

COMMUNITY CONVERSATIONS: UNCOMFORTABLE CONVERSATIONS ABOUT RACE AND RACISM

We invite you to Community Conversations: Uncomfortable Conversations about Race and Racism at **noon on Sept. 16** with Diana DiazGranados and Pastor Mark Solyst. This year's conversations will be held virtually until further notice due to COVID-19. These monthly conversations are sponsored by the Interfaith Leaders' Coalition and hosted by English Lutheran Church. View the conversations at youtube.com/EnglishLutheran.

FIRST LUTHERAN PLAY DAYS @ SUGAR CREEK, SEPT. 18-20

First Lutheran will have Sugar Creek Bible Camp all to ourselves the weekend of **Sept. 18-20!** All ages and stages are welcome to camp one or two nights, or just come for a day. We'll use the same precautions that were used at camp all summer so that we can enjoy each other and a beautiful setting while feeling safe and having fun. Creek stumping, disc golf and horse rides by day... camp fires, s'mores and more by night. The weekend concludes with a safe, outdoor worship service Sunday morning. Come for any or all of what may become an annual event! Register online at 1stlu.org/playdays.

SUNDAY MORNING WITH COFFEE SMALL GROUP

Sundays 9:15-10:15am starting Sept. 20. We will discuss questions and thoughts from the previous weeks Bible Readers readings. Join us when you can. We will meet virtually via Zoom when we can't meet in person. Email bridget@firstlu.org to get the Zoom link or get help connecting to Zoom.

RACISM AND THE COULEE REGION: A COMMUNITY DIALOGUE SERIES

Many in our community have committed to engaging more deeply in efforts to prevent, combat and learn about racism. Join FSPA for a Zoom video conferencing series of dialogues with local activists, speakers and artists to explore issues related to race and racism. We look forward to open, honest and respectful conversation and sharing of ideas. This series is co-sponsored by the FSPA Office of Mission Integration and the FSC. Final date for the series: **September 22, 1-3pm.** Investment: \$7. Register at www.FSCenter.org or 608-791-5295. You will be sent a Zoom link after you register.

COULEE REGION HUNGER WALK / RUN / BIKE

Coulee Region Hunger Walk/Run/Bike is a virtual event this year. You are encouraged to walk, run or bike **between Oct 4-11.** This is a fundraiser, with 30% going to The Hunger Task Force, 30% to WAFER Food Pantry and 40% to whatever nonprofit food organization you as the walker choose. That could be Lutheran World Hunger, Onalaska Food Pantry, a school district, etc. You can get pledges from family and friends, or make a donation yourself. Pledge forms/registration forms are available at couleeregionhungerwalk.org. If you'd rather just make a donation, you can do that at the website as well.

SYNOD SCHOOL OF THEOLOGY

Classes being offered via Zoom, at 6pm on Thursdays: The Holy Spirit by Pastor Karyn Bodenschatz, **Oct. 29-Dec. 10.** Register now: office@lacrosseareasyndod.org / 608.788.5000. More info: 1stlu.org/theology.

410 PRAYERS

Join Kathryn for a time of prayer, **every Monday-Friday, at 4:10pm.** Kathryn is posting prayers on both Facebook and Twitter.

AV MINISTRY

Our live stream set-up is starting to get into place, and the next phase involves members learning the set-up so we can continue to provide this ministry to everyone at home. We will be in need of two leaders/volunteers each Sunday: 1) to run projection (as we always have) and 2) to direct the live stream. Ideally we'd like a 2 week commitment on both Sundays and Wednesdays, the first week to lead projection and the second week to learn the live stream. If you know someone with these gifts, or if you are interested in being a part of this ministry, pass their name or your name to andy@firstlu.org.

PRAY-ERS!

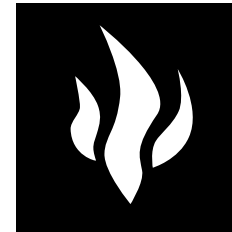
Pastor Karyn is looking for people who are willing to be our pray-ers. If you are willing to offer up a prayer or let us know a way we can be praying, send me an email to karyn@firstlu.org. Thanks!



First Lutheran accepts one-time contributions electronically by credit/debit card. Use your mobile device to scan this QR code or go to 1stlu.org/give.

Learn more at our website www.FirstLutheranOnalaska.org

Share your Faith Alive! experience and tag your posts on Instagram, Twitter and Facebook with #faithalive365.



FIRST LUTHERAN

ANNOUNCEMENTS & WORSHIP BULLETIN FOR SUNDAY, SEPTEMBER 13

WORSHIP GUIDELINES

- Stay home if you have any symptoms of COVID (fever/chills, cough, shortness of breath, fatigue, muscle/body aches, headache, new loss of taste or smell, sore throat, etc.)
- Wear a mask
- Keep a 6-foot distance from others outside your household
- There are two different size chalk circles on the pavement and sidewalk for groups to sit in. Larger circles are for families of 3+, smaller circles are for singles and couples. The Hospitality Team is here to guide you if you are uncertain of where to sit and to answer any questions.
- Wash/sanitize your hands frequently and avoid touching your face
- Communion should be picked up before worship
- Singing is a high risk activity for spreading COVID; we will leave the singing to our appropriately distanced musicians
- Bathrooms are available indoors, through the narthex; use is limited to one person at a time
- Follow posted foot traffic guidance

FIRST FEST: COVID EDITION

This year we won't be able to gather for First Fest like we have before, but we invite everyone to use **First Fest Sunday, Sept. 13**, to sign-up for ministries and commit to a new spiritual practice! Just a few possibilities include: Sunday School in a Box, Sunday Morning with Coffee small group, First Lutheran Play Days at Sugar Creek (more info below), Bible Readers and the Virtual Hunger Walk Oct. 4-11.

Register for the Sunday School Creation Box!

This is First Lutheran's way of handling the pandemic & Sunday School. Do as much as you can including crafts, games, cooking, music, science, devotionals, verse and video! All you need to do is to register during the designated time and then you will pick up your box on the pick up day! **Creation Box registration is open Sept. 13-20**; register at 1stlu.org/sundayschool. Box pick up will be Saturday, Sept. 26, with activities running from Sept. 27 through Oct. 25.

READ THE GOSPEL OF LUKE IN 28 DAYS!

The gospels are the story of Jesus, so what is Luke's take on this story? It is this: the Messiah is good news for ALL people and ALL of creation. Pastor Stanton will be introducing this book to Bible Readers starting **Wednesday, Sept. 16.** These studies are for ANYone who can read, 3rd graders to our eldest friend; members and acquaintances far far away. Use whatever Bible you'd like! Follow Pastor Stanton's daily guides on Facebook or YouTube, and if you'd like the daily video guides emailed to you contact Pastor Stanton at jason@firstlu.org.

OWLS

The OWLs are a group at First that welcomes anyone, First Lutheran members or not, who are 55+. OWLs: If you are having technical problems viewing worship services or pastors' morning musings please call volunteer coordinator, Brian Narveson for help: 608.526.9700. For those already connected with a computer, tablet or smart phone, or even just a regular phone, the OWLs are holding "Virtual Potlucks" via Zoom. Zoom is a two way video conferencing system where you can both see and hear the people you are talking with. The next one is **Wednesday, Sept. 16 at 1pm.** Brian wants the OWLs to know they can participate in these virtual potlucks with just a regular phone. For help with Zoom, feel free to contact Brian: owls@firstlu.org / 608.526.9700.