



# first Lutheran Church

September 2023



A Reflective Practice

## The Daily Examen

Prayer is a part of our daily lives that takes on many different forms for all of us. It is a very intimate part of our faith lives that pulls us towards God in a holy moment of vulnerability and hope. Prayer can be a heavy sigh, a quick thought, a tactile practice, one involving motion, or a designated time of penitent reflection. Prayer can look so many different ways and all of these ways are holy moments of communication between us and God. However, if you are like me than you have fallen in and out of prayer practices all of your life. Sometimes you remember your daily prayers at meals and before bed. Sometimes the food is just so good that you forget to pause and thank God but are definitely letting thanksgivings rise while you eat. Other times of our lives we may get into the habit of a rosary or maybe the Daily Examen.

Around 500 years ago Saint Ignatius of Loyola developed the practice of Daily Examen to model a prayerful reflection in our day to focus back on God. This Daily Examen has five steps to it; Become aware of God's presence, Review the day with gratitude, Review the day with a penitent spirit, Choose a particular part of the day and pray from it, and Look forward to tomorrow.

*Become aware of God's presence.* In this first step you are invited to settle into a time of quietness and reflection. By ignoring the noises of the world around us we turn inward inviting the Spirit to walk with us as we reflect on the day. In this reflection we pay attention to where God is, how our emotions rise and fall, and we ask God for clarity to our reactions and where we were being pulled. This isn't for us to judge ourselves and "should" on ourselves, but to observe our reactions and actions through the day.

*Review the day with gratitude.* Now we have intent with our reflection on the day. While we look over our day again, let us focus on all the joyful surprises and delights we had. Focusing on all the gifts we received. How we positively reacted to people and how we received grace and kindness from our neighbors. Attention should be focused on the small things, the food we ate, the sights we saw, and other small pleasantries. It is in these, what often seem like small details, that God resides in constant nurturing of our soul.

*Review the day with a penitent spirit.* As we look through our day again let us step aside and see where God shows us that we have fallen short. Where did we react with judgment, anger, greed, or unkindness? Where did we neglect to live up to our own potential and in the process hurt ourselves, others, or God? As we focus on our shortcomings it is for us to learn and to ask God for forgiveness. Knowing that God is merciful, slow to anger and abounding in steadfast love.

*Choose a particular part of the day and pray from it.* Take a deep breath and relax your heart and mind. Let God guide you to a particular part of the day, it can be a feeling (positive or negative), an encounter with another, or a vivid moment of peace or joy. Look at this moment that God is bringing your attention to and pray over it. It can be a petition of multiple prayers, praise, repentance, but the key is for it to arise spontaneously from your heart. Feel and see how God puts the words on your heart. Where is God inviting you to do something, celebrate, or to let something go?

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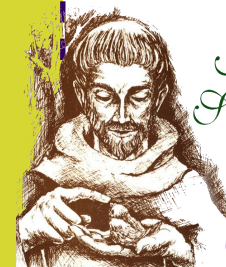
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Look forward to tomorrow. Ask for God to shine LIGHT into your new day. Focus on what your priorities and goals for tomorrow are. Where are God's priorities and goals in your life? What needs to shift? What needs more attention and where can we take a breath to refocus on our next day? What are your feelings for the next day? Are you apprehensive, doubtful, cheerful, full of delighted anticipation? Let your feelings of the next day guide you into prayer for guidance, understanding, strength, peace, and hope. End the Daily Examen with the Lord's Prayer, and remember that you are forgiven! Make the sign of the cross over yourself and remember the redemptive grace and mercy we have received through baptism! You are a beloved child of God who is called into a wounded world and there is another day ahead of us.

There are countless prayer practices and some can be done in tandem with one another. If you are looking for more spaces and places to pray, remember that we have a prayer labyrinth at the church next to our wonderful garden and Monday through Thursday there is Midday prayer in the Memorial Chapel at 11:30am. We also have wonderful prayer groups who would love to pray for you and those in your life. To get those prayer requests out please fill out the back of the FootPrints in our bulletin.

Peace and Go  
Pastor Tucker



*Feast of  
St. Francis*

**Worship  
Tuesday,  
October 4th  
7:00 pm**

**October 4th marks the feast day of St. Francis of Assisi on the church calendar. Often commemorations around this time involve blessing animals (or stuffed animals) as a way of remembering the unique love St. Francis had for all of creation. Within the Franciscan tradition there is another tradition that is often used to commemorate St. Francis that is actually held on October 3rd and it is called the Transitus.**

**Transitus is a Latin word meaning "crossing" for Franciscans the Transitus of St. Francis of Assisi is when we specifically commemorate his death. In the Canticle of Brother Sun (also called the Canticle of the Creatures) St. Francis refers to death as sister death. For many of us death is something scary, yet as Christians we rest in the promise that death is not the end, but that God has promised us eternal life through the life, death and resurrection of Jesus. This promise is something St. Francis clung to. We commemorate the death of St. Francis, as well as his life, because he gave us the great example of greeting death as a sister and humbly crossing over to the church triumphant.**

**You are invited therefore to a service of Holy Communion commemorating the Transitus of St. Francis of Assisi on October 3rd at 7:00pm here at First Lutheran.**

**Pax et Bonum,  
Brother Ian**





### The Beautification Committee.....

.... thanks the following volunteers for edging our garden beds: Jay and Evan Clark; Melissa and Jeff Mathias; Daryl Rotman; and our committee members, Jane and Kurt Ebersole, for organizing this effort. The edging was done to get ready for the University of Findlay freshman students' assistance in mulching. This group of young people were wonderful to work with and toured our sanctuary, guided by Jane and Kurt. Please stop by our beautiful gardens soon and see the work they all accomplished.



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# Library News

And all too soon, September is upon us. Summer is over for the most part (officially, we still have a couple weeks!) It was a good summer. We saw the "grands" as much as possible. Paul's relatives put together a much-anticipated family reunion. We have eaten fresh veggies from our garden and played outside when we could. Another month in the book.

I just finished reading **Our Missing Hearts** by Celeste Ng, our Church Book Club selection. What a read. It is almost a real-time fiction novel in a bit of a dystopian world (dystopias are societies in major decline, with characters who battle the environment, technology, and government oppression.) The story centers around a concept that "unity requires a common enemy." Deciding on who is the enemy determines the dystopia in this novel.

I borrowed a couple of books on HOOPLA from the county library, one entitled **Unsheltered** by Barbara Kingsolver (yes, I am on a roll with Kingsolver books). The story follows two families of a house's occupants, only the families live 100 years apart. Both families are concerned with the roof that leaks. Now as a metaphor, a leaky roof can symbolize uncertainty and anxiety. The house itself is one's personal identity where one can feel safe and secure; the leak suggests a threat or challenge to that security. Trust me when I say that there are many challenges to that security. It too was a good read.

The other book I borrowed was **The Lonely Hearts Book Club** by Lucy Gilmore. A young librarian befriends a curmudgeon who is a daily visitor to the library. Eventually, the friendship turns into a book group discussing classics to thaw the curmudgeon and reading some modern stories to help the curmudgeon understand the group of young people. I enjoyed the disparity of ages and the books discussed within.

The HBG girls read **The Hero of This Book** by Elizabeth McCracken for the August meeting. Elizabeth is trying not to write a memoir of her mother. I know that sounds crazy yet understand she had already written a memoir after her first child was stillborn. Her memoir covers the time between that birth and the birth two years later of her second child. She really doesn't want to write another memoir. Instead she travels to London while her childhood home is being cleared out for the sale. She visits where her mother once traveled and she wonders about her mother. So, who is the hero of this book? The eulogized mother or the grieving daughter?

I picked up a **Midwest Living Magazine**, March/ April 2023 at the free magazine stand in the library lobby and read an article about the Japanese notion of forest bathing. What is that? First one finds a spot where there is some connection to nature. Forest, nature preserve, beach, indoor conservatory, a garden, or just among houseplants. Next, get comfortable. Forest bathing is more about being still and mentally present than going on a heart-pumping walk. Sit, stand, whatever. Just be completely at ease. Finally, become aware. With eyes closed, take several slow deep breaths. Feel, hear, smell. Eyes open, imagine seeing all for the first time. What do you notice? "Breathing in phytoncides, which are produced by trees, has been shown to increase special white blood cells, which help with immunity." Try it some time.

God bless and keep reading.  
Kathy Brooks (kathleenbrooks15@gmail.com)







September 10th

9:30 - 10:30 Rally Day will begin. Sunday School for PS - 5<sup>th</sup> grade who will meet in the Fellowship Hall. We will have an activity and fill the Little Free Pantry's in the area. Sunday School for youth will continue every Sunday at 9:30.



*Beginning September 17 at 9:30*

## ***THE VOTE IS IN***

### ***Understanding the Order of Lutheran Franciscans. (OLF)***

A discussion based class that focuses on the Evangelical Counsels and worship practices of the OLF. The Evangelical counsels are: Poverty, Obedience, and Chastity. We will read from the General Rule of the OLF and then discuss what this means to us personally, as a church, in our families, and as a community. My hope is that through this course I will also be able to field any questions or concerns you may be holding onto or harboring about having a new Lutheran Pastor who has taken vows in a Franciscan Order.

SAVE A LIFE



Mark your calendars for the next Red Cross Blood Mobile here at First Lutheran on October 24th from 12-6pm. Be a donor—save a life

### ***Food Cart Requests***



Kleenex,  
Laundry Soap,  
Boxed Side Dishes

All donations benefit  
Lutheran Social Seervices  
*The cart is in the coat room.*



*Following the 10:45 worship service on September 10th is an opportunity to thank Pastor Chris and Pastor Art for their service during our interim period. Please join us as we say "Thank you".*

*There will be a picnic with hotdogs being provided by Christian Education Committee and we are asking members who are participating to bring a hot or cold item to share. There will be yard games and bounce houses.*

*Let's Celebrate together!!!!*

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## *Women's Ministry*



### **WELCA Calendar of Events for September 2023**

New 2023-2024 booklets will be available to pass out at your first meeting.

Martha Circle is in-service for the month of **September**

**Tuesday, September 12** – Martha Circle – 9:00 am, church library  
Hostess – Ann Fifolt, Leader – Miriam Gibson

**Tuesday, September 12** – Rachel Circle – 1:00 pm Lunch at Scramblers

**Monday, September 18**– Hannah Circle – 7:00 pm, church lounge  
Hostess – Nina Dukes, Leader – Cindy Rotman

**Thursday, September 21**– WELCA Board – Thankoffering planning  
3:00 pm, Church library



### **Where are Your Least Coin Offerings Donated? KATIE'S FUND**

#### **What is Katie's Fund?**

Katharina von Bora Luther was a practical and bold woman of faith. Through Katie's Fund, Women of the ELCA honors her life by supporting global connections, leadership development and living theology. 2122: Growing Katie's Fund for the next 100 years is a one-million-dollar campaign for Katie's Fund that is designed to support the organization into the next 100 years of mission and ministry.

The annual budget of Women of the ELCA supports a no-frills operation and leaves little funding for special initiatives or unexpected ministry opportunities. That's where Katie's Fund steps in. It supports opportunities beyond the annual operating budget, offering funding for ministries and activities in leadership development, global connections, and living theology.

By increasing Katie's Fund through 2122: Growing Katie's Fund for the next 100 years, the organization will be able to support special initiatives and unexpected ministry opportunities into the next century. Women of the ELCA can expand the footprint, reach, and impact of women's leadership and ministry in the church for the sake of the world.



(The picture of Katie is a statue in Wittenburg, Germany.)

## NORTHWEST OHIO WOMEN OF THE ELCA 2023 GATHERING

### HERE I AM LORD

The 2023 Gathering will be held Friday and Saturday, October 27 and 28 at the Findlay Inn, Findlay, Ohio. An in-kind offering of new underwear for men, women and children will be collected which will be given to the Orphan Grain Train, based in Napoleon, Ohio. The blue box will be set up in October for donations. Cost for the 2 days is \$80 (does not include hotel). If you are interested in attending please contact Marilyn Dunn for a registration form. The registration deadline is September 25.



### L.I.F.T. Living in Faith and Trust

L.I.F.T. will meet on Tuesday, September 19 at **11:45**, please take note of the time change. Starting 15 minutes later will allow for those who want to attend the 11:30 Sacred Daily in the church chapel. Bring a brown bag lunch. Becky Greene, Sue DeMoss' daughter, who is employed by Wyandot Memorial Hospice will give a presentation on responses to grief. Becky has a Masters Degree and is a licensed Social Worker and Certified Grief Recovery Specialist.

Grief is the normal and natural emotional response to change or loss of any kind. There are approximately 40 different types of losses we can experience in a lifetime such as death, divorce, moving, financial changes, relationship changes, pet loss, etc. Grief is also the result of unmet hopes, dreams and expectations and the loss of intangible concepts such as safety, trust, security, respect, faith and hope.

Grief is universal. All of us have experienced grief throughout our lives, as a result of many changes and losses. But we are not well prepared to really handle, manage or recover from the emotional impact which results from these changes. We try to cope with loss in an intellectual way. We try to "figure it out", "solve it" or "understand" it. We rely on the myths we have been taught to help us recover such as, time heals all wounds, be strong, replace the loss, they wouldn't want us to be sad, fake it until you make it, etc. Given the proper emotional tools, we can achieve recovery from grief.

If you have experienced any kind of loss and still feel as if you cannot move forward, we will be talking about this at the next LIFT group. Please contact Sue DeMoss at 419-306-9994 or Marilyn Dunn at 419-722-8543 for more information or if you need a ride.



Mark your calendars for the Fall Rummage Sale October 13 & 14. Items may be placed on the stage after Wednesday, September 6th. Questions ??? Contact Mary Lou McCann at 419-348-6164



# STEWARDSHIP IS HEART WORK

## Heartwarming stories of ministry through your generous stewardship!

**I** have been a member of First Lutheran Church since I was nine years old. I sang my first solo from the balcony when I was ten. I sang "Were You There?" accompanied by Lois Teatsorth on our old pipe organ (the Wanamaker). I still remember being very nervous and Lois saying, "You'll be fine; follow me!"

A few years later, as Confirmation students, trying to impress upon the congregation the importance of the words of the hymns we sing, Associate Pastor Sanford Mitchell had me and Bob Cochran stand up in the middle of one of the verses of the sermon hymn. We waved our arms and stopped the congregation to ask, "Are you REALLY paying attention to the words?!"

Our Lutheran service/liturgy hasn't changed much in my lifetime, but what has changed for me is the depth of the meanings within the different parts as time has gone by. Examples would be during the Confession when the Pastor says, "Your sins are forgiven through our Savior Jesus Christ," or during the Great Thanksgiving when he says, "...with the angels and Archangels and all the company of Heaven, we praise Your Name and join their unending hymn." Then, as in Revelation 4: 8, we do, indeed, join in and sing, "Holy, holy, holy, Lord God Almighty..."

Stewardship, to me, is not just giving money, as it is so often characterized. It is also being stewards of our Christian/Lutheran traditions for the generations to come. This year, as a congregation, we made a major commitment to continuing and promoting these tradition by saying "yes" to the financial backing for the new Rodgers organ.

Singing and worshipping with the saints...it's what we do at First Lutheran. Thank you for a lifetime of joy with you, my First family.—Kurt Ebersole



## Community Dinners



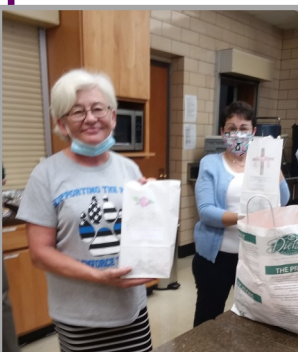
Since 2005, on every first Sunday of the month, First Lutheran offers hot, home cooked meals for anyone and everyone in the community. Currently serving 75-80 community people and congregation members, these meals provide nutrition for the hungry, fellowship for the lonely, and a place to go for a “tasty, home-style meals” served with smiles and love”. “Many people come for the desserts,” cites Carolyn Bryant, who has been participating in this ministry since its inception. “And they love Jane Ebersole’s chicken and noodles with mashed potatoes. It’s hard to get that anywhere.”

These dinners are offered the first Sunday of every month, regardless if it is a holiday or if something interferes, like a flood in 2007 or Covid-19. When our community was hit by these things, we served meals via a drive-through.

The community dinners started almost two decades ago to provide food for the hungry. Today St. Andrews and St. Paul’s UMC, First Presbyterian and First Lutheran provide these meals one Sunday a month. Howard Methodist provides the meal on each fifth Sunday. All of the food is donated. All the costs are borne by this congregation through generous donations. All services are provided by generous members of this church. Truly what stewardship is all about.

Carolyn notes that there is more than wholesome meals provided. She said, “One man didn’t smell, but he wore all the clothes he had on his body. His name was Scott. Scott lived under the bridge.” Carolyn would talk to him and found out his greatest need was a good meal...and toilet paper. She made sure he was well supplied! “Another time we had a couple come regularly. When the man died, his wife was distraught as she had no money for his burial.” The kitchen crew pooled their resources and sent money to the funeral home to help with his burial expenses.

“I’m sort of nosy,” says Carolyn. “I will ask: how are you doing? I try to get to know their names. They’re just people like the rest of us.” The personal touch is a major part of this ministry. “There’s a lot of good that comes from this. People come from the church. They come for the fellowship, to have a meal together.” Carolyn adds, “One guy always hollers into the kitchen and says ‘thank you.’ We often receive thanks and compliments for the food.” “Arlene Powell never hesitated to talk to the community people.” Many have donated so much of their time, their talents, their money, and, most of all, themselves for the sake of others.



It’s been eighteen years that First has provided these community meals. Thousands have been served over 200 times. Thousands of dollars have been donated by this congregation, as well as hams, hamburger, desserts, salads and countless side dishes. There seems to be no end to this generosity. Pastor Bob Cochran once said, “This is the best thing we do.” Truly it is a very essential and blessed ministry.

Carolyn concludes, “Nobody knows when to stop. There’s always someone new.” And, it seems, always generous members of First Lutheran willing to step up to serve. Truly, this is what being a good steward is all about! - *Pastor Chris*

*If a brother or sister is naked and lacks daily food, and one of you says to them, "Go in peace; keep warm and eat your fill," and yet you do not supply their bodily needs, what is the good of that? - James 2: 15-16*



# September

## Birthdays

Tricia Cox	9/1
Peggy Fruchey	9/1
Daphne Maag	9/2
Rylie Needles	9/2
Tad Schell	9/3
Evan Pitt	9/5
Kristen Warren	9/6
Martha Schmidt	9/6
Mike Waltermeyer	9/6
Cheryl Everett	9/7
Carolyn Bryant	9/9
Makenzie Cox	9/9
Elaine Miller	9/11
Cynthia Rotman	9/11
Kimberly Fultz	9/16
Sharon Thompson	9/16
Abbey Haudenschild	9/17
Jordan Spoon	9/17
Brian Fruchey	9/19
Blaine Peters	9/19
Margaret Maag	9/20
Sally Rice	9/20
Robert Stacy	9/20
Samantha Franks	9/21
Doris Staschiak	9/21
Lisa Cox	9/22
Alexandria Johnson	9/23
Shirley Phillips	9/23
Jeff Haudenschild	9/28
Debra McMillen	9/29
Marilynn Dunn	9/30
Suzanne Kirk	9/30
Mary Lou McCann	9/30

### LECTORS

Sept. 3  
9:30- Elaine Miller

Sept. 10  
8:15- Marilynn Dunn  
10:45- Cyndy Rotman

Sept. 17  
8:15- Elaine Miller  
10:45- Nina Dukes

Sept. 24  
8:15- Kathy Brooks  
10:45- Traci Roth

### GREETERS

Sept. 3  
9:30

Sept. 10  
8:15-  
10:45-

Sept. 17  
8:15-  
10:45-

Sept. 24  
8:15- Sue DeMoss  
10:45-

### ALTAR FLOWERS

Sept. 3- Crag & Beth Meier  
Sept. 10- Bev Yammine  
Sept. 17-  
Sept. 24- Marilynn Dunn

Forms for your bulletin announcement are available on the bulletin board and at [1stLutheranChurch.org](http://1stLutheranChurch.org). Flowers need to be delivered to the church by noon on Friday.

## Anniversaries

Craig & Beth Meier	9/3/1994	29
Steve & Traci Roth	9/3/1994	29
Michael & Sue Baxter	9/5/1970	53
Jerry & Carolyn Bryant	9/11/1965	58
Robert & Arlene Schriner	9/11/1982	41
Robert & Kristina Rodman	9/14/2002	21
Gary & Virginia May	9/17/1977	46
Tim & Dawn Franks	9/19/1998	25
Rob & Amber Leipheimer	9/21/2002	21
Robert & Patricia Stacy	9/23/1950	73
Mike & Chris Zawisza	9/26/1998	25

### ALTAR GUILD

Sept. 3  
Elaine Miller  
Cheryl Everett

### COMMUNION BREAD

Sept. 3 - Devra Hall  
Sept. 10- Cyndy Rotman  
Sept. 17- Julie Dittmar  
Sept. 24- Arlene Schriner

### COOKIE SUNDAY

Sept. 3- Community Dinner  
Sept. 10- Church Council  
Sept. 17- Social Ministry  
Sept. 24- Martha Circle

### COUNTERS

Daryl and Cyndy Rotman

### DEACONS

9/3- 9:30- Toni Poling, Art Wilde  
9/10  
8:15- Marilynn Dunn, Paul Brooks  
10:45- Judy Kipker, Daryl Rotman  
9/17  
8:15- Marilynn Dunn, Toni Poling  
10:45- Judy Kipker, Art Wilde  
9/24  
8:15- Janet Wobser, Paul Brooks  
10:45- Ted Stambaugh, Art Wilde

### DRIVERS

Sept. 3- Jerry Byant  
Sept. 10- Mike Zawisza  
Sept. 17- Aaron Ried  
Sept. 2- Jerry Bryant

### LSS DELIVERY

Sharon Thompson

### FLOWER DELIVERY

Sept. 3 & 10- Marilynn Dunn  
Sept. 17 & 24 - Elaine Miller

### SOUND ROOM

Sept. 3  
9:30- Jerry Bryant  
Sept. 10  
8:15-  
10:45-  
Sept. 17  
8:15-  
10:45-  
Sept. 24  
8:15-  
10:45-

### WORSHIP ASSISTANTS

Sept. 3-9:30 - Tim Cochran  
Sept. 10- Pastor Chris  
Sept. 17- 8:15- Tim Cochran  
10:45- Traci Roth  
Sept. 24- Tim Cochran



