



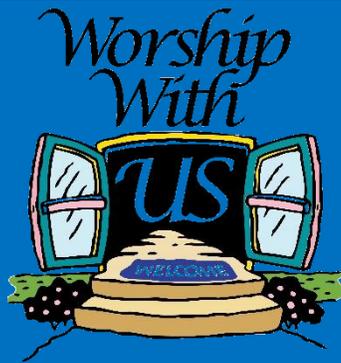
# Christus Victor Lutheran Church

7510 Palomino Drive  
Apple Valley, MN 55124

952-454-6927 [www.christusvictor.org](http://www.christusvictor.org)

## Voice of Victory

Volume 23, Issue 2 February 2020



### Sunday Worship

8:30am & 11:00am  
Fellowship at 9:30am  
Education at 9:45am

### Wednesdays

### Worship & Education

#### CHILDREN'S MINISTRY

#### GLOW

6:00pm - grades 1-5

#### CONFIRMATION

6:00pm - Middle School Youth,  
grades 6-8

#### RECHARGE WORSHIP

7:25pm

#### HS YOUTH GROUP

8:00pm

High School Youth, grades 9-12

#### SENIOR CHOIR

8:00pm

## Taking Time to Focus on God's Presence

Dear Sisters and Brothers in Christ,

"Hectic", "busy", "frazzled", "distracted", "disconnected" these are the words I hear from our kids, parents, and adults of all ages, as they describe their weekly schedule and how they are feeling much of the time. Every year 17% of youth ages 6 to 17 experience some kind of mental health disorder, mostly anxiety and depression. And these numbers have been rising steadily since 2007. The rates of depression among senior adults has also been on the rise.

There is not one single cause or reason for our struggles, nor is there one single answer or solution, though for diagnosed anxiety and depression, a combination of medication and counseling is very effective. But whatever our current situation, God has always been concerned with our well-being, with the state of our minds, lives, and souls. God knows our need for a healing, peace-filled connection with our Lord.

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

*"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." - Matthew 11: 28*

Jesus needed time for quiet and peace. His own practice was to go away from his disciples and the crowds for quiet time in the presence of God, his Abba. And he invited his disciples to do the same, which includes each one of you.

So, I invite you all to accept Jesus' invitation to spend some quiet time with God every day. And we are offering a number of new opportunities for you to explore different ways of "being still" with the Lord.

On Wednesday evenings in Lent, we will be using Holden Evening Prayer for our worship. A more contemplative worship experience. Join us on Wednesdays from 7:25pm-7:55pm during Lent.

Our confirmation youth will be learning about prayer practices for their daily lives, and many different ways to stay centered and grounded in God's presence.

I encourage you to make time every day to pray quietly and sit silently with your God. Light a candle, play meditative instrumental music, or sounds of nature. Sit in nature and focus on God's loving presence.

While there is no wrong way to pray, there are many practices that Christians have observed in their daily lives down through the centuries that have been passed on to us to help us draw closer to God's Heart every moment of every day. Come away with us and spend some time with Jesus!

Yours in Christ's Grace, Pastor Kent Claussen Gubrud

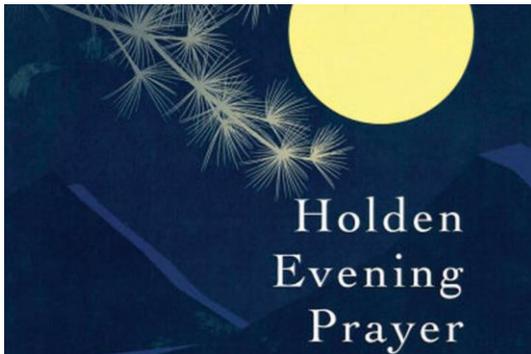


## Ash Wednesday February 26, 2020 at 7pm!



Ash Wednesday is the beginning of the season of Lent, a time to focus our minds, hearts, and lives on Christ's sacrifice on the cross for us and our salvation. With ashes on our foreheads we face the truth of our mortality and our need for God's grace and mercy, and in the bread and the wine we receive the promise and hope of life eternal through faith in Jesus Christ.

This special worship service is in place of the regularly scheduled GLOW and Confirmation classes and is for the entire family.



## Holden Evening Prayer Wednesday Nights at 7:25pm

### What is Holden Evening Prayer?

Holden Evening Prayer is a simple, beautiful, contemplative Lutheran vespers service, which means that most of the worship service is sung, led by choir members, soloists, with flute and string musicians accompanying the piano.

This prayer service is for all ages, and we encourage parents of our GLOW and Confirmation kids to come and join their kids for the worship.

## MILESTONES at CHRISTUS VICTOR



*Christus Victor Congregation Members  
Birth, Death, Marriage, New Member, Faith Formation milestones*

### DEATHS:

Arlene Gertrude Prestegord  
Friday, January 3, 2020



## FEBRUARY 2020

Our February large group activity on February 2<sup>nd</sup> for all ages will revolve around Love. We will have crafts and snacks, songs and games, activities with the 5 Love Languages, and more!

Our March large group activity on March 1<sup>st</sup> will revolve around education and donation collecting for homelessness in our area. We will create hygiene kits, write letters, and have an indoor "Sock Toss".

Along these lines, we are collecting items to donate to The Simpson House in Minneapolis. Specific lists and drop-offs will be in the Narthex area of the church for you to sign-up all throughout February. In particular, we need lots of socks of all sizes! Contact Josh with more questions.



## All-In Relational Ministry Training

**Saturday, March 14, 2020**

**8:30am-2:30pm!**

Did you know that you are a minister, doing ministry in your daily life? Every time you care, welcome, reach out to help someone hurting or in need, you are being a minister, living out your calling to be the light of Christ to others.

**All-In Relational Ministry** equips and empowers you with skills, knowledge, and insights to become more confident and able to be a minister in your daily life. All-In helps you become more intentional in loving your neighbors as Christ has loved you, both here at church, but especially with your family, friends, neighbors, and co-workers.

You are invited to join us for the **All-In Relational Ministry Training**, on **Saturday, March 14, from 8:30am-2:30pm**, with an optional *Training of Trainers* session from **2:45pm-4:30pm**. The **cost is only \$55**, which includes, coffee, treats, and lunch. This is a significant investment in your personal spiritual growth and development as a disciple of Jesus Christ. The skills, knowledge, and insights you will gain in this training will have a positive impact on your life and faith, in ways you can only just imagine.

We will be hosting this training at Christus Victor in partnership with St. Luke's Lutheran in Bloomington and are inviting other area churches to send people to the training as well.

Please register by **Sunday, March 1**, by turning in your \$55 to Pastor Kent in the church office.

I sincerely hope and pray that you will join us for this training event! If you have any questions, please contact me a (952) 454-6927 or

[pastor.kent@christusvictor.org](mailto:pastor.kent@christusvictor.org).

## Confirmation and GLOW Family Potluck

We are excited to welcome a special Guest Speaker,

Pastor Jodi Houge, from Humble Walk Lutheran Church and her husband, who has shared his wonderful music with us in the past, Nate Houge, who will be joining us for Recharge that night!

**\*\*Bring your favorite dish to share on Wednesday, February 19 at 6:00pm!**



**High School Youth Group** will be going snow tubing on Sunday afternoon, February 16<sup>th</sup>



Minnesota FoodShare's March campaign is the largest food drive in the state. Last year the campaign raised 5.1 million pounds of food and over 8 million dollars for Minnesota food shelves. During the Month of March, Social Ministries will provide a grocery cart in the Narthex for your food donations. There are also envelopes attached to the cart for monetary donations to be placed in the offering.

**Be a part of this annual food & fund drive to help feed our Minnesota neighbors in need!**



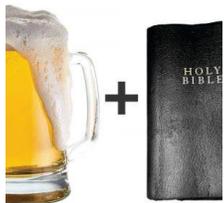
## Facebook Bible Reflection



### ...with Pastor Kent

This month on Thursday, February 6 at 5pm, Pastor Kent will be Live Streaming a Bible Reflection and Questions for the upcoming Sunday Bible text. You will also be able to watch the video after it is posted at any time that works for you.

## Bible & Brew – 2 Options!



### (1) At the Angry Inch Brewery -

Thursday, February 6 at 7pm

Bill Derendal will serve as the Host. Bring your Bible, grab a brew (or homemade root beer), and come to learn, share, and

grow together in faith!

- (2) On Facebook** – Log on to the Christus Victor Facebook page at **5pm** on **Thursday, February 6**, or anytime afterward, for an introduction and background to the text, along with some reflection questions by Pastor Kent.



*The Dwelling Place*

## The Dwelling Place...

**Next gathering will be February 24th, 6:30pm**

Women of Christus Victor, Lily of the Valley and Casa de Oracion gather for a potluck meal and Bible study on the 4<sup>th</sup> Monday of the month at the church. All are welcome! No sign up needed, just come when you are able.

## Thursday Morning Adult Bible



### Study

**10:00am** at the **Apple Valley Villas** in the basement meeting room. We are learning and growing in faith through the books of 1, 2, & 3 John! Come whenever you

can. No experience necessary!! Bring your Bible, coffee provided!

*“We are never done learning and growing in our faith, and what it means to believe and follow Jesus. Once you stop learning and growing, maybe you are dead. Or maybe your faith is dead.”* (a Bible study participant)

## RECHARGE WAPO MEN'S RETREAT

February 28 - March 01, 2020 - \$150 for a great weekend!



Led by Pastor and Artist, Paul Oman!

**Theme:** Hearing (and "Seeing") the Voice of the Good Shepherd in The Parables of Jesus

For more information, or

to register, check out [www.campwapo.org](http://www.campwapo.org) under events. Or, talk to Pastor Kent with questions.



*Relationships fill our lives: our family, friends etc. These human interactions are a blessing but can also be emotionally difficult and challenging. We are meant*

*to enjoy these relationships as God's gift to us.*

Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring each other... When God's people are in need, be ready to help them. Always be eager to practice hospitality... Be happy with those who are happy, and weep with those who weep. Live in harmony with each other. **Romans 12**

The Bible provides us with a set of relationship instructions which highlight the love and encouragement we should have for one another. These verses primarily focus not on feelings, but on intentional pursuits and acts of love...examples in Scripture:



- **Love** one another (John 13:34).
- **Be devoted** to one another (Romans 12:10).
- **Outdo** one another in **showing honor** (Romans 12:10).
- **Live in harmony** with one another (Romans 12:16).
- **Don't put a stumbling block** in the way of others (Romans 14:13).
- **Accept** one another (Romans 15:7).
- **Be patient** with one another (Ephesians 4:2).
- **Be kind, compassionate, and forgiving** of one another (Ephesians 4:32).



We won't always perfectly live out these relationship guidelines, but we trust the Lord to be faithful to teach us how to grow and love better!

*Adapted from Trillia Newbell's blog*

## 2020 Girls of All Ages Tea



Saturday May 2nd, 2020  
1:00 - 2:30  
\$3.00/ person  
To Support the B. Robert Lewis House  
Tickets on sale April 12th



## Mission Trip 2020

Plans are underway to send eight Christus Victor ambassadors to the Mlowa Parish in Tanzania from June

17 - July 1, 2020. Karin Ilg, Pam Luginbill, Mary Helman, Kathy Wittnebel, Daniel Gubrud, Kyle Dobberman, Hannah Edman, and Tori Gens are excited to represent



Christus Victor on this mission trip. We will be traveling with 12 other people from three other congregations to Iringa, Africa. Upcoming Fundraising Opportunities in support of the 2020 trip:

**FELLOWSHIP COFFEE & HOMEMADE TREATS**

February 23, 2020 - Mission Sunday

**EASTER FLOWER SALE**

Prayer support is also requested as we plan and prepare for this trip.



## Got news to share?

- **Weekly bulletin announcement page:** Items due on Wednesday (submit to [deb@christusvictor.org](mailto:deb@christusvictor.org))
- **Monthly Newsletter:** items due on the 3rd Thursday of each month (submit to [dLuke@christusvictor.org](mailto:dLuke@christusvictor.org))

Check out the Christus Victor website! [www.christusvictor.org](http://www.christusvictor.org)

**FULL CHURCH CALENDAR:** [www.christusvictor.org](http://www.christusvictor.org)

### Announcements and Upcoming Events

Are you receiving the church Email Announcements and Newsletter? You can sign up on the church website: [www.christusvictor.org](http://www.christusvictor.org) – select Weekly Email from the News menu option.

Has your contact information changed, switched to cell phones? **Please notify the church office so we can update the church database.** [office@christusvictor.org](mailto:office@christusvictor.org) Thank you.



**Are you on Facebook?** Then check out and “friend” our [Christus Victor Facebook](#) page! This Social Networking site allows members and friends of CV to post ministry updates, special events, pictures, and other items of interest for everyone to consider.

## CHRISTUS VICTOR LUTHERAN CHURCH

7510 Palomino Drive ♦ Apple Valley, MN 55124 ♦ 952-454-6927

### CHRISTUS VICTOR STAFF

|   |                          |                                |
|---|--------------------------|--------------------------------|
| Ministers.....                                | <b>ALL MEMBERS OF CV</b> |                                |
| Pastor.....                                   | KENT CLAUSSEN GUBRUD     | PASTOR.KENT@CHRISTUSVICTOR.ORG |
| Director of Children, Youth, & Family.....    | JOSH SVENULSKI           | JOSH@CHRISTUSVICTOR.ORG        |
| Office Manager.....                           | DEANNA LUKE              | DLUKE@CHRISTUSVICTOR.ORG       |
| Administrative Assistant.....                 | DEB GORCZYCKI            | DEB@CHRISTUSVICTOR.ORG         |
| Director of Music & Traditional Worship ..... | ANNE NYQUIST             |                                |
| Contemporary Worship & Music Director.....    | COURTNIE DEGRAND         |                                |
| Wednesday Children’s Ministry Director.....   | STACEY KLEIN             |                                |
| Worship Accompanist.....                      | JULIE McDONALD           |                                |
| Senior Choir Accompanist.....                 | JULIE McDONALD           |                                |
| Nursery Attendant.....                        | CHARMAINE HARRELL        |                                |

### CHRISTUS VICTOR COUNCIL MEMBERS

Pastor Kent Claussen Gubrud  
 Shane Colin  
 Karl Dobberman  
 Dawn Glewwe

Ron Hansen  
 Karri Holman  
 Karin Ilg  
 Jody McDermott-Baty

Lori Olson  
 Mike Orman  
 Kristin Schulz  
 Sarah Thomson