



St. John's United Church of Christ

The Lighthouse

February, 2016

Build-A-Book Workshop

Come out and play with color and build your very own book to be used as a journal, memory book, recipe book, or whatever you choose! Gwen Smith Patterson invites you to her Build-A-Book workshop where you will explore different forms of painting and learn how to hand weave a book back.



Build-A-Book Workshop – FREE!

Saturdays, February 20 & 27, March 5
1 – 3 pm, St. John's Fellowship Hall

Bring scraps of paper, material, anything else to collage
Register by February 13 by contacting [Gwen Smith Patterson](#) (715) 209-6381. Space is limited!

Passionate about mixed media and how to apply mixed media in new and creative ways, Gwen will inspire participants to experience the exhilaration of pushing beyond their artistic comfort zones. This workshop is made possible by a grant from the La Pointe Center for the Arts and the Wisconsin Arts Board.

Embody Transition and Envision Promise

Regina Laroche invites people into the connections between the seasons of the earth and the seasons of our lives. Join Regina for:

A Winter Retreat: Dancing the Gifts of Waiting

January 30, 10:30 am – 6 pm, Yoga North Studio in Duluth

Dancing the Season ~ Wait, Dream, Prepare

February 6, 10 am – 4 pm, Washburn Meditation Center

Sacred Landscapes Retreat & Worship

Saturday February 20, 10 am – 1 pm, Retreat

Sunday, February 21, 9:30 am, Peace Church, Duluth

Regina Laroche of Diaspora Arts & Diaspora Gardens, is a small scale farmer who partners with soil and other elements of the environment, and is a storyteller/dancer, writer, spiritual director. Click [Regina's Workshops](#) for a complete list of her upcoming retreats.



Register early! Contact [Regina Laroche](#) (715) 747-6611

February's Events and Happenings

2	Walking Club, 9:00 am
3	Soup Supper/Discussion, 6:00 pm, Fellowship Hall
4	Theological Discussion, 11:00 am, Parsonage
6	AA Meeting, 5:30 pm, Fellowship Hall
7	Worship and Communion, 10:00 am
7	Blood Pressure Checks, 11:00 am
9	Walking Club, 9:00 am
9	Mardi Gras Fat Tuesday Pot Luck Feast and Family Game Night, 5:00 pm
10	Woods Hall Board Meeting, 8:30 am
10	Ash Wednesday Worship Service, 5:00 pm
10	Soup Supper/Discussion, 6:00 pm, Fellowship Hall
11	Theological Discussion, 11:00 am, Parsonage
13	AA Meeting, 5:30 pm, Fellowship Hall
14	Worship, 10:00 am
16	Walking Club, 9:00 am
17	Church Council Meeting, 4:30 pm
17	Soup Supper/Discussion, 6:00 pm, Fellowship Hall
18	Theological Discussion, 11:00 am, Parsonage
20	Build-A-Book Workshop, 1:00-3:00 pm, Fellowship Hall
20	AA Meeting, 5:30 pm, Fellowship Hall
21	Worship, 10:00 am
22	Full Moon Circle, 7:00 pm, Fellowship Hall
23	Walking Club, 9:00 am
24	Soup Supper/Discussion, 6:00 pm, Fellowship Hall
25	Theological Discussion, 11:00 am, Parsonage
27	Build-A-Book Workshop, 1:00-3:00 pm, Fellowship Hall
27	AA Meeting, 5:30 pm, Fellowship Hall
28	Worship, 10:00 am

Sharing Energy and Prayer in Full Moon Circle

What is the Full Moon Circle that Pastor Marina leads every month? St. John's Full Moon Circle for Women is a spiritual ceremony with deep historical roots that contains a sacred fire surrounded by women in prayer in accordance with the cycles of the full moon. Each month, Marina is inspired and guided to arrange the candles on the altar to represent specific energies within the community of women and needs of the world. Women who are too far away to attend in person may participate in spirit. Contact [Pastor Marina](#) for more information.



The Pastoral Column

Dear Friends in Christ,

Take A Break

The Christian Season of Lent begins on February 10 with Ash Wednesday. It is a time to remember the fragility of life and that we born from the earth, and will return someday.

The season of Lent comes mid-winter: a time for reflection, to engage the depths of our souls' yearning, to prepare for the coming of spring and the Easter season.

So, what not take a Sabbath break?

Set aside an evening, an afternoon or morning, maybe even a whole day for a personal retreat.

What is needed: A place free of distractions and interruptions (Yes, set aside your computer and cell phone). Could be a special corner of your home, the public library, a church or synagogue, a retreat center.

What to bring: A journal, walking shoes, simple food for nourishment, water, a book of spiritual teachings, a candle.

Design of the time: Light a candle to set aside time and space. Breathe slowly and deeply 4 times. Become present to where you are, setting an intention of introspection.



- Read
- Journal
- Walk or do yoga
- Rest
- Play with arts, crafts, music, gentle body movement
- Journal
- Pray
- Take nourishment
- Repeat sequence if you have set aside a whole day

If you like, tell a friend or family member to pray for you during this time. Call your pastor to pray for you. Suggest a day's retreat for them!

Wishing you a reflective break, *Pastor Marina*

Marina's Walking Club

Grab your hats and boots and join Pastor Marina for 3 – 4 miles of aerobic walking and fellowship! Meet at St. John's parking lot at 9:00 am each Tuesday! Send an email to [Pastor Marina](#) to get on Marina's Walking Club list!



Condolences to Sally Rosenlund

We send prayers and condolences to Sally Rosenlund and her extended family who are grieving the loss of her parents. Barbara Gordon Nall Anderson passed on October 10, 2015 and her husband, Neil Martin Anderson passed only 10 weeks later on December 20, 2015.



Bam and Pap, as they were known by their family, raised their family in Nashville, TN before moving to Atlanta, GA and then to Greensboro, GA. Barbara and Neil also enjoyed spending time at Madeline Island in Barbara's family's 110-year old cottage.



Click [Barbara Gordon Nall Anderson](#) to read Barbara's full obituary and [Neil Martin Anderson](#) to read about Neil's life. A graveside service is planned for Barbara and Neil Anderson on June 29 at Greenwood Cemetery.

Church School Resumes

St. John's is very excited to announce that Church School has resumed! Thanks to the efforts of Denise Buelow, Debbie Knopf, Beth Specklein, Joan Watts, and Pastor Marina who are committed to giving children a theological education, St. John's once again has an active program for the children in our community.

Seven children attended the first week of Church School. Marina invites the children to gather at the altar for a children's message, after which they return to the Fellowship Hall for activities that include a short lesson from the New Testament, an art project, and cookies. Still in its formative stage, Denise and Marina are getting to know the children and developing goals with the parents in an effort to shape a program that is responsive to the families' interests.

"Church School provides children with the foundation for a lifetime of growth," comments Denise. "It reinforces that someone loves them. No matter what they may experience in life, church can be a place that gives them hope. It can also help young people make positive choices about their actions and their friendships."

Denise anticipates that the program has great growth potential. She envisions expanding youth activities this summer that will include hikes, bonfires and marshmallow roasts, field trips, and even some excursions to the Twin Cities. Interested in Church School? Contact [Denise Buelow](#) or [Pastor Marina](#).

Theology Class: Foundations of Western Civilization

Join Pastor Marina Lachecki and Reverend Jim Kasperson at 11:00 am on Thursday mornings when everyone is welcome at the Parsonage for coffee, tea, treats, and a chance to dive into topics that are guaranteed to stretch our spiritual beliefs and understandings.



We are using one of [The Great Courses](#) entitled [The Foundations of Western Civilization](#), taught by Professor Thomas F. X. Noble, University of Notre Dame. This

lecture series helps us understand the rise of three world religions (Judaism, Christianity, and Islam) and relate that understanding to today's political and religious tensions.

Soup Suppers: Nourishment for Body, Mind & Soul

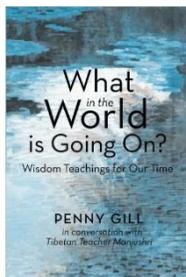


Soup will nourish the body, friendships will nourish the soul, and book discussions will nourish the mind! Everyone is welcome at Soup Suppers in the Fellowship Hall where

we're serving up sustenance, fellowship and wisdom!

Come! Wednesdays at 6:00 pm in the Fellowship Hall. Please bring soup or bread to share.

We're reading and discussing Penny Gill's book "[What in the World is Going On? Wisdom Teachings for Our Time.](#)" Penny Gill, a Madeline Island summer resident for over 25 years, has taught political science for forty years at Mount Holyoke College.



Holy Ground: Madeline Island to the Mystic Isles

2017 is closer than you think – and so is the Holy Ground Pilgrimage led by Pastor Marina Lachecki and Sarah and Nile Norton. Scheduled for June 5 – 16, 2017, this trip is beginning to fill!



Don't miss out on this Celtic Tradition adventure. You'll explore sacred monasteries, historic castles and cultures, hike 3 days along Saint Cuthbert's Way, and learn about Celtic Saints. Travel on a modern day pilgrimage from Madeline Island to the sacred isles of Great Britain.

Click [Holy Ground Pilgrimage](#) for the trip's full itinerary. Sign up today to enjoy two weeks journeying with joy, song, prayer, fellowship, and sacred word along the Pilgrim's Way. For more information, contact [Pastor Marina](#) (715) 747-3903.

Ah-Ha Moments!

St. John's Council meetings are not just about church finances and administrative business. No indeed! Pastor Marina opens every meeting with a reading and invites Council members to share in stimulating and reflective conversation. Marina recently opened with a reading from [We Make the Road by Walking: A Year-Long Quest for Spiritual Formation, Reorientation, and Activation](#) by Brian McLaren.

Jesus came, not under the sign of the lion or tiger, not under the sign of the bull or bear, not under the sign of the hawk or eagle nor viper...but under the sign of the dove – a sign of peace and nonviolence. When we awaken within that deep relationship of mutual love and pleasure, we are ready to join in God's peace movement today – an adventure of protest, hope, and creative, nonviolent, world-transforming change.

Council members shared individual spiritual "ah-ha" moments relating to our own faith journeys. We talked about times or experiences when we felt awakened within. For one, it was the births of her children. For another, it was a dark time of despair and doubt. For someone else, the realization that a particular religion wasn't a good fit. And for another, no one particular moment.

A few days following the meeting, Lee Baker was typing up the Minutes when she was moved by an "ah-ha" moment which she shared with the Council via email and is reprinted below:

A movement outside my window caught my eye. I looked up on this bitter winter day to see 2 foxes cavorting in the snow, playing tag and chasing each other around the base of some red pines. Their red coats against the backdrop of white snow twinkling in the frosty sunshine was a sight to behold. I stopped typing to watch and savor this moment, feeling blessed to be witness to their private moment of playing together on an exquisitely gorgeous morning.

My heart and soul leapt with joy. And it struck me; this is most certainly an "ah-ha" moment - a spiritual sign of God's power and grace. It was a reminder that ah-ha moments can be infinitely small and wondrously huge. These moments come in different packages and impact us to different degrees. My Sunday newspaper is filled with tragedy, despair, gloom and doom. But, all I have to do is stop, look up, and breath to see beauty, harmony, hope, and peace - and feel my spirit awakened!

What are your "ah-ha" moments? What experiences have awakened your spirit? In keeping with Pastor Marina's column about Taking a Sabbath Break, reflect on what events have fostered your spiritual formation, reorientation, and activation. Continue your Council's conversation about "ah-ha" moments.

Woods Hall – New Beginnings!

Exciting news about the Woods Hall! Reprinted below is a letter recently mailed from Pastor Marina to all those who generously contributed to the Woods Hall Capital Campaign and transformed a dream into a reality.

Dear Friends and Supporters of Woods Hall,

In 2013, we initiated a capital campaign to renovate and renew Woods Hall, a 60-year old ministry of St. John's on Madeline Island. It was an ambitious undertaking for the Island community.

Through the generosity of the Woods Charitable Fund, a 4:1 matching grant began the fundraising. Ten foundations and 124 individuals contributed over a three-year period and raised \$446,440. We are truly blessed and grateful. Your contributions have set the next phase in motion: construction which will begin in October, 2016.

The official ground-breaking ceremony will coincide with the Woods Hall Annual Meeting on Sunday, June 26, 2016 at 11:00 am. You are cordially invited to attend the ceremony and celebrate with fellow donors and artisans, which will be hosted by the Church Council and Woods Hall Board. The Annual Meeting will follow the ground-breaking, and include the discussion of next phase: a new Strategic Plan.

Thank you for your gift. Thank you for your belief in our vision of expanding our sales area, renovating the studios, and continuing to support over 75 Island artisans

With gratitude,

Marina

Pastor Marina Lachecki, Woods Hall Board Chair



Watch for more announcements about next summer's ground-breaking ceremony and celebration!

Summer Wellness Retreat

Infinite Boundaries Retreat for breast cancer survivors is coming to Madeline Island, July 28 – 31, 2016 at the Music Camp facility offering healing experiences for body, mind, and spirit. Based on the belief that healing can be found in nature, this wellness retreat will integrate nature experiences into the recovery activities.

Serenity

Reprinted below is a prayer offered by one of the Full Moon Circle women. Pastor Marina asked to have it reprinted in the Lighthouse because others in the St. John's community may find it helpful. This prayer is for you.



My prayer is for:

Serenity for those who are feeling anxious, worried, uneasy, and heavy in their hearts;

Serenity for those who are feeling afraid or hurt;

Serenity for those who are experiencing loss or abandonment;

Serenity for those who are lacking direction or inspiration;

Serenity for those who are feeling burdened;

Serenity for all my Full Moon Sisters.

St. John's Annual Bazaar

Thursday, August 4th

HOLD THE DATE!

There's always lots of fun ways to be involved.

When you volunteer, you get to preview all the fine treasures that are waiting

a new home. That means that by signing up to volunteer, you can get a jump on purchasing the perfect item that you've been longing to have! To volunteer, contact Bill Green bill@doublejcourt.com



Patty Hobin is Chasing Good Health



Congratulations to Patty Hobin who has recently launched **Health Fixy**, a website dedicated to helping people navigate the health system.

Patty shares 25 years of advice about managing health issues based on her own experiences. Patty invites you to share your own tips, tricks, suggestions, and lessons learned. Patty intends to eventually turn the website into a book! Help populate Patty's new site by adding your own thoughts and recommendations!



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