



## The CrossWord

February 2022

### From Pastor Lisa

I recently did a one-day retreat on bread baking, led by my clergy colleague Travis Gerjets, who now runs the wonderful bakery Prairie Sky Breads in Minot. I've always been intrigued by bread baking, but all the steps, and all the time involved, made me turn to my trusty (and easy) Panasonic bread machine instead. (Still no preservatives, and you can control what goes into it – good things, right?) But I felt like the romance of “real” bread making – the discipline and physicality of kneading it and waiting for it to rise – eluded me.

It was the “retreat” part of the day that surprised me with learnings, even more than the new skills. Surprised, because it was life, not just bread, we were invited to contemplate. I want to share a few insights and questions I've been pondering since that day.

#### Mise en Place – “Putting in Place” or “Gathering Together” Bread:

When preparing to make bread – or to do almost anything – it is helpful to:

- Set intentions.* Why am I doing this? What results do I hope for?
- Consider tools.* Do I have the right tools for the project?
- Consider time.* Do I have enough time for the project?
- Consider space.* Do I have the space – physical or emotional! – for the project?
- Have a plan.* Have I mapped out where I am, where I am going, and how I will get there?

Retreat Question: Is there a project or a relationship that you are struggling with right now which might be suffering from a lack of planning, resources or perspective? Is there anything you can do to change the situation – perhaps by re-planning, adding resources, or changing perspective?

#### Mixing – The Birth of Bread

When mixing, we actively or passively participate in:

- Ingredients coming together.* This can be gentle or violent. Things move around.
- Gluten being created.* Pressure and movement creates strength – or weakness.
- Making minor adjustments.* Know your dough and what it needs.,

When we are mixing, we need to be engaged in the process that is unfolding before us.

Do your ingredients require special care? Are you trying to make something in life but are missing an ingredient? How will you handle this?

### First Rise

This is where the magic happens! The dough is growing, changing, developing and becoming. It is amazing to watch.

In your life so far, how have you grown? Changed? Developed? Who is the person you have become compared to the person you were some years ago?

### Shaping:

The dough is now reading to be divided and each loaf or piece becomes its very own entity.

How do you live with “unfixable lumps” in your life? in your work? Are these lumps lovable – wonky idiosyncrasies that show the humanness (*realness*) of the situation – and that you can enjoy? Or are they problems that need a different solution? How do you discern the difference?

Different bread shapes don’t just magically happen – they are the unique result of combining specific ingredients, mixing techniques, and rise times. Trying to coax a baguette shape out of 100% rye mix is a bit like trying to put a square peg into a round hole. It is tough going.

Where in your life are you asking someone or something to be something they are not? Are you asking yourself to be something you are not?

### Scoring:

Carefully cutting your bread (scoring) helps to give a unique shape and character to your loaf, and keeps the dough from blowing out the loaf in ways you don’t want it to.

What scars do you carry that have helped define you, have made you the person you are? And, are you still open to being cut, shaped or re-shaped in order to open up to new potential?

Baking: An important part of being a good baker is knowing when the bread “has had enough” – whether that is in regards to mixing, rising, baking or cooling. When have you had enough? What are the signs? And are you paying attention to those signs?

This is only a partial list of what I learned, but it offered me much to ponder. I offer it to you in the same spirit of learning. Happy contemplating, and blessings on your own journey.

See you in church!

Pastor Lisa

## Angels Among Us

Our angels this month are the Faith and Care groups. Who are these fine angels, you say? There are three overall coordinators of Faith and Care: Myrtice Behan, Peggy Hetland and Karen Will.

Chances are good that you're assigned to one of the Faith and Care groups, who help with funerals, potlucks, Lenten soup suppers, recognitions, Christmas programs, Easter breakfast, and much more. Each F&C group is responsible for a two month period of the calendar year, and the co-chairs of each group coordinate folks who bake cookies and bars, set up the fellowship hall for funerals and events, serve meals or funeral lunches, and wash dishes and clean up. We all know how life-enhancing our fellowship events are, and what a wonderful time of support funeral lunches can be for families. Special thanks and pats on the back to the coordinators, the monthly co-chairs, and of course: YOU – you all are our angels this month! We appreciate you!

## Altar Focus for February: Jeans and Boxers drive for Closet 701

You did such a fine job collecting new jeans for Carrie's Kids at Christmas that we know this month will be a breeze. Closet 701, which is a ministry of Heaven's Helpers Soup Café, is short of jeans. These do not have to be new, just clean and in good shape. Please bring jeans of all shapes and sizes: men's, women's, teens', kids'. (What a great opportunity to clean out your closets and help someone else, too!) Men's pants of all kinds are always in short supply, so black pants (often needed for work), khakis and other men's trousers are welcome as well. In addition, we ask you to consider bringing **new** boxer shorts or boxer briefs for men. These are often requested and must be new in package. Thank you for your generosity!

We continue to collect warm things (put in the laundry basket in the narthex). Hats, gloves, scarves etc. will be given to those in need, distributed at the public library.



## Book Selections for the Book Club at 1:30pm

SOOLEY by John Grisham

Feb. 9

"The Flatshare" by Beth O'Leary.

March 9

"The Midnight Library" by Matt Haig.

April 16



### Rabbi Noah Ullman to speak on Old Testament passages

Next Tuesday, February 1, we have invited Rabbi Noah Ullman to Bismarck's Lutheran Church of the Cross to lead us in a dynamic deep dive into the powerful Old Testament passages that help us experience God's grace. Coming to us from Boston via Fargo, Rabbi Noah possesses a special gift of drawing out and valuing every voice, as well as making Hebrew come alive for the average person. The study session is from 3:30 p.m. to 6:30 p.m. with a break in the middle, and the time flies by. There will be soup and bread afterward for those who would like to stay a little longer and visit over supper. To help with his speaking & travel expenses, a free will offering will be collected. We suggest a donation of \$25/person.

### Women's Retreat - Blessed is She

Good Shepherd Lutheran Church - February 5th

You and the women of your congregation are invited to join us for a Saturday event designed to encourage and refresh women of all ages at Good Shepherd Lutheran Church in Bismarck. We will hear from Author and Pastor Lisa Lewton, with some great break out sessions offering meditation, dwelling in the word, bible journaling and the art of "Kintsugi"! This will be a great day together and we hope you can join us! Registration fee of \$25 covers lunch, treats, gift bag and a devotional book from Pastor Lisa Lewton, the keynote speaker. Call Good Shepherd for more information and to register.

BLESSED IS SHE

A day event designed to encourage & refresh women of all ages!

Good Shepherd Lutheran Church  
106 Osage Ave. - Bismarck ND

Keynote Speaker & Author  
Pastor Lisa Lewton  
from St. John Lutheran Church in Dickinson, ND

WOMEN'S RETREAT

10:00 am - 5:00 pm  
Sat FEBRUARY 5

Breakout

1 Meditation w/ Yoga

2 Kintsugi  
The Japanese art of putting broken pieces back together with gold

Sessions

3 Bible Journaling

SCAN TO REGISTER

\$25 BEFORE Feb 1  
\$30 AFTER Feb 1  
- lunch provided

Thank you to all who have participated in the Heat the Church program again this year.

# A Message from Bishop Craig

## February 2022

A MESSAGE FROM THE OFFICE OF THE BISHOP This  
Month's Writer: Murray Sagsveen, Synod Attorney



We are entering a new year, and many of us have adopted resolutions or goals for the following twelve months. Let me suggest a few governance-related resolutions/goals for the congregation councils of all synod congregations during 2022:

1. Is the congregation's membership list current? The Model Constitution for Congregations states that the "Congregation Council shall provide for an annual review of the membership roster" (C12.07.) and that only voting members may vote at congregation meetings (\*C8.02.c. and C10.06).
2. Has the congregation recently updated its constitution to conform with the *Model Constitution for Congregations*. If not, the congregation council or a council-appointed committee should plan to review the existing document, review likely amendments to the *Model Constitution for Congregations* by the Churchwide Assembly this August, and draft amendments for submission to the congregation's annual meeting in late 2022 or early 2023.
3. Has the congregation recently reviewed its bylaws (if any) to ensure they do not conflict with the congregation's constitution or the [ELCA's social statements](#)?
4. Has the congregation incorporated its bylaws (if any) into the constitution document as urged by the ELCA in the introduction to the Model Constitution for Congregations?
5. Does the congregation have an endowment fund and, if so, was it established prior to 2011? The resolution or bylaw establishing the endowment fund should be reviewed to determine if it has been updated to address state laws passed in 2011 related to qualified endowments (N.D.C.C. § 57-38-01.21) and to restricted accounts (N.D.C.C. § 10-33-21(7)).
6. When the congregation was incorporated, it filed articles of incorporation with the North Dakota Secretary of State. Many congregations were established more than a century ago, so the articles of incorporation may contain articles that conflict with state law or the congregation's constitution. The articles of incorporation should be located, reviewed, and (if necessary) updated.
7. Has the congregation council adopted key policies such as related to personnel, ethics, conflicts of interest, volunteer management, appropriate workplace environment, reporting inappropriate behavior, and supervision of minors?

The Synod can assist congregations with any of the important leadership work outlined above. Feel free to contact the synod office at 701.223.5312 or [info@wndsynod.org](mailto:info@wndsynod.org) for more information.



# Children Youth & Family Ministry



February 2022

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## Confirmation Schedule

February	2	<b>Large Group Night Theme: A Split Kingdom/Exile and Return</b> <i>Please read: 1 Kings 11-12; Ezekiel 5:5-8; Zechariah 1:1-6</i>
	9	<b>Small Group</b>
	16	<b>Large Group Night Theme: Judges</b> <i>Please read: Judges 4; 13:1-7, 15:4-5; 9-16</i>
	23	<b>Large Group Night Theme: Prophets (Israel/Judah)</b> <i>Please read: Amos 5:21-24; 8:1-18; Jeremiah 11:18-23; Isaiah 5:1-7; 9:2-7; Jeremiah 31:31-3, 7:1-26</i>
March	2	<b>ASH WEDNESDAY – CHURCH ATTENDANCE REQUIRED</b>

## Church School Schedule

### Sunday

**February 6** Jesus Raises Lazarus  
**February 13** The Lost sheep and Coin  
**February 20** No Church School  
**February 27** Memory Work – Apostles Creed

### Wednesday

**February 2** Jesus raises Lazarus  
**February 9** The Lost sheep and Coin  
**February 16** The Good Samaritan  
**February 23** Memory work – Apostles Creed  
**March 2** No Church School – Ash Wednesday

**Caramel Rolls:** Our confirmation students will be serving caramel rolls on Sunday February 6th: Suggested donation is \$3 a roll. All proceeds go to our youth who will be going to summer youth camp and mission trips.

## Youth Group/Family Fun Activities

**February 6th :** Movie night! Youth grades 6-12 are welcome to join Deacon Janie at the Grand movie theatre at 1:30pm to see “The Tiger Rising.” Please bring money for the movie and snacks.

**February 27th:** Youth group for grades 6-12 from 4-6pm. Meet at LCC for bible study and games.

**February 27th:** Healing service/prayer service. Deacon Janie and Pastor Lisa will be holding a service of healing and prayer. The service will beginning at 6:30pm. After the service there will be fellowship and facilitated conversation around grief and loss during the pandemic.

## Looking ahead:

**March 5th:** Family fun day at Huff Hills from 10am to 4pm for a day of fun on the slopes. Each person is responsible for purchasing their own lift tickets and rentals if needed. Please let Janie know by March 4th if you plan on attending.

**March 13:** Family fun day at sky zone from 2-4pm. Come to jump into your faith. Cost is \$30

**March 19th:** Day of service. Join Deacon Janie in a day of service in our community. There will be a sign up sheet in the Narthex to sign up if interested. Watch the bulletin for more details.

**April 2nd:** 3rd graders and their parents are invited to 1st communion class from 10am to 1pm. Please watch your emails for more information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>February 2022</b>						
6 9:00 Church School 10:00 Worship Service 11:00 Coffee /Carmel Rolls 5pm Wed music practice  Movie Time Gr 6-12 Grand Theater 1:30	7 Needlework Group 9:30am	1 Staff Meeting 10am Rabbi Noah Ullman Bible Study 3:30pm	2 Supper 5:15pm Worship 6:15pm School/ Confirmation 7pm	3 Quilting 1pm 7:30pm AA Mtg.	4 Wired Word 1:30pm	5
13 9:00 Church School 10:00 Worship Service 11:00 Coffee 5pm Wed music practice	14 Needlework Group 9:30am	8 Staff Meeting 10am  Gather Bible Study 1:15pm	9 Book Club 1:30 Supper 5:15pm Church 6:15pm Church School/ Confirmation 7pm	10 Quilting 1pm  <b>Church Council 6:30pm</b>  7:30pm AA Mtg.	11 Wired Word 1:30pm	12
		15 Staff Meeting 10am	16 Supper 5:15pm Church 6:15pm School/ Confirmation 7pm	17 Quilting 1pm   7:30pm AA Mtg.	18 Wired Word 1:30pm	19
20 NO 9:00 Church School 10:00 Worship Service 11:00 Coffee 5pm Wed music practice Youth Group Gr. 6-12 4-6pm	21 Needlework Group 9:30am	22 Staff Meeting 10am	23 Women' Bible Study 9am Supper 5:15pm Church 6:15 School/ Confirmation 7pm	24 Quilting 1pm   7:30pm AA Mtg.	25 Wired Word 1:30pm	26
27 9:00 Church School 10:00 Worship Service 11:00 Coffee Youth Grp 6-12 4-6om 5pm Wed music practice 6:30 Healing Prayer Service	28 Needlework Group 9:30am  Knitting 1pm					



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## E-News

### Worship Times:

Wednesday Worship  
6:15pm (School year)  
Church School 7pm  
Confirmation 7pm

### Sunday Worship

The River Service  
10:00am  
Church School 9:00 am

Lisa Ahlness, Pastor  
Janie Hague, Deacon

### Office Hours:

M - TH 8-4pm  
Fri. 8-noon School Year  
Summer Hours 8 to noon  
Mon.—Fri

### Lutheran Church of the Cross

The Church Council meets once a month; the second Thursday at 6:30pm. The Council meetings are open to the congregation and all are encouraged to attend a meeting or to visit with a Council member if you have questions or concerns regarding the church.

**"Making Jesus Known by  
Sharing our Gifts"**