



CHRIST  
THE KING  
LUTHERAN CHURCH

Herald  
February 2023

## The Sacredness of Bodies

Our spiritual theme for the month of February is "bodies". The sacredness of bodies is a fundamental part of our faith. In the book of Genesis, we are reminded that we are made in the image of God, and therefore, our bodies are a reflection of the divine. In the Gospels, God demonstrates their divine love by becoming incarnate "embodied" in Jesus. Our bodies are not just shells for our souls; they are sacred and holy in and of themselves.

As believers in the incarnate God, it is important that we love and care for our own bodies. This means taking care of our physical, emotional, and spiritual health. This may mean engaging in regular exercise, eating nutritious food, getting enough sleep, and taking care of our mental health through practices such as meditation and prayer. Make a point of paying special attention to your body as a spiritual practice this month.

As important as it is to care for our own bodies, it is also important that we love and honor the bodies of all people, regardless of their skin color, abilities, size, gender, or sexual orientation. Every person is made in the image of God and therefore, every body is sacred. Even further, we are invited to be co-creators with God, participants in the ongoing health, care, and expression that our bodies take. As a community of faith, we must work to create a culture of acceptance and love for all bodies.

This means rejecting discrimination and harmful stereotypes, and instead embracing diversity and celebrating the unique beauty of every person. It also means working to address systemic inequalities and injustices that have led to marginalization of certain groups of people based on their bodies.

As we at Christ the King strive to love and care for our own bodies and the bodies of others, let us remember that we are all created in the image of God, who became embodied in Jesus. All bodies are sacred. Yes, even theirs! Yes, even yours!

~ Pastor Rory

## Birthday Greetings

to our homebound and semi-homebound members celebrating February birthdays:

- Donna Dickinson 2/17
- Dorothy Wethern 2/20



## Usher Schedule for February

Feb. 5 & 12 Team AD - Jon Greiner, Marilyn & John Akimoto, Co-Captains

Feb. 19 & 26 Team K - Roger Olson, Captain

Feb. 22—Ash Wednesday, Confirmation Students

Thanks to the bakers and quilters of CTK: Marv and I enjoyed the delicious assortment of home-made cookies you baked for us with the CTK youth. It helped our Christmas feel a bit more like the ones of the past. Thanks for your generosity.

~ Marv and Shirley Roloff



Thank you so much for the delicious cookies!

~ Barb Lind

To all,

With many thanks and appreciation for your thoughtfulness at the holidays. Our Ebenezer Care Center Community Christmas party is over, but the memory of your generous gift will linger. Thank you for the generous donation towards the Gifts of Love. It was very heartwarming to see residents opening their gifts. Our sincere wish for a wonderful year ahead. Bless you!

~ Jennifer M

To the cookie bakers & quilting ladies, Thank you so very much for the delicious Christmas cookies. I appreciate getting them and wish I could still bake cookies. Bless you all.

~ Marion Anderson

## Volunteers for February

If you would like to read, serve/prep communion or serve coffee:

**Readers & Communion servers needed 2/5, 2/12, 2/19, 2/22 (Ash Wednesday) & 2/26**  
**Communion prep & coffee servers needed on 2/5 and 2/19. Please call the office 952-881-8600 or email Jane V!**

## CTK Staff

### Pastors

**Rory Philstrom**, Lead Pastor rphilstrom@ctkb.org

**Per Halaas**, Pastor of Community Care phalaas@ctkb.org

### Program Staff

**Jane VeVea**, Congregational Coordinator jvevea@ctkb.org

**Kristina Elder**, Children's Ministry Director kelder@ctkb.org

### Music Staff

**Bjorn Gustafson**, Director of Music bgustafson@ctkb.org

**Darin Tysdal**, Asst. Music Director mahlerii@aol.com

### Administrative

**Jane Bishop**, Financial/Property Administrator jbishop@ctkb.org

### Maintenance

**Dan Lenort**, Custodian dlenort@ctkb.org

## FEBRUARY

### Care Card Ministers for Feb.

Diane Walker, Verla Olson

### March Newsletter Deadline Wednesday, Feb. 15

Please email newsletter articles to jvevea@ctkb.org or leave a hard copy in the church office.

The King's Herald is published monthly by Christ the King Lutheran Church  
Jane VeVea, Editor & Publisher  
jvevea@ctkb.org 952-881-8600

## The MOVEMENT! of Bodies

In keeping with our theme for February (see Pastor Rory's article), I want to extend an invitation to you all to move your bodies!

In his letter to the nascent church in Corinth, the apostle Paul posed this question of early Christ-followers: "Do you know that you are God's temple and God's spirit dwells in you?" (1 Corinthians 3:16). Did you know this about yourselves? Did you know that your body is a holy place? During these cold and often dreary days of winter, it can be difficult to find the motivation or opportunity to take care of our bodies. So, let's get together and engage in some temple-care!

Beginning this month, I will be available on Monday afternoons and Wednesday and Thursday mornings to take a walk with you—yes, you! We can walk outside, we can walk inside at Christ the King, or we can meet at the mall of your choosing! This is an opportunity for me to get you know you a little better, and vice versa, all while we get a little exercise. We can talk about faith matters, tell each other our stories, or just walk and talk about whatever is on our minds.

To sign up for an appointment, please follow this link [clicking here](https://calendar.app.google/LKsQGVvsGUXQaKqh8) or by typing <https://calendar.app.google/LKsQGVvsGUXQaKqh8> into your web-browser.

If Google ain't your thing, call the church office or grab me after worship to set a time.

Let's get moving!  
~Pastor Per

## Souper' Bowl Sunday - February 5

CTKB Youth will be heading to New Orleans in 2024 for the ELCA Youth Gathering! Please help support sending the youth and their chaperones on this amazing faith-filled experience by participating in the 'souper' bowl fundraiser. \$5 for a 12oz. container of soup - \$10 for a 24oz container of soup. **Wild Rice Soup** - Rich in flavor and comfort, this classic recipe uses traditional MN wild rice, ham and almonds. *Contains gluten, dairy, tree nuts.* **Chicken Vegetable Soup** - This broth-based soup is loaded with vegetables that will remind you of your summer garden. *Does not contain gluten, dairy, tree nuts.* Soups will be made from scratch by the youth on 2/4 and will be available in to-go containers on Feb 5<sup>th</sup>. Payment due upon pickup.



**Ash Wednesday**  
**February 22**  
**Worship at 6pm**

## February Adult Forum

**Feb. 5—** Pastor Per: Curious Questions, Engaging Answers

**Feb. 12 -** Heart to Heart "Pal"entine Celebration - Health Cabinet (see page 4 for details)

**Feb 19 -** ARRAY of Art—Art Show Open House Reception, sponsored by Bartimaeus (see page 4 for details)

**Feb. 26 -** Bjorn Gustafson: CTK Music

## Heart to Heart a "Pal"entine's Day Celebration

HAPPY  
PALENTINE'S  
DAY!

Did you know good quality socialization is good for your heart? Being in a supportive environment lowers your blood pressure and stress levels. February is National Heart month. **To honor**

**this, the Health Cabinet invites you to join us February 12th during Education hour for our Heart to Heart "Pal"entine's Celebration. We will socialize and make fruit bouquets together. Please RSVP at <https://forms.gle/yAJ5H6HU9MQedUGi9> if you plan to attend.** You can take home these bouquets as a gift to yourself or give them away to a friend. We will also offer Blood Pressure Screening and provide Heart Healthy Information. If you have fun cookie cutters, like flowers, hearts or other fun shapes, please bring them.



Dear Friends at Christ the King Lutheran Church:  
Thank you to everyone for thinking about me following my recent fall. I truly appreciated your prayers, visits, cards and wonderful Christmas cookies. Thank you to Pastor Philstrom for his visit and bringing me a prayer shawl that I use every day. God bless you all.  
~ Shirley Roloff

## Reconciling in Christ

She was a hugger. Everyone who entered her home, got a hug. Whether they wanted it or not. She baked bread and cookies. Her cookie jar was always full, and her mouthwatering sandwiches were on home baked bread. She wore pants. Back when women didn't wear pants. She lived alone in a large house on her farm. You could find her in her barn, working, anytime of the day. She had a slight Norwegian brogue. And to my eight year old self, she was one of most favorite people. She was my Grandma's cousin. We visited her often. I always looked forward to it, and her telling of her adventures in Norway. Which seemed so exotic and exciting. She died when I was 9 or 10 years old. It took everyone by surprise. My Grandma never told me how she died, and no one ever talked about her again. My memories of her are from a child's perspective. Tall, and always in pants. And always baking, with a cookie jar full of wonderful delights. Looking back at her now, I think she was gay.

Peace,  
Susan Hanson, RIC Team



## ARRAY of Art

Featured Artist from Brushworks School of Art  
Studying with Professional Artist Patricia Schwartz  
Are proud to exhibit at Christ the King Lutheran Church

**February 19th through March 15th**



Exhibit will include a verity of Subjects in an array of Mediums. CTK's own Florence Smallfield takes lessons at this school. **There will be a open house reception in the lounge on Sunday, February 19 after worship.** All are welcome! This exhibit is sponsored by Bartimaeus.

## Meet a Musician: Jacob Johnson



This program year, we have been highlighting the people who help lead our worship music at CTK. This month we meet Jacob Johnson!

Jacob is currently a senior at Burnsville High School and has been involved in the music ministries here at CTK since singing in WOW in elementary school. Jacob is part of AWB and the Chapel Ringers. Outside of CTK, Jacob plays music at school and teaches instruments to middle school band students.

*Jacob, when did you first start doing music?*

"I've been singing for as long as I can remember, but I started instrumental music in 3rd grade on viola. Around that time I also started playing handbells with the beginning bell choir. In 5th grade I switched to band and started playing trombone. Since 8th grade, I've learned almost every band instrument (except flute) at a freshman level."

*What was the first instrument you had lessons on?*

"Viola in 3rd and 4th grade. Trombone from 5th grade on."

*Which musical ensembles outside of CTK do you play in?*

"Outside of CTK I play in Burnsville High School's Wind Ensemble (trombone), Jazz Ensemble (trombone), and Freshmen Band (bassoon)."

*What sort of music do you listen to?*

"I listen to almost all kinds of music on a regular basis. Recently, I've been listening to a lot of jazz and show tunes."

*What first drew you / or who invited you to start doing music at CTK?*

"I was first drawn into music here at CTK by Dr. John during choir in WOW. John encouraged me to sing more in church and bring my instruments along to play. I have fond memories of turning pages for John as he was playing the organ and learning how to play handbells from him. I also remember Nancy Turnquist telling me to "keep playing that trombone" after I played at one of the talent shows before she passed. All of the congregation has also been very supportive throughout the years!"

*What is your favorite thing about your music teams, Chapel Ringers and Acclaim Worship Band?*

"I love the ability to connect with so many amazing people through music! We all work as a team to make a joyful noise and have a lot of fun and great fellowship!"

*How does doing music influence your faith and religious life?*

"To me, music is such a powerful way of expressing feelings. There are so many ways to praise God, and music speaks the most to me. One of my favorite pieces is the organ Toccata by Widor - because of how big, marvelous, mystical, and hopeful the piece is; it reminds me of God's overwhelming and never ending love!"

Thanks, Jacob!

# Children, Youth and Family

## Youth Soup HS Lock-in/MS late-night Saturday, Feb. 4th



We are going to have a soup-making/games/activities event for HS and MS youth on Sat Feb 4. Middle School youth are welcome from 5:30pm - Midnight, HS youth may stay over-night for a chaperoned lock-in. **We will be making soup to sell on Sunday morning**, have games & activities, and create some community thank-you gifts. Please [sign up](#) so we know who to expect for activities and have enough food for dinner - friends are welcome to join any or all the time! We are also looking for adult help with bringing a meal, kitchen duties, activities and chaperones. Especially would like any college-age+ adults to help with Romans & Christians, overnight chaperone help.

**Sunday, Feb. 26**

**Pajama Sunday for EVERYONE!**

**Feel free to wear your pajamas to church!**

**Bring a stuffed friend.**



**Friday, Feb. 17**

**Youth Group Movie night at CTK**

**More info to come!**



## A message for Children, Youth and Families!

### **Sundays:**

Children and youth can come with Kristina (the Children's Ministry Director) to the Narthex, to do a quick activity after the children's message. Children will return to parents/ guardians during the offering, to finish out the worship service with their families.

**Wednesdays:** After WOW, children are welcome to participate in table activities and some active play in the social hall. As they wait for parents/guardians and older siblings.

## CTK Foundation

1 Peter 4:10 reads "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

We are excited to announce that the scholarship program has been expanded to include any accredited post-secondary institution of education. Yes, this would include community colleges and trade schools. Please see the Foundation section on the CTK website for the details, which were announced at the CTK January Annual meeting.

In January the Foundation made a grant to PACER Center, an organization that helps children with disabilities. The Foundation also made a grant to Bloomington Remembers Veterans. They are building a memorial designed to recognize all veterans.

If you have a religious, educational, or charitable endeavor that is speaking to your heart please apply for a grant online at [ctkb.org](http://ctkb.org). Click on Foundation and find the application.

### Christ the King Lutheran Church,

We are beyond grateful that you chose Loaves & Fishes to receive the proceeds from your August fundraiser. More than ever, Minnesotans are struggling to put food on the table. Because of supporters like you, we can show up for our community when it needs us most. Thank you.

With regards, Carolyn Gross



### Treasurer's Report for December

December 2022 total income was \$115,646.66 and disbursements were \$65,934.59 making us ahead for the month by \$49,712.07. This covered our deficits we had in the previous months and we, at year end, balanced the budget with a surplus of \$592. We reviewed and discussed our 2022 financials at the Jan 22<sup>nd</sup> 2023 budget meeting. We will look at them again at our annual meeting scheduled for Sunday January 29, 2023. Please join us in person or online for that meeting. We balanced our year with \$645,604.63 in total income and \$645,604.93 in total disbursements. Thank you, Thank you, Thank you! We are so very grateful for all the ways you continue to support God's work and the efforts of *Christ the King*. If you have any questions regarding the financials, please feel free to contact CTKB Treasurer, Suzan Pederson at [suzan.pederson@gmail.com](mailto:suzan.pederson@gmail.com) or Jane Bishop, Financial & Property Administrator. Grace & Peace!




	Dec Budget	Dec Actual	YTD Actual
Income	\$ 100,562.50	\$ 115,646.66	\$ 645,604.63
Disbursements	\$ 60,920.72	\$ 65,934.59	\$ 645,604.63
Margin (Deficit)	\$ 39,641.78	\$ 49,712.07	\$ 0



# February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30a Bible Study – Narthex  5-6pm Loaves & Fishes Take out meal <b>6:00p Worship</b> 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir	2     5-6pm Loaves & Fishes Take out	3     5-6pm Loaves & Fishes Take out	4     5:30p Youth & MS Lock-in—Soup Making
5 8:30a KCC—WC <b>9:30a Worship</b> 10:30a Maranatha-LG 10:45a Adult Forum - SH 11:30a Light of Life-WC	6 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH   5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	7 10:00a Staff Meeting   5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga	8 8:30a Bible Study – Narthex   4:30p Bartimaeus 5-6pm Loaves & Fishes Take out meal <b>6:00p Worship</b> 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir 7:30p Health Cabinet	9     5-6pm Loaves & Fishes Take out meal	10     5-6pm Loaves & Fishes Take out meal	11     
12 <b>9:30a Worship</b> 10:30a Maranatha-LG 10:45a "Pa'lentine's Day Celebration -SH 11:30a Light of Life-WC	13 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH   5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	14  10:00a Staff Meeting   5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga 7:30p Emotions Anonymous-110	15 <b>Newsletter Deadline</b> 8:30a Bible Study – Narthex   5-6pm Loaves & Fishes Take out meal <b>6:00p Worship</b> 6:00p WOW-#36 6:45p Confirm-#10 7:00p Trinity Choir	16     5-6pm Loaves & Fishes Take out meal	17     5-6pm Loaves & Fishes Take out meal	18     
19 <b>Transfiguration</b> 8:30a KCC—WC <b>9:30a Worship</b> 10:30a Maranatha-LL 10:45a Art Show Reception-Lounge 11:30a Light of Life-WC	20 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH   5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	21 10:00a Staff Meeting Noon Judean Circle - LG   5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga 7:00p Council - LG	22 <b>Ash Wednesday</b> 8:30a Bible Study – Narthex   5-6pm Loaves & Fishes Take out meal <b>6:00p Worship</b> 7:00p Trinity Choir	23     5-6pm Loaves & Fishes Take out meal	24     5-6pm Loaves & Fishes Take out meal	25     
26 <b>9:30a Worship</b> 10:30a Maranatha-LG 10:45a Adult Forum - SH 11:30a Light of Life-WC	27 8:30a Church Chore Crew (CCC) 9:00a Quilting-SH   5-6pm Loaves & Fishes Take out meal 5:00p Chronic Cond	28 10:00a Staff Meeting   5-6pm Loaves & Fishes Take out meal 6:00p Chapel Ringers 6:30p Yoga 7:30p Emotions Anonymous-110				