

The Open Door: A weekly e-mail update from
St. Timothy's Lutheran Church

825 – 51st Ave NE, Columbia Heights, MN 55421

Phone: 763-571-9721

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Finance & Office Administrator: Pamela McGuire

Communications Coordinator: Laura Fix

Church Office Hours: M-Th 9a-1p

Email: admin@sttimothys-elca.org Website: www.sttimothys-elca.org

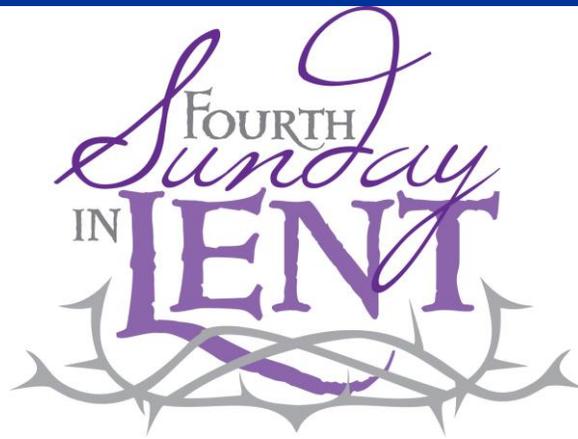
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March 19, 2020

Read [The Open Door](#) online at www.sttimothys-elca.org

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Out of love and concern for one another, the leadership of St. Timothy's has temporarily suspended services and all other activities through the end of March, effective immediately. We will keep you updated as things continue to change.

Physical distance does not mean that you are alone. Reach out to your family, friends, and neighbors with phone calls, cards, emails, facetime, and other means of communication. During this time of uncertainty, loving your neighbor can mean staying home and limiting the potential spread of the virus. But you are not alone, your St. Timothy's family is just a phone call away and we are here to help in the ways we are able.

TEMPORARY HOURS

MON – THUR 9 AM - 11AM, 2 PM - 4PM

SUNDAY 9 AM – 11 AM



For emergency pastoral needs or to reach someone immediately when the church or church office is closed, please call Pastor Michelene Verlautz directly at 612-810-5923.

Prayer Requests

If you have any new prayer requests, please call the church office at 763-571-9721 or email us at admin@sttimothys-elca.org.

Pray for your Family and Friends

Confident that God our light and our salvation hears us when we pray, let us offer our prayers for the church, the world, and all people in need. Let us pray for our family and friends, for what God has given us to take care of, for our highs and lows, for guidance on how to best participate in the ongoing creation of God's earth.

Prayers for the family of Marilyn Black (Elvira Landgraff's sister) who passed away this week



Members: Dick Bebus, Heidi Fedje, Laura Fedje, Rick Fedje, Lorelee Kriens, Elvira Landgraff, Judy Palmer, Arlene Patten, Tom Stewart, Marion Thour, Don Zbikowski, Richard Zieska.

Friends & Family: LaVonne Borscheim, Diane Buss, Angie Echelberger, the family of Joe Fix, Katie Gavic, Barbara Haas, Grace Haas, Carey Johnson, the family of Ralph Johnson, Rose Lund, Teresa Nelson, Nicole, Jaxson, and Nathaniel, Steve Pawlcyn, Gary Ristau, Rory and Mary, Carol Russell, Alan Sherve, Brayden Weber, Kent Wheelock, Don Williams.

Prayer requests will remain on the list for four weeks. You may renew your request as many times as you desire. Prayers of thanksgiving and bereavements will remain on the list for two weeks.



Sunday services available on our website

To keep us connected as a congregation, Pastor Michelene and Daniel Lloyd recorded a Sunday worship service that will be available on the website on Saturday evening. Please visit our website to watch this short service and share in a time of worship with other St. Tim's members.

The scripture basis for the service is Psalms 121:1-8

I lift up my eyes to the hills— from where will my help come?
My help comes from the Lord, who made heaven and earth.
He will not let your foot be moved; he who keeps you will not slumber.
He who keeps Israel will neither slumber nor sleep.
The Lord is your keeper; the Lord is your shade at your right hand.
The sun shall not strike you by day, nor the moon by night.
The Lord will keep you from all evil; he will keep your life.
The Lord will keep your going out and your coming in from this time on and forevermore.

Daily Examen

Cards are available at church if you would like a copy. The text of the card is below



- 1. Presence:** Remember that you're in the presence of God in a special way when you pray. Ask God for help in your prayer.
- 2. Gratitude:** Recall two or three things that happened today for which you are especially grateful. Savor them. Then thank God for these gifts.
- 3. Review:** Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you love? When were you loved?
- 4. Sorrow:** You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness. If it's a grave sin, pray about seeking forgiveness from the person offended, or the sacrament of reconciliation.
- 5. Grace:** You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day.

Over time, as you pray the examen, you'll notice God's presence in the moment, rather than just at the end of the day. You'll see that your whole day can be a kind of prayer. Soon you'll discover that you've become, as Jesuits like to say, a contemplative in action.

James Martin, S.J.

Instructions for viewing services on our website

We have gotten a few calls from people having trouble viewing our services on our website. To make it easier for all of us, we decided to include instructions here.

- We recommend using **Google Chrome** for your browser instead of **Internet Explorer**. We have found that it works better to access the website using Google Chrome. It is a free download for the basic and pretty simple instructions to follow. If you have any problems with the download, please contact us and we will try to help.
- Our website is www.sttimothys-elca.org. You should be able to just click on the website name and be taken to the website. If not, just copy or type in the name.
- Click on the “Ministry” tab at the top of the page.
- Scroll down to “Recent Sermons”
- Scroll through the smaller pictures below the larger one and choose the one you want to watch. There are 25 available so they currently go back through Christmas.
- As you hover on each one, it tells you which date so you can choose the one you are looking for.
- Click on the one you want and it will appear in the larger picture above. On some of the more recent services, there is more than one part so be sure to take part 1 first.
- Click play (the arrow in the bottom left of the picture) and it should play for you.
- You can make the picture full screen by clicking on the four arrows in a square that is located next to “Vimeo” in the bottom right corner. You can return to the smaller screen the same way.

If you are still having issues connecting to the services, please call me at 763-502-0487 and I walk you through it.

Food distribution for children

St. Timothy’s is one of the stops for the Columbia Heights School District Food Distribution. See below for the rest of the schedule.



Good News Hmong Baptist Church

1280 Regis Ln NE, Minneapolis
9:37-9:57 a.m.

Summit Square Park

5221 Capitol St NE, Fridley
10:05-10:25 a.m.

Gauvitte Park

4333 2nd St. NE
10:29-10:49 a.m.

St Timothy's Lutheran Church

825 51st Ave NE, Minneapolis
9:33-9:53 a.m.

Hilltop Mobile Home Community

46 1/2 Ave NE & Jackson St NE
9:59-10:19 a.m.

ChristLife Evangelical Church

4555 University Ave NE, Columbia Heights
10:24-10:44 a.m.

St. Matthew Lutheran Church

4101 Washington St NE, Columbia Heights
10:50-11:10 a.m.

Grand Central Flats

Grandview Ct NE and Grandview Way NE
9:33-9:53 a.m.

Keyes Park

1345 45 1/2 Ave NE, Columbia Heights
9:56-10:16 a.m.

Circle Terrace Pavilion (near the little playground & pavilion)

1311 Circle Terrace Blvd, Columbia Heights
10:21-10:41 a.m.

Murzyn Hall

530 Mill St NE, Columbia Heights
11:40-Noon

Immaculate Conception

4030 Jackson St NE, Minneapolis
12:05-12:25 p.m.

Community United Methodist Church

950 Gould Ave NE, Columbia Heights
12:30-12:45 p.m.

Prestemon Park Parking Lot

3900 NE McKinley St., Columbia Heights
12:50-1:10 p.m.

First Lutheran Church (BEGINNING MARCH 20)

1555 40th Ave NE, Columbia Heights
1:15-1:35 p.m.

Valley View Bus Loop

Valley View Elementary
12:00-12:20 p.m.

CHHS Student Parking Lot

Columbia Heights High School
12:30-12:50 p.m.

Devotionals Available

Copies of the January/February/March and the April/May/June editions of the daily devotionals booklet *The Word in Season* are available in the church narthex.

Offerings during this time

Ministry continues to happen at St. Timothy's. Please continue to be generous with your giving during this time of suspended activities. The church is open Monday – Thursday from 9:00am to 11:00am and from 2:00pm to 4:00pm and also on Sunday morning from 9:00am to 11:00am. You can stop in during those times or send your donation by mail. There may be someone at the church other than the hours listed above, but please call before coming in to be sure someone is available.

Check Out our Website!

www.sttimothys-elca.org



St. Tim's is on Facebook – please 'Like Us'

Please 'Like us' on Facebook and share with your friends. It is another way we can reach out to our community.

Our Part in the Story:

Space-permitting, the devotions are also printed in the weekly Sunday bulletin.

Daily readings based on Sunday's Narrative Lectionary text

Great Commandment Mark 12:28-44

Read a different text each day, and consider how it relates to Sunday's lesson and to your daily experiences.

Monday: The Great Commandment Deuteronomy 6:4-9

❖ When do you talk about your love for God? At home and away? Upon rising and going to sleep?

Tuesday: Joshua's Instructions Joshua 22:1-6

❖ Which of the commandments in v. 5 do you think was hardest for the Israelites to follow? Which is hardest for you?

Wednesday: Loving Your Neighbor Leviticus 19:17-18

❖ Is it possible to love your neighbor if you don't already love yourself?

Thursday: God's Covenant with David Psalm 89:1-4

❖ This psalm reminds us of God's promise to David. How is this promise fulfilled in Sunday's reading?

Friday: God's Covenant with David Psalm 89:19-29

❖ Do you think God still speaks directly to people in this way?

Saturday: God's Covenant with David Psalm 89:38-52

❖ How do these words speak to you in this season of Lent?

~ MISC RESOURCES & THIS-n-THAT ~

GriefShare

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. www.griefshare.org

Fare For All – This is community supported and open to everyone. It's a great way to stretch your food budget. The more people who participate, the better. *Fare For All* has thirty locations in the greater Twin Cities metro area where our quality food packages are sold once a month but we've listed 4 of the locations below for your convenience. There is no need to register in advance. <http://fareforall.org/find-a-site/>. *Fare For All* Express accepts Cash, Credit, Debit and EBT at all of our sites, please no paper checks. *Fare For All* is open to everyone, there are no income or residential restrictions. Visit their FB page for more information or go to the website and sign up for email reminders. www.fareforall.org/

Roseville - Real Life Church (2353 Chatsworth St. N) Monthly on third Tuesday, 3:00—5:00 p.m.

Fridley - Fridley Community Center (6085 7th Street St. NE) Monthly on second Thursday, 10:00 a.m.—12:00 p.m.

Blaine - Christ Lutheran Church (641 89th Avenue NE) Monthly on third Thursday, 3:00—5:00 p.m.

Anoka – Zion Lutheran Church (1601 4th Ave.) Monthly on the third Thursday, 4:00—6:00 p.m.



SACA (Southern Anoka Community Assistance) Food Shelf & Thrift Store - St.

Timothy's is a faith partner along with other local churches who work together with SACA, a 501(c)(3) non-profit food shelf located in Columbia Heights and serving the communities of Columbia Heights, Hilltop, Fridley and Spring Lake Park. There is also a Thrift Shop where clothing and small household items are sold at garage sale prices. SACA's Thrift Shop is open to the public. All of the money earned from the Thrift Shop stays at SACA. It is used for buying food, fixing the truck, etc.

They provide food and resources to those in need while empowering dignity and independence to those they serve in our community. If you, or someone you know is in need of assistance and lives in Southern Anoka County or you are interested in volunteering or making further donations, you can contact SACA at 763-789-2444 or visit www.sacafoodshelf.org.



The Open Door is generally emailed out on Thursday afternoons.

*If there is something you'd like shared in **The Open Door**, please contact St. Timothy's Communications Coordinator, Laura Fix, by email at admin@sttimothys-elca.org or by calling the church office at 763-571-9721.*

*If you wish to unsubscribe from receiving the weekly **The Open Door**, send an email to admin@sttimothys-elca.org stating you wish to be removed.*