



TIDINGS

January 2021

MT. CARMEL CONGREGATIONAL ANNUAL MEETING

Sunday, Jan. 31, 11 a.m.

Mark your calendars for Sunday, Jan. 31 to attend the Mt. Carmel annual meeting remotely. You will be able to join the meeting from a computer, mobile device or dial into the meeting from your telephone. In January, we will send a letter in the mail to Mt. Carmel members with instructions about how to join the annual meeting on Jan. 31. We will also have two practice sessions the week before the annual meeting so you can join a test meeting to be sure your computer, mobile device or telephone can join the meeting.

The online annual meeting on Jan. 31 will open up at 10:30 a.m. for a social activity and check-in, and the official meeting will start at 11 a.m.

The annual report will be available online or in print. We will include information in the letter about how to download, pick up or request a printed copy of the annual report to be mailed or dropped off to you directly.

MT. CARMEL FOUNDATION SCHOLARSHIP PROGRAM

This is the first call for those who might be interested in applying for a post-secondary scholarship provided through the Mt. Carmel Foundation. Please contact Karen Moeller at 612-619-3743 if you are interested in applying. You will be provided with the necessary information in order to complete your application. All applications must be completed and received no later than Feb. 28, 2021. If you know of someone who might be interested in applying, please pass along this announcement to them. Applicants must be a member of Mt. Carmel.

CONTRIBUTION STATEMENTS

The year-end contribution statements will be sent out by email in early January to all those with email addresses on file. For those without email addresses, the statements will be postal mailed. If you do not receive your contribution statement or have any questions about your statement, please contact the church office.

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OFFERING OPPORTUNITIES

Please continue to support our congregation with your faithful financial contributions to Mt. Carmel as you are able. There are several ways to give:

- Online by credit card or bank account. Visit mountcarmelmpls.org/give for online giving opportunities.
- Mail or drop off your check to the church office.

Your generous support for Mt. Carmel and our ministry is truly appreciated.



MT. CARMEL LUTHERAN CHURCH

We are a faith community participating in the life of God, both as sheer gift to us and as a calling to the neighborhoods of Northeast Minneapolis. We are a multigenerational community that proudly celebrates our history while joining together with younger generations to follow where God is leading. We build our community through faith practices like prayer, dwelling in the Word and hospitality.

1701 St. Anthony Pkwy NE
Minneapolis, MN 55418
612-781-2796
Fax: 612-781-1621

Office hours

By appointment

Interim Pastor

Christine Wenzel, ext. 103
pastor@mountcarmelmpls.org

Director of Faith Formation

Nick Ralston, ext. 121
faithformation@mountcarmelmpls.org

Church Administrator

ext. 101
office@mountcarmelmpls.org

Interim Director of Music

Ruth Bills, ext. 120
ruthabills@gmail.com

Maintenance Engineer

Steve Panning, ext. 104
building@mountcarmelmpls.org

Tidings

Jenni Lathrop
jenni@jennilathrop.com

Mt. Carmel Child Care

Brenda Wetzal, ext. 107
612-781-2798
childcare@mountcarmelmpls.org

www.mtcarmel.net

**The mission of Mt. Carmel
Lutheran Church and its members
is to learn, live and share
God's Word.**

Ministry Affiliates: Minneapolis Area Synod/ELCA; Northeast Senior Services, Inc.; Little Kitchen Food Shelf; The Sheridan Story; Eastside Meals on Wheels; Plymouth Christian Youth Center; Mission Northeast and Casa de Oracion a las Naciones.

The Mt. Carmel facility is shared with the following community groups: Scout Troop 132, Venture Crew, Cub Scouts, Girl Scouts and Alcoholics Anonymous.

We are an ELCA congregation. All are welcome. Learn more about the ELCA at www.elca.org/About.



PASTOR'S PONDERINGS

When the angel told Mary that she would bear the Christ child, we are told Mary “pondered” the angel’s message. In Greek, the word, “ponder” means “to throw” or to “put together.” The Greek tells us that Mary took all of the many parts of her life experience—her thoughts, her observations, her knowledge and wisdom—and brought them together to help her make sense out of what was happening, and what it will all mean for her and for the life of the world.

I have heard so many people say that they can’t wait for 2020 to end. There were a lot of challenges this past year: the pandemic, a divisive election and riots, just to name a few. We all hope that 2021 will look a lot different with a vaccination, a new president, and the awareness of the many “-isms” in our culture.

As your interim pastor, I invite you to “ponder” this meditation that I found in the book, “Out of the Ordinary,” by Joyce Rupp. I pray that it will be helpful in discerning where you are now both personally, and as the community of faith. Also, where is God calling both you and the community of faith as you move into the new year?

A New Year's Meditation:

1. What name would you give to your journey of the past year?
How would you describe it to one of your friends?
What image or metaphor would you use to talk about it?
2. What were some of your “epiphanies” of the past year (your discoveries of the Holy One in your midst)?
How did you grow because of them?
3. Who were your wise persons?
What did they reveal to you?
How did this influence your life?
4. Did any of your hopes and dreams become a reality?
5. What was most satisfying about the year?
6. What was least satisfying?
7. How did your experience of the past year affect the world in which you live?

As you look to the year before you:

1. What name would you like your new year’s journey to have?
2. Do you find any resistance within you?
Of what are you most afraid as you enter a new year?
3. What is your greatest need for the coming year?
4. Who do you bring with you for your support and strength as you begin to journey through the year?
5. What is at the heart of your new year’s prayer?

Next, place in your open hands:

- ... your whole life, all your concerns, cares, hopes, dreams, joys,
- ... any specific persons with whom you feel especially bonded, or hope to be,

Pastor's Ponderings , continued on 3

MT. CARMEL CHILD CARE

I hope you all had a wonderful holiday season (even though it was much different)! The children at Mt. Carmel Child Care held a virtual Christmas concert this year in lieu of our in-person program and potluck. The children all dressed up and when we had our last music class before Christmas we performed live on Zoom! We hope to be able to join together next season in person.

We welcomed two new staff members to our team of wonderful teachers; we are blessed with (who I think are) the best teachers and families around!

We look forward to spring and before you know it...the plant sale. Hope you are all doing well!

—Brenda Wetzel, director, Mt. Carmel Child Care

WANTED: ADULTS LOOKING TO CONNECT WITH YOUTH

We are looking for a number of adults—both men and women—to connect with a younger member of Mt. Carmel (6th-12th grade). Especially in this time of pandemic and distance community, creating relationships between our youth and faithful, authentic adults is so important. While this program is still in its planning phase, we are looking for Mt. Carmel members over 25 who are willing to be partnered with a Mt. Carmel youth through at least June 2021. Right now, that relationship building will be created through phone calls, emails and possibly video chats. And don't forget prayer! In the future, we will also look at in-person activities.

If you have questions or want to participate, Jenni Lathrop at jennifer.lathrop@gmail.com.

Pastor's Ponderings, continued from 2

in the new year,
... the beauty of creation,
... anything or anyone else whom you are especially mindful of bringing into the new year with you.

Entrust yourself to the Holy One. Pray your prayer of concern and hope as you begin this new year. (You may want to pause and write down your response.) Place all of your life into those hands and give all to the Holy One. Go with peace and hope into the new year.

You are in my prayers. Please keep me in yours!

Pastor Christine

WITH SYMPATHY

Ruth Emerson on the recent death of her brother Bruce Hoyt

MaryJo Wiggan on the recent death of her cousin Paul Wuori

GIFTS RECEIVED

UNDESIGNATED MEMORIALS

In memory of Thomas D. Campbell: Bill & Kathleen McReavy

In memory of Isabel Hansen: Connie Wegner, Carol Panning

MEETING ONLINE

These groups are meeting online:

Reflect Group—Sundays at 11 a.m. (Contact Nick Ralston at faithformation@mountcarmelimpls.org)

Good Fruits Bible Study—Tuesdays at 2:30 p.m. (Contact Leona Olson at onondave@yahoo.com)

Men's Bible Study—Wednesdays at 6:45 a.m. (Contact Ralph Matthes at marinosdelimpls@gmail.com)

KEEP US INFORMED

Did you know that because of privacy laws, hospitals and nursing homes do not call us to report if a parishioner has been admitted, or if a person's condition has worsened?

That means we rely on family members and friends to keep us informed. Please call the church office, 612-781-2796, if you or someone you know of is hospitalized.

FAREWELL TO STEVE ROBERTSON

It is with sad yet grateful hearts that we say farewell to our Office Administrator Steve Robertson in mid-January. Steve joined Mt. Carmel three years ago and during his time with us became an indispensable part of our team. He worked long hours, learned as much as he could about our building, our church family and our community. Steve was our go-to guy for answers and if he didn't know an answer, he found it. He was a willing listener and offered good counsel. He will be missed by all of us and as the saying goes: he will be a tough act to follow. We wish him and Susan well in all they do. Godspeed Steve and Susan. THANK YOU for everything.

The church office remains closed because of COVID-19, but we invite you to drop him a farewell note or a thank you. If the note arrives after he has left, we will be sure he gets them.

—Church Council: Pastor Christine Wenzel, Tim Quinlan, Patrick Lathrop, Karen Matthes, Allison Gurney, Dave Larson and Barb Hollister

TREASURER REPORT

YTD Dec. 1, 2020

Mt. Carmel financials look to be on track to end the year in a positive mode.

Mt. Carmel and the Mt Carmel Childcare received one of the Federal Paycheck Protection Program (PPP) loans This loan was for \$78,000 and to be used towards utilities and salaries for during 2020 that we expect to be forgiven.

Though year-to-date (Dec. 1) contributions are significantly below what was pledged, our expenses continue to come in below budget, so we will be ending in a positive. The year 2021 will bring us new challenges, as we continue virtually to worship and find innovative ways to meet the needs of our church family. Please continue to keep your giving up-to-date by mailing in your donation or consider using simply giving.

Our Actual Income-Expense Ratio YTD as of Nov. 30, 2020 was \$12,699.36. Last year at this time we were (\$1,869.13).

Income/ to expense

November Actual (\$2,358.69)	November Budget (\$300.34)	YTD Actual \$12,699.36	YTD Budget (\$10,153.67)
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—Diane Davis Langer, Mt. Carmel Church treasurer

MT CARMEL FOUNDATION

Meet the Foundation members and thank you Martha

The Mt. Carmel Church in Minneapolis Foundation is made up of nine directors that attend Mt. Carmel Church. They volunteer to serve for six-year terms and meet bi-monthly to complete Foundation business. Sadly, this month we said goodbye to Martha Hoppe, though in celebration of her retirement.

Thank you to Martha years of dedicated service. She has departed for Nebraska to enjoy the next chapter of life in retirement in her hometown. She will be missed very much, but we wish her well and much happiness. Most recently she served as vice president of the board.

We welcome Kevin Ziegler to the board this month. He was nominated and graciously accepted to serve out Martha Hoppe's term. Kevin is a captain with the Minneapolis Fire Department.

To complete the board in 2021 returning members joining me are Kathy Halverson, secretary; Myrna Flatland, treasurer, Mary Catherine, Karen Moeller, Ralph Matthes, Matt Nordeen, Roger Peterson, Justin Sawyer and Brian Wirth. Thank you to these folks for their service.

The Foundation is an important organization that enables Mt. Carmel members to live God's word, exploring and discerning the gifts of the congregation. It supports Mt. Carmel ministries such as higher education scholarships, staff development, lay leader training, facility repair and renovation, and program supplies and equipment; as well as sponsoring young families to camp and the church softball team. Gifts naming the "Mt. Carmel Church in Minneapolis Foundation" are invested in perpetuity with the interest spent on vital ministry support. This year a big ticket item we sponsored was \$5500 towards boiler repairs, and \$13,350 in scholarships. We also helped fund needs for a new butterfly garden in front of the building, new computer to support our streamed church services and the Mt. Carmel softball team registration.

Do you see a need in one of these areas to request funds? Current policy calls for funding requests to be submitted two weeks prior to a Foundation Board of Directors meeting to the president of the Foundation. Meetings available for 2021 fund requests will be held Jan. 19, March 16, May 18, Sept. 21, and Nov. 16. The request should be for the purpose of funding a church-related expense not provided for in the annual budget. Applications can be found on the church website. Questions? Contact Diane Langer at ddl2@aol.com or 612-718-4229.

Diane Davis Langer, Mt. Carmel Foundation President

FORGET-ME-NOT

Birthday greetings to each of the members listed below who will reach or surpass the 80th milestone in this month. We pray that God bless you on your special day and in the year to come.

Jan. 4—Roxanne Thorkelson

Jan. 12—Carol Handberg

Jan. 23—Lorraine Carlson

Jan. 30—Roger Rignell

It is the policy of Mt. Carmel Lutheran Church to not publish the phone numbers and addresses of members. If you wish to call or send a card to these individuals, please refer to your church directory or call the office.

Beginning the week of Jan. 4, the weekly Candle email will return to once a week.

PRAYER CHAIN

To to lift up a prayer concern for the prayer chain, please contact Leona Olson at 612-859-7075.

TIDINGS DEADLINE

Jan. 19, 10 p.m.

Submit articles to jenni@jennilathrop.com. Issues are delivered the first week of the month.

JOIN OUR EMAIL LIST

Stay updated on our community life. Join our email list to receive The Candle (now twice weekly!), special announcements and important church communications.

To subscribe, email office@mountcarmelmpls.org or visit the church website at www.mtcarmel.net.

YOU ARE NEEDED AT MT. CARMEL

In January, the Mt. Carmel congregation council will have open seats to fill and we are looking for members who would like an opportunity to actively engage and use your gifts of leadership for God's work at Mt. Carmel. Volunteering your time to serve on council is a generous way to serve our church community.

The Mt. Carmel council is made up of volunteers elected to serve as leaders of the congregation. Members serve a three-year term and attend one meeting on the second Tuesday of every month. Meetings are held via Zoom so you can attend from anywhere!!

Please connect with any of us on the nominating committee for more information.

- Karen Matthes, kmatthes@gmail.com, 612-716-7395
- Lory Dubbels, Dubbels2234@q.com, 612/788-7785
- Nancy Bjorn Nordeen, nancy.bjorn.nordeen@gmail.com, 612-770-8214

JOIN US FOR GOOD FRUITS

Good Fruits, a small Bible study group, continues to meet weekly on Tuesday afternoons at 2:30 p.m. via Zoom.

We plan to spend our sessions in December using an Advent theme study. Anybody is welcome to join us. We had the privilege a few weeks ago to have Pastor Christine join us. As I told her in our invitation to her, we choose a self-directed study. As we end one series, we decide as a group what to do next. We use a variety of resources including Gather magazine or select a book of the Bible and work through it. Thank goodness for Google for some extra resources as needed.

Before the pandemic, we would meet at Silverwood park each Tuesday at 2:30. There, you can bring your own beverage or purchase a beverage or snack at the Silverwood snack counter. Last spring we started using a Zoom connection. We meet for an hour, there is no long term commitment, no book to purchase (we make the assumption that you have access to a Bible) and no limit if you want to attend just once, or only when your schedule allows.

If you'd like more information or the Zoom connection please contact Leona Olson at onondave@yahoo.com. If you'd like to be on an email list to keep updated on a weekly basis, let Leona know that as well.

COVID-19 TASK FORCE UPDATE

The task force doesn't have any new information to share at this time as it regards the church—the building is still closed to in-person gatherings, and we're waiting to see how and when the state starts lifting restrictions. But we've been watching developments on all fronts when it comes to this virus.

If you've been watching the news, you know that the COVID infection rates are coming down slowly, which is particularly good news after the spike prior to Thanksgiving. It shows that Minnesota did what was asked and maintained the physical distancing needed to keep everyone safe. It wasn't fun and made for a really weird holiday, but it reinforces one important concept: the best way to fight this infection is for people from different households to stay distant from one another so that it cannot spread.

While the governor hasn't announced yet (as I'm writing this) if he will extend the orders issued prior to Thanksgiving, it appears likely that he will, and so our Christmas and New Year's celebrations will look similar to Thanksgiving. Again, it's difficult on everyone because this is such a social season, but since the effectiveness of the policies were proven with Thanksgiving, they're important to keep up for the time being.

There's been news regarding vaccines, and with the availability of the vaccines, the end to the pandemic is finally in sight. Except that we don't know when that will allow us to return to "normal." My management, for instance, has told me that we will not be returning to the office until at least May 2021.

There are some important things to know as vaccinations begin: First is that most if not all of the vaccines being developed and reviewed now require two doses given at six week intervals. This means that it's going to be a couple of months before the first group vaccinated will have the full effect. With the limited availability of the vaccine at this time, it will be several more months before programs will begin for the general population.

The second thing to know is that there's no way to know right now when we'll hit a "safe" number of vaccine recipients in order to return to normal worship or other normal activities. Masking and distancing will still be required for the foreseeable future, which means we likely will need to reopen in stages. But the task force's work will start to shift now to reopening and setting milestones and timelines for Mt. Carmel to return to normal. But we can only do that as guidance and numbers change and improve.

I said in my article last month that I believe we'll return to in-person worship sometime in 2021. I still believe that, though I'd say it could be sometime in the early summer. And those services may not look like what we'd consider "normal," but after what likely will have been over a year away, it will be nice to start greeting each other in person again. For now, we need to re-emphasize the importance of personal responsibility. We can close the building to gatherings and meetings, but it's important that each of you personally is responsible for your safety, and the safety of others. Just as you would not risk your health, please continue to not risk the health of those who you come into contact with during your daily lives. Stay masked and stay distant so that we all can return to worship sometime in 2021.

Paul Lathrop

WHERE CAN I FIND...?

During this unusual time, our communications team is working hard to keep you updated and connected.

Website

One of the best ways to find information is on the church website at www.mtcarmel.net.

Find wind worship videos and documents, congregational mailings and other information on the NEWS page. Visit the news page directly at mountcarmelmpls.org/news.

Facebook

Worship is live on Sunday mornings through Facebook live. Also find our daily devotions, videos with Pastor John and event information. You do not need to have a Facebook account to view our videos and posts, simply visit www.facebook.com/MountCarmelMpls on any computer or mobile device.

STAYING UP-TO-DATE

In this time of physical distancing, stay up to date with Mt. Carmel and our community through our website. Visit www.mountcarmelmpls.org/news to download weekly announcements, view past worship services and find information on special events and learning opportunities. Make sure to subscribe to The Candle email list as well.

If you find it difficult to access our information online, contact the office to be added to our weekly postal mailing list. Each week you will receive the weekly announcements and the text of the previous Sunday's sermon.

To subscribe to The Candle or have your name added to our postal mailing list, please contact Steve Robertson at 612-655-7594 or office@mountcarmelmpls.org.

FAITH FORMATION AT A GLANCE:

Greetings to all Mt. Carmelites. It has indeed been some time. While this Advent and Christmas season will be one of the stranger ones for me, I pray and know that, indeed, God is with us always. Merry Christmas and Happy New Year to all. We will get through this.

Check-ins for this winter:

- **Reflect.** Reflect remains on! For security purposes, please email me if you would like to join us for reflect. We have been and will continue to gather each week, after service, via Zoom, in the same way, and in the same time slot (11-11:45 a.m.) to retain the greatest sense of normalcy as is possible! I invite you to join our conversation and fellowship and directly engage that faith formation opportunity.
- **Sunday School/Faith Formation Resource.** The Sunday School/ Faith Formation resource has arrived! We have completed six installments of this virtual faith formation and Sunday school resource and things are going great. During the holiday season, we have taken a short break from our regularly scheduled resources to do a special project as a Sunday school group for the holidays.
- **Christmas Card Project.** This year the Sunday school teachers and I are having the kids make Christmas cards for some of our Mt. Carmel members who could use some extra cheer this Christmas! I understand that this has been done before and I see no better time than in the midst of this pandemic to bring this kind of ministry back for both the kids and the adults in the Sunday school program. If any of you would like to share ideas we can do to reach out, please email me!
- **Confirmation.** Confirmation has arrived! Confirmation met for a socially distanced kick off in the October and again virtually in November. As is usual, we will be taking a break for December with the holiday season busyness, but in January the two classes will be back underway meeting at their regular time.
- **Monthly Reminder.** And as always, what are your ideas? If you have an idea that is not listed above for something positive and in the realm of faith formation or fellowship for our community, email me! My virtual door is always open to working with people on new ideas. Feel free to email me at faithformation@mountcarmelmpls.org

I look forward to gathering with you all again when it is safe.

Blessings,

*Nick Ralston
Faith Formation Director*

FROM THE PRESIDENT

STARTING ONE OF OUR NEW CHAPTERS

The church council is looking for help in 2021. We believe that it is important to re-focus our commitment to the church building and its finances. We need volunteers to serve on our soon-to-be formed property and finance teams. We envision this to be a commitment of only four quarterly meetings per year (however, the teams can determine their meeting frequency later).

Please prayerfully consider this opportunity to be involved in helping your church to thrive and prosper. This is one way that our church family can chart our future course. Thank you for your consideration, and best wishes for a better new year.

Contact Tim Quinlan (612-875-6395 or tqtimquinlan@gmail.com), Diane Davis Langer (612-718-4229 or ddl2@aol.com) or Pastor Christine at (612-781-2796 or pastor@mountcarmelmpls.org) with any questions or to join either team.

Tim Quinlan, Council President

CHURCH DIRECTORY COMING SOON

The church will publish an updated church directory soon and make it available to all church members. If you have concerns about including your name and contact information (including cell phone and email address) or if you have concerns that your information may not be up-to-date, please contact Steve Robertson in the church office. All members will be included unless you contact the office to have your information excluded.

SHARING MEMBER INFORMATION

The church is developing a privacy policy and process to protect the personal information of our church members. We will provide more information about that policy and process in the coming year.

In the meantime, we have regular requests from church members and church leadership for contact information of fellow church members (address, phone number and email address). The Congregational Council has directed the church office to provide that information to known church members when requested.

If you don't want your contact information shared with other church members, contact the church office and let us know what information you would like withheld (i.e.: address, phone numbers and/or email addresses). We will make every effort to honor your request. 0

BUILDING CLOSED

Mt. Carmel is currently closed to small group gatherings and meetings until the Minnesota state restrictions are lifted on in-person gatherings. No one is allowed in the building at this time. If you need to be in the building for any church-related business only, you must be masked at all times and limit your time in the building. All staff will be working from home.

If you must enter the building, only use the main entrance at the corner of Ulysses St. and St. Anthony Parkway. All other doors should not be used. This will keep all visitors to the building from entering space maintained by the Child Care Center (child care families only should continue to use the entrance nearest the center).

Find our COVID-19 Preparedness Plan plan online at <https://mountcarmelmpls.org/mt-carmel-covid-19-preparedness-plan/>

WATCH SUNDAY'S WORSHIP ONLINE

Did you miss worship this week or would you like to watch it again? You can watch the recorded videos on our website at mountcarmelmpls.org/category/worship following worship each week. We also post the text to the sermon at mountcarmelmpls.org/pastors-page/sermons (when available).

MT. CARMEL COUNCIL

Tim Quinlan, President
Barb Hollister, Vice President
Karen Matthes, Secretary
Diane Langer, Treasurer
Allison Gurney
Dave Larson
Patrick Lathrop

COUNCIL HIGHLIGHTS

Council met Tuesday, Dec. 8

- Church directory privacy policy: last spring/summer, the communications team recommended that Mt. Carmel should have a privacy policy in place and directed the office to begin withholding church directory information from other members (groups or individuals) until a policy and process was in place. At the December meeting, the council directed the office to begin providing church member information to other church members when requested so members can continue to stay connected with each other and have access to current contact information. This is especially important during COVID when many of our homebound members are not able to attend the online church services. The council also requested that we re-publish a statement from the office to our church members that their contact information will be given out UNLESS they request otherwise. The council has consulted with the synod about the requirement for a privacy policy and will follow the guidance that is provided by them.
- The nominating committee is still in the process of recruiting people to serve on council.
- A motion was made and approved to accept the Foundation nomination of Kevin Ziegler to fill Martha Hoppe's remaining term on the Foundation.
- The annual meeting will be online. We are currently planning the meeting and will send a congregational letter in January with instructions to participate.
- The Dec. 3 Sunday offering is dedicated to raising funds for our commitment to the Sheridan Story. A \$2,500 payment will need to be made for this commitment by the end of 2020.
- After many hours of work, the personnel committee has completed detailed job descriptions for all Mt. Carmel positions. A big thank you to the members of the personnel committee: Barb Hollister, Lynette Dubbels, Martha Hoppe and Justin Fischer! Some of the duties that were previously done by staff will now require volunteers to help out.
- Mt. Carmel is in need of a new finance committee and a new property committee. Watch for an article in the Tidings and the Candle, asking for volunteers to serve on one of these committees.

—Karen Matthes

EXPERIENCING GRIEF OR LOSS?

Many have lost family or friends from COVID-19 or other causes. Others may be having a difficult time due to other sources of grief or loss. Many have lost a job and have not been able to find new work. Still others—especially the elderly—are feeling isolated because they have not seen friends or family for months. All of these situations are variations on grief and loss that may lead to depression during the cold, dark winter.

Consider connecting with a Befriender through Mt. Carmel if you or someone you know is experiencing grief or loss. Trained Befrienders have extensive practice in active listening skills and can be present to allow you to express whatever feelings you are experiencing. They aren't problem solvers, but they will assure you that God is with you even in the difficult times of your life. Due to the pandemic contact with a Befriender would be over the phone or online for now. For more information about the Befriender Ministry at Mt. Carmel or to be connected to a Befriender, please contact the church office or Dave Olson at 651-528-7459.

NORTHSIDE JUSTICE FELLOWSHIP

Gethsemane Lutheran Church, our partner congregation through Northside Justice Fellowship, is seeking help in the distribution of food in their neighborhood. Who would like to volunteer to join our friends at Gethsemane in North Minneapolis? If you have questions, contact Pastor Jeff Nehrbass at prjeff@thecamdenpromise.org.

OFFICE ADMINISTRATOR OPENING AT MT. CARMEL

Mt. Carmel has an immediate opening for an Office Administrator. Check out the job description online and send us a message if you are interested in applying. For more information or to apply, contact Lynette Dubbels at dubbels2234@q.com or 612-802-5343. Find the job description at http://bit.ly/MtC_OfficeAdmin.

CALL FOR DEVOTIONAL WRITERS

Wait! Don't stop reading! Instead, think for a moment about sharing your insights. We are looking for members who would like to share their thoughts on scripture and faith with our community. We're not looking for "professional writers" or "paid theologians." We're looking for your meaningful stories, thoughts and even questions. Why is a Bible verse important to you? When did your faith see you through a challenging time? What are your own questions about scripture and faith?

All ages are invited to share a devotion with a faith community excited to hear your own words. We'll walk you through the process. Email the office if you have questions or if you would like to write.

THANK YOU

Many thanks to all of you who sent cards, notes and most of all your prayers during my recent surgery and hospitalizations. I am getting stronger each day and for that I am ever so grateful. Next up: chemo. Bring it on!

—Kathy Halverson

THANK YOU

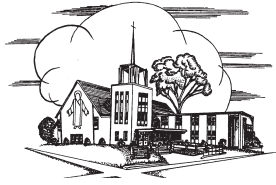
Many thanks to our Mt. Carmel family for your generosity and continued support of the food basket outreach ministry. Because of COVID, we mailed Cub gift cards rather than trying to deliver food like we did at Easter. We were able to help 16 families—five were referrals from the NE Seniors and 11 were Mt. Carmel members, family members or friends. As you know this ministry has been ongoing for many years and it continues because of you. Thank you! May God bless each of you as you have blessed the families we help.

—Kathy Halverson and Barb Hollister

THANK YOU

In November, Mt. Carmel created and supplied 26 Birthday bags for Little Kitchen Food Shelf. Fourteen of those bags came from our Girl Scouts! What an awesome, generous effort. THANK YOU ALL for your kindness. LKFS will be closed Dec. 21- Jan. 8 for cleaning and remodeling efforts. They will reopen Jan. 12.

—Myrna Flatland



Mt. Carmel Lutheran Church

1701 St. Anthony Parkway NE
Minneapolis, MN 55418

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Mt. Carmel Lutheran Church

During this season of COVID-19, the church building is closed. But our faith community is always open.

Interim Pastor

Christine Wenzel

Office hours

By appointment

Sunday worship

10 a.m.—Facebook Live at
facebook.com/MountCarmelMpls

Mt. Carmel Child Care

Brenda Wetzel, Director
612-781-2798

**Mission: Learn, live
and share God's Word**



WORSHIP WITH US ONLINE

Join the Mt. Carmel faith community for worship on Facebook Live, Sunday mornings, 10 a.m.

To access the worship online, go to the Mt. Carmel Facebook video page at facebook.com/pg/MountCarmelMpls/live anytime after worship is scheduled to begin. Select the video with the red "LIVE" tag to start watching. *You do not have to have a Facebook account to watch the worship service.* Videos are available to watch at any time after the live event.

For more on worshipping with us using Facebook Live, visit mountcarmelmpls.org/watching-worship-on-sunday-mornings.



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www.mtcarmel.net



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