

JANUARY 2024: VOL. 31, NO. 1

THIS ISSUE:

FLC ANNUAL MEETING Sun, Jan 28

FIRST EVENTS 2024 The OK Factor (MN) & Jaerv (Sweden) Come to FLC

2024 COUNCIL AND BOARD ELECTIONS Join Our Team

EAT, PLAY, LEARN, PRAY Wed, Jan 10 from 6-7:30pm in the Gathering Space

healthy living.

NEW TO FLC? Come to Brunch, January 7

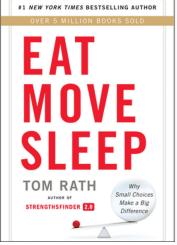


MISSION: Reach, Nourish, and Empower people with the Good News of Jesus Christ!

I WONDER AS A PONDER (OUT IN THE NEW YEAR)

N ow that the heightened activity of Christmas and the holidays is past, you may have the opportunity to take a break. But you probably need to choose it. The world doesn't just stop for us. There is always something calling for our attention. The needs of children, demands of work, notification alerts on our phones. Still, the first part of January tends to be a slower time than the rush and flurry of December. We might take that opportunity to make a pause.

Eric Engen shared with me a recent conversation he had with a local physician who



conversation he had with a local physician who guessed that 80% of the illnesses she treats are preventable with good daily habits of self-care. Sleep is a critical piece of that self-care. We need adequate rest every day for good brain function and the energy to do our daily work. A sufficient daily pause for sleep is not just an option but an essential element of

Good sleep is interconnected with exercise and a healthy diet. One of the most impactful books that I have read is *Eat Move Sleep* by Tom Rath. The

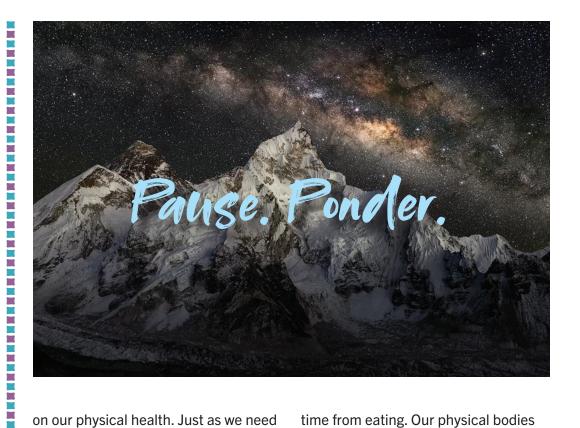
612 N Randall Ave, Janesville, WI 53545 608.752.7434 www.flcj.org Office Hours: Monday-Thursday 8:30am-4pm; Friday 8:30am-Noon



Pastor Michael mmueller@flcj.org 262.930.2072

author suffers from a type of cancer that causes tumors to grow all over his body. In response to his condition, he has learned that daily choices are essential for managing his health. He has become an expert in the small choices that make a big difference. The book details small steps that build on each other to make a profound positive change in wellbeing. Eating healthfully, moving our bodies regularly throughout the day, and maintaining a regular sleep pattern set a strong foundation for health.

More recently, I have been reading about and experimenting with intermittent fasting. I'm learning that fasting is not only a valuable spiritual practice, but it can also have a surprising positive impact



on our physical health. Just as we need a daily break from waking activity, it seems our bodies also need a regular break from eating and digestion. A good night's sleep already helps with that, but our bodies are designed for longer periods without food. Until very recently, humans did not have access to a constant supply of food. It is easy now to eat three meals a day and snack in between, from morning until night. Most of us don't take a long enough break from eating ever to feel truly hungry. Fasting provides our bodies a needed break from digestion, just as sleep provides a break from active consciousness.

The lack of an adequate daily fast contributes to the high rate of diabetes and heart disease. Because we are eating throughout the day, our bodies are always burning sugar and we rarely use the energy that gets stored in our bodies as fat. Apparently also, important processes of cell regeneration and renewal don't get activated until we have paused for a time from eating. Our physical bodies need a break from eating and digesting, so that they can repair themselves. Without that, we are more vulnerable to chronic inflammation, auto-immune diseases, and cancer.

Natural cycles of activity and rest are basic to a healthy rhythm of life – waking and sleeping, eating and fasting, work and Sabbath. Without the pause, we burn ourselves out.

As you begin this new year, choose to take a pause – like Mary who, after the exertion of childbirth and the excitement of the shepherds' visit, treasured their words and pondered all of this, turning it over in her mind. What have you heard and seen during these days of Christmas celebration? How has God been speaking to your heart?

Pause. Ponder. Then set an intention for the coming year. How will you respond to whatever you sense God is inviting in you? (5)



Questions or to sign up to teach a skill, call/text/email Eric at 608-290-7083, eengen@flcj.org

PICKLEBALL RETURNS

Come play pickleball or learn how to play on Saturdays in the gym from 10am-Noon. Questions call Jenny McMullen at 608.208.0315. (5)



NEW TO FLC? Come to Brunch, January 7



A re you new to First Lutheran? Interested in joining the congregation or just learning more about what is going on? Here's an opportunity for you to connect.

You're invited to a simple brunch gathering after worship on Sunday, Jan 7. We'll meet in the Gathering Space outside of the worship area, 10:30am-Noon. It's a good way to meet and get to know others. Anyone new to First Lutheran is encouraged to come. Leaders of the congregation will also participate and share some ways to get involved in our community life, learning and service.

Those who decide they are ready to join the congregation will be welcomed during worship on the following Sun, Jan 14. ①

SOUP & SANDWICH Tues, Jan 16 Noon



The FLC-Women Board changed the date of the January Soup and Sandwich Lunch to Tuesday, Jan 16 at Noon in the Gathering Space.

All are welcome. A free-will offering will be accepted. The program is yet to be determined. (3)

THANK YOU For Supporting the FLCW in 2023

This year the FLCW Board has been able to give to 10 non-profit organizations a total of \$4,250. The success of the Fall Family Holiday Fair, sale of jellies, quilts and donations have made this possible. Thank-you for donating food, fabric, time and monetary gifts to the FLCW throughout 2023. (5)

2024 COUNCIL AND BOARD ELECTIONS Join Our Team

Several leadership opportunities are available as we begin 2024.

Three positions are available on our Council, which serves as the board of directors for the congregation. The Council establishes policy, oversees administration, and

sets the direction for the congregation. Officers are elected from the Council and members of the Council are assigned to be liaisons to the program boards and key committees of the congregation.

The Worship Board also has three positions

open. The Worship Board coordinates with staff to plan and evaluate the worship life of the congregation. Preparation of the worship environment, inclusion of all ages, and

Who would you like to see in these leadership roles?

Could it be you?

engagement of the whole congregation in worship participation and leadership are important responsibilities of the Worship Board.

The Stewardship Board is looking for two new leaders. Stewardship

addresses the ways we

use all our gifts in a life of discipleship and includes financial generosity. The Board organizes an annual giving appeal and works with staff to tell stories of the impact that results from our financial giving.

Who would you like to see in these leadership roles? Could it be you? Elections will be held at the Annual

Meeting on Jan 28. Contact the church office to express your interest or to make a nomination. 608.752.7434 or office@flcj.org. r



UKULELE CAROLING Another Successful Year

The Ukulele Caroling event went so beautifully this year, despite challenges with Covid and scheduling! We had a blast with the good folks of the Cedar Crest and First Apartments II communities on Dec 12. We sang,

we feasted, and as always, made new friends and chatted with old friends!

This is such a wonderful musical blessing for all of us! Hope to see you next year! (5)



ALTAR GUILD What's That?

A ltar Guild is the group in the Church that sets up communion, cleans up after communion, changes the paraments (clothes on the altar) according to the church year calendar. Polishes the brass cross, candles holders and communion ware. Become a part of volunteers that help

make worship happen. If anyone would like to join Altar Guild or has questions contact Jeanie in the office

Altar Guild will have a scheduling meeting on Wed, Jan 10 at 5pm in the gathering space. We will be scheduling January through June 2024. (5)

EAT, PLAY, LEARN, PRAY Wed, Jan 10

Wed, Jan 10 6-7:30pm Gathering Space Potluck!



Wednesdays at Eat, Play, Learn, Pray have developed into an evening of friends gathered for a meal, a spiritual conversation, and prayer. Come for a visit in January, there is a place for you at the table!

The typical evening includes a delicious potluck, a brief moment of silliness because if we can laugh together we can learn together. The learning section begins at 7pm where each table group digs into a scripture. Introverted? No problem! Sit back and listen to what's happening around you.

Eat, Play, Learn, Pray welcomes all ages. ①

Members in Action!

TIME

During the Christmas season we are aware of the concept of gifts and time, the gift of the baby Jesus, presents for friends and family, and time spent with them. First Lutheran has a request for the gift of your time in the new year, especially on Sunday mornings. Please bless First Lutheran and choose at least one week between now and the end of May to serve our congregation. To continue to be a welcoming place and provide worship, we need members in action!

- Within a worship service; greet, read scripture, serve communion, usher
- For a couple hours on Sunday morning; host coffee hour, altar guild
- During the week, refill the pew rack materials

Get a handout from the slat board displays to find out what is involved, or contact the church office at 608.752.7434. Most of these things require only your time, and a bit of instruction. The office will work with your date choices. Please call! f

FLC ANNUAL MEETING Sun, Jan 28

E ach year the congregation gathers in January to conduct essential business for the life of the congregation. I know that most people don't get excited about a business meeting, but this year's annual meeting will show signs of the ways that we are growing into our vision. Leadership has been working together this year, making decisions and taking action to move us toward the goals of that vision.

I hope that you will make plans to participate on Jan 28. New members, core leaders, and experienced elders, young adults and seniors, all of us are needed to invest in planning for our future together. We will hold the meeting in our worship space immediately following the 9:30am worship service. A meal in pressure and strengthen our financial administration.

- Constitution updates and bylaw changes to strengthen our leadership structure and bring alignment with recent changes to the ELCA constitution.
- 2024 budget plan to fund our ministry as we continue to grow into our vision.
- Election of key leadership positions to Council and Boards

In addition to these actions, the FLC Campus Vision Team will present a concept drawing for the potential future design of our main building and property. This is the result of conversations with designers from the Angus-Young architecture/engineering firm in Janesville, using input from a congregation survey this fall. The

annual

MEETING

the Fellowship Hall will follow the meeting, so that we can continue the conversation.

This year's annual meeting will invite action on several important matters:

• Shifting from the calendar year to a July-June fiscal year. Moving the end of the fiscal year out of December will ease end-of-year initial concept drawing invites the congregation into further discussion to discern how our building and property assets can best serve our vision for ministry for the next 20-30 years.

We have much to celebrate in 2023 and new opportunities to anticipate as we look ahead. I look forward to sharing these stories with you at the Annual Meeting and working together to create an exciting future. (5)



FIRST EVENTS 2024 The OK Factor (Minneapolis) and Jaerv (Sweden) come to FLC!

First Lutheran Church is so pleased and excited to welcome The OK Factor and Jaerv to Janesville on Saturday, Jan 27, 2024! This amazing string duo from Minneapolis, alongside Swedish folk group Jaerv, will be hosting a workshop for string students of all ages (3:30-4:30pm), followed by a public performance at 6:30pm. The performance is free and open to all!

Jaerv is an innovative folk music quintet, with jazz and pop leanings. They seamlessly weave original songs and music, with captivating Scandinavian folk songs, some dating back upwards of 700 years. These five musicians have created a vivid sound which has established Jaerv on the folk music scene as well as in many other forums. Rooted in several different musical traditions, Jaerv offers a varied stage performance where vocal, five-voiced tunes blend in with energetic dances and free improvisations. Jaerv is an internationally well known act and has toured the U.S., Japan, Spain, Scotland, Ireland, Finland and Norway among other countries.

The OK Factor is cellist Olivia Dierks and violinist Karla Colohan. Playful and unexpected, this new-classical crossover duo writes and performs folk-inspired music influenced by multiple genres and styles, with an artistry that reveals their classical training. Olivia and Karla find great joy in defying expectations and delivering an experience outside of what audiences anticipate from a cello and violin combo. Their passion for performing and educational outreach has continued to bring them success in communities across the Midwest and abroad, inviting audiences to explore music and cultivate a curiosity about its role in their lives.

This musical experience is underwritten by a generous donor, for which the FLC Music Department is extraordinarily grateful! Please come and join in this musical community outreach and adventure on Jan 27! You don't want to miss this opportunity of hearing our young people with these incredible musicians! (6)

CHRISTMAS FOR ALL AGES



NEW MEMBERS 2023





Leah Cross 2222 Holiday Drive



Brian & Jaxson Justice 6219 S US Hwy 51 Lot 1129



Heather & Nicole Waugh-Sarrazin Abel, Addalynn, Isabel, & Joel 1925 N Lexington Dr



Nancy Zastrow 3021 Palmer Dr Apt 12

Not Pictured

Judith Kasten 4115 Foxhills Dr Luke & Laura Scharenbroch Landon & Lexie 4013 Bordeaux Dr

MEMORIALS November 2023



MEMORIALS RECEIVED

George Varga Memorial <u>General</u>: Jim & Sally Schuenke, Jeanette Beard

Michelle Sturdivant Bickert memorial Music: Vern & Leola Schultz

GIFTS RECEIVED

<u>ECHO</u>: Vincent & Frances Kessenich, James & Karla Vriezen, Magda Nelson, Catherine Garvin, Barbara & Dennis Franke, David Romstad, Karen Winn

<u>Building Fund</u>: Mike Garvin, Terry & Barbara Ryan, Vern & Leola Schultz

<u>First Events</u>: Stephanie Schlueter

Foundation: Rollie McClellan

<u>Thank Offering</u>: Tom &Kathy Dorscheid, Vern & Julie Morris, Leah Cross, Jane Gesteland, Carol Polarski, Jeanie Pomplun, Jean Vining, Dee Hurst, Peggy Nimmo, Diane Lux, Pat Russell, Lynn Kevern, Mary Peterson, Bruce & Gina Kerbel, Sally Schuenke, Jeanette Beard, Kathy Engstrom.

COUNCIL MINUTES Highlights of November Minutes

These are the highlights from the November 2023 Church Council Minutes. If you would like to read the full minutes please visit: **www.flcj.org/council**

Financial Report (Tim Drinkwater)

- Currently have about 2.2 months of expenses (\$67,224) in reserve
- We are above budget by \$32,370 for the year-to-date regular contributions (below budget by \$39,811.22 for matching funds). Total contributions are below budget year to date by -\$7,441. Year-to date total income was \$671,122 above budget by \$9,797 and up by \$58,105 from the previous year.

New Business

- Boiler Repair
 - \$2,000 worth of repairs immediately needed, were approved by Tim D, Arwen T., and Steve S.
 - » Motor repaired at a cost of \$850

Unfinished Business

- Matching Fund Appeal status /2024 Budget
 - » Matching Fund Appeal currently at \$42,648 with the opportunity to keep it going.
 - » 2024 Budget shared and discussed.
 - » Most changes due to changes in staff compensations
 - Budget was reviewed at this meeting and is to be approved by Council at December meeting
 - Communication plan discussed-all council members to contribute to telling the budget story.
- FLC Campus Vision Team Update
 - » Angus Young and vision team met and discussed including feedback from congregation.
 - » Angus Young bringing back high-level concept drawings and suggestions.
- Office Server Replacement
 - » Need new basic server.
 - » Arwen requested an updated proposal from service provider.
 - » Subset of Council to review server and licensing needs with Arwen.
- Nominating Committee
 - » Trying personal approach between services.
 - » Mary W. has not received any new names for nominations.

Next meeting: January 16, 2023 6:30pm Respectfully Submitted, Barb Evert, Secretary 🕤

Youth Mission: Carol Polarski



Pastor Michael Mueller Senior Pastor mmueller@flcj.org

Pastor Jim Johnson Visitation Pastor jjohnson@flcj.org

Nan Bandt Office Assistant nbandt@flcj.org

Kora Conrad Custodian

Jason Coon Custodian

Eric Engen Youth Minister eengen@flcj.org

Renee Engen Sunday School & Confirmation Coordinator rengen@flcj.org

Cathie Frank Nursery Coordinator

Jessalynne Garvin Youth Assistant

Amy Hartsough Director of Music amyh@flcj.org Aubrey McMeen Masterpiece Coordinator amcmeen@flcj.org

Michael Palmer Audio/Video Assistant

Jeanie Pomplun Office Administrator office@flcj.org

Michael Schuler Audio/Video Coordinator mikeschu1658@yahoo.com

Christal Swigart Director of Communications christals@flcj.org

Daniel Talbot Sunday Morning Coordinator dan.talbot2112@gmail.com

Jude Tropp Facilities Maintenance Coordinator custodian@flcj.org

Arwen Twitchett Business Administrator busadmin@flcj.org

Brianna Winkelman Audio/Video Assistant 🕤

MONTHLY READINGS January



Take a few moments each day to spend some time with God reading the Word. You will be amazed to watch your friendship grow.

Jan 7 (Baptism of Our Lord): Genesis 1:1-5 Psalm 29 Acts 19:1-7 Mark 1:4-11

Jan 14 (Epiphany 2): 1 Samuel 3:1-10 [11-20] Psalm 139:1-6, 13-18 1 Corinthians 6:12-20 John 1:43-51

Jan 21 (Epiphany 3): Jonah 3:1-5, 10 Psalm 62:5-12 1 Corinthians 7:29-31 Mark 1:14-20

Jan 28 (Epiphany 4): Deuteronomy 18:15-20 Psalm 111 1 Corinthians 8:1-13 Mark 1:21-28 fb

JANUARY CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT	
	1	2	3	4	5	6	
	BUILDING CLOSED	8a BG's (FHL) 9a Knitters (GS) 11a Staff Mtg (302) 4:30p Witness Bd (FHL) 5p Hand Bells (SA) 6p Page Turners (GS) 6p Men of Iron (FHL)	8:30a Mission Sew (FH) 10a Bible Study (302) 4:30p FLCW (FHL) 6p EPLP (GS) 7p Youth Gp (YR)	6p Smart Recovery (302) 6p Foundation (3 6:30p Young Adu (Engen's Home) 6:30p Worship Rehearsal (SA)		10a Pickleball	
7	8	9	10	11	12	13	
8a Worship (SA) 9a Coffee Hour (GS) 9a Masterpiece (YR) 9:15a Sunday School (SS) 9:15a Adult Ed (CH) 9:30a Worship (SA) 10:30a New Member Lunch (GS) 10:45a Choir (CR)	1p Noteables (CR) 5:30p Building & Grounds Bd (302) 6p Canoeing Mts Book Study (GS) 6p Boy Scouts (FH) 6:30p Heart & Hand Quilt Gp (301) 8p Centering Prayer (Zoom)	8a BG's (FHL) 9a Knitters (GS) 9a Mary Ruth Circle (FHL) 11a Staff Mtg (302) 4p Stewardship Bd (302) 5p Hand Bells (SA) 6p Men of Iron (FHL) 6:30p Youth Bd (YR) 6:30p Worship Bd (GS)	10a Bible Study (302) 1p Joanna Circle (FHL) 5p Altar Guild Mtg (GS) 6p EPLP (GS) 7p Youth Gp (YR)	10a Worship (Rock Haven) 11:15a Worship (Oak Park Place) 6p Smart Recovery (302) 6:30p Young Adu (Engen's Home) 6:30p Worship Rehearsal (SA)	6p Movie Night Its	9a Stamping (FH) 9a Men of Iron (FHL) 10a Pickleball	
14	15	16	17	18	19	20	
8a Worship (SA) 9a Coffee Hour (GS) 9a Masterpiece (YR) 9:15a Sunday School (SS) 9:15a Adult Ed (CH) 9:30a Worship (SA) 10:45a Choir (CR)	10a Life Together Bd (Gs) 1p Noteables (CR) 6p Boy Scouts (FH) 8p Centering Prayer (Zoom)	8a BG's (FHL) 9a Knitters (GS) 11a Staff Mtg (302) 5p Hand Bells (SA) 6:30p Church Council (301) 6:30p First Senior Housing Mtg (FSH)	8:30a Mission Sew (FH) 10a Bible Study (302) 7p Youth Group (YG)	3:30p Second Harvest (FH) 6p Smart Recovery (302) 6:30p Young Adu (Engen's Home) 6:30p Worship Rehearsal (SA)	Youth Winter Chill Its	Youth Winter Chill 10a Pickleball	
21	22	23	24	25	26	27	
8a Worship (SA) 9a Coffee Hour (GS) 9a Masterpiece (YR) 9:15a Sunday School (SS) 9:15a Adult Ed (CH) 9:30a Worship (SA) 10:45a Choir (CR)	1p Noteables (CR) 6p Boy Scouts (FH) 8p Centering Prayer (Zoom)	8a BG's (FHL) 9a Knitters (GS) 11a Staff Mtg (302) 5p Hand Bells (SA)	10a Bible Study (302) 2p Women's Bible Leader Study (302) 7p Youth Group (YG)	CH	Its obreviation Key: H = Chapel R = Choir Room	10a Pickleball 6:30p OK Factor Concert	
28	29	30	31	DF	R = Discover Roo PLP = Eat, Play, L		
8a Worship (SA) 9a Coffee Hour (GS) 9a Masterpiece (YR) 9:15a Sunday School (SS) 9:15a Adult Ed (CH) 9:30a Worship (SA) 10:45a Annual Mtg (S	1p Noteables (CR) 6p Boy Scouts (FH) 8p Centering Prayer (Zoom) A)	8a BG's (FHL) 9a Knitters (GS) 11a Staff Mtg (302) 5p Hand Bells (SA)	10a Bible Study (302) 7p Youth Group (YG)	FH FH GS PL SA YF 30	FH = Fellowship Hall FHL = Fellowship Hall Lounge FHK = Fellowship Hall Kitchen GS = Gathering Space PL = Parking Lot SA = Sanctuary YR = Youth Room 301 = Room 301 302 = Room 302		

CHURCH FINANCIALS

ere are the monthly financial reports, condensed into one chart. This chart shows the Memorial giving and expenses in the first column with the actual and budgeted revenue and spending in the last three columns. This monthly information follows the treasurer's report for October in the council minutes and all of the regular

Memorial Miscellaneous

Total Mission Spending

Total Net Income (loss)

financial reports (balance sheet and profit and loss reports) can still be viewed online (www.flcj.org/financials). The YTD income and expense graph displays the income received to date through November. If you have any questions on the financial reports, please contact Arwen Twitchett at 608.752.7434 or email busadmin@flcj.org. ①

\$ Over/(Under) **Memorials** YTD Actual **YTD Budget** Budget Revenue **Contributions** \$583,709.38 \$590,880.00 (\$7,170.62) **Rentals** \$29,166.38 \$3,151.38 \$26,015.00 \$1,012.45 Weddings/Funerals \$1,862.45 \$850.00 **Other Receipts** \$10,051.85 \$11,580.00 (\$1,528.15)4-H Fair \$2,000.00 \$46,332.18 \$32,000.00 \$14,332.18 Memorials and Gifts \$92,724.41 \$671,122.24 \$661,325.00 \$94,724.41 \$9.797.24 **Total Revenue Mission Spending Benevolence** \$9,000.00 \$0.00 \$9,000.00 **Rostered Leaders** \$13,964.92 \$120,131.54 \$120,186.18 (\$54.64)\$123,190.59 Administration \$8,668.63 \$124,357.25 \$1,166.66 **Buildings and Grounds** \$2,741.72 \$183,588.93 \$185,476.92 (\$1,887.99)\$11,100.00 Stewardship \$2,637.39 \$2,370.00 \$267.39 Witness \$12,545.90 \$357.07 \$400.00 (\$42.93)Worship \$25,568.15 \$113,275.83 \$115,332.91 (\$2,057.08) \$106,373.82 Youth and Family \$19.066.61 \$107,002.45 \$628.63 Life Together \$360.97 \$86.53 \$400.00 (\$313.47)

\$660,436.99

\$10,685.25

\$662,730.42

(\$1,405.42)

(\$2,293.43)

\$12,090.67

\$5,127.88

\$99,144.78

(\$4,420.37)

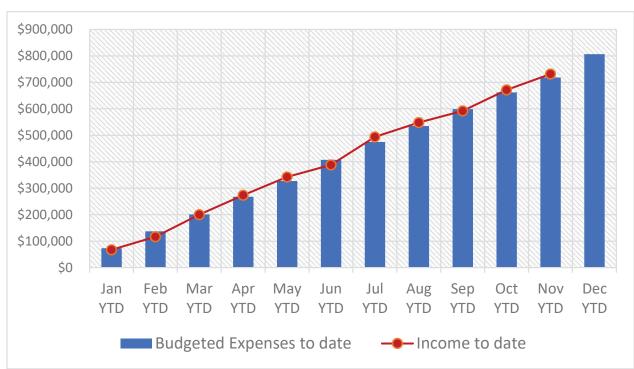
Year to Date Financials October 2023

CHURCH FINANCIALS

November 30, 2023

Weekly need	\$15,217.00
Weekly average YTD	\$15,241.26

		Received to date	Difference	% Difference
YTD income needed	\$718,564	\$731,581	\$13,016	102%
Annual income needed	\$806,514	\$731,581	(\$74,933)	91%



YTD income and expenses





For ad info. call 1-800-950-9952 • www.lpicommunities.com

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First Lutheran Church, Janesville, WI A 4C 01-08













FirstLutheranChurchJanesville

Worship Schedule: 8am: Sanctuary; 9:30am: Sanctuary & Live-Stream on Facebook & YouTube 9:15am: Sunday School