



Moment of Contact

First Lutheran Church
3939 Cheyenne Blvd.
Sioux City, IA 51104
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July/August 2021 Contact

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July 15, 2021

Pastor's Message

Have you ever "thrown" a pot? When clay becomes a pot, it must first have a center. As a potter spins, pushes, and pulls the clay into its final form, it can easily lose its center and become misshapen. If you have ever tried this, you know that creating a pot requires paying attention to the shape and form you are making. When a pot loses its center, it fails to fully be what it is being created to be—a pot, a pitcher, a plate, a thing of beauty, a vessel for others. When we do not live as the people God has claimed us to be, our lives lose their center.

When we worship, pray, grow in faith, serve our neighbor in need, we live out our lives as God has claimed us to do. At the heart of our worship life is Jesus—in word, in song, in prayer, in the neighbor, in water, bread, and wine. Jesus, who embodies forgiveness and mercy, is the heart. Again and again, life becomes misshapen. Again and again, the potter reshapes the clay. The splash of a watery cross, the taste of bread and wine: these things center life in Christ. God's mercy washes over us. God's mercy is implanted in us. God creates life anew; deformed hearts are reformed for works of mercy and love.

Pastoral Care in Times of Need

It has come to my attention some of you are unsure when to be in contact with your pastor. I am here for you whenever you are in need of prayer, in need of a visit at home, in the hospital, or assisted living. You can make an appointment, call or stop by the office. It is my privilege to serve as your pastor, as one who cares for you and those whom you love. Please do not hesitate to contact me with your prayer requests, need for a conversation or assistance in your spiritual questions. Call the office (712 239 3942) or in an emergency call my cell phone (612 408 6692).

Pastor Kristine

OPPORTUNITIES TO SERVE

As we return to a full schedule this autumn season, there are plenty of opportunities to serve. If you have filled out a **bright green** sheet identifying where you would like to serve, thank you! We will be in contact with you. We can use help with worship serving as hosts and greeters, communion ministers and readers. We are looking for Sunday School teachers and adult and high school youth leaders to assist on Wednesday nights programming for families. Can you help fix and repair? Would you like to package groceries for the food pantry? Each week we will invite you to serve. Watch the weekly bulletin for ways in which you can participate in the life of the congregation by sharing your gifts. Thank you in advance!

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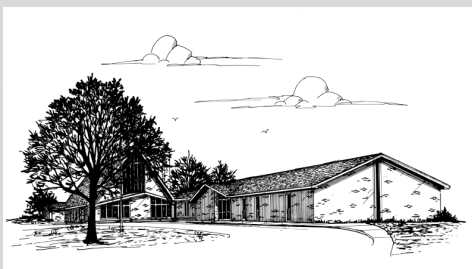
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Bread Sundays, July 25 – August 22

In the middle of the summer we will focus on Jesus as the bread of life. And not just one Sunday, but five! Our focus will be on John 6, where the gospel writer spends the entire chapter repetitively describing Jesus as the very source of our sustenance.

In recent years it seems that many books have been printed which focus on baking vast assortments of breads, from rye to pumpernickel, French to Italian. Each of us has favorite, perhaps it is lefse or pita! What Jesus will teach us in this season of “bread” is a deeper meaning. A longing, both physically and spiritually, for an even more fulfilling outcome than the tastiest assortment of baked bread. The abundance Jesus teaches satisfies hunger, transforms lives and ushers in a new vision of a holy community.

What we will discover on our bread journey are ways we can think about how we and our community can be nourished and sustained by God. And, to imagine how we become vessels of the holy and how to be open to the call of service. How might ordinary gifts of bread and wine, and the gifts of ordinary people, become the ways God’s love is multiplied in service for our neighbor, our community, our church and indeed the whole world.

Join us for worship....taste and see that the Lord is good!

Included on page 5 is the bread recipe we utilized this past Lenten season. If you and your family wish to participate in the “meal” portion of worship with bread and wine, make up a batch of the communion bread, open a bottle of wine, and participate in the life giving “supper” Jesus provided for his friends.

ADULT BIBLE STUDY CONTINUES

Join Pastor Kristine in the Fireside Room for a discussion on Paul’s letters to the church in Thessalonica. The letters to the Thessalonians are the earliest writings of the church when Paul exhorts and encourages these new Christians to continue in their faith. We gather in-person in the Fireside Room each week to learn from Paul and from each other. Come join us on **Thursdays at 1 pm!**



LIFE PASSAGES

Marriage

*Love one another, as I have
loved you*

Michael and Elizabeth Glade

James

June 5, 2021

Death

Neither life nor death, can separate us from God's love

Duane Schubert

June 26, 2021

FLC Finance Update

Needed weekly per budget
\$5,442.31 / for the month of
June \$21,769.24. Actual June
income is
\$20,064.50.



City-Wide VBS, July 12-15

We enjoyed hosting CityWide Vacation Bible School this past week. Fifteen children from First Lutheran participated, we have over one hundred children, youth, parents and helpers in attendance during the past week. Lutheran Lakeside Day Camp Counselors led us in song, prayer and the study of God's word. Under the theme "God Keeps God's Promises," we learned how much God loves us and how much we can trust in God to provide and care for us. Thank you to all who volunteered to help make this week possible. Your gifts are appreciated!

Worship in the Time of Pandemic...continues

As we have been gathering for worship each week, we continue to gather safely. If you are fully vaccinated, as per CDC guidelines, you may gather without a mask. In the sanctuary we will continue to mark every other pew with tape to help you safely distance from other worshippers, especially families with young children who have yet to be vaccinated. Please be respectful of those who are wearing masks for a variety of health reasons.

Our weekly worship services will continue in-person, livestreamed on Facebook and by way of iHeart Radio throughout the summer. Many of us are making plans to take long overdue vacation. If you happen to miss a Sunday, you can worship with us by way of YouTube anytime during the week. For more information on any of these options access our website (firstlutheransc.org).

Fellowship Opportunities

August 1 - A Congregational Picnic & Auction is scheduled at the Izaak Walton League in North Sioux City, SD at 5 PM.

- All are welcome, invite friends and guests to attend the annual Congregational Picnic.
- Auction will be held to assist with raising money for the Food Pantry. If you have a fun unique item to auction or a picnic basket, apron, or bottle of ? to auction off, please do so.
- All are encouraged to bring a side dish and an item to auction.
- Sneaky's chicken in the amount of 150 pieces will be served to members and guests. (Thrivent is sponsoring the chicken and t-shirts will also be handed out)
- Club house is air conditioned. Two picnic shelters exist outside the club house as well as a sandy beach. Activities available include swimming, kayaking, paddle boarding, sand volleyball, and horse shoes. (no lifeguards on duty)
- Lisa, Jay, and August Schenzel are gracious enough to reserve the Izaak Walton League facility and we extend a huge thank you for their support and generosity.
- Please all assist with clean up.





August 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 Worship - In Person/FB Live/ Radio w/Holy Communion 5:00 Annual Picnic at Izaak Walton League in North Sioux City, SD	2 Pastor's Day Off 7:00 Scouts in FH	3 10:00 Text Study 6:30 Exec in FR	4 9-11:30 Food Pantry	5 1:00 Bible Study in FR	6 7:00 AA in FH	7
8 10:00 Worship - In Person/FB Live/ Radio w/Holy Communion 11:00 Faith Formation Mtg. in FR	9 Pastor's Day Off	10 Pastor Kristine on Vacation Rest of Week 5:00 First Responder Support Mtg. in CR	11 9-11:30 Food Pantry	12	13 7:00 AA in FH	14
15 10:00 Worship - In Person/FB Live/ Radio w/Holy Communion	16 Pastor's Day Off 7:00 Scouts in FH	17 10:00 Text Study 6:30 Council in FR 7:00 Kaia in Comm.	18 9-11:30 Food Pantry	19	20 7:00 AA in FH	21
22 10:00 Worship - In Person/FB Live/ Radio w/Holy Communion	23 Pastor's Day Off	24	25 9-11:30 Food Pantry	26	27 7:00 AA in FH	28
29 10:00 Worship - In Person/FB Live/ Radio w/Holy Communion	30 Pastor's Day Off 7:00 Scouts in FH	31				Key CR = Community Rm FH = Fellowship Hall FR = Fireside Room SS = Sunday School Room YR = Youth Room

FAITHFUL FAMILY CONFIRMATION

On Wednesday evenings this autumn we will offer a time of learning and worship for families who are faithfully raising children in our congregation. We will gather for a meal, a time of devotion and prayer, then a lesson from the Bible and discussion and activity in small groups divided by ages. Families will receive more detailed information in August. We are planning and preparing for an interactive, engaging, learning opportunity. If you would be interested in assisting with this program, please contact Pastor Kristine. We need teachers to teach, cookie bakers to bake, leaders to lead, musicians to sing. If this sounds like you, speak up!

Att: Kitchen Cleaning Teams

Thank you Mary Circle for cleaning the kitchens for the month of July. Just a reminder to the other groups that your cleaning time will be coming up.



Home Communion Bread (unleavened)

Ingredients

$\frac{3}{4}$ cup flour
 $\frac{1}{4}$ cup hot water
 $\frac{1}{2}$ Tbsp Olive Oil
 $\frac{1}{4}$ tsp honey
 $\frac{1}{4}$ tsp salt

Combine ingredients.

Knead for 3 minutes.

Roll dough to $\frac{1}{8}$ " thickness.

Cut out circles using $1\frac{1}{2}$ " cookie cutter.

Transfer to baking sheet, prick wafers with a fork. Bake at 400 degrees, 5-8 minutes until just beginning to brown.

Will keep for two weeks in container or store in freezer.

Makes 8 wafers depending on the circumference of your circle.

Food Pantry News!!

An update from your First Lutheran Food Pantry. We were fortunate to obtain a refund of \$4,262.28 from the Food Bank of Siouxland for our pantry expenses during the Covid pandemic. This money was awarded to the state through a federal grant by the federal government and written and applied for by our office manager Carla Flores. Thank you for the extra time and effort to make this successful. Also, a thank you to all the pantry helpers, drivers, baggers and financial donators who allowed us to not miss a Wednesday helping to feed those in need in these trying times. Amen.

HELPING IN THE HOLY FAMILY FOOD PANTRY

July 20, 27

Casandra & Catrina Tounjian preparing bags for Wednesday distribution.

July 21

Candy Johnson
 Mary McCoy
 August Schenzel

July 28

Katherine Henshaw
 Dorothy Chauncey
 August Schenzel



August 3, 10, 17 Casandra & Catrina Tounjian preparing bags for Wednesday distribution.

August 24 & 31 Janet Gross preparing bags for Wednesday distribution.

August 4	August 11	August 18	August 25	September 1
Lavonne Lundgren Dorothy Goettsch August Schenzel	Dorothy Chauncey Nadine Holst August Schenzel	Chris Taylor Ann Doellinger August Schenzel	Candy Johnson Katherine Henshaw	Dorothy Chauncey Nadine Holst



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Return Service Requested



July 11-31 2021



Sun	Mon	Tue	Wed	Thu	Fri	Sat
11 <i>10:00 Worship - In Person/FB Live/ Radio w/Holy Communion</i>	12 <i>Pastor's Day Off</i> <i>5:30-8:00 VBS</i>	13 <i>4:00 First Responders Support Mtg. in FR</i> <i>4:00 Exec Offsite</i> <i>5:30-8:00 VBS</i>	14 <i>9-12 Food Pantry</i> <i>5:30-8:00 VBS</i>	15 <i>10:00 PEO Mtg. in FR</i> <i>1:00 Bible Study in FR</i> <i>5:30-8:00 VBS</i>	16 <i>7:00 AA in FH</i>	17 <i>10:00 Youth Group - Cans/ Bottles</i>
18 <i>10:00 Worship - In Person/FB Live/ Radio w/Holy Communion</i>	19 <i>Pastor's Day Off</i> <i>Carla on Vac. all Week</i> <i>Office Closed Today</i> <i>7:00 Scouts in FH</i>	20 <i>10:00 Text Study</i> <i>6:30 Council in FR</i>	21 <i>9-12 Food Pantry</i>	22 <i>1:00 Bible Study in FR</i>	23 <i>7:00 AA in FH</i>	24
25 <i>10:00 Worship - In Person/FB Live/ Radio w/Holy Communion/After Worship - Communion Mtg.</i>	26 <i>Pastor's Day Off</i>	27 <i>10:00 Text Study</i>	28 <i>9-12 Food Pantry</i>	29 <i>1:00 Bible Study in FR</i>	30 <i>7:00 AA in FH</i>	31