



Lake Nokomis Presbyterian Church

The Current Word 2019 #1

LENT: GRACE IN ABSENCE

"Be still and know that I am God." Psalm 46:10

On Ash Wednesday we hear, "Remember that you are dust, And to dust you shall return." Lent is a reminder that we are human beings, creatures, that we come from earth, soil, dust, and we will return to it. No matter what we do on this life to try to outlive our humanity, to avoid our weakness, to transcend our station, we still ultimately die, we are creatures, trapped in our creatureliness.

But to be made from dust, to have the breath of life breathed into us...

"The Hebrew name for the divine is composite of the words Hayah, Heveh Yehiyeh (was, is, will be). It conveys the mystery of timelessness, of infinite beingness." This is our source. This is who holds our life. The name of God is made entirely of vowels and can't really be pronounced. It is said that if you say the name of God as it is written it would sound like an exhaled breath. The first thing a child does when it comes into the world from the waters of its mother's womb is say the name of God. The last thing a human being does before leaving this planet is to say the name of God.

Grace is God's being, shared with us. That God's love is poured out in love and care for us is the foundation of our own being. We are made to be cared for by our creator. We are made to care for each other. But so much of the time, we reject the care of others and we pretend we don't need god's care. We act as though we are in it alone. This, by the way, is sin, which we will talk more about this weekend.

Lent is a whole season to return to the truth of our belonging to God and each other –which isn't found in strength or invincibility, but in weakness, nothingness, and impossibility. Not in anything we do or accomplish or say or become or fail at. Just in our breath. Just by being. We are creatures, made in the image of God.

We cannot, on our own, transcend our nothingness. But we can trust the one who transcends all, the ineffable name, we can trust that our lives are held in something greater, that our being is secure in the love of the one who ministers to us. God comes into this world in Jesus, taking on all death, all nothingness and impossibility, taking it into Godself so there is nothing anymore that can separate us from God.

Lent is an invitation into the courage to be honest, your real, vulnerable old self, the part that simply is. The part that comes with breath and body and sadness and longing. It's a chance to take off some armor, to lay down some weapons, to rest in the love of God that holds you, that you mostly act like you don't need when really you absolutely do.

What would you like to let go of to make space in your life for God to encounter you? What do you use to avoid your nothingness, to build your somethingness, to forget your creatureliness? When boredom, despair, sadness or emptiness rise up, what do you use to distract yourself? What's your "go to" pacifier or diversion? Social media? TV? Snacking? Alcohol? Solitaire? Addictive patterns and habits? How do you check out of uncomfortable feelings? What do you use to numb?

This Lent we are going toward our nothingness. We are welcoming the absence, and seeking God there. You are invited to fast from (let go of temporarily) whatever it is you use to avoid the abyss. Turns out we have a God who goes right into our places of suffering and absence, and shares them with us. We generally avoid meeting God there. This lent we are going there.



Be still. God says. This appears two places in scriptures as a command from God. The first place the command is given, the people of God have been delivered out of Egypt, but Pharaoh has changed his mind, and has sent his entire army after them to destroy them. They are at the edge of the Red Sea, the chaos of waters in front of them and Pharaoh's whole army behind them, in the face of certain death, and God says,

Be still. The Lord will fight for you.

The second place this command is given is in our Psalm, where it says, *Nations are in an uproar, kingdoms totter, God raises his voice and the earth melts.*

Be still and know that I am God.

Be still is not an invitation for when you already feel content, when things are going well and you're longing for some spiritual boost. It's for the chaos. For the impossibility. For the crisis, and the injustice and the division and the shame.

When things feel overwhelming around us. *Be still.*

When you find yourself fleeing your nothingness. *Be still.*

When you feel weak or lost. *Be still.*

When you sense the urge to make yourself big, to prove yourself, to insulate yourself. *Be still.*

Be still and know.

Be still and know I am God.

You are not God.

Stop moving.

Breathe in.

Feel your breath filling your body.

Feel your feet on the ground.

Feel your creatureliness.

Be here. Be now. *Be still.*

Let God be God.

You be still.

Let God meet you here.

Our worship schedule and themes are:

- **Sin.** Saturday, March 9, 5:00 pm
- **Injustice.** Sunday, March 17, 10:30 am
- **Crisis.** Saturday, March 24, 5:00 pm
- **Division.** 5th Sunday, March 31, 9:00 - 11:00 am
- **Shame.** Sunday, April 7, 10:30 am
- **Fear.** Palm Sunday, April 14, 10:30 am

Good Friday Tenebrae Service, April 19, 7:00 pm

Easter Sunday Celebration of Resurrection, April 21, 10:30 am

Easter egg hunt and breakfast, 9:30 am

Each week we will be using a Lenten Call & Blessing by my friend, Malcolm Gordon, in New Zealand:

Attend to the Ground

Receive what cannot be claimed.

Fall into what cannot be scaled.

Breathe in what cannot be seen.

Awake to what cannot be dreamed.

Attend to the ground beneath your feet,

Attend to the colors underneath

For God is here and now in love

My friend, trust that will be enough.

LENT PRAYER PRACTICE: Being still and knowing

If you haven't yet received your finger rosary, pick one up the next time you are in worship. We are using it as a sacred pause, a way to pray, especially if you've given up something for Lent and need a practice to refocus you when you are tempted to take up what you've given up. There are ten bumps on the circle, touch each one and sing (outloud or in your head) one line of 'Be still and know that I am God.' It will take you a minute and 15 seconds to get around the circle. In that time, you can breathe in for the first line and out for the second, and it will also calm your nervous system and allow you to be present here and now, where God is already with you.





Join us for the LNPC Staycation!
An all-ages, all-church retreat, right here
at home!

THIS SATURDAY, MARCH 23

9:30 am - 7:00 (or 9:00) pm

Let's spend the whole day together!

A retreat without the overnight and travel time.

Day will include:

9:30 am Arrival

coffee & donuts, crafts, games, skill sharing, *

group activities, scavenger hunt, delicious lunch and dinner, worship and learning,
talent show, naps (for those who need them), great conversations, rest and fun.

7:00 pm Early Bird Departure & Movie Night

9:00 pm Night Owl Departure

Good to know:

Carpooling and transportation available for anyone desiring it.

Tents, pack-n-plays, slippers, blankies and baby monitors welcome.

Bring favorite board game, puzzle or snack to share (if you'd like)

Cost:

\$20 per person, \$40 max per family – If you haven't already, register on-line at
www.lakenokomispc.org/staycation-registration.html

**Do you have a skill to share? (Some of us would love to learn to knit...!)*

Can you make paper airplanes? Draw cartoons? Tie cool knots? Play the ukulele?

Would you be willing to share your skill, or is there a skill you'd love to be introduced to? Say it on the registration!

THANKSGIVING FOR KATIE!!

The last time we shared news in a Current Word, Katie Holmberg was heading East to enroll at Princeton Theological Seminary. God had other plans, and after a semester, she realized that the work she needed to do and the degree on which she was embarking didn't match. So – she came back to us! No, really she came home to a time of discernment, and our need for a minister to our youth and her need for both a job and US intersected! Beginning February 1, Katie is our Youth Leader – working (very) part time with our middle schoolers.



And what's up with **Ben**? A lot has happened in his life since we last posted:



Heirald took a position as Director of Religious and Spiritual Life at Ithaca College in New York. Ben tagged along, and ended up finding the perfect pastoral position with yoked congregations in Lodi and Hector, in the finger-lakes region of New York, near their home. Lisa Larges went East to be part of his ordination/installation service, and Theresa Latini preached. LNPC was conspicuously present! LOVE YOU, BEN!! *Do you realize that both Cyndi and Ben, launched by the Spirit through LNPC, serve congregations in Lodi??!! Cyndi in Wisconsin, Ben in New York. Cyndi is currently – literally – sandbagging her town and parishioners against the rising creek waters...*

Everybody Needs A Bathroom

We Need A Bathroom for Every Body!

Hospitality is central to our life together, and creating a hospitable place should probably start with the bathroom! After all, it's hard to feel at ease when you gotta go, but the bathroom isn't accessible to you.

A *bathroom for every body* would mean that people using wheelchairs could get in and out of it, and people would have bars to hold on to, and a toilet that was at the right height, and steps to reach where littles can't yet.

We have an aging building with lots of needs for repairs, but our Session has wisely decided that one project we can undertake successfully is a re-model of the bathrooms on the main floor.

To do this, the Session has designated our Memorial Fund as a source of matching funds toward the new bathroom project. Every gift designated for the bathrooms will be matched out of that fund.

The Memorial Fund has sat untouched for years. The monies in it are no longer tied to specific programs or projects, but it has been kept separate from our reserve/endowment funds, and separate from our general operating funds.

The Session and staff will also be looking for grant monies to help with this project. *If you know of funding sources that support building accessibility, please let any of the Session members know.* Our own contributions need to be at the center of this hospitality project.

Over the next few weeks we'll be sending out more information on how to donate for the bathroom remodel, and about the match from our Memorial Fund.

There are three things in life that are for sure: death and taxes are two of them, and the third one is that ...



everybody needs a bathroom!

INSIDE WORSHIP, EPISODE 1: MAKING MUSIC

I'm thankful to folks who talk with me about our worship services. It occurred to me that you might enjoy seeing some of the structure of worship, peeking inside at the *why* behind the *what*. You experience our worship gatherings, but may not have thought much about what we're doing, (or perhaps you've wondered a lot about it!) These days we're singing a lot, and a lot of variety, and I've had a few good conversations about music. So I thought I'd kick off an "Inside Worship" series with the topic, Music.

We're Chanting Psalms

Last summer we began learning this ancient church practice, and it's made its way into every service now. Rather than read a Psalm each week in spoken word, we are singing them as they have been sung in monastic communities for centuries. The Psalms were made to be sung, and Jesus undoubtedly grew up singing some of the same Psalms we are singing today. Feeling the words in our heads and voices, and hearing them in melody around us, invites Scripture to meet us more deeply, and invite us to connect to it anew. It also slows us down to be present in a different way.

We're Singing Liturgy

It used to be that the Sunday worship service had three hymns: one at the beginning, the "Opening Hymn," one in the middle, the "Hymn of Response" and one at the end, the "Closing Hymn." (Sometimes we might sing a song with once a month communion as well). But many traditions sing the liturgy. For example, did you know the Lutherans sing the same communion liturgy every week? Many little Lutherans have it memorized before grade school! These past two years, we've been weaving more music into our liturgy itself. Maybe you didn't realize we already had a little sung liturgy in our Presbyterian service: our sung response to prayers ("God in your loving mercy..." and our Doxology after the offering.) In addition to those, and the three anchor hymns, we now sing either the Call to Worship or the Prayer of Confession, and we've frequently sung a closing blessing or benediction as well.

On Saturdays, we use singing as a Prayer of Invocation, a way to end the time of silence, and a summoning back from our individual prayers returning us to the whole.

In addition, during Advent and Lent, Erin and I choose a few songs that will serve as consistent liturgy to carry us through the whole season. This Lent they are "Attend to the Ground" as a Call to Worship, and "Be Still and Know" as our Lenten Prayer practice with our finger rosaries to end every service.

A Mix of Music

We don't always get the balance just right, but most often on Sundays you will notice that we sing one traditional hymn, one newer song, and a third song that usually comes from our hymnal (or is copied from our old hymnal or songbook). We have people in our congregation from many different traditions – some grew up singing traditional Presbyterian hymns, or old-timey Baptist ones, some grew up singing contemporary worship music, or praise songs with a band, and some didn't grow up with church music at all. We also have readers and non-readers (of music and of words!), confident harmonizers and non-singers, kids and adults. So Erin and I try to create a blend of different types of music in each service. I expect some of it you will love and some of it you won't. In a diverse congregation like ours, that is to be expected.

Next time we are singing a song you don't know, look around during it, and see those who seem to know and love it already. Or feel the joy in lifting your head to sing out one you know by heart, and notice those who are just learning it for the first time. This is what it means to sing in community.

Sometimes we use call and response music, sometimes we sing songs from other cultural traditions with tunes, (languages!) or rhythms that feel more challenging and less instinctual.

Sometimes we sing secular songs, or church camp songs. Sometimes we are all learning a new song, together feeling what it means to go from not-knowing to knowing, and experiencing the unity in being baby learners alongside one another.

The Church is filled with music; our faith has a vast and rich musical heritage that we get to explore and experience. Inside that, we all have near and dear favorites. Erin has collected some of them from you, but please share with her your favorite songs (church or not!) and we'll work them into our worship so we can all enjoy them.

Listening to Music

Listening to music, sitting still and receiving the beauty someone else offers to God and to us can be very meaningful in worship. It is such a gift when people share their gifts with the congregation. Solos, instrumentals, duets, quartets... we love receiving music from each other; it's a form of blessing. Let Erin know if you would like to share the gift of music with the congregation. Whether you already have a song, or just like to sing and want her help preparing something, whether you already play an instrument, or would like to learn to play bells, or hand drums, (or a tambourine!) for a special music piece, talk with Erin. All gifts are welcome, and anything is possible!

Did you know that when a choir sings, their heartbeats syncopate?

Music is a timeless vehicle for connecting with God, ourselves, and each other. It's a form of praying that, depending on the style and song, can either engage our brain more acutely, or bypass our head and go right to the heart. Singing is a way of using our very body as an instrument, and finding harmony with the other instruments playing alongside us (whether we're harmonizing or not!) Music in worship can be somber or joyful, prayerful or playful, but it always returns us in some way to our humanity, and connects us in some way to each other. And sometimes, it opens us to God in a mysterious and marvelous way. It's no surprise music is a nearly universal part of worship the world over. Let's keep talking about it, and let's keep singing!

Kara

Next time I'll write, *Inside Worship, Episode 2: The "Order of Worship"*

(aka, *Why do we say a "Prayer of Confession?" and Why is Communion always after the sermon?*)

The ENDOWMENT FUND

Established by the congregation in 1977, revised in 1988, and again in 2004 the Endowment Fund has played a significant role during the last 40 years of the life of LNPC. The 2004 amendment, approved by congregational vote, ceded responsibility for management and use of the Fund from the Congregation to the Session. Without the generosity of those who have given, and through those who have remembered the church in their estate planning, the LNPC we know today would probably not exist. We are grateful.

The 2004 Amending Resolution states that "[t]he purpose of the Endowment Fund shall be threefold: 1) to provide emergency capital should the church have need of it in the future; 2) to provide funds for the use of Lake Nokomis Presbyterian in carrying out the mission of Jesus Christ according to current needs and priorities in any given year; and 3) to provide a continuing vehicle for members and friends, through gifts and bequests, to contribute to

the future ministry of Jesus Christ through this congregation and any successors." The amendment also states that up to 10% of the *income* from the Fund can be used to support the general budget, 10% of the *current value* of the Fund can be used, with approval of Session, in financial 'emergencies,' and that the use of more than 10% of the value should not happen without prior consultation with the congregation (though it doesn't refer to a 'vote').

Until 2010, we were in compliance with this Amendment. Then, things went a bit south. Our 2010 withdrawal of \$40,000 was greater than 10% of the \$190,000 in the Fund at that time. We withdrew more than 10% of the current value consistently **until** 2018 – last year. Our \$4,000 withdrawal in 2018, the smallest amount since 2001, was just 7.4% of the Fund value at the time it was withdrawn.

While the intent of the Fund has been maintained throughout – providing emergency capital and providing funds for carrying out the ministry of Jesus Christ in this place – the use of the term 'Endowment' feels problematic. Session will be voting to make two changes:

- 1) the name will be changed from Endowment Fund to Reserve Fund, and
- 2) the 10% limit on Session-approved use (without congregational pre-notification) will be eliminated. Throughout the years, the withdrawals from the Fund have been noted, both to Session (votes have been taken prior to each use) and to the congregation – but not in the formal way in which the 2004 Amendment directed.

As has been the pattern since its establishment, use of these funds is a 'last resort' for meeting budget needs. In our stewardship going forward, may we hear the ways in which God is calling us toward new ministries, commitments, partnerships, and resources.

If you have questions or comments on any of these changes, please talk with a member of Session.

THE BUILDING IS BEING USED!!

We have welcomed a new long-term (we anticipate) partner in El Nuevo Pacto church – a small, young congregation that will be in the building Wednesdays and Sundays. Recommended to us by Pastor Antonio Galvan from Fuego Pentecostes, they began worshiping in the Chapel March 1. We are also currently home to two theater groups: Cromulent Shakespeare is again having auditions and rehearsals in our space for their Summer in the Parks season (staging *The Tempest*). A neighborhood theater – Classic Theater Lost and Found – will be having rehearsals and performances two weeks/weekends in late April/May of *A Woman of No Importance*.

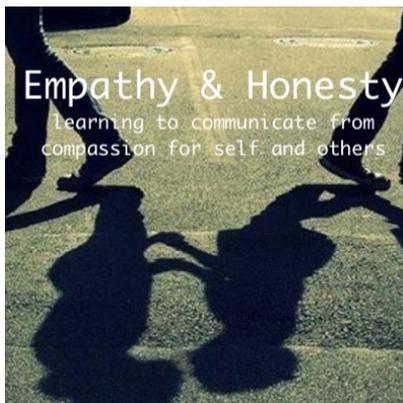


We hosted the regional Presidential Election for the nation of Senegal! Connecting with the local citizens, Senegalese from the five-state area came on a snowy Sunday to cast ballots for one of five candidates vying for President of their nation. In teams, LNPC welcomed leaders – including a representative from the consulate in NYC – and voters. Team Ava was definitely the main attraction, but Khadi Aidara, hearing that Rev. Peter Hansen (who has preached for us and is a member of Kara's Pastor Group) had spent considerable time in Senegal, hosted a Tea Ceremony in the afternoon. Hospitality was rampant!



Empathy & Honesty:

learning to communicate from compassion for self and others



This Spring, LNPC is teaming up with Bryn Mawr Presbyterian to offer a 4 week introduction class in what is called “Non-Violent Communication” or NVC. Everything we say and do is a strategy to meet a deeper need, but most of the time we are not aware of those needs in ourselves or in others. This approach helps us listen at a deeper level so that new strategies for connection can emerge. NVC begins in honoring our common humanity. It helps us tap into our deeper compassion for ourselves and others, teaching us to communicate with both empathy and honesty.

The learning from this course is applicable in all relationships and situations – bosses and coworkers, parents and children, neighbors, relatives, customer service reps, even internet trolls. Wherever you are in communication with someone else, you can practice genuine empathy and frank honesty that upholds your own humanity and theirs as well.

No previous experience necessary, we will be learning and practicing each week. (But if you have had some previous experience with NVC, please join us– it’s a great way to brush up and practice.)

If you would like to read the book ahead of time, buy *Marshall Rosenberg’s **Nonviolent Communication: A Language of Life***; or listen to the audiobook, ***Nonviolent Communication: Create Your Life, Your Relationships, and Your World in Harmony with Your Values***. You might also check out Youtube videos of Marshall Rosenberg in action – it’s quite something to behold!

Because these classes build on each other, a commitment to all four weeks is mandatory.

Class meets Thursdays in May: May 2, 9, 23 & 30 (no class on May 16)

6:30 – 8:30 pm

Register on the church website! www.lakenokomispc.org/empathy--honesty-registration.html



MONEY & US

It's good to remind ourselves from time to time of the commitments we have made. We've completed one year and embarked on the next - How are we doing?

Through 2018, we withdrew \$4,000 from the Endowment/Reserve Fund (current 3/2019 balance: \$50,924). Our Heart Singing Sabbatical was funded by the generous Lilly Foundation Grant. Much of Lisa's salary was funded through the Congregational Care Fund established on her ordination. In 2019, we're a bit more 'on our own.' Lilly funds will reimburse some extra fun expenses, but must be used in Sabbatical-related events by this summer, and we have spent down the Congregational Care Fund. Congregational support will be needed more than ever.

Receipts (not designated)	Expenses	2019 thru February
Weekly/congregational giving		15,878
Building Use (mostly)		2,246
TOTAL RECEIPTS		18,124
	Salaries	19,415
	Building	5,540
	Committees	1,782
	Tithes	8,089
	TOTAL EXPENSES	34,826
NET *		(16,702)
RESERVE FUNDS WITHDRAWN		0
CURRENT LIABILITIES (outstanding)*		4,303

* includes Insurance, tithe, etc. NOT designated funds.

* partially offset by generous giving held over from December – used mostly to complete our 2018 tithe commitment.

Part of our giving each year involves **Per Capita** – that strange beast that is the way that we financially contribute to the national, regional, and local organizing of the Presbyterian Church. LNPC has committed to making our full assessed contribution each year – whether or not it is specifically donated. Last year that was \$3,105. For 2019, it is \$3,284.40. Our Executive Presbyter, Jeff Japinga, wrote this in his words for the March 2019 presbytery meeting: “Thank you for your broad support of per capita, with our offerings at nearly 94% [presbytery-wide] of asking. In return, we [presbytery leadership] pledge excellent stewardship of those dollars in all that we do....In 2018, [of the] about \$480,000 in per capita contributions... more than \$80,000 was sent directly to Synod [of Lakes and Prairies] and nearly \$115,000 directly to the General Assembly [National] as our per capita to them. The per capita dollars we keep here... cover only 4/5s of our basic infrastructure costs (staff, office, and administrative costs)...[W]e have needed to dip into reserves...to balance the budget.”

If you have made your contribution for 2019, thank you and gratitude from the whole denomination! If you have not made your contribution of **per capita for 2019 - \$35.70 per member** – please try to do that sooner than later.

From the presbytery level, our Stated Clerk, Barbara Lutter, has shared her gratitude: "The **Clerks of Session** [yay, Lisa PJ! .. whose minutes review was handled personally by the Stated Clerk.] for our member congregations are dedicated and diligent. It is an honor to serve with these faithful church leaders! It is my hope that ... you will express your gratitude to [Lisa PJ] and recognize the hard work for and devotion to our church." **Too True – thank you, Lisa!**

Tithing 2018

Our trusting, hard, counter-cultural and counter-intuitive act of tithing continued into its fifth

Month	Recipient	Month	Recipient
Jan	Our Savior's Housing	Jul	Presbyterian Disaster Assistance
Feb	Marnita's Table	Aug	Days for Girls
Mar	St. Joe's Garden	Sep	21st Century Middle School Academy
Apr	Hiawatha - Back to School	Oct	Presbyterian Clearwater Forest
May	Movie Camp	Nov	TRUST
Jun	Minnesota Indian Women's Resource Center	Dec	Exodus Lending

year (we started in November 2014). These are the gifts we shared (total: \$12,658):

What if I tithed?

Some of us already tithe, others of us have never thought about it. Here is a chart of what tithing might look like for you.

Monthly Giving					
Annual Income	10%	5%	Annual Income	10%	5%
\$ 20,000	\$ 167	\$ 84	\$ 100,000	\$ 840	\$ 417
40,000	333	167	150,000	1,250	625
60,000	500	250	200,000	1,667	840
80,000	667	333			

Giving and Sharing

Giving, no matter how much, is always a way of living in gratitude. Sharing what we have with others reminds us we are God's beloved children, and that we all belong to each other. And it feels great. Every time we practice generosity, we are reminded again *who* and *whose* we are.

Giving – of time and love:

Lindsay Hjermstad continues to coordinate 'Taco Tuesdays' at Our Savior's Housing shelter. Four or five times a year, a loyal and happy group gathers to prepare and serve about 40 folks who find temporary shelter, and lots of resources and support, through Our Savior's. This is a great most-ages time together! Watch for a chance to join in the fun with Lindsay, James, Diane Hj, Betty, Devin, Presley, and Quinlan, Georgia, Diane Ha, and Sue G. We promise a good time, tasty treats, and overwhelming gratitude from the residents!



**At its most simple, church means
living that we belong to God and we belong to each other.**

“The paradox of hospitality is that it wants to create emptiness, not a fearful emptiness, but a friendly emptiness where strangers can enter and discover themselves as created free; free to sing their own songs, speak their own languages, dance their own dances; free also to leave and follow their own vocations. Hospitality is not a subtle invitation to adopt the life style of the host, but the gift of a chance for the guest to find his own.”
Henry Nouwen: Reaching Out

Kara Root – Pastor and Moderator of Session

Lisa Larges – Associate Pastor

Class of 2019:

Joyce Tesarek

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Diane Hansen

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Class of 2020:

Sue Goodspeed

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Brian Rainey

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Class of 2021

Sue Hensel

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Presbytery Commissioners (2):

Sue Goodspeed, Norm Petrik, and the LNPC Session

Clerk of Session:

Lisa Phillips Johnson

Treasurer:

Brittany Dexter

Staff:

Krysta Niznick

Office Manager | Bookkeeper

Erin DeBoer-Moran

Director of Music Ministries

Katie Holmberg

Director of Youth Ministries

Kathy Johnson

Custodian

RE-VISION STATEMENT
(as approved following the reVision
process, October 2007)

LNPC seeks to

- become a beacon of hope and a place of sanctuary
- reach out to the needs of neighbors, sharing our selves and our resources.

Session: Session has responsibility for administration/building, worship, education, life of the community, and personnel – basically everything that isn't decided by the congregation as a whole. If you have any questions, comments, suggestions, interests, or anything you'd like to share, please talk with a Session member!

Lake Nokomis Presbyterian Church . 1620 E 46th Street . Minneapolis
MN 55407

Upcoming and Inside:

- o Lent – Be Still and Know
- o Staycation
- o Katie!
- o Empathy & Honesty: Nonviolent Communications workshop
- o 'A Bathroom for Every Body'
- o Inside Worship: Episode II
- o ...Finances...

www.lakenokomispc.org

<http://www.kara-root.blogspot.com/>

<http://www.facebook.com/LakeNokomisChurch>

"True hospitality is welcoming the stranger on her own terms. This kind of hospitality can only be offered by those who've found the center of their lives in their own hearts."

– *Henri Nouwen*

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TO: