



Ambassadors of Christ



Near the end of every January, stories circulate about “Blue Monday,” supposedly the year’s most depressing day. Factors include broken New Year’s resolutions, Christmas debts and cold weather. But this phenomenon actually originated as a PR gimmick. U.K. marketers invented Blue Monday as “the best day to book a summer holiday,” and a psychologist they enlisted to saddest-seeming day became



January may lack the excitement doesn’t have to be a letdown. Jesus isn’t! No matter the season of life, Christians always have reason for joy: God’s promises of forgiveness and eternal victory. As Jesus says in John 16:33, “I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!”

I suppose when we wake on January 1, the world will look the same. But there is a reminder of the Resurrection at the start of each new year, each new decade. That’s why I also like sunrises, Mondays and new seasons. God seems to be saying, “With me you can always start afresh.”

—Ada Lum

Pastor Scott Kiehn

Church Council

- President** - Donna Lee
- Vice Pres** - Greg Forrester
- Secretary** - Shelly George
- Education/Youth** - Lacey Flaten
- Finance** - Greg Forrester
- Property** - Marvin Johnson
- Discipleship** - Bev Johnson
- Stewardship** - Lynn Lipszyc
Doug Allie
- Worship** - Judi Martin

Our Staff

- Youth/Family Coordinator**
Michelle Fuhrman
- Secretary**
Sandy Carpenter
- Financial Secretary**
Peggy Hansen
- Church Treasurer**
Leanne Fontaine
- Church Maintenance**
Jerod Fuhrman

Choir Director

- Colleen Thompson
- Kathy Smith, accompanist
- Organist/Pianist**
Audra Breigenzer
Jennifer Fewer

Inside This Issue

- Pastor’s Letter & Council Notes
- Blue Monday
- New Service/Event Protocol
- Annual Meeting Date
- Bake Sale tidbits
- Christmas Eve Pics
- Calendar



A full year has just flown by and here we are looking ahead to Ash Wednesday and Lent in February and March. But before we get to February, we still have the season of Christmas which lasts for twelve days, beginning on Christmas Day and ending on Epiphany which is January 6th. The Sunday after Epiphany we celebrate the Baptism of Our Lord. Then we move on to the time after Epiphany for six weeks until the Transfiguration of Our Lord on February 19th which is followed by the beginning of Lent on Ash Wednesday, February 22. A lot to look forward to in the next three months. I mention the church year not to bore you with “church stuff” but to show you

that our church year and lectionary are actually designed to tell the story of Christ’s birth, life, death and resurrection. This is the story that we focus on year-round because it is the story that gives us life. The story that brings us salvation and the forgiveness of sin through Jesus Christ. The story that is “for you” always.

As New Year’s comes and goes, we look forward to new beginnings or maybe since I am in my second year here at First Lutheran Church the continuation of something that is still new. Look for new things this year. Things like more adult study opportunities. Or something different for Lent and Holy Week. Some things might look the same as in the past and some things might be totally new. That is what New Year’s is about, new beginnings. That is what life in Christ is about new beginnings – being made new every day. Living into the promise of baptism where each day you are a new creation.

In Christ,
Pastor Scott

“The story that is “for you” always.”



Prayer for the New Year

O Lord, let my New Year’s resolution be to follow you more closely and to trust in your loving guidance.



Scandinavian Bake Sale



Tidbits

- Rosettes, followed by Krumkake and Lefse were most requested.
- Over 600 Rosettes were hand dipped at FLC for pre-orders!
- The office had requests for fruitcakes and breads, too.
- Close to \$1800.00 in advance ordering & over \$3000 total.
- 20lbs of spuds wasn’t enough for lefse orders—made additional 15lbs!

Blue Monday: Here's Why Some Think It's The Most Depressing Day of the Year

Blue Monday is the third Monday in January, and some call it the most depressing day of the year. But why? We have the answer, plus share ways to bust those Blue Monday blues!



What Is Blue Monday?

January is just an all-around bummer month for many (it ranked #1 in our reader poll of the worst weather month) coming off the heels of a whirlwind, action-packed December. Think about it:

- It's been a little over 3 weeks since Christmas—that joyous time with lights, food, fun, family, and friends is now abruptly over;
 - Credit card statements are rolling in, so you can see the financial damage done by said holiday;
 - Waistlines appear to be rolling out, having magically expanded;
 - It's dark early, when you head in to work, it's dark coming home.
 - The cold icy grip of winter has us firmly in its clutches, making motivation to stick to any New Year's resolutions of eating healthier and exercising more even harder.
- And let's not forget the realization that the next day off is months away... The list really could go on and on.
- So what can you do about it?**
- 1. Seek Sunlight** – In many areas of the world, winter means fewer hours of natural sunlight, one of the root causes of the winter blues. (Some scientists theorize the lack of sunlight produces unstable and disruptive amounts of both melatonin, the hormone that helps us sleep, and serotonin, a neurotransmitter that affects mood.) If it's not happening naturally, look into purchasing a light therapy lamp.

2. Get Some Exercise – Indoors and Out (yes, even if it's cold) – The benefits of exercise for the health of our bodies are well-known, but recent studies also show exercise increases our sense of well-being and focus, likely from a boost in serotonin.

3. Add Some Splashes of Color – Try decorating with colors that invoke a feeling of warmth, such as yellows, oranges, and reds—which all happen to be hues of the sun. A few bright throw pillows or a rug could make all the difference.

4. Plan Your Garden – Start mapping out a garden this year for vegetables and flowers. Even if you don't have your own plot of land, you can still enjoy container gardening on your deck or patio.

5. Grow Flowers Indoors – Try growing flowers inside your home for a pick me up. Hyacinths, crocuses, and narcissus bulbs all can be grown indoors in soil-less containers, bringing the beauty and warmth of spring even when the wind is whipping outside.

6. Be Sure You Have Adequate Levels of Vitamin D – Consider a vitamin D supplement during the darkest three months of winter. Research indicates a vitamin D deficiency can result in diabetes, osteoporosis, high blood pressure, and even depression.

7. Set Your Sights on ... Something! While we might not be able to go on that vacation to a warm locale just yet, there are other things you've no doubt been wanting to do. Why not buy tickets to an online book reading or concert? Having something to look forward to is a sure blues buster.

So don't despair! Spring is just around the corner—a mere 9 weeks away. But we recommend, if you're feeling sad and hopeless, please talk to your doctor right away. —Taken from the Farmer's Almanac



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Notices

- **1st Service/Event Team** is Donna Lee & Beth Knodel followed by Jenn Fewer & Danette Borgen. Jan. call group is **Zoanni to Belleau**.
- **Coffee Leader** for Jan. is Tana Tweten.
- Bring treats to share and join for coffee after church (except 2nd Sunday Brunch).
- Bring in Pop Tabs, Old Glasses & Used Print Cartridges to be recycled.
- Divine Drama Bible Study. Awesome. Neat. 2 sessions on Tues: 9 am & 6 pm.

Food Bank

- | | |
|--------|--------------------|
| Jan 1 | Canned Soups/Chili |
| Jan 8 | Breakfast Cereal |
| Jan 15 | Meals in a Box |
| Jan 22 | Dried Herbs/Spices |
| Jan 29 | Baby/Toddler Foods |



Login or register on Reynold's website. Then go to rewards and my rewards. Click on the Friends of Reynolds button and add the charity (#1006) you would like to support. You can only support one charity at a time.

Service Group Leader Changes

A change in Service Group Leader procedures will hopefully make this needed service less of a burden by splitting off the 2 main functions: coffee after church and planning, setting up & serving events.

Starting in January, there will be 1 coffee leader for each month. Coffee leader is a nice way to help by setting up the after-church coffee for fellowship in the narthex.

Then instead of pulling teeth to get people to volunteer to be available the whole month for service events (luncheons), each event that comes up will be assigned to the top 2-person team on the 6-month rotating list. Those teams will only serve for that one event then rotate to the bottom. It is possible for a team to rotate back to the top of the list and be called to do another event. The call list for each month will remain the same.

This change will make it possible for more people to participate and will also be a smaller commitment. Talk with anyone on Discipleship to find out if this is something you can do!

There will no longer be the Service Group Leaders who make Sunday coffee plus do Events (as funeral luncheons) for the entire month. Instead, there will be one individual who does only the coffee for the month, and pairs of leaders to do the events in rotation.

January 29th—Annual Meeting

January 8th is installation of officers: Shelly George (Pres.), Donna Lee (VP/Finance), Bev Johnson (Sec.), Marvin Johnson, Judi Martin, Lacey Flaten, Maxwell Knodel, Darcie Waarvik, & Mandy Rasmusan.

After service on Jan. 29, please stay to take in the Annual Meeting of First Lutheran Church to find out where we've been and where we are going!

ANNUAL MEETING

www.flcglasgow.org

- Current Monthly Calendar
- Weekly Bulletin PDF, Monthly Newsletter PDF
- FLC History, Ministries, Worship & Bible Study
- Link to Giving & Update Form for Church Directory
- Preschool Registration forms
- Pics of Church Events



3rd Quarter Friends of Reynolds check was \$204.78!! This money will go to support the school snack programs. Thank you.



Church COUNCIL

FLC Council Highlights November 21, 2022

(Complete printed or electronic copies of the minutes are available from the

- **Youth** collected 700+ food bank items which earned \$1000 donated by Thrivent Financial to the food bank.
- **Stew Feed/Pie Auction** had 30+ youth and 4 parents helping. Donations were over \$2,500
- **Christmas Dinner** hosted by CSI with the congregation invited to attend.
- **Preschool Program** is December 16 at 10AM.
- **New Sanctuary Lights** were purchased using funds from lutefisk dinners.
- **Third Grade Bibles** were ordered.
- **CD** reinvested at Edward Jones at 4.7%.
- **Friends of Reynolds** earned \$204.78 which will be used for the Snack Program at Irle, Youth Dynamics, and FLC Preschool.
- **Montana Synod Synod House** was given the last of 5 - \$1,000 payments by FLC for funding the new building.
- **Snow/Leaf Blower** was purchased.
- **Second Sunday Brunch** schedule is being worked on for 2023.
- **Confirmation Youth** will be helping with worship service on December 4 and 11, 2022.
- **Piano and Organ Tuning** is planned for fall of 2023.
- **Advent begins** November 27, 2022.



Church Bulletin Typos from online:

"Next Thursday, there will be tryouts for the choir. They need all the help they can get."

"A cookbook is being compiled by the ladies of the church. Please submit your favorite recipe, also a short antidote for it."

"After the sermon: A moment of silence for prayer and medication."

"The class on prophecy has been cancelled due to unforeseen circumstances."

"Ladies, don't forget the rummage sale. It is a great chance to get rid of those things not worth keeping around the house. Don't forget your husbands."

"There has never been a better time to invite your friends to church."

What book of the major prophets is the easiest to understand?

Answer: Ezekiel

First Lutheran Church

Marked with the cross of Christ forever, we are claimed, gathered and sent for the sake of God's world as Ambassadors of Christ.



So Help Me God

No matter how firm our resolutions, we can't make ourselves better people *by ourselves*. God empowers our good works when we rely on his aid. H.P. Nichols, a 19th-century poet, wrote:

If I resolve, with the new year,
a better child to be,
'Twill do no good at all, I fear,
but rather harm to me,
Unless I try, with every day,
no angry word to speak;
Unless, each morn, to God I pray
to keep me mild and meek.
Then let me try with all my might,
and may God help me too,
Always to choose the way that's right,
whatever act I do.



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