, January 12 beginning at 1:00 pm. This is a HUGE job; your help would be appreciated!*

## Christmas Eve behind the scenes

Once again, many people were involved behind the scenes prior to and during our live nativity at the Christmas Eve services. Special thanks to Ann and Randy Godfrey for preparing, placing and lighting the paper luminaries. Thank you to Mary Johnson, Linda Bonney and Angela Olson for helping with costuming. Thank you Don Erlandson for lighting and giving cues to the nativity characters. Thank you John Erickson for clearing the path on the hillside. Thank you also to Dennis Anderson, Tony Baker, Dustin Britten, Jordan Goodwater, Dave Hagman, Barry Olson, Royce Remund, Roger Salo and Jim Willford. Many thanks to Wally and Kathy Zerebko for providing the live animals for the nativity scene. Our thanks to the nativity characters, musicians and others who made the services so inspirational.



We couldn't do it without all of your help in preparation! Over 1,500 people attended the three worship services on Christmas Eve.

## Thank you for supporting the Good Samaritan Fund and the Itasca Holiday Program

Because of your generosity, Christmas was made more pleasant for many individuals and groups in our community. Your generous contributions to the Good Samaritan Fund really made a difference. Over 150 individuals, families and special groups were remembered with flowers, fruit baskets or cash. Special thanks to those who helped with the deliveries.

Groups that were supported this year include: Itasca Youth for Christ/Campus Life, Grace House, Moses House, and a \$1,200 gift to the Second Harvest Food Bank. The many toys supporting the Itasca Holiday Program were also very much appreciated. Truly, the *Spirit of Christmas* was alive in the hearts of St. Andrew's members!

**125 Christmas Fruit Baskets** were assembled on December 17th. They were delivered to shut-ins, individuals and families going through challenging times due to death, divorce, illness, etc. The baskets are made possible through the Good Samaritan Fund at St. Andrew's.

## Spotlight on Education

### Thank You!

Thank You to everyone who helped with the Sunday School Christmas Program! We had 70 students participate in the program and it couldn't happen without the help of so many dedicated parents and teachers! A special thank you to Angie Olson for her help in revitalizing the costumes and making banners, to Jan Bilden and Jordan Goodwater for their musical talents, to Steve Ahcan for setting up the stable and to Melanie Jacobson for her artistic assistance on the bulletins and set decorations.

### Quilters Needed!

Our Release Time students have decorated quilt squares for quilts to go to a reservation in South Dakota. We need someone to sew the squares together to

make quilt tops. Call Brenda Wagner at 246-3179 if you can help!

### Movie Night!

Join us on Thursday, January 19 from 6:00 – 7:00 pm for another great Veggie Tales movie night. Families and children of all ages are welcome to attend! We will have popcorn, pizza and, of course, some veggies! There will be a free-will offering taken to offset the cost of the pizza. It's a great way to beat the winter blahs! Call Brenda Wagner or Pastor Megan with your questions.



Did you know? Both St. Andrew's Lutheran Church and St. Andrew's Preschool are enrolled as participating organizations in **Thrivent Choice**. Thrivent Choice is a charitable grant program that allows eligible members to recommend where Thrivent Financial distributes part of its charitable outreach grant funds each year. A donation is received whenever a Thrivent member designates their Thrivent Choice dollars. If you are interested, please visit the online catalog in the Thrivent Choice section at [www.thrivent.com](http://www.thrivent.com)

## Thank You Notes

Dear WELCA,

Thank you for helping us pay for our trip to the Synod Middle School Gathering. We had a great time and couldn't have done it without you.

With thanks,  
2011-2012 8th Grade Confirmation Class

Dear Mae and St. Andrew's Prayer Chrain,

My family and I can't thank you enough for all the prayers that have been said for my nephew GySgt. Tim Scott during his deployment in Afghanistan. Near the end of August, while on duty, he stepped on an "ied" injuring one leg and foot and received a concussion, but he was still intact. Just prior to this, his friend stepped on one and lost a leg.

I truly believe he had angels looking out for him that day. He is making a good recovery. His unit arrived back home to Camp Lejeune, North Carolina on November 3 and my brother and sister-in-law were able to be there for his homecoming. Best Christmas gift ever! Again, thank you for all your prayers. Merry Christmas to you all.

Sincerely,  
Toots Wildgrube, Deloris Scott,  
and Lynn & Muriel Scott

Thank you so much for your prayers, cards and yellow roses. Your thoughtfulness is greatly appreciated. God's blessings to all!

Mary Grenzebach & Norma Nachtsheim

Just a quick note to say thank you so much for the visits, phone calls and flowers from our family of St. Andrew's. God bless you all. Merry Christmas and Happy New Year!

Dale Fuhrman

Dear St. Andrew's Lutheran Church,

Thank you so much for your in-kind donation to the Grand Rapids Food Shelf, a program of Second Harvest North Central Food Bank. Your donation will enable us to provide food to the ever-increasing number of people seeking food assistance in our area. We are grateful for your donation of 32 pounds of food in November

Grand Rapids Food Shelf supplies the most basic of human needs - food. We provide food and grocery items to feed many hungry children, working families, handicapped people and the elderly.

On behalf of the staff, volunteers, and especially the clients themselves, we thank you! Please know that you are making a difference in the lives of many local people who find themselves in need of assistance right here in the Grand Rapids area. Your support enables us in our efforts to end hunger among our neighbors.

Sincerely,  
Ellen Christmas, Program Manager

We received many thank you notes for the fruit baskets received, made possible through donations to the Good Samaritan Fund.



**Loss/Grief Support Group** will meet Tuesday, January 10 at 4:30 pm. The support group offers opportunity for open discussion and interaction. Issues related to grief and losses are processed in a Christian context. Pastor George facilitates the group.

### Pastoral Acts

#### Baptisms

Dec 18 Benjamin Arthur Simons  
Dec 20 Ryker Dawson Montavon Brazerol

#### Funerals

Dec 21 Marcella Von Goertz (Pastor George at First Lutheran in Duluth)  
Dec 30 Lloyd Joseph Barsness

#### Weddings

Dec 16 Kaitlyn Leveille & Jaidev Hoopal  
Dec 30 Ashton Cleveland & Jacob Belkov

### Special Gifts

\$100 to Good Samaritan Fund in memory of Don, Rusty, Ted and Woody by Beatrice Steinhant  
\$10 to Memorial Fund in memory of Lorraine Ward by Bill Ward  
\$60 in honor of fellow co-workers for their faithful service; especially Kelly, Colleen, Pastor George, Pastor Megan, Angie and Brenda by Kristi Erdman

### A Christmas Wish from Lidia!

Vesele' Vianoce usetkym! Sending the warmest Christmas wishes to every member of St. Andrew's congregation. May God shower his choicest blessings on all of you and your families this Christmas! Merry Christmas everyone!

Best wishes from Lidia Zloh (2011 student intern)

p.s. I love you all very much! :)





**"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." Mark 12:30**

## Monthly Spiritual Opportunities for all Women of St. Andrew's

- Women's Conversation Group meets the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays at 10:00 am in the Fireside Room from September through May.
- Women's Bible Study meets every Wednesday at 5:15 pm in Pastor Megan's office.
- Quilting Group meets every Wednesday at 9:30 am in the Fireside Room from September through May.
- Prayer Shawl Ministry is a year-round knitting and crocheting ministry that makes prayer shawls for those in need of healing, comfort and prayer.

## Quilting Ministry

We are very much in need of women willing to sew quilt tops as our supply is very low. Kits are available to pick up and sew at home. The squares are all cut for you and the kit includes instructions on how to assemble them. Kits are located in the Fellowship Hall in the green bin on the floor under the office windows. Just return the quilt tops to the bin when you are done. Questions? Call Cathy Snowden at 327-2503.

## Women's Conversation Group

Start the new year out by joining us on January 3 and 17 in the Fireside Room from 10:00-11:30 am to discuss Christian issues and participate in Bible Study. All ages of women are welcome.

## Monthly Recipe Exchange

We had these meatballs at our WELCA Christmas Potluck and they were awesome and easy, the two best things! Start with your favorite meatball recipe or store purchased meatballs. This night the No Name Wild Rice Meatballs were used. Put them in a crockpot. In a separate bowl, mix together 1 jar of chili sauce, 1 can of whole berry cranberry sauce, 1 cup of brown sugar and 1 cup of sauerkraut. Yes sauerkraut. Pour over meatballs and cook on low until hot and enjoy!

## Looking ahead

A couple things to be looking forward to after the holidays: First, WELCA will be hosting a fun retreat type get-together after the hustle and bustle of the holidays are over. Be watching for date and time after the first of the year. And second, mark your calendars for the Living Waters Spring Gathering Friday, March 10, 2012, hosted by Zion Lutheran Church right here in Grand Rapids. Being a weekday is sometimes a little more difficult but maybe with a lot of advance notice, St. Andrew's can make a good showing!

Your **WELCA Board** welcomes suggestions and comments! Stop or call anyone of us anytime!

Vicky Fall, Ann Godfrey, Judy Johnson, DeeAnne Newville, Cindy Busby, Sheila Salo, Anne Erickson

All women of St Andrews are always WELCOME to come to our monthly Board Meetings. The next one will be held Monday, January 9<sup>th</sup> at 5:30 pm in the Fireside Room.

## Sunday Coffee Hour

Thank you for your Christian hospitality to help Sunday coffee time be a success. January co-leaders are Anne Erickson and DeeAnne Newville. Members of the January committee are:

Amy Adamson	Dawn Altobelli
Lynne Anderson	Iven Asplund
Nancy Axtell	Heidi Barsness
Jeri Bischoff	Jeanette Bishop
Jenny Blake	Petra Botsford
Lisa Brandt	Pat Browne
Jeremy Cable	Liz Carlson
Cindy Carver	Kory Cease
Jessica Colter	Marlys Curtiss
Lynn DeGrio	Tara Dingmann
Sandie Erickson	Marie Flicker
Carol Forneris	Lorraine Fuhrman
Melissa Gerak	Marcia Greig
Roger Gustafson	Jane Hallam
Anneliese Haynes	Paula Hedin
Jean Heitzman	Michelle Ingle
Jeri Jurvelin	Dorothy Klinger
Amanda Kortekaas	Ava Krings
Lorrie Larson	Marj Lavalier
Frank Lewis	Sarah Litchke
Cheryl Martinetto	Elizabeth McCowen
Jody Miller	Pat Nordskog
Delores Nydahl	Eva O'Claire
Sandie Oslin	Gloria Pelkey
Kelly Picht	Cheryl Prather
Jessica Puddicombe	Jennifer Rajala
Nancy Reilley	Christel Rowe
Tammy Ruesink	Lynn Rusch
Cathy Rydberg	LeeAnn Saddler
Lynette Schmidt	Chad Simons
Jan Stenson	Casandra Strong
Kim Thompson	Wayne Thorson
Sherri Vredenburg	Jodi Warner
Irene Weller	Lynn Wheelock





St. Andrew's Lutheran Church  
501 NW 16th Street  
Grand Rapids MN 55744

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Worship Service Schedule

September-May Sunday School 9:15 am

Worship 8:00 & 10:30 am

Memorial Day -

Labor Day Sunday Worship 8:00 & 9:30 am

**ST. ANDREW'S MISSION STATEMENT**

**WELCOME** All people of faith in community in Jesus Christ, inviting and celebrating a rich diversity of members.

**CELEBRATE** God's presence in our lives.

**GROW** In our experience and understanding of God's grace and God's purpose for our lives.

**REACH** Out with compassion to those in need, especially those who have not heard the gospel of Jesus Christ.

***Pat Surface and the Boundary Water Boys***

**in concert!!**

**Saturday, January 21, 2012**

**at**

**St. Andrew's Lutheran Church**