

## WEEK AT A GLANCE

### Sunday, January 23 ~ Third Sunday after Epiphany

8:30 am Traditional Sanctuary Worship  
 9:45 am Traditional Sanctuary Worship  
 9:45 am Adult Forum  
 9:45 am Kids' Kingdom  
 9:45 am Youth Forum  
 11:00 am Contemporary Worship with Holy Communion

### Monday, January 24

10:00 am Women's Coffee & Conversation  
 6:30 pm NAMI Support Group  
 7:00 pm Rejoice Bell Choir Rehearsal

### Tuesday, January 25

1:00 pm Living Well w/ Chronic Conditions Series  
 1:00 pm Quilting Ministry  
 6:00 pm Faith-filled Mat Yoga  
 7:00 pm AI-Anon/AA Groups

### Wednesday, January 26

10:00 am - 12:00 pm Toddler Time  
 5:50 pm Confirmation  
 6:00 pm Where Faith Meets Life Bible Study  
 6:15 pm Chorister Choir Rehearsal  
 7:00 pm Agape Choir Rehearsal  
 8:00 pm Senior Choir Rehearsal

### Thursday, January 27

10:00 am Faith-filled Chair Yoga  
 1:00 pm Prayer Shawl Ministry

### Friday, January 28

### Saturday, January 29

### Sunday, January 30 ~ Fourth Sunday after Epiphany

8:30 am Traditional Sanctuary  
 9:45 am Traditional Sanctuary  
 9:45 am Adult Forum  
 9:45 am Kids' Kingdom  
 9:45 am Youth Forum  
 11:00 am Contemporary Worship with Holy Communion

# HAPPENING @ Augustana

## YOUR TAKE-HOME BULLETIN INSERT

For In-Person worship, please complete this Connection Card when you need to update your contact information, request prayers or a pastor visit, or sign up for an event/opportunity, and place in offering plate. For Drive-In Worship, please email contact information and any prayer concerns to the church office at [brofles@augustana.com](mailto:brofles@augustana.com).

Connect



Learn



Serve



January 23, 2022

**Augustana Lutheran Church**

1400 South Robert Street, West St. Paul, MN 55118

651 457-3373

[augustana.com](http://augustana.com)

# Connection Card

1.23.2022

**Welcome! We are happy you are worshiping with us today!**

**Visitors**, help us get to know you by completing the information below.

**Members**, use this to update/change information.

Name (s) \_\_\_\_\_

Address \_\_\_\_\_

City and ZIP \_\_\_\_\_

Phone \_\_\_\_\_  New **PHONE** number

Email \_\_\_\_\_

New **HOME** Address  New **EMAIL** Address

### Check all that apply:

- Member
- Received Communion today (In-Person only)
- Visitor with church home
- Visitor without church home
- I / We would like information on becoming a member at Augustana.

### I'd like to . . .

- Share a comment
- Share a prayer request with Augustana's confidential prayer ministry
- Request a call from a pastor
- Notify staff of a hospitalization, new baby or death in family

Comments/Questions/Requests \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## SERVE

Prayerfully choose from the opportunities below; then drop this in the offering plate. Please complete the front side of this card so we know how to contact you. Call the church office at 651.457.3373 with questions about any of these ministries.

### Volunteers Needed

Communion Servers are needed to assist with Communion at the 8:30 and 9:45 worship services. This ministry is open to anyone Confirmation-age and older. The schedule is flexible. Sign up for the Sundays that work with your schedule. Sign-up sheets through May of 2022 are available at the Information Center or contact Barb Rolfes in the office at 651.457.3373 or [brolfes@augustana.com](mailto:brolfes@augustana.com). Training can be provided upon request.

## HEALTH & WELLNESS

### Augustana COVID Task Force

We continue to closely monitor the COVID statistics for our local area and will adjust recommendations as the situation evolves. Our recommendations are to follow CDC guidelines as follows:

- The current CDC and MDH recommendations: Everyone in Dakota County is requested to wear a mask in public indoor settings regardless of vaccination status (because the community transmission rate in Dakota County is HIGH right now).
- Do not enter the building if you have symptoms of any illness.
- Do not enter the building if you know you have recently been exposed to someone with COVID.

Choose the worship experience that best meets your comfort level. All 3 worship services are now indoors. An online worship service will continue to be offered. The COVID Task Force will continue to monitor local COVID statistics and CDC and MDH guidelines. We will update our recommendations as needed. Thank you for your cooperation.

### NAMI Family Support Group here in 2022

2nd & 4th Monday evenings, 6:30 pm

Facilitated by Joann Arneberg, Faith Community Nurse

NAMI Minnesota (National Alliance on Mental Illness) offers family and friends of individuals living with a mental illness an opportunity to meet with others who share their concerns, to compare experiences and to learn from each other. Meetings are free of charge and registration is not necessary. For further information, contact Faith Community Nurse Joann Arneberg at 651-457-3373 or [jarneberg@augustana.com](mailto:jarneberg@augustana.com).

## CONGREGATIONAL NEWS

### Call Committee Update

We are delighted and grateful to announce that at the congregational meeting on January 18, the congregation voted to call Pastor Jason Bryan-Wegner to be our new senior pastor at Augustana and he has accepted. More details will be available in the February newsletter!

### Help Pastor Jason get to know the Augustana community!

A lot has changed at Augustana since our last photo directory in 2016! Help us build a photo library of Augustana families to assist Pastor Jason in getting to know us! Send us a recent family photo (electronically to [info@augustana.com](mailto:info@augustana.com) or drop in the mail or in the offering plate). Please make sure to include the names of your family members.



## CONNECT

### CHILDREN, YOUTH & FAMILY

#### Wednesday Toddler Time \*New Weekly Event\*

Wednesdays through March 30, 10:00 am - 12:00 pm

Children 5 years and younger

Bring your child to the Commons on the lower level of the church Wednesday mornings during the cold winter months to run and play. Each week we will have different activities for the kids to expend their energy! An adult must stay with the child while they are here. No registration is necessary; just drop in. All are welcome! Invite your friends and neighbors to join you.

#### Senior High Sundays, Grades 9 - 12

TONIGHT at 6:30 pm

Connect with your church friends and participate in a variety of activities throughout the year. Activities rotate between service, fellowship, and education. All students in grades 9 - 12 are invited and encouraged to attend!

#### Augustana Baptism Classes

Wednesday, February 2, 6:00 pm via ZOOM

Sunday, March 13, 12:00 pm via ZOOM

Wednesday, April 27, 6:00 pm via ZOOM

If you desire baptism for yourself or child, please attend one of Augustana's Baptism class led by Pastor Deb Kielsmeier. This 45-minute class will discuss the meaning of Christian Baptism and the importance of this sacrament. To reserve a spot and receive the ZOOM link, email Barb Rolfes [brolfes@augustana.com](mailto:brolfes@augustana.com).

#### Family Valentine Painting

Sunday, February 13, 12:15 pm Lunch; 12:45 pm Painting

Cost: \$5.00 for lunch & supplies

After a soup & salad lunch, we will have fun painting a Valentine Gnome with instructor Jan Gunderson. Please sign-up at: [signupgenius.com/go/30E0848AAAA22A0F94-family1](https://signupgenius.com/go/30E0848AAAA22A0F94-family1)  
Payment must be received in the church office within one week of signing up to reserve your spot. Spots not paid for will be opened up so others can sign up and enjoy this fun afternoon.

#### Shrove Tuesday/Fat Tuesday Pancake Dinner

Tuesday, March 1, 5:00 pm - 6:00 pm, Fellowship Hall

Cost \$6 per person

Join us for a fun dinner of pancakes, egg bites, sausage, and other delectable breakfast foods before we start our Lenten journey the next day with Ash Wednesday. We will have a photo booth area and Mardi Gras mask making for all ages. Please sign-up at: [signupgenius.com/go/30e0848aaaa22a0f94-fattuesday](https://signupgenius.com/go/30e0848aaaa22a0f94-fattuesday)

## SUMMER CAMP INFORMATION

### Augustana Summer Camps - More Information to Come!

Music & Arts Camp June 13 - 16, 9:00 - 11:45 am (for children finishing grades 1-5)

VBS Week 1 June 20 - 23, 9:00 am - 12:00 pm (4 yrs old - grade 5) \$15 per child

VBS Week 2 June 27 - 30, 9:00 am - 12:00 pm (4 yrs old - grade 5) \$15 per child

Wapo Weeklong July 10 - 15 (finishing grades 4-9)

Wapo Seeds Weekend July 15 - 17 (finishing grades 1-3)

Science Camp August 1 - 4, 9:00 am - 4:00 pm (finishing grades 3-5) \$150 per child



## LEARN

### ADULT

**Faith-Filled Yoga** - 8-week session: \$40 or \$6 drop-in rate.

**Instructor: Cristi Hoving**

**Yoga Flow: Tuesdays, January 4 - February 22, 2022, 6:00 pm**

**Chair Yoga: Thursdays, January 6 - February 24, 2022, 10:00 am**

#### Where Faith Meets Life Bible Study

Wednesdays, 6:00 pm, In-person & ZOOM

Join one of the pastors to discuss how the upcoming preaching text is relevant to our daily lives! Contact Barb Rolfes at [brolfes@augustana.com](mailto:brolfes@augustana.com) or 651.457.3373 for the ZOOM link.

#### Adult Forum In-Person

Today, January 23, 9:45 am

Rev. Ruth Sorenson-Prokosch

Spiritual Director Rev. Ruth Sorenson-Prokosch focuses on dealing with trauma. She will explore the meaning of trauma, grief, and loss, and how they affect our nervous system. As a religious community experiencing grief and loss with all the changes that are occurring, we need to acknowledge this so that we can move forward.

#### Women's Coffee and Conversation In-Person

Monday, January 24, 10:00 am

We will start our new season with a special guest, Andy Jacob, Augustana's new organist. Andy will share about himself, his recent marriage, what his job of organist entails and why he is so passionate about his music ministry.

#### Online Book Study

*Fierce Love: A Bold Path to Ferocious Courage and Rule-Breaking Kindness That Can Heal the World* by Rev. Jacqui Lewis. Sign up with Stacy [secardwell@augustana.com](mailto:secardwell@augustana.com) to get the reading assignments and ZOOM discussion dates.

#### And Yet... Whole Brain Living

Online educational videos available February 9 & February 23

ZOOM Discussion Monday, February 28, 6:30-7:30 pm

The Holy Spirit is a mysterious entity. Some say the Holy Spirit is the loving, Divine energy that resides in us. Some believe this is our intuition or "gut" feelings; others say this Spirit is in our hearts. Jill Bolte-Taylor believes this Divine Spirituality dwells in our brains. You may remember the brain researcher Jill Bolte-Taylor, for her amazing TED talk "My Stroke of Insight" – she believes our personal lives and our world will be a better place when we learn to practice Whole Brain living. You see, being a Christian is more than beliefs and rituals, it is learning how to act like a Christian. Jill Bolte-Taylor provides a fun way of using all our brain "characters" to live a healthy Spiritual life.