



# The Cross Word

## February 2025

From Pastor Lisa

*A Prayer for the Beginning of Epiphany by Jan L Richardson*

Maker of the universe, fashioner of the stars,  
Who dwells within time and beyond time,  
Hear this prayer:

*if I have failed to perceive you  
when you have appeared  
in the face of a friend,  
if I have not embraced you  
when you have sought me out of  
a sister or brother's poverty,  
if I have not laughed and played with you  
when you greeted me with the delight of a child,  
forgive me.*

*Open my eyes, my hands, my arms, my heart  
To know your appearing and to celebrate  
The flesh-shaped mystery of Emmanuel,  
God with us.*

*Make my heart a dwelling place ready to receive you  
in even the bleakest spaces,  
to delight at your appearing even as the animals  
who made welcome for the birth of wonder.*

Epiphany is one of my favorite seasons of the church year. We didn't do a January newsletter, so this isn't exactly the "beginning of the season, which will end as Ash Wednesday kicks off the season of Lent. It actually began on January 6, the feast of Epiphany, which commemorates the arrival of the Wise Men from the East, when the child Jesus was revealed to these gentiles as the savior of the world. The season is full of Bible stories that give the protagonists, and us, a glimpse of God and who God is.

As poet Jan Richardson put it,  
*Along the journey come times of pausing, of surprise, of wonder at what we discover on the way.  
We may be so intent of what lies ahead that we find ourselves occasionally amazed by one who  
meets us by chance or by purpose with a word, a gesture, a touch we most need to receive. In the  
midst of the journey we pause to ponder, to listen, to marvel at the ways God appears to us.*

I've also been in a season of immersing myself in poetry. Whatever you find yourself immersed in, may you be open to the glimpse of God, of the holy, of one who helps you or who needs you, who give you hope.

See you in church!  
Blessings,  
Pastor Lisa

**Book Club** Meets the 2nd Wednesday at 1:30 in the Library.

February: Montana 1948 by Larry Watson

March: The Mighty Red by Louise Erdrich

April: The Language of Cottonwoods by Clay Jenkinson

Consider coming to the Book Club. We have interesting and lively discussions of each book. A variety of subjects are read but usually works of fiction.

**Two New Bible Studies Starting Up!** You may have seen or heard of the video series “The Chosen.” We will begin a new study this month using these videos, with one group led by Kathryn Spilman and one group by Tom Harris. They are contacting folks about what times work best. Many of you have signed up already (hence the two groups!), but it’s not too late! Let pastor or one of the leaders know if you would like to join us.

The second study will be led by Deb Sargent on the Gospel of John, and is intended for women. The study, written by Melissa Spoelstra, will encourage you to slow down and linger with the living Word. *“Life. It seems to move at a break-neck pace. Days are filled with noise, screens and appointments. Sometimes worry and fear are constant companions. The chaos can leave you looking for a place to be still, but that resting spot always seems to be an elusive destination. Jesus offers a different kind of life. He offers peace. He is peace”*

This study features 7 video sessions, 25-30 minutes each, with some personal study to be completed between the 7 group sessions. It is designed to be like a three-legged stool: video, homework and discussion. Of course you can tailor this to your needs. There is a sign-up sheet in the narthex. Please include your phone number, or call Deb S. at 701.880.8237 if you are interested but have questions. The group will decide a time to meet that works for everyone: early morning, evening, or somewhere in between. Join us!

### **Join in with your talents!**

Time and Talents sheets have been handed out at worship and are placed around the narthex. If you haven’t filled one out, we invite you to do so! There are many opportunities listed, but by no means is that meant to be a limit. Write in new ideas you'd like to see! It is true that “many hands make light work,” and your skills are welcome! You may send an email to [churchsecretary@midconetwok.com](mailto:churchsecretary@midconetwok.com) to let us know where you'll like to be involved, or fill out a time and talents sheet and leave it in the plastic mailbox by the secretary’s office. We especially need ushers, scripture readers, and communion assistants. Let us know you’d like to be on the list!

### **First Communion Class**

At LCC, all baptized children are welcome to receive communion, with parents’ permission and a plan for instruction. To that end, we will offer a first communion class on Saturday, April 12 from noon—1:30pm. Children will bake communion bread together, and then spend some time learning about the sacrament of Holy Communion. We usually do this class for children from 1-3 grades or whenever your child is interested and ready to learn. First communion will be celebrated on Maundy Thursday, April 17th, at the 7pm service. Let Pastor Lisa know of your children’s interest!

## **New Member Class March 16**

Are you interested in joining or learning more about Lutheran Church of the Cross? You are invited to join Pastor Lisa on Sunday, March 16, at 11:15 after worship in the Sunday School room next to the youth room, near the offices and the back door to the parking lot. If that date won't work for you, let Pastor know and you can meet with her another time. All are welcome!

From Peder Gulleason:

It is a pleasure to join your mission here at Lutheran Church of the Cross. I have been a long time resident of North Dakota and in Bismarck for the last 10 years.

I moved here with my wife and young girls. My girls have now graduated from high school and are at University pursuing medical careers.

Growing up in rural North Dakota, steeped in the music and ritual of the Lutheran Church and the agricultural community of Southeast North Dakota, I honed my skills of leading and following. To quote Coltrane, "My music is the spiritual expression of what I am—my faith, my knowledge, my being...When you begin to see the possibilities of music, you desire to do something really good for people, to help humanity free itself from its hangups...I want to peak to their souls."

I enjoy most, watching young and/or inexperienced musicians and technicians explore their interest, developing the skills and confidence to share their God given talents with our community.

Worship leading is a magical and a spiritual enriching experience. Team members work closely together and walk side by side celebrating the work we are called to do. Our currency is Love! Coordinating musician volunteers is a unique leadership demand. I strive to recognize their passion and listen to who they are. The music ministry isn't in the notes, but within the space between the notes.

My hobbies probably tell us much about my personality as my work. I love volunteering for hospice as a companion/socializer. I also drive for Lyft and love hearing and sharing stories. If you have a story, come up and say hi. I would love to hear it.

Peace to you all,

Peder

## **Upcoming Youth Activities!!**

### **Middle/High School Mock-In (Led by Camp of the Cross Staff)**

For grades 6-12

6-10pm, Friday, February 21

at Trinity Lutheran, Bismarck

Watch for flyers!!

### **Camp Fun Day (Led by Camp of the Cross Staff)**

For grades K-5

10am—2pm, Saturday, March 1

at Trinity Lutheran, Bismarck

Watch for flyers! Bring your friends!

## **Altar Focus for February: Ministry on the Margins Coffee House**

MOTM is a place of safety and rest throughout the night for those in need. All people are welcome. Food and coffee are served to those who spend the night. Some great needs are disposable hand and foot warmers (such as “Hot Hands”), protein or granola bars, jerky packs or beef sticks, decaf coffee and powdered coffee creamer. (Blankets too, if you have some!) Your donations will help a ministry that serves those who are often forgotten at a time when many are at risk from the cold. Thank you!

## **Angels Among Us**

We would like to call out a special angel whom most of you know: Sally Grenz. Sally is an indefatigable servant of God and our LCC family. A former elementary school teacher she has joined our Church school teacher corps. She sings on our worship team. She coordinates and leads our Helping Hands team, which visits, provides rides and meals, sends cards and small gifts seasonally to some of our elders who can't always get here, connects with families who have suffered the loss of a loved one and organizes a meal for them and a wooden memorial cross from LCC. She is often in the kitchen, sometimes singlehandedly keeping coffee and fellowship time going when no one else signs up (but let's jump in and help out, other angels, so that doesn't happen!), making sure the kitchen is well stocked with supplies and often on the pancake crew for those special events, too. Whew! When you see angel Sally around, give her a pat on the back and your thanks!

To the amazing congregation and leadership team at Church of the Cross.

From all of us at Carrie's Kids, we wanted to extend a heartfelt thank you for the incredible donation of new pants and for your continued thoughtfulness that has expanded over the years.

Your steadfast generosity has been instrumental in serving children and teens. Our Volunteer Donation Team was ecstatic when we received the new pants from you. That they texted me a picture to share the great news. We are always short on pants especially for boys and larger size teens.

Carrie's Kids receives several referrals a week to help clothe children/teens. It is such a blessing, thanks to you, to be able to offer them a new pair of pants.

Because of you we are able to continue to meet the ever-growing needs bringing them hope and encouragement.

Soli Deo Gloria,



**Carrie Cappellino**

Founder/President

701-390-3201

**Email:** [carrie@carrieskids.com](mailto:carrie@carrieskids.com)

1223 South 12<sup>th</sup> Street #3

Bismarck, ND 58504

[www.carrieskids.com](http://www.carrieskids.com)

**We Believe all children are created with a purpose.**

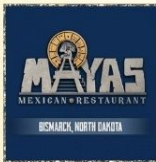
# Gospel PraiSing FIESTA!

NOURISH THE BODY NOURISH THE SOUL

Mayas Mexican  
Restaurant

1601 W. Century Ave  
Bismarck

Lunch -order off menu



SUNDAYS

11:30AM-1:30PM

January 5th

January 19th

February 9th

February 23rd

March 9th

March 23rd

April 6th

April 27th

May 4th

May 18th

June 8th

June 22nd

August 24th-Gospel  
PraiSing Festival

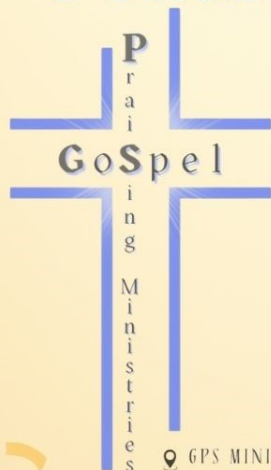
Christian Music

Presented by:

Colleen Reinhardt

Julie Ternes

& Guests



GPS MINISTRIES

Presented By: Gospel PraiSing (GPS) Ministries

JULIE TERNES 701-226-0356



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
February 2025 Altar Focus: MOTM coffee House food sup- plies						1 Men's Bible Study 10am
2 9:00 Practice 10:00 River Worship 11:00 Coffee Hour	3 Needlework Group 9am	4	5 5:00p Supper 6:15p Worship 7p Church School, Confirmation, River practice	6 Quilting 1pm AA Mtg 8pm	7 Wired Word 1:30pm	8 Men's Bible Study 10am
9 9:00 Practice 10:00 River Worship 11:00 Coffee Hour	10 Needlework Group 9am	11	12 Book Club 1:30pm 5:00 Supper 6:15 Worship 7 Church School, NO Confirmation, River	13 Church Council 6:30pm Quilting 1p AA Mtg 8pm	14 Wired Word 1:30pm	15 9:30 am Altar Guild mtg Men's Bible Study 10am
16 9:00 Practice 10:00 River Worship 11:00 Coffee Hour	17 Needlework Group 9am	18	19 5:00 Supper 6:15 Worship 7 NO Church School, Confirmation, River	20 Quilting 1pm AA Mtg. 8pm	21 Wired Word 1:30pm	22 Men's Bible Study 10am
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1004 E Highland Acres Rd  
Bismarck ND 58501

701.223.1001  
churchsecretary@midconetwork.com

## E-News

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### Worship Times:

Wednesday Worship  
6:15pm (School year)  
Sunday Worship  
The River Service  
10:00am

Lisa Ahlness, Pastor

### Office Hours:

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

**Making Jesus Known by Sharing our Gifts**