



Partners in the Gospel

SPD Annual Meeting

Sunday, Feb. 11 in the Sanctuary

The meeting will be immediately following the 10:45 a.m. worship service. We'll review the past year's accomplishments, and get a glimpse into plans for the mission and ministry of our congregation in 2024. The meeting will also be available via livestream at spdlc.org/livestream.

Taste and See Bible Study

Tuesdays, Jan. 30, Feb. 6, 13, 20, 27 and March 5 7–8 p.m.

For a deeper exploration about the connections between food and scripture, join us for an exploration of Margaret Feinberg's book, *Taste and See: Discovering God Among Butchers, Bakers, and Fresh Food Makers*. This six-week course will be led by Cindy Carlson and Amanda Berger, featuring Bible study and reflection, video presentations by Feinberg, and small group conversation. And there will be food! Register online at spdlc.org/register by Jan. 19 to reserve your spot.

Faith & Life with Margaret Feinberg

Thursday, Feb. 8 at 7 p.m.

The Faith & Life series welcomes author Margaret Feinberg. Her topic is *Food & Faith: Butchers, Bakers and Fresh Food Makers*. The presentation is free and open to the public. This event will also be livestreamed at faithandlife.org/livestream.

Epiphany Hymn Meditations

Friday, Feb. 2, and 9 at 9:30 a.m.

Join Norah Long for Hymn Meditations, exploring a variety of creative practices for internalizing these beautiful words in order to engage in worship with fresh ears and hearts. Focus will be on hymns for upcoming worship services. It is helpful if you would register at spdlc.org/register, although "drop in" is fine.

Church Pictorial Directory Update

We would like to update our church pictorial directory, and we need your help! Rather than scheduling photography appointments with an outside vendor, we are asking you to send in an updated photo of you/your family. It may be a casual photo, but keep in mind we would like to be able to see your faces clearly. If this is your faith community we would like to include you in the new directory. Please send photos to Nancy Bixby at nbixby@spdlc.org by Friday, April 5.

Lent 2024

Ash Wednesday, Feb. 14

12 noon, 5:30 and 7 p.m. (Livestream at 7 p.m.)

We will once again use the Holden Evening Prayer for the Wednesday evening (7 p.m.) Lenten worship services. The midweek services will begin on Feb. 21 and run for five weeks through March 20.

Ashes Available for Those Worshipping Online

If you will not be able to worship with us in person on Ash Wednesday, we are making available **containers of ashes** for you to use as you watch the service online. The ashes may be picked up in advance in the atrium, inside Door A.

Lay Visitors are reminded to pick up a container of ashes for when they call on their visited friends.

Wednesday Evenings in Lent

Feb. 21, 28, March 6, 13 and 20

Lenten Soup Suppers

5:30–6:30 p.m.

Lenten Soup Suppers begin on Wednesday, Feb. 21.

Soup will be served between 5:30–6:30 p.m. There will be a free will offering for the supper.

Holden Evening Prayer Service at 7 p.m.

During Lent, we will be reading Dietrich Bonhoeffer's book, *Life Together*. Our pastors will be reflecting on the following themes discussed in Bonhoeffer's book:

Feb. 21—Community

Feb. 28—The Day Together

March 6—The Day Alone

March 13—Service

March 20—Confession and the Lord's Supper

Bonhoeffer's book, *Life Together*, will be available for \$10 at the hospitality desk in the atrium.

Communion Servers

You are invited to sign up either individually or as a pair for a particular date and service at spdlc.org/register under Communion Server. In addition to the dates listed, communion is served each week on Saturday evening and at the 10:45 a.m. services.

Sunday, Feb. 4 (First Sunday of the month)

Sunday, Feb. 11 (Transfiguration of our Lord)

Wednesday, Feb. 14 (Ash Wednesday)

Holy Grounds Resumes—Monday, Feb. 5

Monday mornings at 9:45–10:45 a.m.

After a brief recess for January, Holy Grounds resumes, with our first gathering at **St. Edward Episcopal Church, located at 865 N Ferndale Rd, Wayzata, MN 55391**, where we will walk their indoor labyrinth. New participants are always welcome; no registration necessary. On Feb. 12 we will meet in the Learning Center and be joined by Pastor Valerie Strand Patterson who will lead a session on Praying in Color. For more information contact: Amanda Berger, aberger@spdlc.org or Pastor Cheryl Mathison, cmathison@spdlc.org.

Women's Retreat 2024

Feb. 9–11, [Register online](#)

Join us at the lovely, peaceful Benedictine Center in Maplewood for Women's Retreat 2024. Our theme is *Restore, Refresh, Replenish*, with guest leader Amanda Berger. Through spiritual exercises, fellowship and worship, we will explore old and new ways to refill our spiritual batteries in this new year. The retreat begins on Friday evening, Feb. 9 at 7 p.m. and ends on Sunday with lunch. The costs are \$245 per person for a shared room (some scholarships available—contact Valerie), \$285 for a private room (a few available), \$75 for Saturday, day only. Optional extras are massage with Sara Martens and Spiritual Direction with Amanda Berger. Questions? Want more info? Please contact Pastor Valerie vstrand@spdlc.org.

The Conversation

Tuesday, Feb. 13 at 1 p.m.

The Conversation provides members of the congregation with an opportunity for community, and connection. Our guest presenter Mike Henry, will share music about love from the 50s, 60s and 70s. We will meet in Fellowship Hall—please use the west parking lot on the upper level (Door A).

February Book Club

Tuesday, Feb. 20 at 6:30 p.m.

Meditations of the Heart, by Howard Thurman. This is a beautiful collection of poems, prayers and meditations on prayer, community and the joys and rituals of life. Note: Book Club will meet both in person and via Zoom. The host is Amanda Berger.

Update from the Finance Office:

2023 Year-End Giving Statements were mailed this past week. Your faithful support of St. Philip the Deacon over the last twelve months once again allowed us to fulfill our mission—to *Reach Out, Proclaim, Inspire*. On behalf of everyone who is blessed by the ministry of this congregation, we extend our gratitude and appreciation. Remember: Your gifts make a difference. Thank you. Contact Moe Hagestuen, Finance Administrator, with questions at finance@spdlc.org or 763-475-7124.

Children, Youth and Family Programs

Weekly Programs for Children and Youth

You are invited to join any of our children's and youth programs: Faith Creek, Children's Choirs, the Childcare Center, Verse 5, Confirmation and High School ministry.

Faith Creek

Sunday mornings at 9:30 a.m.

Preschool Faith Creek (3 years–Pre K)

Elementary Faith Creek (K–4th grade)

Childcare Center

Childcare is available during the Sunday morning worship services (8:15, 9:30 and 10:45 a.m.)

Verse 5

Wednesday, Feb. at 6 p.m.

Meets twice a month on a Wednesday at 6–7:30 p.m. Verse 5 is a ministry program of faith and fellowship for 5th grade students. They gather twice a month throughout the school year. Questions, contact Trisha Ragner at tragner@spdlc.org.

Confirmation

Students in grades 6–8 meet on Wednesday evenings (6:30–7:30 p.m.) throughout the school year, as part of a three year Confirmation program. Learn more at spdlc.org/register. Contact Amanda Berger at 763-475-7139.

High School Ministry (Koin)

Meets weekly on Wednesdays, 7:30–8:30 p.m.

Our purpose is to build “Koinonia”—Christian fellowship.

Tuesday Story Time

Tuesdays at 5 p.m. and 5:30 p.m.

Resumes on January 30, 2024

Knowing that many of our singers in the Dynamic Deacons (ages K–2nd grade) and Chancel Choir (3–5th grade) may have younger siblings, we will have Pre-School Story Time for these younger children while their older siblings are singing. But that doesn't mean you have to have a sibling in the choir to be eligible to come to Story Time—all preschoolers are welcome! No need to register. We meet in Room 101.

Youth Winter Retreat

Feb. 16-19 (Presidents' Day Weekend)

For middle and high school youth. [Register online](#)

Join us for some frosty fellowship at Wilderness Canoe Base! We'll have plenty of time to play and explore the frozen lakes that we'll explore by canoe this summer! In addition to all the fun winter activities, we'll explore God's call in Genesis to be “good stewards of the earth.” Broomball, snowshoeing, plenty of downtime for homework, worship to start and end each day. Contact Olsen Pancoast at opancoast@spdlc.org.

Save the Date!

Vacation Bible School 2024: June 10–13, 2024

HERALD MUSIC SERIES

The Herald Music Series is a community service of St. Philip the Deacon. The Series is a reflection and extension of St. Philip the Deacon's long commitment to outstanding music.

St. Olaf Band

Sunday, Jan. 28 at 4 p.m.

The St. Olaf Band, conducted by Dr. Henry Dorn, will perform at St. Philip the Deacon Lutheran Church in Plymouth, MN this Sunday as part of the Herald Music Series. This concert kicks off the Band's 2024 Winter Tour, and marks Dorn's first year leading the ensemble. There are no ticket sales for this concert. There will be a free-will offering.

National Lutheran Choir

Sunday, Feb. 25 at 4 p.m.

The NLC's winter program will explore the connections we make through the narratives of our lives, all of us one community in friendship and spirit. The selections explore the intersectionality of our life journeys with works from the Lutheran choral tradition and stories of immigrants, refugees, and enslaved Africans. Works from Schütz, Gretchaninoff, and Paulus will complement newer works by Stacey Gibbs and Zanaida Robles, as well as three movements from *The Lost Birds* choral set by Christopher Tin. Tickets available at nlca.com

YOGA OPPORTUNITIES

YogaFaith

For more information, contact Amanda Berger at abberger@spdlc.org, or by phone at 763-475-7139.

YogaFaith Mini-Retreat

Saturday, March 9, 9-11:30 a.m.—[Register online](#)

Join Amanda Berger (YA-200) for a half-day retreat, as we create space for connection to our bodies, to God and to one another. This in-person gathering will meet in person with snacks/beverages included. We'll have time for a yoga practice, scripture and prayer, as well as connection with others. All levels practice. Register by March 7. Cost: \$10

Monday—YogaFaith Vinyasa

6:30 p.m. [on Zoom](#)

Meeting ID: 190 431 409

Passcode: Downdog

Thursday at 9 a.m. in the CFL

Chair Yoga

Mondays and Thursdays

11:30 a.m.—12:15 p.m.

We meet in the CFL. Enter at Door E on the east side.

Energize your body and mind with Chair Yoga! Chair Yoga is a program for folks with limited flexibility or anyone who needs to take it easy on their joints. Payment is by free will donation. Wear comfortable clothing and bring a water bottle. If you have questions about chair yoga, contact Kathy Hagedorn at 763-475-7138.

CARE AND SUPPORT PROGRAMS

Alcoholics Anonymous (AA)

Tuesday evening at 6:30 p.m.

There is an AA chapter that meets at St. Philip the Deacon in the CFL on Tuesday evenings. Park in the lower level parking lot, and use Door E. For questions, contact Mike Conley at 612-619-6448.

Caregivers Support Group

Wednesday afternoons at 1 p.m.

This is a weekly meeting of people who are currently the primary caregiver for another adult. In many cases, members are spouses or adult children of someone who is living with dementia or other long-term illness, though the group is not specifically aimed at any single care scenario. Members gather to take a break from their setting, share ideas and support one another. Contact Susan Path, Parish Nurse, for more information: spath@spdlc.org or 763-475-7168.

Thrive: Cancer Support Group

1st and 3rd Tuesday afternoons at 1 p.m.

Thrive is a support group for those who have been diagnosed with cancer. We will be addressing our fears and journey for hope. You will find support, emotionally and spiritually, in a confidential environment. The group **meets the 1st and 3rd Tuesday of each month from 1–2 p.m.**

Contact Susan Path, Parish Nurse spath@spdlc.org or 763-475-7168 with questions or zoom link.

Sanctuary of Survivors (S.O.S.)

1st and 3rd Thursday evenings at 7 p.m.

Sanctuary of Survivors is a faith-based support group for those who have lost a loved one by suicide. All emotions, all questions will be heard and honored by this group. All are welcome, wherever you are on your faith journey, including questioning or having a crisis of faith. Please contact Pastor Valerie Strand Patterson at vstrand@spdlc.org for information on how to join the group, including on Zoom.

Mental Health Connect

If you need help finding appropriate mental health care, there are resources available to help at Mental Health Connect. www.mhconnect.org. Call or text 612-642-1220.

West Suburban Grief Coalition

Thursday afternoons, 4–6 p.m.

The West Suburban Grief Coalition is an extension of 15 area churches to help provide caring support and education for persons who are grieving the death of a loved one.

The West Suburban Grief Coalition is meeting at Messiah Church, 17805 County Road 6, Plymouth, MN 55447.

All individuals are welcome, and no registration is needed. There is a brochure with more information available at the hospitality desk. For more information about Grief Coalition, contact Harley Feldman at harleyfeldman@gmail.com.

Interfaith Outreach Food Pantry

The food shelf is a valuable resource to families in our local community. Hunger in the suburbs is not always visible, but it is no less real. The Interfaith Outreach Food Shelf serves over 250 households per week and 44% of the people served are children. The food shelf is a safety net and supplemental resource for families and seniors who live on low and fixed incomes. The full list of food shelf donation needs can be found at iocp.org/outreach-services/food-shelf.

Most needed donation: *Healthy snacks* including fruit squeeze pouches, cashews, almonds, rice cakes, pretzels, popcorn, fruit cups, granola bars, turkey jerky, cheese sticks, goldfish and juice boxes

Volunteer Opportunities at Interfaith—key roles in food shelf and Resale are needed

The Interfaith Outreach food pantry is in need of volunteers to welcome our community. **Sign up online** at icop.org/volunteer to help during an inventory or distribution shift.

Habitat for Humanity Panel Plant Tuesday, March 12

SPD will have an opportunity for 10 people to participate in an indoor build of construction wall panels, at the new Habitat for Humanity Panel Plant. If you have wanted to participate in Habitat for Humanity, but your physical abilities prevent you from working on a rigorous summer construction site, now you can work indoors on a less physically challenging construction project, to help build healthy housing for our neighbors in need. Watch for upcoming the registration!

Prayer Shawl Monthly Gatherings

4th Thursdays at 1 p.m. Next Meeting: **Feb. 22**

The Prayer Shawl Guild will meet monthly at SPD. All knitters and crocheters are welcome to join this time of community, creativity and support. To learn more, contact Susan Path at spath@spdlc.org.

Bible Art Journaling Series

Monday, Jan. 29, Feb. 5 and 12 at 6 p.m.

You are invited to participate in a four-week series. Each week will include a devotion and a simple technique to try, but as always, you can come and do your own thing! Each week will be a stand alone so come when you can! Questions, contact Pastor Cheryl Mathison at cmathison@spdlc.org. Register at spdlc.org/register.

Prayer Requests

You can make a prayer request online by visiting our information request form at spdlc.org/contact. All requests will be held in prayer and kept in confidence. If you would like a pastor to call you please include your contact information.

Indoor Walking at Church

Members of the SPD community are invited to exercise by taking a walk inside the church during office hours when the facilities are not in use for other activities. Please sign in and out in the office. Maps with routes for 1 mile walks are available in the office when you check in. Office hours are 9 a.m.–4 p.m. Monday–Thursday, and 9 a.m.–3 p.m. on Friday.

Moms In Prayer—Wayzata High School, Orono High School, College and Career Group Thursday mornings at 9:30 a.m.

All moms of WHS students, OHS students and adult children (college or career) are invited to meet on Thursdays from 9:30–10:30 a.m. to pray for our schools and kids. We welcome you whether you are brand new to praying or a seasoned prayer warrior. For more information about this group, contact Beth Albright at albri003@umn.edu. For more information about Moms In Prayer, visit momsinprayer.org.

Collecting Used Eyeglasses

Do you have pairs of old prescription eyeglasses that you no longer use? We are a collection site for used glasses! You can bring them to the church office entrance, Door B. You'll find a collection bucket on the coat rack inside the door. They will be recycled by the Lions Club International. Your old eyeglasses can help bring clear vision to adults and children who cannot afford vision care, at home and abroad. Give the gift of clear eyesight, and recycled your old pair of glasses!

Memory Tree Ornaments

We honored our loved ones who had died by placing ornaments bearing their names on the Memory Tree during the Advent and Christmas seasons. If you would like to pick up your ornament, please find it on the table just inside Fellowship Hall.

Altar Flowers

You are invited to sponsor altar flowers for worship. Cost is \$75 per bouquet. Your commemoration (for instance, to celebrate an occasion or remember a loved one) will be shared in the worship folder and on the livestream slideshow before worship at 9:30 a.m. [Sign up online to sponsor flowers](http://spdlc.org/register), or call the church if you need assistance at 763-475-7100. You can also find the online form at spdlc.org/register.

CONNECTED AT SPD

Help us keep our contact information up to date. Please let us know using our [online Update Contact Information form at spdlc.org/contact](http://spdlc.org/contact), or you may contact our membership coordinator, Nancy Bixby, with any changes at 763-475-7166 or nbixby@spdlc.org.