



ALL SAINTS

LUTHERAN CHURCH

NEWSLETTER

March 2023

LENT

What does Lent mean to you? Do you have ideas, practices or emotions associated with the season?

For many who grew up in the church, Lent used to be a time to “give something up.” In solidarity with Jesus’ fast in the wilderness for 40 days and 40 nights, it was a moment to relinquish something of value to us — to test ourselves so to speak. To learn greater discipline. To find that life goes on without the things we “think” we can’t live without. This remains an interesting practice that you might consider. Giving up chocolate, limiting time on your device each day, or giving up some other bad habit you’ve developed is not a bad idea at all.

The alternative that emerged in response to the same old, same old was that Lent was a time to “take something new up.” Rather than a negative objective, Lent should be a time to add something positive. Call your mom every day (or at some other interval that won’t annoy her), add more encouragements or compliments into your everyday relationships, commit to exercising, read scripture or a devotional every day, etc. All of these are good ideas as well, which you still have time to consider during this season.

Both of these practices, whether negative or positive in focus, require some extra exertion or intentionality. To me, they have always felt like spiritual versions of New Year’s Resolutions, which inevitably fall to the wayside, which may be why I rarely hear widespread use of these traditions anymore — though I’m sure some of you may still do this!

Perhaps it’s lowering the bar, but I would suggest that rather than adding anything new and challenging, or trying to give something up that will test your mental and emotional fortitude, it might be helpful to simply identify your preferred way of engaging spiritually. This may be attending worship (yes, your pastor would love that), reading a favorite devotional or scripture, listening to sacred music, or spending time in the places that stir your spirit. Once you’ve identified that one thing, just remember to do that this Lent! This doesn’t need to be heavy lifting. Make it a time of joy and renewal. Happy Lent!

*Be well,
Pastor Jon*

MARCH EVENTS

- 14th Inspired Life: Environment and Wellness, Susan Leaf
7pm
- 19th Playdate at All Saints
after the service
- 28th Inspired Life: Environment and Wellness, Ann Pierce
7pm

For up to date information, visit
allsaintsmtka.org/events.

LENTEN BOOK STUDY BEGINS

During Lent we are having a congregational book study on *Seculosity* by David Zahl. The book reflects on our innate human desire for hope, purpose, connection, justification and enoughtness and how that plays out apart from traditional religious and spiritual answers in all sorts of everyday realms - from food and parenting to technology and politics.

Groups begin meeting Wednesday, March 1st and meet for five Wednesdays, through March 29th.

- The **In-Person group** will meet Wednesdays at noon in the lounge.
- The **Virtual Zoom group** will meet Wednesdays from 6pm to 6:45pm. Find the meeting link at allsaintsmtka.org/bookstudy and in the online discussion in our All Saints App each week.
- **Individual On-Demand** content is available through our All Saints App. See the directions to the right.

You are invited to be part of the in-person group, virtual group, or online discussion. Books are available for purchase from Amazon, Barnes & Noble and other online retailers.



JOIN THE DISCUSSION

You can sign up for the Seculosity group by downloading and signing into the All Saints App. Tap on the dialogue boxes at the top (1). Tap on Discover (2) and scroll down to the Lenten Discussion 2023 group. Tap on the group (3) and then tap "Join group." You can find the groups you've joined under Conversations.

Each week, there is a brief video reflection from Pastor Jon, quotes and questions related to the book, and opportunities to post your thoughts and comments with others in a dedicated group chat moderated by Pastor Jon. This content is available to anyone. For help accessing this, contact the church office.

A promotional banner for an Easter event. The top half has a blue background with the text 'JOIN US FOR OUR' in small white letters, followed by 'EASTER' in large white letters, and 'EGGSTRAVAGANZA' in large white letters. The bottom half has a light brown background. On the left and right sides, there are four colorful Easter eggs with various patterns. In the center, the text 'Saturday, April 8' and '10-11:30am' is displayed in a dark grey font.

JOIN US FOR OUR
EASTER
EGGSTRAVAGANZA

Saturday, April 8
10-11:30am

LENT, HOLY WEEK, AND EASTER MUSIC

Enjoy a variety of musical styles by our talented All Saints musicians during Lent and Holy Week.

March 5, Lent 2 - Traditional worship led by Meg Redmond with guest Dave Werden featuring music by Clara Schumann.

March 12, Lent 3 - Traditional worship led by Meg Redmond and the Carillon Choir.

March 19, Lent 4 - Traditional worship led by Meg Redmond and the Saints Chorale, with special guests Cady Stauss and Susan Lindvall.

March 26, Lent 5 - Contemporary Coffeehouse service led by Tom Klemond and Meg Redmond.

April 2, Palm Sunday - Traditional worship led by Meg Redmond and the Saints Chorale.

April 6, Maundy Thursday - Contemporary worship led by Tom Klemond.

April 7, Good Friday - The Saints Chorale presents Behold the Darkness: A Chorale Cantata by Benjamin Harlan.

April 9, Easter Sunday - Traditional worship led by Meg Redmond with the Saints Brass and Saints Chorale.



EASTER FLOWERS

You are invited to help beautify the sanctuary for our Easter celebration by donating flowers in honor or memory of someone special to you.

To donate, contact Chris in the church office by calling 952-934-3550, or you can email her at cheiberg@allsaintsmtka.org, or submit your donation on the GIVE page of our website: www.allsaintsmtka.org/giving.

Select "Flowers" as the Fund type, as shown below. If donating online, please indicate in an email, if desired, the names(s) for whom your donation is in memory or honor.

\$ 25

FUND

Flowers

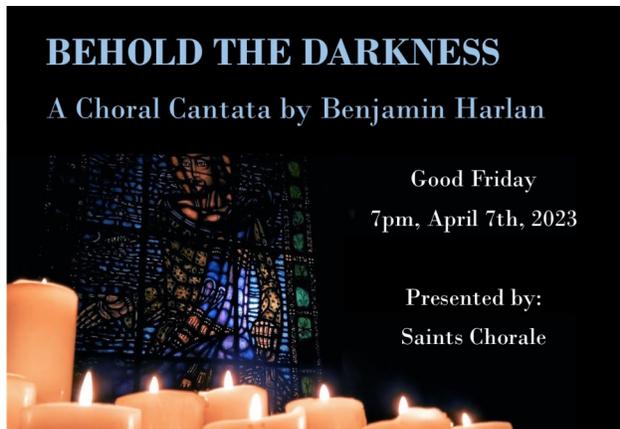
General

Flowers

One-Time Weekly Monthly Ev

One-Time gift of \$25.00 to the Flowers Fund on February 28, 2023

Next



BEHOLD THE DARKNESS

A Choral Cantata by Benjamin Harlan

Good Friday
7pm, April 7th, 2023

Presented by:
Saints Chorale

You may also mail your donation and dedication information to:

All Saints Lutheran Church
15915 Excelsior Blvd
Minnetonka, MN 55345

Make checks out to All Saints Lutheran Church and put "Flowers" in the memo line. The suggested donation is \$25. Please donate by Sunday, March 26.



WORK IN PROGRESS: REDO, REWRITE, RESTORE

Kids Connection March Theme

March is all about forgiveness. We all make mistakes and do something that we need forgiveness for. Whether you need forgiveness or need to forgive, it doesn't always come easily. However, we can always look to Jesus to teach us all about forgiveness.

All month long at Kids Connection, we will talk about people in the Bible who needed forgiveness and the ones who needed to forgive others. We will learn that God will always forgive us and that we can forgive others like Jesus forgives us. Learn more about Kids Connection on our website: www.allsaintsmtka.org/kids

MARCH PLAYDATE

Our next playdate is Sunday, March 19 after the service. The last couple of playdates have been great, and parents and kids are enjoying our new parent and child space. If you are a parent of a small child, join us for the next playdate to connect with other parents and give your kids a chance to play together. The day of the playdate we will also have YoYo Donuts and beverages available.

If you have any questions, contact Chelsea at cmaher@allsaintsmtka.org

EASTER EGGSTRAVAGANZA

Join us for our second annual Easter Eggstravaganza on April 8 from 10-11:30am. The morning will be filled with all kinds of Easter activities including an egg hunt, a craft, an Easter I Spy, and more. The egg hunt will start at 11 am.

We will also have some **special animal visitors** from the **Minnesota Zoo**! All are welcome to join us, so invite your family, friends, and neighbors.



DAY CAMP AT ALL SAINTS

June 12-15

Kids age 3 through 5th grade are invited to join us for day camp (formally Vacation Bible School) in June. Day camp is full of fun crafts, games, songs, and more. This year we have partnered with Green Lake Lutheran Ministries who will be sending out counselors to lead day camp for us.

For Preschool age kids, day camp will be from 9am-noon. For Kindergarten through 5th grade kids, day camp is from 9am-2pm. Learn more and register for day camp at: allsaintsmtka.org/daycamp



MARCH FOOD SHARE

During the month of March, people throughout Minnesota come together to raise funds and collect food for their local food shelves. Traditionally the time of year when food shelves' inventory was lowest, the March Campaign has become the largest grassroots food and fund drive in the state.

As part of the March Food Share, we are invited to donate food and funds for neighbors facing food insecurity in our community to ICA, one of All Saints' partners. Here's how you can get involved:

- Donate funds – directly to ICA or put “ICA” in the memo line of checks given during offering, and your donation will be passed along.
- Donate food – there is a bin by the Welcome Center.

INTERGENERATIONAL SERVING

Feed My Starving Children

All Saints has reserved a handful of spots at Feed My Starving Children in Chanhassen on Saturday, April 22 from 9-10:30 am. Feed My Starving Children is a favorite service opportunity for many. Whether you are 5 years old or 95 years old, you can volunteer at Feed My Starving Children.

If you have never been to Feed My Starving Children before, volunteers pack food for people all over the world. While most of the volunteers will be moving and standing throughout the packing session, there are volunteer positions where people can sit down. Feed My Starving Children does not allow kids younger than 5 to volunteer, but any kids 5 and older are welcome to join us.

If you would like to join us for Feed My Starving Children on April 22, please sign up in the binder on the Welcome Center or at: subspla.sh/cg8zxnv



All Saints Lutheran Church

Available in App Stores





INSPIRED LIFE SERIES

Our next speaker is Susan Leaf, author of *Portage: A Family, A Canoe, and the Search for the Good Life* and *A Love Affair with Birds. The Life of Thomas Sadler Roberts*. On Tuesday, March 14th at 7pm, she will be sharing thoughts on nature & the environment from a naturalist writer's lens.

Then we have Ann Pierce, Director of MN State Parks & Trails, speaking on Tuesday, March 28 at 7pm. She will be speaking about the environment and the State Parks & State Trails of Minnesota. There is a special giveaway at the talk, so be sure not to miss out!

Inspired Life talks are about an hour in length, with an opportunity for questions at the end. The talks are free and open to the public, so be sure to invite your friends and family to join you.

More information about this and all future talks can be found on our website: www.allsaintsmtka.org/inspiredlife

PB&J NIGHT

Pizza, Beverage, & Justice

Enjoy an evening of food, drink, and conversation hosted by the All Saints Racial Justice group on Sunday, April 2 at 5pm. Together we will eat and watch a movie or documentary followed by a discussion. Pizza, snacks and beverages provided. Keep an eye on the E-News for more information.

Registration is required and limited to 20 people. Register at: subspla.sh/t9k53jb



CLARA SCHUMANN

September 13, 1819 – May 20, 1896

In recognition of Women's History month, Dave Werden will play three songs written by Clara Schumann during this Sunday's service.

Before she was even born, Clara Schumann's father had determined that she would be a star at the keyboard. Her father, Friedrich Wieck, was a piano teacher, and he saw to it that she studied music, performed and composed – all at an early age. Clara toured all over Europe, wowing audiences with her playing, and her compositions.

When Clara fell in love with Robert Schumann, who was studying with her father, Friedrich Wieck tried hard to stop them from getting married. It took years — and a court battle — before Robert and Clara could finally get married. But Clara and Robert Schumann became one of the greatest musical partnerships of all time. She gave the first performance of many of his pieces, including his piano concerto and was a tremendous influence on his music. She also premiered works by Chopin and Brahms.

Even though she gave birth to eight children, and had great family responsibilities, Robert encouraged her compose. When Robert got sick, and after his early death, Clara supported her family by giving concerts and teaching. She continued to perform into her 70s.



SPIRITUAL WELLNESS

March Wellness Focus

This month we are focusing on Spiritual Wellness, and we are in the season of Lent. This is a good time to think about spiritual health, forgiveness, community and grace. Perhaps it's also a good time to join the All Saints community for worship on Wednesday evenings or Sunday mornings, as it is good to be together!

Ideas on growing your spiritual health can also be found on our website, and on the weekly Wednesday Wellness social media posts on Facebook and Instagram!

AGING & HEALTH

U of MN Mini Medical School

There is no doubt that aging affects us all. We are confronted with learning to care for older loved ones and considering our own futures as we age. The University of Minnesota presents internationally renowned experts who use common language for ease of understanding complex topics.

These virtual sessions are on Wednesdays at 5pm. Topics are:

- April 5 - A Local to Global Look at Aging
- April 12 - Creating Pathways to Healthy Aging
- April 19 - Thriving: Mental Health and Wellbeing

These events are virtual, free, and open to the public. Learn more and register at: clinicalaffairs.umn.edu/mini-medical-school

LOOKING AHEAD TO APRIL

In April we have our Holy Week services, culminating in our Easter Service on April 9th. We have Inspired Life speakers on April 4th and 18th, and intergenerational serving at Feed My Starving Children on April 22nd. For more information on upcoming events, keep an eye on the E-News.

PEACE MOMENT

“Like water which can clearly mirror the sky and the trees only so long as its surface is undisturbed, the mind can only reflect the true image of the Self when it is tranquil and wholly relaxed.”

— Indra Devi

(This quote is in recognition of World Water Day on 3/22/23.)

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All Saints Lutheran Church
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Minnetonka, MN 55345

Contact the church office at aslc@allsaintsmtnka.org or 952.934.3550