



THE TRUMPET

A PUBLICATION OF CHRIST THE KING LUTHERAN CHURCH
1660 BIRCH LAKE AVENUE, WHITE BEAR LAKE, MN 55110

PASTOR'S CORNER

Dear Siblings in Christ,

The beginning of March is a transition time for us in the church. The first Sunday in March is Transfiguration of Our Lord Sunday – or what I like to sometimes irreverently call “Shiny Happy Jesus Sunday.” Jesus is transfigured on top of the mountain with just a few of his disciples. His divinity shines forth on top of the mountain as he talks with two of the pillars of faith, Elijah and Moses. The three disciples who came with Jesus to the top of the mountain experience this transformative experience of Jesus – and just when they decide that they should build dwelling places on top of the mountain to prolong the experience a little longer, God speaks to them from a cloud and Jesus reappears alone. Transfiguration Sunday is truly a mountain top experience for the disciples – and for us.

But starting on Ash Wednesday, we move into Lent, a season that focuses on prayer, fasting, and giving alms. We are reminded on Ash Wednesday that we are mortals as ashes are marked in the sign of the cross on our foreheads and we hear the phrase “Remember you are dust, and to dust you shall return.” Everyone who comes to the service hears that phrase, from young to old, as a reminder of our mortality. It is not a subtle beginning to our Lenten season, but one that allows us to lean on God’s love for us and the promise made to us in our baptism that we are baptized into Christ.

Our theme for Lent this year is Everything [In] Between: Meeting God in the Midst of Extremes. We’ll travel through the Gospel of Luke each week in March and April and explore scripture that



includes many familiar and well-loved scripture stories. Each week will focus on a particular binary that we often consider to be opposing. But as we link these to scripture and explore how Jesus handled these binaries, it becomes clear that what we might initially see as black and white contains a lot more gray space within.

During Lent you are invited to look beyond black and white binaries and quick and easy answers. We encouraged to imagine how God is meetings us beyond the categories that we create. We are all invited to engage with complexity rather than avoiding it. We are trusting that God shows up in shades of gray, all the shades of the rainbow, and everywhere in between.

Wednesday nights in Lent we are bringing back a favorite liturgy – Holden Evening Prayer. Join us for the sung liturgy and prayers on Wednesday nights at 7 pm. We will again be utilizing the beautiful artwork included with our Lent theme and exploring visio divina as individuals and in small group conversation. We will use the Gospel reading and artwork for the Sunday coming, giving you a sneak preview of what the upcoming Sunday will focus on.

This Lent I would like to encourage you to invite a friend or family member to come to one of the soup suppers (beginning on March 12!) and attend Wednesday night worship. Who doesn’t want a meal they don’t have to cook? This is great opportunity to extend an invitation and stretch yourself to sharing about your faith and your church. I hope to see some new faces on Wednesday nights!

Peace,
Pastor Rebecca

JOIN US

PLEASE JOIN US IN PERSON, WATCH US VIAL LIVESTREAM OR WATCH A RECORDING LATER AT CTKWBL.ONLINE.CHURCH. YOU CAN ACCESS THE BULLETIN BY CLICKING AT THE TOP OF THE LIVESTREAM PAGE.

MARCH WORSHIP SCHEDULE

SUNDAYS

MARCH 2

Transfiguration
of Our Lord

Exodus 34:29-35
Psalm 99
Luke 9:28-36

“The glory of God
shines from Jesus”

9am Worship
Organ / Communion

MARCH 9

First Sunday
in Lent

Deuteronomy 26:1-11
Psalm 91:1-2. 9-16
Luke 10:25-37

“Everything
[In] Between:
Stranger & Neighbor”

9am Worship
KHB / Communion

MARCH 16

Second Sunday
in Lent

Genesis 15:1-12, 17-18
Psalm 27
Luke 10:38-42

“Everything
[In] Between:
Faith & Works”

9am Worship
Organ / Communion

MARCH 23

Third Sunday
in Lent

Isaiah 55:1-9
Psalm 63:1-8
Luke 13:6-9

“Everything
[In] Between:
Rest & Growth”

9am Worship
KHB / Communion

MARCH 30

Fourth Sunday
in Lent

Joshua 5:9-12
Psalm 32
Luke 15:1-7

“Everything
[In] Between:
Lost & Found”

9am Worship
Organ / Communion

MIDWEEK WORSHIP

Ash Wednesday

Wednesday, March 5 - 7:00pm service

Midweek Lenten Worship Schedule

Wednesdays, March 12, 19 26,
April 2 & 9
7:00pm

Please join us for Soup Supper
at 5:45pm, before our
Midweek Lenten Services.
Sign up on the board in the
Narthex to bring soup on
a Wednesday night.

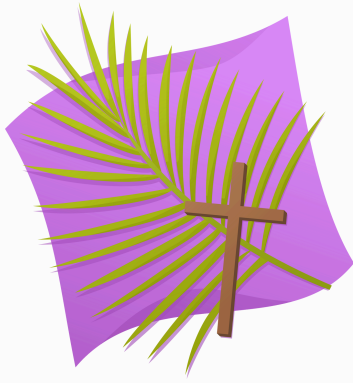
THURSDAY

MARCH 20

Women's
Bible Study

March's Study
is titled,
“Faithfulness:
Peter and Cornelius
Acts 10-11”

9:30am
in the library.



March

WORSHIP LEADERS

	AV	ALTAR GUILD	LAM	READER	USHERS	COMMUNION	ACOLYTE
3.2	Janelle / Mike	Cathy / Stephanie	Beth	Cyndi	Mike / Carol	Michele / Howard	Abby
3.9	Mike / Trip	Lori / Lori	Julie	Polly	Scott / Michele	Peggy / Wendy	
3.16	Mike / Craig	Karen / Becky	Michele	Ann	Peggy / Howard	Hannah / Thomas	Jack
3.23	Janelle / Craig	Connie / Peggy	Bea	Mike	Scott / Michele	Polly / Peggy	
3.30	Janelle / Mike	Ann / Kathy	Cyndi	Peggy	Mike / Scott	Julie / Wendy	Lily & Elise

Hospitality: Becky Thompson, Jackie & Stuart Shelstad, Jennifer Sivertson

If you are faced with a conflict, please attempt to trade with one another and let the office know. Thank you!

DEVOTION

Discernment and Centering Prayer

At the recent St. Paul Area Synod Toolkit for Congregational Leaders, I had the privilege of attending worship, and two instructional sessions, the first one entitled Decision or Discernment?, presented by Deacon Krista Lind. The seven-step process shared was adapted from Elizabeth Liebert’s *The Way of Discernment: Spiritual Practices for Decision Making* (2008), among other resources. The story of God calling Samuel, and Eli helping Samuel, at 1 Samuel 3:1-10, set the scriptural stage. Liebert summarized: “Discernment ... is the process of intentionally becoming aware of how God is present, active, and calling us as individuals and communities so that we can respond with increasingly greater faithfulness.” — Discernment is best done together, prayerfully with God, but often includes another, or a group. Discernment presupposes that God is still active in the world, leading us to better decisions, especially when we reflect on the idea of what God would like us to accomplish by turning ourselves over to movement of the Holy Spirit in our lives.

The second session I attended was entitled a Mini-Introduction to Centering Prayer, sometimes called a

prayer of consent, presented by Pastor John Keller, as adapted from the wisdom of and Martin Luther’s *Simple Way to Pray* (1535) and Trappist monk Thomas Keating’s *Open Mind, Open Heart* (1986). The scriptural settings, among others, were: “Let the words of my mouth and the meditation of my heart be acceptable to you, O Lord, my rock and my redeemer” (Psalm 19:14), “Be still and know that I am God” (Psalm 46:10), and “But whenever you pray, go into your room and shut the door and pray to your Father who is in secret, and your Father who sees in secret will reward you” (Matthew 6:6). Centering prayer involves being seated comfortably with eyes closed, focusing on a single sacred word, such as Yahweh or Jesus, for ten minutes or longer. During this time the participant consents to God’s presence through silent reflection. The sacred word is the symbol of your intention. If senses wander, thinking about the sacred word refocuses the person on the intention of the silent prayer.

If anyone would like more information about either session, I’d be happy to share more details.

Prayerfully in Christ,
Michael Stepan

COMING SOON

YOUTH & FAMILY



Hello youth families!

It's already Lent and it feels like the year has gone by so quickly. During Lent we will NOT have youth group on Wednesday nights. Instead youth and their families are invited to attend Lenten Soup Suppers and Worship to follow.

We are hoping to have two youth fellowship events during Lent. The first will be a DnD learn and play session! Youth of all experience levels are welcome to join! We will start by creating characters and explaining how to play. We will finish by playing a one-shot campaign which means that we will have an entire story line that is completed in just one session. Watch your emails for more details!

We also hope to go bowling during Lent! This event will be open for our younger families as well. We are still working out details so be on the lookout for that information. If you're interested in helping out or have any questions please feel free to reach out to me.

During February we met twice with the Youth Group. Our first meeting we scrapped our original plans and instead watched Bishop Budde's sermon from the National Prayer Service on January 21st. The youth had the opportunity to listen to the sermon along with some accompanying scripture passages and ask questions. We enjoyed the in depth conversation! For our second meeting of the month we talked about prayer practices using the book "Soul Types: Matching Your Personality and Spiritual Path" by Sandra Krebs Hirsh and Jane A.G. Kise. The youth took the Myers-Briggs inventory and we used that to look at a variety of ways to pray that might feel more fulfilling for each type.

As always, feel free to reach out to me with any questions or just to talk."

Hannah Grove

2025

INTERGENERATIONAL MISSION TRIP

Want to grow in faith, deepen relationships, and serve in Duluth? CTK is heading north to spend time at Amnicon Camp and serving in the Duluth/Superior communities. All ages are encouraged to join in the trip.

Date: Saturday, July 26 – Tuesday, July 29

Cost: Full trip: \$375

Two Days (Sat-Sun or Mon-Tues): \$175

We'll spend Saturday and Sunday at Amnicon Camp building relationships, enjoying outdoor activities, and growing in faith through Bible study and worship. Monday and Tuesday will be spent serving in Duluth/Superior before heading home on Tuesday night. You can come for the full three nights, spend the weekend at Amnicon for a retreat, or come up to serve on Monday and Tuesday.

Want to learn more about the trip and have your questions answered? Join Pastor Rebecca in the Library on **Wednesday, March 26** at 6:30 pm for an information session.

Registration deadline: April 30

See Pastor Rebecca for a form and submit a \$100 deposit with CTK Mission Trip in the memo.

Dramatic Help Needed for Children's Time in Lent

Do you like to act? Are you willing to help dramatize the Gospel lesson? Each Sunday in Lent we'll be sharing a short skit that acts out the Gospel reading in place of the Children's Time. There are speaking parts and non-speaking parts, bigger parts and smaller parts, and all ways to serve God. No memorization is needed; just a willingness to act and meet before worship to run through the skit. Talk to Pastor Rebecca or Erica Johnson to let us know if you are willing to help out.

SERVICE PROJECT

**God's work.
Our hands.**



Please help decorate the Altar
for Easter!

The following varieties are now available to order. Color preference may be indicated; however, they cannot be guaranteed. The cost is listed beside the plant.

- Calla Lilies (\$24.00) (white, yellow, red/pink)
- Azaleas (\$26.00) (red, pink, white)
- Hydrangea (\$24.00) (blue, pink, white)
- Kalanchoe (\$17.00) (yellow, orange, pink)
- Mums (\$17.00) (white, yellow, lavender)
- Begonia (\$17.00) (yellow, orange, pink)
- Cyclamen (\$17.00) (white)

Please see the kiosk in the Narthex for an order form. All orders should be placed in the locked box next to the office door.

Alternatively, please e-mail or phone the church office to place an order and mail your payment to the church office. In your e-mail or voice message please provide:

- 1) Color selection
- 2) Quantity
- 3) Name of person or persons giving the plant
- 4) Message you would like placed in the bulletin
- 5) Preference if plant is unavailable

Checks should be made out to
"Christ the King Altar Guild"

Orders must be received by Sunday, March 30th.

Due to supply constraints, some varieties may become unavailable. If your selected variety is unavailable, please indicate one of the following options:

1. Substitute plant of similar value (may be non-blooming plant)
2. Refund Payment (Payments will not be deposited until the order is confirmed)

Join us after worship on March 30 to help tie thirty fleece blankets for children at Masonic Children's Hospital. We will also be gathering on March 13 at 9:30am to prepare the fleece blankets for tying. Volunteers can also take the blanket kits home to prepare them for tying.

You are encouraged to wear your yellow God's Work, Our Hands T-shirts that Sunday as we serve together as God's hands in the world.

WOMEN'S MINISTRY

The Women's Ministry recently donated three boxes of CTK dinnerware with place settings for six each to Bridging, an organization that helps the homeless transition to housing.



Coming Soon:
HERITAGE HOUR

May 3rd at 11:00am

The Women's Ministry will host a brunch featuring your heritage. Please bring an item from your family's past history that is meaningful to you (jewelry, clothing, dish, utensil or trinket/toy). We will share these at your tables while you enjoy the "Impossible Quiche", mixed fruit, homemade muffins, juice and coffee. Invite family and/or friends. Sign up on the library window poster. \$10 each at the door.

UPDATES

CHURCH COUNCIL

Council Corner

Greetings! The 2025 council has officially been installed. At the annual meeting, the congregation voted for the sound system updates. We have submitted a deposit to the vendor to order the new components and look forward to the installation.

We had our first meeting with the new council members where we reviewed the council's responsibilities and reviewed each member's roles.

The council looks forward to serving our congregation where God calls us this year. If you feel called to serve please reach out to any council member.

In Christ's service,
Michele Murray

ADMIN & FINANCE

Envelope and online offerings monthly comparison:

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01/01/25 through 1/31/25 = \$16,256

01/01/24 through 1/31/24 = \$17,150

Expenses Year-To-Date:

01/01/25 through 1/31/25 = \$26,620

01/01/24 through 1/31/24 = \$22,095

Cash account balances as of January 31, 2025

North Star Bank:

Checking = \$6,410

Savings = \$64,159

Memorial Savings = \$24,558

ELCA Mission Investment Fund = \$57,167

Endowment Fund = \$91,636

Mortgage Balance = \$109,838

PROPERTY



Kudos to the Property Team

and their work with Xcel Energy to reduce our energy footprint! Last week, a contractor replaced 150 light bulbs with LEDs in the Sunday School wing, the Youth Room wing, the Fellowship Hall and office area. Total project cost was \$7000 but the net cost to CTK will be ZERO. This will significantly reduce our lighting energy costs!



Sound System Upgrades

Donations for Sound System Upgrades are currently being accepted. Please indicate "Sound System" in the memo line of your check if you'd like to donate. Thank you for your generosity in supporting worship at CTK.

NEW MEMBERS



CTK welcomed the Schleede family as members on Sunday, February 23. We are so glad to have Laura, Lily, Elise and Matt as members of CTK!



MARCH

2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1 7am Bread Ministry KHB 9am 6:30pm Bingo Night
2 Worship 9am Sunday School 10:15	3 6:30pm WMA	4	5 Ash Wednesday Worship 7:00pm Choir 8:00pm	6	7	8 7am Bread Ministry KHB 9am
9 Worship 9am  Daylight Savings Time	10 Bells 6:30pm	11 7pm Admin Team	12 5:45pm Soup Supper 7:00pm Lenten Worship Choir 7:45pm	13 9:30am Blanket Prep	14	15 7am Bread Ministry KHB 9am time TBD All-Ages Bowling
16 Worship 9am	17  Bells 6:30pm	18 7pm Church Council	19 5:45pm Soup Supper 7:00pm Lenten Worship Choir 7:45pm	20  9:30am Women's Bible Study 7pm Property Team	21	22 7am Bread Ministry KHB 9am
23 Worship 9am	24  Trumpet Deadline Bells 6:30pm	25  4:30pm Family Shelter Meal	26 6:30pm Mission Trip Info Meeting 5:45pm Soup Supper 7:00pm Lenten Worship Choir 7:45pm	27	28	29 7am Bread Ministry KHB 9am
30 Worship 9am GWOH Project 10:15am 11am-3pm Council Retreat	31 10am-2pm Youth Dungeons & Dragons event Bells 6:30pm					