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*University Lutheran Church of Hope  
is a welcoming, Christian community of faith  
centered in God's grace and  
called to demonstrate God's love for the world.*

## Advent and Christmas at Hope



Our annual Advent smörgåsbord potluck Fellowship Meal.



Night Songs



On December 3 we tuned up our voices and visited members who aren't able to get out as easily. Thanks to Leona Reyelts for warmly welcoming carolers to Lyngblomsten.



For many years Hope has provided a space for China Outreach Ministries, which hosts a monthly dinner in Fellowship Hall. This photo is from their annual impromptu nativity pageant, a tradition since 2003.



Service of Nine Lessons and Carols on December 17.

## Treasurer's Report

	Nov. 2017 Actuals	Nov. 2017 Budget	Nov. 2017 Variance	YTD Actuals	YTD Budget	YTD Variance
General Giving	31,293	37,392	(6,098)	366,648	411,308	(44,660)
Rental Income	20,786	11,610	9,176	139,982	127,706	12,276
Total income	52,079	49,001	3,078	506,630	539,014	(32,384)
Total Expenses	64,381	50,501	(13,880)	545,912	555,514	(9,602)
Net Cash Activity	(12,302)	(1,500)	(10,802)	(39,282)	(16,500)	(22,782)



Some highlights of this month's report:

- Expenses look high in November, but that is due to corrections that were made in this month for previous months, and the expense of replacing our networked server.
- Our total income will look even stronger than budgeted next time because PEASE Academy paid two months of rent in December.
- I continue to be grateful for our ministry areas for being good stewards in managing their expenses.

As I like to remind everyone, Simply Giving is a great way to evenly distribute your annual giving throughout the year without having to worry about sending your check or even finding your checkbook. A link to Simply Giving is found on our home page at [ulch.org/](http://ulch.org/). And don't forget, you can now give via text. If you'd like information on either Simply Giving or texting your donation, please let me know.

If you have any questions please contact me at [treasurer@ulch.org](mailto:treasurer@ulch.org)

Ruth Hedman  
Treasurer

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## Capital Campaign: Revealing Hope

"Revealing Hope" is the theme of our new capital campaign and mission renewal. The primary purpose of our tri-annual capital campaigns in the new millennium has simply been to make payments on our mortgage. This is certainly still a necessity and our top priority. With this new initiative, however, we will challenge ourselves not just to pay the bills but to look outward and to the future. With the theme of Revealing Hope, we are hoping to deepen our understanding of why University Lutheran Church of Hope means so much to so many of us, and how we can bring that vision and mission to our neighborhood, the broader community, and a world so in need. In other words, how we can rededicate ourselves to being the big-thinking, outward-looking, change-making congregation that is our legacy and promise.

In fiscal terms, our Revealing Hope campaign has three primary elements:

- (1) Continuing our regular mortgage payments.
- (2) Initiatives to enhance and enrich our physical building. These include refurbishing and lighting our beautiful stained glass windows; building a community bread oven; constructing a children's play area; and updating our marvelous organ.
- (3) Benevolence to a variety of organizations and causes including Lutheran Campus Ministry-Twin Cities; the Sanctuary Movement; and the Lutheran Church of Christ in Nigeria.

The official campaign kickoff will be at an open, all-Congregational event on Thursday January 11, 6:30-8pm watch for more information and please RSVP! Over the course of the following weeks, we will then deepen our understanding and commitment in worship and other events, leading up to final pledge collection on the day of the annual congregation meeting, Sunday February 11.

"Revealing Hope" will be a major, multi-year project. But with your participation and commitment, we believe it can lay the groundwork for our future—a future in which annual appeals will not be about paying off debt, but about investing in meaningful worship, deeper engagement in our communities, and a brighter, more Christ-filled world.

Doug Hartmann and the Capital Campaign Team

## Revealing Hope

On December 14 we welcomed a few hundred folks to Night Songs. What an evening! 60-some choir members teaming up from First Congregational Church, University Baptist Church, Christ's Community Moravian Church in Maple Grove, and University Lutheran Church of Hope. The darkened sanctuary with candles flickering and a starry night sky projected into the rafters while cosmic images rested before us. Students, community members, church folks, friends, and others lounged on pillows in the front of the sanctuary or got comfortable in the pews. Poetry and music leading us deeper, leading us together. It was quite an evening, magnificent, really.



As I was in the interview process with our call committee, back in the spring of 2015, I remember distinctly how more than a few times committee members referenced this thing called Night Songs. I'm so glad to have experienced it for myself. Thanks to James Flaten, Zach Busch, the Hope Choir and so many congregational partners for bringing Night Songs to birth again.

Our capital fund campaign appeal runs from January 7 to February 11 under the banner "Revealing Hope." I'm curious as to how you hear this theme. It's intentionally multi-dimensional, evocative:

- At Night Songs we revealed a little more about University Lutheran Church of Hope and the intersections of the gifts of music, aerospace engineering, faithfulness, justice, and creativity. That revealed Hope (the congregation) and, I believe, it revealed hope (this sense of God's promises).
- As we replace the covers on the stained glass windows (one of the projects on the capital campaign list) and light the windows at night, we'll be revealing this community called Hope, and revealing God's hope, God's faithfulness, to our neighbors. If you haven't walked across 6<sup>th</sup> Street Southeast and turned to take a look at the south side of our facility, do it. I hate to say it, but it's not our best face that we show to Dinkytown and the University. Instead of the yellow/gray opaque covers, imagine clear covers protecting those lovely windows. They will be seen as clearly from the outside as they are now from inside. Their beauty will pop against the gray stone.
- Daily, sometimes in words, often in actions, *you* are part of revealing God's hope to the world. We do that as a community through Sunday worship and faith formation, through Hope Connections small groups and circles, through Sanctuary, our partnership with PEASE Academy, The Sheridan Story, Families Moving Forward, Lutheran Campus Ministry, and countless organizations and neighborhood groups. And we reveal hope as individuals living our vocations as caregivers, learners, teachers, laborers, healers, justice-seekers, organizers, advocates, parents, administrators, protectors, friends, family members, and more. We are part of revealing God's hope.

It is not by chance that our Revealing Hope campaign coincides with the season after Epiphany. Week after week, our biblical stories are all about how Jesus is being revealed as God's own. We, too, are revealed again as Christ's people, called into community with a purpose. I invite you to participate deeply in the Revealing Hope campaign, and in these days to be alert for how hope is being revealed again and again.

I'm grateful to be in ministry with you at this time, in this place.

Pastor Jen

# FAITH FORMATION NEWS



## Faith Formation for All Ages

### Children's Ministry

Our Sunday School classes gather again starting on January 7 at 9:15 a.m. We will kick off the second semester with a trip to the Purple Onion for hot cocoa. If you have little ones (age 3 through pre K) we ask that a parent accompany them or meet the group at the Purple Onion. The rest of the group will walk (weather allowing). The lesson schedule for the second semester is located on the bulletin board near the mail room. Questions? Contact Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org)



### Youth Group



University Lutheran Church of Hope's Youth Group gathers again on January 7 in the Youth Room. We'll spend some time playing games, engaging spiritual practices, and talking about where God is active in our lives. Keep an eye on the calendar for upcoming Youth Group special events. Questions? Contact Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org)

### High School Lock-In February 24

Pizza. Games. Adventure. You can experience all of the above when you join us for University Lutheran Church of Hope's High School Lock-In on February 24. If you are in grades 8-12, you are invited to spend the night at church for fun and fellowship...and pizza. Invite your friends! There are permission slips at the welcome center that must be turned in by February 11. Questions? Contact Nick Tangen at [nickt@ulch.org](mailto:nickt@ulch.org). See you there!

### 2018 ELCA Youth Gathering

In June, a group of twelve Hope youth will attend the 2018 ELCA Youth Gathering in Houston, TX. This is a great opportunity for high school students to meet other Lutherans from around the country, to explore faith and community, and to have the opportunity to serve the community.

We need your help to make this trip possible! We need to raise \$6,000 by May of 2018 to cover travel, food, and hotel expenses. You may donate online to the Youth Fund, or write a check with "Youth Gathering" in the memo line. Thank you for supporting the youth of this congregation, and for making this trip happen!

Questions? Contact Nick Tangen [nickt@ulch.org](mailto:nickt@ulch.org)

### Centering Prayer Fridays at 1 p.m.

Centering Prayer is a silent method of prayer that prepares our faculties for the gift of contemplation. In the practice we engage in a process of self-emptying by gently releasing our attachment to our thoughts, and settling into the deep and abiding presence of God. The fruits of the practice appear in the holy humdrum of daily life. Join us on Friday afternoons for a time of holy rest and prayer.



# Sunday Forums

(9:30-10:20 a.m. in Heritage Hall, below the Sanctuary)

**January 7: Immigration Detention.** Kjerstin (Sanden) Yager will give us information about the immigration detention system in Minnesota, and efforts that community members are making to support these immigration detainees. In particular, she will explain the Immigration Court Observation Project, an initiative to bring transparency to the immigration system. Kjerstin and her husband Shane are members of University Lutheran Church of Hope.



**January 14: A Day in the Life of a State Court Judge.** Hope member Louise Dovre Bjorkman will reflect on the work of Minnesota's trial and appellate court judges. Louise was a judge of the Second Judicial District (Ramsey County) Court from 1998-2005, and has served as a judge of the Minnesota Court of Appeals since 2008. Louise will discuss the structure of the Minnesota Judicial Branch, the kinds of cases that come before Minnesota's courts, how judges are selected, the election process, and current challenges to the court system.

**January 21: Ministry in a German Context.** Seminarian Tim Schroeder will speak about his one-year Internship serving the American Church in Berlin, Germany. He will highlight his experience with the Luther 500-year Anniversary, and share an update on seminary education at Luther and across the ELCA. Tim formerly worked with University Lutheran Church of Hope as a liaison with Lutheran Campus Ministries. Seminarian Jim Vitale, former youth minister at Hope, is now serving his intern year at the same parish in Berlin.



**January 28: Revealing Hope.** "Revealing Hope" is the theme of our new capital campaign and mission renewal. In fiscal terms, the campaign has three primary elements: annual mortgage payments, facility enhancements, and benevolence. John Rydeen and Kristin Wiersma will focus on the planning and implementation of the campaign and will answer any questions about the vision for this campaign.

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## Awakening the Sage Within

Come for a taste of a different, more satisfying way to grow older – a conscious, compassionate, and joyful second half of life. Sage-ing (also known as Spiritual Eldering or Conscious Aging) is a model for engaging the second half of life more deliberately, more joyfully, and more compassionately. Sage-ing can help us develop a balanced plan for eldering that is personally fulfilling and also beneficial to others.

On Saturday January 13 and Saturday January 20, from 9 a.m. to 12:30 p.m. in Heritage Hall, Karen West, Certified Sage-ing Leader (CSL), and Rev. Brian McCaffrey, CSL intern, will present this program based on the groundbreaking work of Rabbi Zalman Schachter-Shalomi, who wrote *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*. During this interactive workshop we will introduce Sage-ing concepts including life review, forgiveness work, and issues surrounding our mortality; explore feelings about aging and the role of spiritual development in the capstone chapter of life; and begin development of a personalized plan for our own eldering. A donation of \$10 is suggested to defray cost of material.

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## Grant Opportunities

For more than 30 years, the Hope Trust has supported ministries at and beyond University Lutheran Church of Hope: everything from youth ministry to women's retreats, from worship support to kitchen supplies, from education to overseas mission endeavors.

Once again the Hope Trust board is accepting grant requests from congregational groups and members to address ministry opportunities in the year ahead. Use the grant request form on Hope's website or pick one up at the church office or the welcome center. Grant applications are due by January 31, 2018. For questions contact Merrill Morse at [mandlmorse@comcast.net](mailto:mandlmorse@comcast.net)

Watch for more news about the Hope Trust, coming soon in *The Visitor*.

## Faith in Community Activities

### ISAIAH Faith Delegates and Training

Did you participate in one of the ISAIAH House Meetings in December? Or, are you interested in putting forward a faith agenda at the caucuses in February? ISAIAH is working to organize 4,000 faith delegates to caucus, bring forward resolutions, and attend the district and state party conventions. This is our chance to put forward an agenda that we can believe in, and to demand that candidates for governor and Congress hear our voices.

There will also be a faith delegate training at University Lutheran Church of Hope on January 15 at 6 p.m. If you have never been to a caucus, or if you would like to hear more about the faith agenda that ISAIAH has been crafting in collaboration with Minneapolis communities of faith, please join us. If you would like more information, please contact me at the email below.

### Racial Justice and Sanctuary Retreat

Are you interested in the work of racial and immigration justice? On March 4 after 10:30 worship, join us for a Racial Justice and Sanctuary Retreat to discuss this work and to plan Hope's course of action for the next year. We will spend some time grounding our work in our faith, exploring and applying resources provided by Multi-faith Anti-Racism Change & Healing, (MARCH), and visioning for the future. We'll meet in Fellowship Hall at 11:45, and should wrap up the retreat by 3 p.m. Lunch will be provided. Please RSVP to Nick Tangen or Karen Westwood by February 25.

### PEASE End of Semester Lunch

On January 24 at 11:30 a.m., University Lutheran Church of Hope will serve a Soup and Chili Lunch for the PEASE Students and Faculty in Fellowship Hall. If you would like to help serve or to cook some soup or chili, please contact me. Let's help PEASE celebrate the end of the semester.

### Immigration, Sanctuary, and Nicaragua Immersion Trip

Through Project Minnesota Leon (PML), an immersion trip to Leon, Nicaragua is planned for August 11-21 with a focus on immigration. There will be an informational meeting on Sunday January 21 from 7-8:30 p.m. at Christ Lutheran Church, 105 W. University Ave. in St. Paul. ELCA Pastor Ralph Baumgartner (PML Board member and ISAIAH member) is leading this trip. RSVPs for the informational meeting are encouraged, but not required. See the flyer on the Sanctuary bulletin board at church. Contact [emily.mn.leon@gmail.com](mailto:emily.mn.leon@gmail.com) to RSVP or with questions.

Peace be with you!

Nicholas Tangen Obl.OSB  
Minister of Faith in Community  
[nickt@ulch.org](mailto:nickt@ulch.org)

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## Hope Book Club

On January 14, 2018 at 7 p.m. in the Hope library, the Hope Book Club will discuss *The Color of Water: A Black Man's Tribute to his White Mother*, by James McBride.

"Touches readers of all colors as a vivid portrait of growing up, a haunting meditation on race and identity, and a lyrical valentine to a mother from her son."

[www.goodreads.com](http://www.goodreads.com)

Please contact Sonja Peterson with book suggestions or questions at (612)789-0397 or [speterson@dunnwald.com](mailto:speterson@dunnwald.com)



# Congregational Life

## Dates to Keep in Mind:

January 4: Ranheim music recital  
January 7: Epiphany Service; Capital appeal kickoff  
January 13 & January 20: Awakening the Sage Within  
January 14: Book Club  
January 15: Faith delegate training  
January 21: Fellowship meal  
January 24: Evening Worship-Prayer Around the Cross  
January 24: PEASE soup and chili lunch  
January 26-28: Hope Women's Retreat  
February 7: Holden Evening Prayer Around the World  
February 11: Annual meeting; Receive capital appeal pledges; Fellowship meal  
February 17-19: Mt. Carmel Winter Retreat  
February 24: High school lock-in  
March 4: Racial Justice and Sanctuary Retreat  
March 11-18: Host Families Moving Forward.

**Life Events at Hope:** We're a community of faith, called to hold one another in prayer. These months with less daylight and holiday times can be especially painful and lonely for some. Here are a few of the life events affecting our community. We need your help to know for what we can pray. Please alert a pastor or contact the church office. We include in prayer...

**Welcoming children:** We pray for those in our congregation who are awaiting children and holding hope in joyful and painful times.

**Deaths:** We hold in our prayers in these days all who grieve, especially the family and friends of longtime Hope member Margaret Vainovskis, who died November 28; Sarah Wille and Mike Kneer, Emma and Liam at the death of Sarah's father Lawrence Wille; Jacob Nordman and his family at the death of Jacob's grandfather Jim Nordman; Beata Rydeen's cousin, Shirley at the death of Shirley's husband; and Scott Hvizdos and family at the death of Scott's grandmother Peg Sternburgh.

**Significant Illness:** Those living with illness, cancer, recovery, uncertain diagnosis, chemical dependency and other addictions, and mental health struggles, especially Janet Carpenter, Hannah Kiresuk, George Wagner, Madeline Teske, Alexander Otey-Wold, and Chuck Lewis.

**Separation, Divorce, Retirement, Moves, Graduations, and New Beginnings:** We hold one another in prayer. God is with us through it all.

**Ranheim Recital:** Longtime Hope member Judy Ranheim and son Bjorn, with pianist Sonja Thompson, will present a recital on Thursday January 4, 2018, at 7 p.m. in Mairs Concert Hall of the Janet Wallace Fine Arts Theater at Macalester College in St. Paul. The recital is free, open to the public, and will feature works by William Beckstrand, Ludvig von Beethoven, Phillippe Gaubert, and Edvard Grieg.

**January Fellowship Meal:** Join us on Sunday, January 21 after the 10:30 a.m. service for a Fellowship Meal with a Chinese New Year focus and great local Chinese food. Undergrad and grad students are our guests and eat free. Help with setup and cleanup is always needed.

**Annual Meeting February 11:** Mark your calendars for the University Lutheran Church of Hope annual congregational meeting on Sunday February 11 following the 10:30 a.m. service. We'll gather in Fellowship Hall, share a light lunch for our monthly Fellowship Meal, review the year past, elect congregational leaders, approve a budget, vote on our racial justice statement, and do other congregational business. Please plan to participate.

## Hope in the World: Plymouth Christian Youth Center

It may not be widely known that University Lutheran Church of Hope is a supporting congregation of the Plymouth Christian Youth Center (PCYC), located just off Broadway in north Minneapolis. We, along with other congregations and individual donors, help PCYC achieve its mission: *To enrich the skills, prospects and spirit of North Minneapolis area youth and adults, in partnership with families and communities.*



One of the ways we do this is through participating in the annual Children's Christmas Gift Sale, typically held the second Saturday in December. This is an event at which, for just one dollar, children from the school and the neighborhood can select up to five gifts to give to family members at Christmas. Donations of modestly priced gifts or cash are solicited for the sale, with the goal of enabling about one thousand children to participate. Thanks go to Gretchen Peik, who has coordinated gift collection at Hope for a number of years and, of course, to Hope members who donated gifts or money. She delivered 64 gifts and \$40 this year.

Volunteers are needed the day of the sale as well, so this is an advance call to consider helping next year. It is a heartwarming experience to see kids, grocery sacks in hand, browsing the tables laden with presents, looking for just the right gifts to give their loved ones. I'm grateful for PCYC and the difference it is making in this north Minneapolis neighborhood, and to our church for helping PCYC carry out its mission.

Bruce Eldevik  
Hope in the World

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## Two Winter Retreats for Hope Members and Friends

### Presidents Weekend Winter Retreat at Mount Carmel, February 17-19

Have you ever gone on the Hope winter retreat? Please join other Hope families and singles this year at our annual University Lutheran Church of Hope/Mount Carmel winter retreat. It's a great time away in the winter. Here are the details:

**Arriving on:** Saturday, February 17, 2018 after 1:00 p.m.

**Departing on:** Monday, February 19, 2018 late morning

**2 overnights, 4 meals:** Sat. dinner, Sun. brunch, Sun. dinner, Mon. breakfast

**Activities:** skate, Nordic ski, snowshoe, slide, sauna, board games, fireside chats, Sunday chapel service

**Reservations:** call Mount Carmel at (800)793-4311 or email [jill@mountcarmelministries.com](mailto:jill@mountcarmelministries.com)

Contact Bryan Kufus at (612)685-0402 or [bkufus462@icloud.com](mailto:bkufus462@icloud.com) for more information. The reservation form is on our web site at <http://www.ulch.org/hope-winter-retreat> Reservations should be made ASAP; a non-refundable deposit of \$50 per family is due by 1/1/18, paid by check to Mount Carmel, PO Box 579, Alexandria, MN 56308, or by credit card on the phone. There are 10 rooms and more can be found if needed.

### Hope Women's Retreat January 26-28

"Telling Stories" is the theme for the 2018 Hope Women's Retreat, Friday January 26 at 4:00 p.m. through Sunday January 28 at noon.

**Location:** Dunrovin Christian Brothers Retreat Center in Marine-on-St. Croix (7 miles north of Stillwater)

**Rooms:** Private and suite rooms include a sink, desk, chair, and linens

**Options:** Friday night through Sunday is \$205 (includes 4 meals – add \$10 for Friday supper). Saturday only is \$130 (same cost whether 1 or 2 meals). Saturday and Sunday is \$175 (3 meals).

**Payment:** Checks to University Lutheran Church of Hope, memo *Women's Retreat*. Mail to Ann Beane, 4401 18<sup>th</sup> Ave S. Mpls. MN 55407. Scholarship money is available – talk to Pastor Jen.

**Registration:** Forms are at the welcome desk. Deadline is Wednesday January 14 – no refunds after this date. For more information: Contact Ann Beane at [spirit.beane@gmail.com](mailto:spirit.beane@gmail.com) or (651)245-8226 or Beata Rydeen at [beatarydeen@comcast.net](mailto:beatarydeen@comcast.net)



## President's Report

There was a time when Night Songs seemed like a weird idea. Scott Rohr and James Flaten had dreamed up this strange concept of a winter choir concert in the darkened Hope sanctuary, with images of stars and galaxies and nebulas projected on the walls and ceiling. Strange as the idea seemed, it worked, and the resulting events were beautiful. Those first Night Songs live on as magical memories.

As I write this, 24 hours have passed since the latest Night Songs, and it's hard to shake the sensations of an amazing evening. Zach Busch reimagined the event as a mini-choral festival, with several choirs singing individually and en masse. James' cosmic images were stunning. Solo performances, spoken word, a recorded excerpt of the Rev. Martin Luther King's "I Have a Dream" speech, and small ensemble pieces came together under the theme, "The arc of the moral universe is long, but it bends towards justice." The event was moving, thrilling, educational, and profound.

Our new flexibility in the south transept, where we've replaced the fixed pews with movable chairs, proved its worth as people curled up on the floor with pillows and blankets.

And the church was full. On a Thursday night. In the middle of December.

The cosmology lecture in the program wasn't the only valuable lesson of the evening. Here's another: As the faithful people of our community dream about how to know God and make God known, they may come up with ideas that seem far-fetched. We should listen, because the Holy Spirit is apt to work in unexpected ways.

Taking pews out of the church, putting a bread oven in the parking lot, opening a mini-farmer's market, and projecting images of the cosmos on the sanctuary ceiling are all signs of a faith community that is challenging itself to take risks and think creatively. And those risky ventures may become sources of great inspiration.

See: God is making all things new.

God's peace to you and yours.

Eric Ringham  
Congregational President

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## Music Ministry at Hope

### Night Songs

*and this is the wonder that's keeping the stars apart*

*i carry your heart(i carry it in my heart)*

Night Songs on December 14 was an inspired, spiritual coming together of many elements: thoughtful and skillful engineering, passionate singing and playing, expressive narration, generous volunteer work, and engagement and openness from attendees. It was gorgeous collaboration. It was a cosmic celebration.

Thank you, very deeply, to all who participated in your facet. It was indeed a sum greater than its parts.

There is beauty for light-years around that inspires us, draws us out of ourselves, and connects us to one another and to the energy and spirit of love at work in all manner of things. We continue to look to the stars for that reminder of our smallness, yes, but also our utter uniqueness. We set to (hard) work loving up everyone and seeking to understand that which connects us. Thank you again to all who supported this program and brought Night Songs to life.

### Holden Evening Prayer around the World

Holden Evening Prayer was written in 1985-86 when Marty Haugen was the musician-in-residence at Holden Village. The simple vespers service follows a traditional Lutheran form while using contemporary and inclusive language. It has been adopted around the world, and the liturgy is used weekly at Holden Village, where the service is known as *Vespers '86*. On February 7, 2018 at 7:00 pm, Hope will pray this liturgy along with many other worshipping communities around the world. Join us for this fun and spiritual way to connect with the greater church.

Zach Busch  
Minister of Worship and Music

# Care and Nurture Ministry

## Let's Get Acquainted

Lorraine Berger remembers walking with her family to church each Sunday from their apartment building that was very close to University Lutheran Church of Hope. Lorraine's parents cultivated her deep love for God and for her beloved church family here at Hope. Lorraine's father worked at the University of Minnesota. Like many Dinkytown residents, she walked to grade school, to Marshall High School, and then to the U of M to pursue her passion for creating art. She loved to draw and paint. After graduation she began her career in art education at the University of North Texas in Denton. She has been teaching students of all ages to express their ideas with art ever since.



Lorraine shares these words of wisdom: "Art is a lifelong expression that starts when a young child picks up a stick and makes a mark with it. Every child must have art experiences that stimulate the imagination, spark creativity, and generate fantasy. Children's drawings represent the most important stage of artistic development. It is so important to allow children to learn to solve problems, cope with fears and mistakes, think creatively, and become well-adjusted people who can communicate through their art."

Lorraine is delighted to see children around the craft table in the sanctuary at Hope because she also used to draw with pencils in church as a child. She says the activity of drawing helped her to listen to the pastor and the choir.

Lorraine now lives in an assisted living setting in Chanhassen. She continues to draw and paint every day. She very much enjoys visitors, and she is thrilled to share her markers, colored pencils, paints, and paper with friends who visit. She may not recall your name, but she is happy to offer professional encouragement to all comers.



## 🎵 Thanks for caroling!

Thanks to Friendly Visitors and others who delivered poinsettias and cookies to our homebound members! Thanks to all who gathered to sing carols with Pastor Jen at Lyngblomsten, and to Pastor Barbara and Becky Hanson for playing piano and leading carols at Ruth Ann Meyer's home and with Eagle Crest residents Esther Shivers and Bob Agrimson and their friends.

## Understanding Post Traumatic Stress Disorder: Presentation 5:30-7 p.m. Wednesday January 10

The Compassion Care ministry has invited University Lutheran Church of Hope member Ann Wagner to help us understand what is important to know about PTSD and those who experience it in their lives. Dr. Wagner is a clinical psychologist at the Minneapolis VA Hospital. This session is open to PTSD sufferers, caregivers, and all who have an interest in or who live or work with one who suffers from PTSD.

Pastor Barbara Johnson  
Care and Nurture Ministry

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## *The Visitor*

*The Visitor* is published monthly by University Lutheran Church of Hope, 601 13<sup>th</sup> Ave. SE, Minneapolis, MN 55414-1437.

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Deadline for submitting articles is the 15th of every month, for the following month's issue.

Copies of the current issue of *The Visitor*, as well as back issues, are at [www.ulch.org/VisitorArchive.asp](http://www.ulch.org/VisitorArchive.asp) or by contacting the church office.

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