

Voice of Victory

Volume 26, Issue 3 March 2023

Christus Victor Lutheran Church

7510 Palomino Drive
Apple Valley, MN 55124
952-454-6927 www.christusvictor.org



SUNDAY

Worship In-Person or
Live Stream on Facebook

9:30 am

[https://www.facebook.com/
ChristusVictorChurch](https://www.facebook.com/ChristusVictorChurch)

Faith Formation for All

10:30 am

Fellowship Time 10:30 am in the
Gathering Space

WEDNESDAY

CHILDREN & YOUTH ACTIVITIES

6:00 pm GLOW & Confirmation

7:20 pm ReCharge Worship

7:50 pm Youth Group



Time with Jesus – Finding a Lenten Practice

[Jesus asks] “Are you tired? Worn out? Burned out on religion?

Come to me. Get away with me and you’ll recover your life.

I’ll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fighting on you. Keep company with me and you’ll learn to live freely and lightly.”

(Matthew 11: 28-30, The Message: The Bible in Contemporary Language)

Dear Christus Victor Community Members,

None of us is immune to getting worn out, burned out, hurt, or disappointed by life, by the church, by our family and friends, by church people, or even by God. We are, after all, broken sinners; imperfect people who fall short of our own, others, and even God’s standards and expectations for us.

But into that brokenness, hurt, and exhaustion comes Jesus with an invitation, a plea to come to him. A gentle, loving call to slow down, settle down, and spend time just being with Jesus. An offering of rest, renewal, and the blessings of a life walking with Jesus. As Eugene Peterson translates Jesus’ invitation and promise, **“Learn the unforced rhythms of grace.”**

Jesus’ invitation and plea is not a guilt trip or adding one more thing to your already busy lives. Jesus just wants you to take some time, make some space to spend with Him every day. And just by spending time with Jesus, He promises us rest, renewal, and grace for the journey.

I don’t know what that will look like for you. For me, that means spending time each day in quiet prayer, just being in God’s presence. It means listening to God in daily devotions, scripture reading, and paying attention to the Spirit in my daily interactions. It may mean a walk in nature, even when it’s cold. Sometimes it is listening to music. Recently it has been in sketching, doodling, and writing.

The point isn’t how to spend time with Jesus, the point is doing it. The point is listening and responding to the invitation to come and spend time each day with Jesus. I invite you to find a practice to help you spend time with Jesus this Lenten season.

In Christ’s Grace,

Pastor Kent Claussen Gubrud

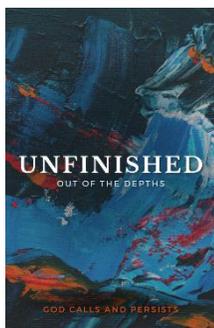


WEDNESDAYS IN LENT

“UNFINISHED: Out of the Depths”

Between trust and doubt, courage and fear, anger and empathy, rebellion and obedience; we find ourselves in the story of Jonah, God, and the hated Ninevites.

Each Wednesday in Lent we will reflect on a different theme from the story of Jonah. The story of Jonah is full of irony and humor that serves as a mirror into our own resistance to God’s Calling in our lives to trust and obey God, and, to love our neighbors with the same compassion God shows us.



Ash Wednesday, February 22 at 7:00pm – “God Calls and Persists” As we are marked with ashes, faced with our mortality and our need for God’s eternal grace and love, we focus on how God Calls each of us to follow Christ Jesus, to love God, and to love our neighbors, even those we despise.

Lent 1, March 1 at 7:30pm – “Intercepted and Redirected” Encounters with God can often come in the form of disruptions to our everyday life, and to our plans to control our own purpose and direction. Yet these disruptions have the potential to bring us into a sacred encounter with God and our neighbors in ways we didn’t expect, in ways that God intends to change us.

WEDNESDAY NIGHTS IN LENT FOR ADULTS

6:30pm in the Gathering Space - “Discovering God’s Call” Small Group Discussions

“Vocare” is an ongoing spiritual practice designed to help you discern and embrace your various callings so that you can more intentionally live life on purpose for the common good. Each week we will break into small groups for reflection and discussion on God’s many callings in our lives, and how we can listen and respond to God’s leading and guiding in our lives.

Lent 2, March 8 – “God in the Depths of Chaos”

The Cross of Christ teaches us to look for God in the midst of suffering. For it is in the places of suffering that we learn one of the most basic, but crucial lessons of faith: to cry out for help to a God who loves us and promises to be with us, even in our darkest times.

Lent 3, March 15 – “Obedience and Preservation”

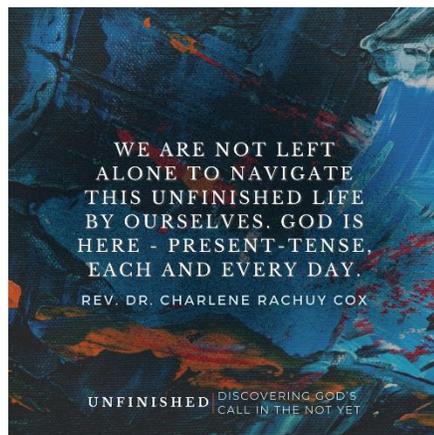
With deep irony, the story of Jonah reveals that it is those on the outside of the faith community who are more open to repentance and to obedience to God. What are the dire consequences of ignoring God’s commands to love God and love our neighbors?

Lent 4 – March 22 – “Faithful and Unfinished”

We are all “unfinished,” with each day and interaction offering us an opportunity to grow in love, faithfulness, and compassion.

Lent 5, March 29 – “Jesus, a new Jonah”

The disruptions that God brings into our lives have a way of exposing things that were buried and hidden beneath the surface, even things we didn’t know or want to know about ourselves. For Jonah the Prophet of the Lord, it was his unfaithfulness and lack of compassion. For Jesus, asleep during a violent storm, it revealed the lack of trust of the disciples, and reveals Jesus for who he truly is, the Lord of all Creation, the very Son of God.





FAITH FORMATION AND EDUCATION FOR ADULTS

MONDAY MORNING FAITH REFLECTIONS

Start the week out with Pastor Kent on Facebook at 9am for a Monday



Morning Faith Reflections with thoughts, reflections, and faith practices that can help you in

growing closer to God. Pastor Kent will be sharing wisdom and practices from the book, **Armchair Mystic: How Contemplative Prayer Can Lead You Closer to God**, by Mark E. Thibodeaux, S.J., as well as other materials and resources. The Monday Morning Book Group will be reading and discussing this together on Zoom at 9:30am.

Monday Morning Book Group on Zoom – 9:30am on Zoom

We will be reading and discussing **Armchair Mystic: How Contemplative**



Prayer Can Lead You Closer to God, by Mark E. Thibodeaux, S.J. Contact Pastor Kent for the Zoom Link – email him at pastor.kent@christusvictor.org

THURSDAY ADULT BIBLE STUDY GROUPS



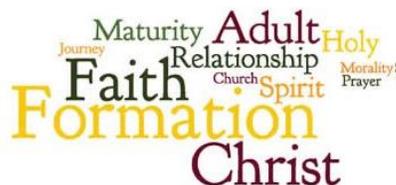
9am Bible Reflection on the CV Facebook Page. Have your Bibles and morning beverages ready as we dig into the scriptures for the coming

Sunday worship.

10am Bible Study at the Apple Valley Villas Due to the ongoing Covid situation, this is only open to residents of the Villas.

1pm Seniors Bible Study Weekly Bible study on Thursdays at 1pm in the Gathering Space. Join us for a rousing and interesting discussion of the Bible texts and the intersections with our own faith and life journey.

SUNDAY FAITH FORMATION FOR ALL ADULT SCHEDULE AND TOPICS



Sunday, March 5 – FFFA All Ages “Love Thy Neighbor: a racial justice event” How do we love our neighbors who

look differently from us, who have a different cultural experience, history, and viewpoint? How do we listen to understand and to love, as fellow children of God?

MEN’S MINISTRY SURVEY RESULTS!

The results are in! Thanks to the 23 men who responded.

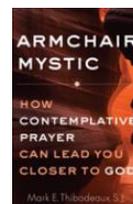
- Top Two Nights of the Week to Gather** – Thursday and Tuesday
- Best Format** – Some Large Group time and then break into Small Groups
- Service Projects** – Yes!
- Breakfasts or Dinners** – Yes!

We need some men interested in being part of a team to help implement the next steps for our men’s ministry! Please contact Scott Thureen or Pastor Kent if you are feeling called by God to be part of the team and be a leader for our Men’s Ministry.

A BOOK FOR YOUR SMALL GROUP

Is your small group needing some new material to read and discuss? Maybe your group needs to regroup and get going again in 2023? If so, consider reading

Armchair Mystic: How Contemplative Prayer Can Lead You Closer to God, by Mark E.



Thibodeaux, S.J. You can listen to Pastor Kent’s MONDAY MORNING FAITH MINUTE as a kick starter for your own conversation. Talk to Pastor Kent if this is of interest to you and your small group.



CHILDREN, YOUTH & FAMILY

GREETINGS FROM THE CHILDREN, YOUTH AND FAMILY COMMITTEE!

Welcome back to our Children, Youth and Family Director Josh! He returned from his paternity leave on February 26. We are glad to have him back with us at CV.

The Faith Formation For All team is inviting everyone to join us on Sunday, March 5, for **Love Thy Neighbor**, a Racial Justice Event. This event will feature thought-provoking videos, books and discussions appropriate for all ages. We will be looking at how we can better love our neighbors both near and far.

Racial justice is the systematic fair treatment of people of all races, resulting in equitable opportunities and outcomes for all. Racial justice, or racial equity, goes beyond “anti-racism.” It is not just the absence of discrimination, but also the presence of deliberate systems and supports to achieve and sustain racial equity through proactive measures. This event supports the ongoing work of the Racial Justice Committee at CV.

SCHEDULE OF EVENTS:

March 1 - First Wednesday in Lent: Wednesday ministries; 6pm, Pizza Dinner; 6:30pm - GLOW, Confirmation, and parent groups, 7:30pm Lenten Worship

March 5 - Faith Formation For All: All Ages “Love Your Neighbor” Sunday

Plan ahead for summer:

June 11-15 VBS with Camp Green Lake counselors
June 23-25 Wapo Seeds weekend (1st-3rd graders)
Week of July 16 Wilderness Canoe Base trip (high schoolers)

August 6-11 Wapo Weeklong (4th-9th graders)
Thursday Summer Stretch (6th-8th graders)

We look forward to seeing you at church!



From the BEGA KWA BEGA

Newsletter... BKB Director Kirsten Levorson wrote about the BKB team’s recent visits to the six

diocese secondary schools. Here is part of her article about the impact of sponsoring students. CV-sponsored students attend the Bomalang’ombe school.

“The payoff for the rough ride comes when you arrive at the school and the students greet you with singing and dancing, sometimes gymnastics, always with enthusiasm and a warm welcome. At Bomalang’ombe, the hood of our vehicle was covered with flowers and the welcome song mentioned us by name.”

“At each visit, Pastor Msigwa encourages the students to study hard and use this gift of education wisely. He reminds them of a bright future before them. One student representing sponsored students said, “Through your support we can see our bright future because it is only education which will make us reach our future goals, including serving God in church and working in various sectors in the government or in the private sector.”

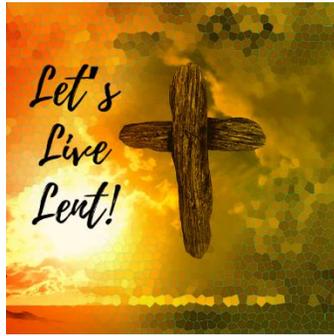
“I’ve been coming to Tanzania for 20 years, and one of my greatest joys is meeting former students and hearing how they have used the gift of education to create lives of meaning and purpose. I love to hear how they have built careers, helped their extended families, contributed to the church and to their communities. In just the past few weeks, I’ve reconnected with a young man I met on my first visit in 2002 and who now chairs a department at the university. He leads a business innovations project that creates 100 jobs a year. At one of the school visits, the newly hired bursar introduced herself as a graduate of the BKB scholarship program. And there are hundreds more, each with a story of lives changed because God is working through this companionship.”

As the students like to chant,
God is good!
All the time
All the time
God is good and that’s his nature! Woo!



From the WELCOMING TEAM:

During the special services of Lent, including Wednesday nights, Holy Week, and Easter, we'd like to remind everyone to be welcoming of others, especially visitors. Those who might not be regular church attendees, or who may be searching might be wondering what all of this "repentance, sin, and forgiveness in Christ" stuff is all about.



Lent is a time of repentance and spiritual renewal. As people of all ages find themselves drawn toward God during this Lenten season, even if "church" is new to them, or has not been a regular part of their lives, be welcoming, encouraging, and supportive of their steps toward God for forgiveness and spiritual renewal.

As folks participate in the worship and activities of Lent, Holy Week, and Easter, we know that God is at work, touching people's lives, bringing them to faith, or back to faith, in incremental ways by the workings of the Holy Spirit, and maybe through your welcome and friendliness. **Faith** is a messy mystery. People are at different levels of their faith journey and perhaps God is looking to you to help them along the way.



Please invite friends and family to share the Lenten journey, and remember to greet all in-person and online visitors and help make them feel welcome.

From SOCIAL MINISTRIES TEAM:



Minnesota FoodShare's March campaign is the largest food drive in the state. This campaign helps keep 300 food shelves statewide stocked throughout the year.

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!

During the Month of March, Social Ministries will provide a grocery cart in the narthex for your food donations. There



Coming Thursday, April 20, 1-7pm, the American Red Cross will be at Christus Victor for the annual CV Blood drive. To sign up go to redcrossblood.org

Souper Bowl 2023 FINAL SCORE



Looks like Kansas City Chiefs won both the Super Bowl and the Souper Bowl... Total soup count was 373 cans which were delivered to the Burnsville and the Rosemount food shelf locations. A SOUPER big thank you for everyone who donated soup!

GERTENS SPRINT PLANT FUNDRAISER

Please help support our youth going to camp this summer. All orders and payment are done online via the QR code you can find on posters at church or at <https://www.gertensfundraising.com/> Store ID to enter for Christus Victor is 521. Orders can be placed now through April 6. Delivery will be May 3.





RACIAL JUSTICE



This month we highlight a couple current and upcoming opportunities available to you here at CVLC and in the surrounding Twin Cities.

Check out the updated list of resources on our website [RACIAL JUSTICE | Christus Victor Lutheran Church](#). This resource list includes books, films and documentaries, and other digital resources for all ages. Many of these resources can be found in the new **CV READS (Reads to Encourage, Accept, Discuss and Seek)** library in the narthex at Christus Victor.

Please join us on Monday evenings April 17, April 24, and May 1 from 7-8:30pm as we gather at CVLC to view, read, and discuss the video series and book, *How to Fight Racism, Courageous Christianity and the Journey Toward Racial Justice*, by Jemar Tisby.

In this book and video series, Tisby addresses the complex reality of racism, why it is our fight, and what we as Christians can do about it. He roots a response and solution in the Christian principles of love, justice, and the image of God, and gives us all practical steps and concrete action items to be part of the solution.

- Each evening will focus on designated sections of the book, a related video, and both small and large group discussions about the two resources.

- Bring your own book and beverage. Copies of the book are available online, in the Dakota County Library system, hoopla, your favorite bookstore, and in the CV READS Racial Justice Library.
- For the best experience, please read chapters 1-4 prior to the first night on April 17.
- These events will be in-person. No online option will be available.
- Want to get involved? Sign up for the study series on SignUp Genius. Sign Up [HERE](#)

Plan to view the African American artifacts and artworks currently on display from the collection of retired MN Supreme Court Justice and former Minnesota Vikings star Alan Page and his late wife, Diane Sims. The collection, **TESTIFY: Americana From Slavery to Today**, paints a portrait of race relations and representation in the 19th through 21st centuries. This free exhibit is accompanied by a series of additional workshops and programming, and will remain on display through March 29, 2023, at the Minneapolis Central Library’s skyway-level Cargill Gallery at 300 Nicollet Mall. [TESTIFY Exhibit Returns to Hennepin County Library | Hennepin County \(hclib.org\)](#)

If you have any questions, please feel free to contact a member of the Racial Justice Committee.

Diana Buffie

Kevin Philpy

Alana Thureen

Alice McCammon

Kristin Schulz

Sarah Youngner

As identified in our constitution,

“The Racial Justice Committee of Christus Victor commits to listening, informing, and empowering our community to serve Christ by working for justice across racial boundaries. We will educate ourselves and our community about how God’s Word and Christ’s teachings will lead us to better understand and interrupt systems of racism.”

For further information, please see the Social and Racial Justice Statement as posted on our website:

[RACIAL JUSTICE | Christus Victor Lutheran Church](#)



Anne Nyquist Retiring

Dear Members of Christus Victor Lutheran Church, Last fall, Anne Nyquist announced that she would be retiring from Christus Victor sometime this year. She has requested that Ash Wednesday be her last day at CV.

Anne wrote: *"Thank you for allowing me to direct so many choirs for so many years: children's choir, Christus, Glory Choir, BOPS, Upward Call, Rock Band, Spirit Bound, and Senior Choir. And being allowed to do so many musical extras, playing for Sunday School openings, Dinner Theater, Dessert Theater, Night of Music, Jazz Band, Christmas Band, random soloists and instrumentalists, and brass quintet. I think that's it 😊 I have loved my time directing here and have worked hard to keep building programs. I will miss it. I love my church and my church family."*

Words cannot express our gratitude to Anne for her close to 40 years of faithful service and ministry here at Christus Victor. She has been a powerhouse of music, creativity, and of course, fun!

There will be a celebration and thank you for Anne later this spring. Plans are in the works and we will give everyone lots of notice to make sure you are able to attend and share your personal thanks with Anne.

I also want to let you know that we are currently in the interview process for a new Director of Music Ministry. As part of that process, Anne will be taking a leave from CV to worship, sing, and play at another congregation for a period of time, in order to make space for the new person to establish themselves and to make their own changes to the music ministries of the church.

I invite you to extend your personal thanks and well wishes to Anne as she begins her retirement. And stay tuned for information on a future celebration and thank you for Anne later this spring.

Yours in Christ's Service,
Pastor Kent Claussen Gubrud

Director of Music Ministry Update

The Search Task Force has been formed to review applications and hold interviews. The Search Task Force members are: Jody McDermott-Baty, Steve Glinski, Pam Luginbill, Trudy Matthys, and Kevin Philpy. The job has been posted and as applications are received, they will be reviewed, followed by interviews.

Please keep them in your prayers as they continue this important work on behalf of the whole congregation.

From the GREEN TEAM:



Shed unwanted (paper) weight this month!

While recycling unsolicited mail, catalogs and flyers is great, stopping unwanted mail before it gets to you is even better. Here are some tips to end the constant influx of junk mail: <http://bit.ly/3XTIWib>



Yes, our metal cans get recycled.

After being separated from other recyclables, pop cans are sent to plants in the South to be made into new cans. Aluminum cans go from your recycling bin to being back on the shelf in as little as 60 days!

What is a steel can anyway? Steel cans are made from iron and a bit of aluminum. When you recycle your soup or tuna cans, the steel cans are separated from other recyclables with giant magnets then sent to Midwest factories like Chicago to be made into a variety of products like steel beams, signs, and appliances.

Check out how it's done:

<https://www.youtube.com/watch?v=SjsNU8sb7rl&t=48s>