



March, 2026

FAMILY OF GOD

Monthly Newsletter

“Children by grace, extending Christ’s embrace”

CHURCH NEWS AND EVENTS

WORSHIP & COMMUNION

Sundays at 9:30 am

In-person and
livestreamed on our
website fogchurch.org

Just click on YouTube



THIS MONTH'S REMINDERS

- Young Adult Bible Study Friday at 6:30 pm
- Tuesday Bible Study at 9:30 am and 7 pm
- Lenten Soup Suppers on Wednesdays at 5:45pm
- Midweek Services at 7pm during Lent

Family of God Lutheran Church, ELCA

8625 Zane Avenue N, Brooklyn Park, MN 55443 763-424-8625

fogchurch.org

A NOTE FROM THE PASTOR...

Pr. Paul Burow

Lent got its name from an Old English word for the lengthening of days in springtime. Lent is 40 days long—if you count from Ash Wednesday to Holy Saturday, excluding Sundays, it is 40 days. Easter Sunday marks the end of the season of Lent. When we think of Lent practices most of us think of Roman Catholics not eating red meat on Fridays. However there are Catholic websites with all sorts of additional ideas for Lent, either fasting from some action or adding a spiritual action.

Lutherans are not known for requiring actions in our spiritual lives – though some like attending worship are strongly suggested. I remember giving up a late night comedy rerun for Lent and instead spent the time in prayer and devotion (sometimes falling asleep). One Lent I tried to give up red meat entirely for the season. Unfortunately we had a choir tour during Lent that year so eating salads on the road got to be difficult. I suspended my practice until we got home. I think I ate at McDonalds a couple times the day after Easter.

Martin Luther was known for translating the Bible into the language of the people. Given this gift, however many of us do not read Scripture enough. Oh, we hear it on Sundays, but what a treasure to read some throughout the week.

When doing premarital counseling with couples we would talk about religious faith, and often one of the persons would be more fervent about religious belief and the other not very much. I would suggest: “What’s there not to like about Jesus?” I then would en-

courage them to read the Gospel of Mark together. It is the shortest of the gospels, which helps. In fact, it is only about 20 pages long.

So, this Lent I am encouraging you to read the Gospel of Mark. If you read two chapters per week, and one chapter per day on Holy Week, you will have completed it by Easter. When we read things, and sometimes read them over again and again, we begin to see meanings and subplots we might not have noticed before. It is well worth it to read Scripture, which is the Word of God for you.

You could even read it while eating a Quarter Pounder with cheese over the lunch hour.

A blessed Lent to you – Pastor Paul



Greetings to everyone at Family of God —

One of the things I love about FOG is the way different personalities can join together in one community. Each of us has unique talents, interests, and quirks that make us who we are. We can understand personalities as a concept in quite a few ways. Some people are into western astrology. Many people know their star signs, even if they aren't familiar with the wider practice. The Chinese zodiac divides time into twelve-year cycles, with animals and personality traits being assigned to certain years. (Happy Year of the Horse!)

Another classification of personalities is the Myers-Briggs Type Indicator, also known as "sixteen personalities." People are divided up based on introversion/extroversion, sensing/intuitive, thinking/feeling, and judging/perceiving. It's not a terribly scientific tool but it can be a helpful one in understanding someone's perspective. The Enneagram is similar in that it places personalities into nine types, with names like "the reformer (1)," "the helper (2)," and "the peacemaker (9).

I'll be using the Enneagram as part of an ice-breaker activity at our church council retreat. This retreat is the kickoff for this year's council, including new members elected at the annual meeting. I hope to learn more about our council's values, how they solve conflict, and the ways we can best work together. As preparation, I've been looking through a book our own Sue Arens loaned to me. It's called "Parables and the Enneagram" by Clarence Thomson. He describes the personality types of the Enneagram as a lens through which we view the world. Our "fatal flaws" are obstacles in understanding each other. He writes:

"Our flaw is, first of all, a distorted vision of the world—and a correspondingly skewed view of God, for these wrong viewpoints or attitudes are usually the same. Thus our flaw is a strategy for dealing with God and this world that we see through a murky and distorted lens. ... 'I'm acting out my imagination. I'm acting out who I think I am, who I think God is, and what I think the world is like. The reason my behavior may seem bizarre to you is that you don't know my inner images, the furniture of my mind.' The contribution of the Enneagram is to describe the inner geography of each other's minds. The contribution of the Scripture is to offer alternatives to that geography."

God meets us where we are and equips us uniquely to play our part in the body of Christ, as described in 1 Corinthians 12. Sometimes, though, we need to put our own desires and tendencies aside, get over ourselves, and see God's action and instruction more clearly. It's a lifelong task to tell the difference! We are all on that journey.

Blessings to you and your loved ones!

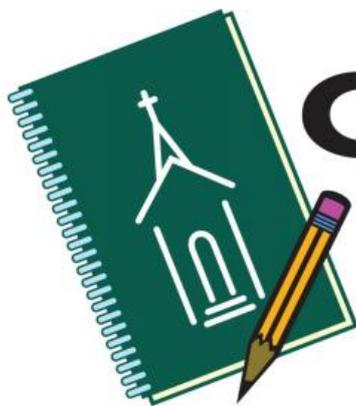
— Pr. Erin Koster

Meeting was called to order at 11:09am. In Old Business, the council approved destruction of the RIC ballots from the election held at the annual meeting. In facility updates, we are exploring bathroom electrical improvements and obtaining an additional HVAC bid before rebates expire.

New business included getting the Audit Committee scheduled to do the 2025 audit, addressing repairs and lighting updates for the outdoor sign, and discussing possible safety committee to oversee items like first aid & AED kit monitoring and CPR training.

Financially, giving remains steady. The council approved investing in a short-term CD and moving to update signatories on two bank accounts to the treasurer and president. Work continues on updating QuickBooks to follow standard nonprofit fund accounting practices. Training will be required for Ally and the counters. The Finance Committee will develop a cash and investment strategy proposal and bring it to council for approval.

Staff reports highlighted preparations for Lent, youth activities, church camp registrations, a spring plant sale, and an upcoming drama production. A congregational survey showed overall satisfaction, with interest in volunteer training, outreach, and potential future events. The meeting adjourned at 12:31 pm.



Council Notes

Tuesday Bible Study: Please join us for a fascinating look at the Prayers of the Bible. Of course, we know Jesus teaches the Lord's Prayer, but what about others who prayed? We will study the prayers of Abraham, Moses, Solomon, Hannah, Elijah, the apostles and more. We can learn from these people how to pray and also learn about God who hears our prayers. We meet Tuesday mornings at 9:30 am and 7 pm Tuesday evenings. All are welcome

LENT WORSHIP

Come join us for Lent worship on Wednesday evenings. We begin with Ash Wednesday February 18th. There will be no soup supper on Ash Wednesday, but there will be on the following Wednesdays until Holy Week. For Wednesday evening services we will be having brief messages on heroes and heroines of faith. Lenten devotional booklets will be available for your use.

"Just for fun" dates in March

- Mar. 1: World Compliment Day
- Mar. 3: I Want You to be Happy Day
- Mar. 8: Proofreading Day
- Mar. 14: Pi Day
- Mar. 17: Submarine Day
- Mar. 19: Let's Laugh Day
- Mar. 20: World Storytelling Day
- Mar. 22: International Goof Off Day
- Mar. 23: Puppy Day
- Mar. 30: Take a Walk in the Park Day

LINUS QUILTERS

Project Linus donation
for January:
20 quilts to Head Start
7 Quilts and 7 hats to CEAP

Book Club meets the third Monday of the month at 1pm. The following are the books they are reading:

March 16 James
Percival Everett

April 20 Man's Search for Meaning
Viktor E Frankl



New members welcome!

Contact **Joan Hermanson** with any questions.



Sunday Flowers

No flowers during Lent

2026 Flower Chart is posted on the
narthex kiosk.

The cost of the flowers is \$35.



Global Mission Support

2/1 Davon Stedje

2/8 Myra Madsen

2026 Global Mission Support Calendar is
posted on the kiosk in the narthex. Your
\$35 weekly donation goes to support Me-
gan Tee and Tee Sieng's ministry work in
Japan.

2/15 —

2/22 —

Easter Flowers Sale

We will be decorating the sanctuary with an assortment of plants on Easter Sunday. If you are interested in helping adorn the sanctuary, please return completed forms (bulletin inserts and available in the narthex) and payment to the church office **no later than 03/15/2025**. The cost is \$12.00 per plant, except for the hydrangeas and pansy bowls, which are \$20.00 per plant. Please make checks payable to "Family of God" and memo them "Easter Plants."

BIRTHDAYS

Megan Trullinger 03/01
Molly Trullinger 03/01
Austin Olson 03/01
Benjamin Young 03/04
Jim Meyers 03/05
Theodore Koster 03/06
Kristen Johnson 03/07
Dean Heltemes 03/07
Jim Elsass 03/07
Pastor Paul Burow 03/11
Alyssa Balzer 03/12
Karen Wallman 03/13
Gerry Uhde 03/14
Kathy Townsend 03/14
Tania Dorff 03/14
Morgan Peterson 03/15
Madalyn Turner 03/15
Rick Strub 03/16
Karla Kitoski 03/17
Allison Tieman 03/17
Nathan Courchane 03/19
Dan Hatcher 03/22
Tristan Balzer 03/23
Bill Williams 03/24
Don Bixler 03/24
Nancy Bixler 03/25
Terry Carter 03/26
Larry Knoell 03/29
Tammy Hanschen 03/29
Brady Sedesky 03/30
Anna Phleger 03/30
Vesta Lindboe 03/31
Kaitlyn Bilderback 03/31

ANNIVERSARIES

Dave & Judith Carlson 03/13
Dean & Monica Heltemes 03/23
Dan & Linda Jorenby 03/06

If your birthday or anniversary does not appear, please bring this to the office's attention.

Family of God Memorial Garden

The cross that was hidden in the pine trees in the front of the church has been repaired, repainted, shortened and moved to become the focal point in our new memory garden.

Landscaping, lighting, a Tree of Life bench, and pavers have been added to complete the project.

Beginning in spring, we will start taking orders to create engraved pavers in memory of lost loved ones. Engraving specifications and cost will be available at that time.

Dedication will take place the third Sunday in May.

The month of March has arrived, and so has the busiest month of the church music year at Family of God. Here is a hint of what you can expect from your church musicians.

On March 1st, the chancel choir will be singing "Make Me an Instrument of Thy Peace" arranged by Mary McDonald, a bestselling setting of the Prayer of St. Francis of Assisi.

On March 8th, Nicole Lang will be playing her flute beautifully during the service.

On March 15th, the chancel choir will be singing "O Love" by Elaine Hagenberg, an anthem that was introduced to our choir members at a singing workshop by the National Lutheran Choir a month ago. The composer was in attendance, which enhanced the event all the more. Amazing lyrics and a beautiful melody.

Holden Evening prayer is taking place each Wednesday night in March at 7

pm. The service lasts approximately 30 minutes. It's a time of reflection, singing together, a meditation by our pastors, and prayer. You are warmly encouraged to attend.

Here is a hint regarding music on Easter Sunday: chancel choir, organ, trumpet, organ/piano duet, congregation singing the exciting hymns of Easter. Be in attendance Easter Sunday. I know you will be blessed.

See you in church!

Judy Blomgren
FOG music director



NATIONAL LUTHERAN CHOIR CONCERT

As we transition from the stillness of winter into the promise of spring, you are invited to seek refuge in song with the National Lutheran Choir. Sacred Refuge: From Light to Light is the Choir's next concert on Sunday March 22, 4:00 pm, at Gloria Dei Lutheran Church, 700 Snelling Ave. S, St. Paul. A pre-concert lecture by conductor and composer Aaron McDermid will take place at 3:00 pm. The concert will be live-streamed at NLCA.com. Tickets are available at NLCA.com. Use the code SAVE5NLC for \$5 off the ticket price.

Patrick and Martin: Were They Really So Different?



With St. Patrick's Day on the horizon, might this be an opportune time to compare him with Martin Luther? Though they lived a thousand years apart, they had views and experiences in common. (Patrick lived from c. 416 to c. 493 and Martin from 1483 to 1546.)

Surprisingly, neither was Irish. Patrick was born in Britain, possibly in Scotland, kidnapped as a youth, and taken to Ireland where he was enslaved for perhaps six years before escaping. Martin had his own "kidnap" experience when sympathizers, fearing for his life, hijacked his wagon and hustled him off to Wartburg Castle. There he remained sequestered for nearly a year, using this time to translate the Bible and to hone his religious thought.

Both Patrick and Martin were moved to enter the priesthood. Patrick escaped from Ireland to a monastery in England where he took his vows. Martin entered a monastery at Erfurt and became a priest in 1507.

Both believed explicitly in the good news of Jesus Christ. Both Martin and Patrick were especially drawn to the Epistles of Paul and the Book of Psalms, which Martin committed to memory.

Neither of our dignitaries was opposed to alcoholic beverages. Patrick had his whiskey and Martin had his beer. Both Martin and Patrick looked to nature to

help symbolize their views.

Patrick used the shamrock as a teaching tool to illustrate the three elements of the Triune God. As part of his seal, Martin incorporated the white rose which was the color of the spirits and of the angels.

Perhaps the greatest similarity between the two is that they were Reformers with a capital R. Following his return to Ireland, Patrick preached against the paganism of druids and warlords and worked to convert the populace to Christianity. We all know that Martin Luther preached against certain practices of Catholicism and influenced the conversion of people in many European nations to Protestantism. In our lifetime, the Lutheran Church globally follows his precepts.

Patrick passed away on March 17th, thus the wide celebration of that date. Martin's date of death seems not to be a holiday, but this year the date, February 18th, coincided with Ash Wednesday.

This comparison may or may not stand up to scrutiny. However, I learned a lot by looking at these two world-renowned individuals, and perhaps the research will continue.

Myra Madsen

Family of God

Spring plant fundraiser

Our spring plant sale has started!

Go to gertensfundraising.com and enter code 424 to order. Our children, youth, and family ministry will receive 30% of plant sales and 15% of plant card purchases. Our site will close at 10PM on Monday, March 30. Products will be delivered to church on Thursday, April 30. Ask Pr. Erin if you have questions!



CALLING ALL FOG CRAFTERS!

FOG Crafters will meet the second Friday and Saturday of each month. Subject to holidays and the church calendar. Scheduled weekends are in the Narthex.

Stephanie Statz 612-850-8220 StephStatz24@gmail.com

LeAnne Tieman 612-508-7921 lrtieman@comcast.net



All types of crafters are welcome. We will set up in the Cornerstone Room to utilize the tables. Any questions, please call/text Stephanie Statz at 612-850-8220 or LeAnne Tieman at 612-508-7921.





For forty-five years this campaign has brought together organizations, businesses, faith communities, and individuals to help keep the state's three hundred food shelves stocked. CEAP is our local food shelf. Last month, CEAP distributed 228,350 pounds of food to 4,468 neighbors. CEAPS goal for this year's drive is to raise \$100,000 and 100,000 pounds of donated food. These donations will be matched during the campaign. Their motto is EVERY CENT, EVERY CAN AND EVERY CARING NEIGHBOR COUNTS. Too many of our neighbors have to make the impossible choice between putting food on their tables and their safety.

MN hunger facts include:

There are over 538,00 Minnesotans facing hunger, 34% of these individuals being under the age of 18.

In 2024, a record-breaking 8.9 million Minnesotans visited a food shelf.

Overall price of groceries has risen 28% since 2019.

Please consider helping—a cash donation to FOG indicating CEAP designation will be forwarded.



Most Needed Items

Most Needed Food Market Items:

- Canned meals
- Boxed pasta
- Mac and cheese
- Baked beans
- Pinto beans
- Black beans
- Taco kits, seasonings, and shells
- Salsa
- Ketchup, mustard, and mayo
- Peanut butter and jelly
- Rice
- Flour
- Sugar
- Oil
- Juice
- Cereal

Personal Care Items

- Toothpaste
- Toothbrushes
- Bar Soap
- Shampoo
- Deodorant
- Feminine Hygiene Products

Household Items:

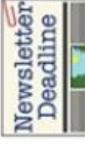
- Laundry Soap
- Dish Soap
- Paper Towels
- Cleaning Supplies
- Toilet Paper

Baby Supplies:

- Diapers
- Baby Wipes
- Formula
- Diaper Rash Lotion
- Baby Wash



March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:30 am Worship Sunday School Crossways 11 am 12pm Eternal Life Chapel Drama 2-4 pm	2 Drama 6:30 pm	3 Bible Study 9:30 am and 7pm No Bull AA 7 pm	4 Connie's Quilters 11:00 am Choir 7:45 pm Lent Service 7 pm Council Soup Supper	5 Drama 6:30 pm Riverlyn AA 7 pm	6 YA Bible Study 6:30 pm	7
8 9:30 am Worship Sunday School Crossways 11 am 12pm Eternal Life Chapel Drama 2-4 pm	9 Drama 6:30 pm	10 Bible Study 9:30 am and 7pm No Bull AA 7 pm	11 Connie's Quilters 9:30 am Choir 7:45 pm Lent Service 7 pm Men's group Soup Supper	12 Ruth Circle 9:30 am Drama 6:30 pm Riverlyn AA 7 pm	13 Craft Group 5 pm Fri & 9 am to 4 pm Sat YA Bible Study 6:30 pm	14
15 9:30 am Worship NO Sunday School Crossways 11 am 12pm Eternal Life Chapel Drama 2-4 pm	16 Linus Quilters Book Club 1 pm Drama 6:30 pm	17 Bible Study 9:30 am and 7pm No Bull AA 7 pm	18 Connie's Quilters 9:30 am Choir 7:45 pm Lent Service 7 pm Crafters Soup Supper	19 Drama 6:30 pm Council Mtg Riverlyn AA 7 pm	20 YA Bible Study 6:30 pm	21 Men's Breakfast at 8:30 am
22 9:30 am Worship Sunday School Crossways 11 am 12pm Eternal Life Chapel Drama 2-4 pm	23 Drama 6:30 pm 	24 Bible Study 9:30 am and 7pm No Bull AA 7 pm	25 Connie's Quilters 9:30 am Lent Service 7pm Choir 7:45 pm Drama Soup Supper	26 Drama 6:30 pm Riverlyn AA 7 pm	27 YA Bible Study 6:30 pm	28
29 9:30 am Worship Sunday School Crossways 11 am 12pm Eternal Life Chapel Drama 2-4 pm	30	31 Bible Study 9:30 am and 7pm No Bull AA 7 PM				

March worship helpers

Lectors

1 Carolyn Jahns
8 Andrew Peterson
15 LaDonns B
22 Nicole Lang
29 Ginny Trogen

Refreshments

1 J. Malmin & J Frankena
8
15 Elsass
22 D&J
29

Altar Care

1 Elsass
8 Davon Stedje
15 Cindy Buesgens
22 Nancy Knoell
29

Ushers

1
8 Mel & Gary
15 Randy B
22
29

Greeters

1 Nancy Knoell
8
15 Julie Johnson
22
29



If you are unable to serve on a Sunday you have signed up for, please inform the church office as soon as possible. Thanks!

**** IF YOU CAN FILL IN A BLANK SPOT PLEASE SEND AN EMAIL TO admin@fogchurch.org SO A MASTER LIST CAN BE KEPT AND SO A REMINDER CARD CAN BE SENT. THANK YOU!****

Nursery Care

1 Claudia
8 Claudia
15 Claudia
22 Madison
29 Claudia

Family of God Lutheran Church

8625 Zane Ave North
Brooklyn Park, MN 55443

Change Service Requested

Rev. Paul Burow, Senior Pastor
pburow@fogchurch.org

Rev. Erin Koster, Associate Pastor
Perin@fogchurch.org

Allyson McDonald, Admin Assistant
admin@fogchurch.org

Judy Blomgren, Music Director
judyb305@gmail.com

Claudia Peterson & Madison Benton, Nursery

Office Hours

Monday – Thursday

9:00 am – 3:00 pm

Friday

9:00 am—1:00 pm

Website: www.fogchurch.org