



Saint Luke Lutheran Church

1807 Field Avenue, Saint Paul, MN 55116 | 651-698-9443 | saintlukechurch.org

March 2025 Newsletter



The Pastor's Perspective **About the season of Lent**

Lent is a 40-day season of reflection and spiritual preparation that leads up to Easter. Lent begins on Ash Wednesday, March 5 this year. A note on how to count the 40 days: Sundays are not included in the count, as each Sunday is a celebration of Christ's resurrection, a "little Easter." Beginning with Ash Wednesday as day one, the Saturday before Easter will be day forty.

Lent focuses on repentance, the invitation to return to God and ask for God's forgiveness and new life. It is a time many Christians focus on intentional prayer and charity. Some Christians also add a form of fasting, abstaining from something you normally consume (food or otherwise) as a form of spiritual discipline. However you observe the six weeks of Lent, I hope it is a time of growth and learning for you!

Lenten Worship at St. Luke **Wednesday Evenings**

We will have a 6:00 pm worship service on Ash Wednesday, March 5, that includes imposition of ashes in the shape of the cross on your forehead or hand. The following Wednesdays during Lent – March 12, March 19, March 26, April 2, and April 9 – we will have a simple soup supper at 6:00 pm followed by Holden Evening Prayer, which is a sung service of prayer designed for reflection at the end of the day. We will incorporate poetry and participatory prayer practices into these evening services.

Holy Week and Easter

Holy Week begins on Palm Sunday, April 13, and culminates on Easter Sunday, April 20. We will hold worship at 9:30 am on both those Sundays. Easter is an especially festive day with an egg hunt and special coffee hour following worship. We will also offer

Pr. Bristol Reading

March Volunteers

Thanks for
your participation!

ONLINE USHERS

- 1st Sunday: David Tews
- 2nd Sunday: Sue McNeill
- 3rd Sunday: Raulie Ruiz
- 4th Sunday: David Nedrelov

IN PERSON USHERS

- First and Second Sundays:
Doug Nelson, David Nedrelov
- Third and Fourth Sundays:
Mary Jo Brandt, Carol Vigdal

READERS

- 2 Laurie Smith
- 9 Julie Gaarder
- 16 Kay Reich
- 23 Julie Ellingson
- 30 Wendy Bjorklund

COMMUNION ASSISTANTS

- 2 Christine Olson
- 9 Julie Gaarder
- 16 Kay Reich
- 23 Doug Klein
- 30 Wendy Bjorklund

ALTAR GUILD

Nancy Hegdahl

COFFEE HOSTS

- 2 Junella Litzkow
Robyn Rongstad
- 9 Mike and Nancy Hegdahl
Landenbergers

worship services at 6:00 pm on Maundy Thursday, April 17, and Good Friday, April 18. These are shorter, reflective services appropriate for all ages.

The Lenten Booklet

We have put together a booklet with some resources for Lent. In the booklet you will find the Gospel readings assigned for Sunday mornings in Lent, as well as a hymn, a poem, and a suggested prayer practice selected to compliment the Gospel. There is also a short reflection on a theme for the week. You can find it on our website. Printed copies are also available in the sanctuary.

Lenten Art Cards

We have so many creative people at St. Luke! Each Lent, we invite whoever wants to participate to make art cards. These are index-card-sized pieces of art made with whatever media you'd like (markers, pencils, paint, etc.) Bring your finished art cards to church on Wednesdays and Sundays to share with others. Here are ideas to guide your art card creation this year. For each week, we've selected a line from a hymn. These are the same hymns we paired with each week's Gospel in the Lenten booklet, so be sure to look through the booklet if you'd like more inspiration.

Week 1, beginning March 9:

"On my heart, imprint your image, blessed Jesus"

(from the hymn "On My Heart Imprint Your Image," #811 in the hymnal)

Lent is a season of looking into our own hearts and asking God to be at work in us. You might utilize heart shapes or stamps to represent the "imprint" of Jesus on your life.

Week 2, beginning March 16:

"Thy holy wings, O Savior, spread gently over me"

(from the hymn "Thy Holy Wings," #613 in the hymnal)

In the Gospel this week, we will hear Jesus compare himself to a protective mother hen (Luke 13:34). You might use bird or wing imagery in your card for this week.

Week 3, beginning March 23:

"See how its branches reach to us in welcome"

(from the hymn "There in God's Garden," #342 in the hymnal)

In the Gospel this week, Jesus tells a parable about a tree. We paired it with a hymn that uses imagery of Jesus as a tree of life and Jesus dying on the tree of the cross. Christ takes our sin and gives us mercy and blessing in return. You might use tree or garden imagery in your card.

Week 4, beginning March 30:

"Loving spirit, you have chosen me to be."

(from the hymn "Loving Spirit," #397 in the hymnal)

In the parable of the Prodigal Son (Luke 15:1-3, 11b-32), Jesus uses a story about parental love to help us understand the depth of God's love. This hymn uses mother, father, lover, and friend imagery to help us think about the many facets of God's love for us. Think about loving relationships and people as you make your card this week.

- 16 Susan Lorenz, David Elliott
- 23 Julie Gaarder
Laurie and Rob Herrmann
- 30 Jo and Doug Klein
Wendy Bjorklund

COUNTERS

- 2 Katy Eggert
- 9 Julie Gaarder
- 16 Kay Reich
- 23 Wendy Bjorklund
- 30 Carol Hornung



Bun Run

Many thanks to our Bun Run volunteers for March: Kay Reich, Julie Ellingson, Mike and Nancy Wobig, Volker Landenberger, Ken McGrew.

March Birthdays

- 3 Abigail Winecke
- 6 Mark Stadem
- 7 Judy Salaba
- 10 Lois Porter
- 13 Cristina Dredla
- 16 Susan Lorenz
- 18 Larry Eckstrom
- 31 Julie Gaarder
Robyn Rongstad
Ralph Skoe

March Anniversaries

- 12 Mike Amundson and
Kimberly Tyl
- 19 Sue and Dan Grzywinski

Online Bible Study All are welcome to our weekly online Bible Study on Wednesdays at 9:30am led by Pastor Bristol. We will discuss the scriptures for the forthcoming Sunday. The Zoom link is emailed to you every Monday. Join us!

Week 5, beginning April 6:

“Come down, O love divine; seek thou this soul of mine
and visit it with thine own ardor glowing.”

(from the hymn “Come Down, O Love Divine,” #804 in the
hymnal)

The Holy Spirit is often represented with fire, as in this hymn that
describes God’s Spirit kindling transformation in our own spirits.
You might use flame or fire imagery in your card this week.



Member Spotlight on Becca Ruiz

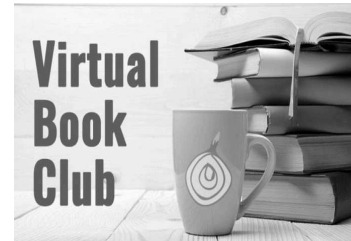
I’m the baby baby of 4 siblings because my sister and two brothers
are 8-11 years older than me. My dad was also 1 of 4, but all
brothers and all LCMS pastors, and my mom is the baby baby of
her family. I grew up in Elk River before we moved to Spantown
USA (Austin, MN) in 1995. My first job was at my dad’s church
filling in as janitor in the winter.

I took a year between high school and college to work and travel.
My first trip was traveling Route 66 with my dad. Found out later
he didn’t think I’d say yes when he suggested a trip together! We
even did half of Route 66 again with my mom and Raulie before
finishing the last leg with Hugo who was just a polka-loving tot.

I love road trips! We’ve started visiting towns along the Mississippi
in the last couple years. Road trip plus music is even better - every
year we go to Bonnaroo, a big music festival in Tennessee with over
60,000 people attending and see a bunch of great bands (Olivia
Rodrigo in 2025!). I’m hoping to see at least 80 acts in 2025 –
which is nothing compared to other concert-goers I know.

I’ve been cooking since age 5. I got up one Saturday morning and
decided to make pancakes for the family. Unfortunately, I misread
the recipe and put in 1/2 cup salt instead of ½ teaspoon! I’m way
better now, known for my weekly breakfasts and Feel Better soup. I
love reading cookbooks and children’s lit. I love all games – video,
arcade, board! Often we have a puzzle going and I also like to
redecorate my 3 hutches (yes, 3!).

We became members at St. Luke when I started as music director
here. Our nickname for St. Luke when we were “shopping” for a
church was the “cookie church” because it had the best snacks –
and still does! Shoutout to all the amazing coffee hour hosts! It’s



Book Club

We invite you to our St. Luke
Book Club, on Sunday, April 13,
6:30pm, via Zoom, to discuss
“The Heaven and Earth Grocery
Store”. From National Book
Award winner James McBride, a
novel about small-town secrets
and the people who keep them.
“A murder mystery locked inside
a Great American Novel . . .
Charming, smart, heart-blistering,
and heart-healing.” —Danez
Smith, The New York Times
Book Review. The Zoom invite
will be emailed to you shortly
before the meeting. All are
welcome; join us!



Notes from the Music Director

During this Lenten season, I
hope you enjoy the special music
our choirs provide. I’ve found a
lot of music that connects with
our readings this season and am
excited for the choirs to share
them with you. Also, if you’ve
wanted to join choir for just a
partial season - now’s the time!
We’re rehearsing Palm Sunday
and Holy Week pieces March
2nd, 9th, 16th, and 23rd and one
April rehearsal on Sunday, April
6th. Rehearsals meet in the
sanctuary after service 10:50am
to 11am.. All are welcome to
make a joyful noise!

just a fun, friendly church! Besides working at St. Luke, I teach music lessons. I love how each student is unique and I try to help them learn in a way that works for them. Music has always spoken to me, so I just keep trying to find ways to grow and engage as a musician.



Hello, my name is Mike Hegdahl. For those who don't know who I am, I've been a member at St. Luke for 36 years. Nancy and I were happily married there.

Currently, I am serving on the church council as a council member on my second term. I have served previously on the council. I enjoy being a member watching St. Luke grow.

We're currently working on a few property repairs, like the new lighting in the sanctuary and the kitchen, the weather worn chimney, adding wifi routers around the building, and upgrading the back entrance. Some of these repairs need warmer weather to repair, so we are in the process of getting some estimates before the work begins. Thanks to Volker for updating the wifi around the building. If you haven't noticed the new church lighting and how much brighter it is, council member David Tews, had a large part in making this happen, thanks David.

This year we have a great group of council members taking on important issues. As always, if there are any problems on your mind, please come to us, we love to hear from you.

Thank you to our Lenten Soup Supper volunteers!

March 12: Jo Klein

March 19: Julie Gaarder and Becca Ruiz

March 26: Junella Litzkow and Charlotte Sivanich

April 2: Julie Ellingson and Pr. Bristol

April 9: Joyce Bluel and Nancy White

Easter Flower Fundraiser

With Easter approaching, now is the time to think about decorations for the sanctuary. Again, this year we will be selling Gertens Easter lilies and other plants that can be used in our altar flower garden. Beginning on Sunday, Feb 9th and running through Sunday, March 9th we will be taking orders for Easter flowers. Payment will be due at time you order; checks should be made out to St. Luke Lutheran. Please visit the table in the social hall during coffee hour to see

In case you enjoyed our composers spotlighted during Black History Month, we featured the music of Florence B. Price, Charles A. Tindley, Doris Akers and Mark Fax.

This season, I look forward to sharing the music of the Holden Evening Prayer service with you on Wednesdays. One of my favorite parts of the service is singing "Let My Prayer Rise Up" in two parts, voices intermingling the beautiful words of Psalm 141, "Let my prayer rise up as incense before you, the lifting of my hands as an offering to you."



All are invited to Game Day at St. Luke, Friday March 7 and 21 at 12:30pm. Bring a snack to share and your favorite game and settle down to an afternoon of fun...join us!

March is Minnesota FoodShare Month!

Each March, Minnesota FoodShare directs the March Campaign, the largest food drive in the state, and restocks 300 food shelves across Minnesota. It recruits thousands of congregations, companies, schools and civic groups to run local food and fund drives to aid in the effort. Minnesota FoodShare actively promotes statewide food shelf donations, provides resources for food drive organizers, distributes funds to participating Minnesota food shelves, lobbies lawmakers on the behalf of those who are hungry, and educates the public about

what is available and order your plants. Plants will be available after the 6pm service on Good Friday, April 18th. If you would like to include them in the Easter Garden, they can be taken home after worship on Easter Sunday, April 20th.

It is time to order your Gertens Bedding Plants! It seems early, but spring is right around the corner. Orders will be taken online, as we did last year. To access the site and place an order for our fundraiser group: Go to www.gertensfundraising.com. Enter the Store ID code 135 into the text field and click 'Enter ID to Continue'. Our on-site store will open on February 17th and will close at 10 PM on Thursday, April 3. We cannot accept any late orders past the deadline. ****PLEASE NOTE:** Quantities are limited on fundraiser items. If an item sells out, it will be marked sold out on our website and you will not be able to continue to order that item. Get your orders in early to avoid limited item availability! Please take note of the important dates below, and thanks in advance for your generosity!

Mon. February 17: Open online ordering

Thurs. April 3: Close online ordering

Wed. May 14: Pick-up bedding plants: 5:30 pm to 6:30 pm

Thurs. May 15: Pick-up bedding plants: 10 am to noon

Important reminder for Thrivent Members: please designate your Thrivent Choice dollars before March 30 to St. Luke Lutheran or the funds will be lost. The church receives anywhere from \$700 to \$1000 from members directing their Thrivent Choice dollars to the church. Thank you!

The next Supper with Saints will be held on Saturday, March 15th at 12:00 noon at Shamrock's Pub & Grill, 995 W. 7th St., St. Paul. Please let Joyce Bluel know by March 9 if you wish to attend.

Connect, Grow and Serve.

hunger in Minnesota. So, during the month of March, we will be collecting donations of food and money for those in need. The food gathered will be donated to Neighborhood House on Montreal Avenue, which is our neighborhood's local food shelf. Checks can be made out to St. Luke with a notation of "food drive" in the memo line. Thanks for all of your help!

Are you in need of a walker? Someone in our community has a barely used Drive Medical foldable rollator walker with storage bag to donate to anyone who needs it. Please let Jo or Pr. Bristol know if you're interested.

