



In the Hands of the Refiner

The Looming Fog of Fear

You can see it far off, looming on the horizon, a thick fog menacing off the coast and swirling in the distance. You know the signs. You've been here many times before, but you've learned to carry on. At first you kind of ignore it, you are aware it's there. You don't want to work yourself up, so you busy yourself with things in the hope that the winds will change, and the fog is driven out to sea. The winds rarely change.

In time it approaches, subtle and quiet, caressing its way—almost seducing its way back into your life. Your defense mechanism hasn't worked, and you can't keep up the charade. At first, it's manageable. "This isn't so bad" you think, "I can handle this." Before you know it, the fog is all around you, the thick blur is everywhere, and the familiar comforts are gone. In the fog, sounds are distant echoes, faces are veiled shapes, and the familiar becomes strange; you know it all too well. Feeling alienated and overwhelmed—unable to trust yourself, in the fog of anxiety you give up. You lose yourself in an existential madness. You have a panic attack.

For the anxious and disquieted, fog is a good metaphor. In a fog we lose our bearings, we lose our vision to see reality, and we feel isolated and alone. Sometimes anxiety comes out of nowhere. Anxiety is an existential crisis because it alienates us from reality. That is why a panic attack has a deep sense of dread about it. In panic, we feel that we are captivated by new truths and new realities.

Have you ever had the experience of waking up from a nightmare only to be troubled by it later in the day? Something about the nightmare hangs around. It is as if the nightmare was exposing something about the real world that you can't quite shake. Usually, in a short time, this sensation falls away, lost amidst the distractions of waking up. The nightmare, with all its teeth, is not actually real. That's what anxiety is like, a brooding, lingering sense of unease that turns into real terror. However, unlike the nightmare, it doesn't go away.

Panic appears to be a revelation—a disclosure about how things really are. Just as fog can make the familiar, strange—and therefore disorient us, unhinging us from the moorings that give us stability and comfort. Anxiety exposes what we take for granted by giving us a new kind of vision, a new story we tell ourselves about who we are, what we can handle, and what is real. Anxiety is a story that is always negative, always fatal, always self-harming, weak and victimizing.

What if this story is true? What if the fog is the way things really are, and the sunlight is just a mirage? What if the nightmare is real and the waking-world is false? It can be tempting to go there, but let's not go there because nothing good can come from it. Instead, let's be honest about anxiety and see what that does. The Psalmist says to trust the Lord like a weaned child.

Anxiety is dreadful, it affects our quality of life. Anxiety is debilitating. That doesn't mean it is true. This is the key point I want to focus on today. The question we must return to in our anxious, fog-laden crisis is always: Is this true? It's not.

(continued on page 4)

Christ Lutheran Church

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President: Ouitdee Carson
V.P.: Carolyn Lofald
Treasurer: Sandy Carlson

Every Month:

Every Wed. at 6:00 PM
Prayer Meeting & Bible Study

Mary Circle
First Thursday of each month
at 9:30 AM

Esther Circle
First Thursday of each month
at 6:30 PM

Dorcas Circle
Second Tuesday of each
month at 1:00 PM

Lutherans for Life
Second Sunday of each month
at 6:30 PM

Council Meeting
Second Thursday of each
month at 6:30 PM

March 2020 Serving Schedule

Ushers & Greeters

March 1

Ushers: Bill & Jan Arezzo; Gary & Carolyn Lofald
Greeter: Norma Johnson

March 8

Ushers: Grace Wells; Gary & Carolyn Lofald; Jim Carlson
Greeter: Marge Youngren

March 15

Ushers: Gary & Carolyn Lofald; Ouitdee Carson; Zach Carson
Greeter: Volunteer

March 22

Ushers: Jim & Gayle Maruska; Keith Youngren; Mark Youngren
Greeter: Marge Youngren

March 29

Ushers: Grace Wells; Jim Carlson; David Wood; Gabe Wiita
Greeter: Volunteer

April 5

Ushers: Bill & Jan Arezzo; Gary & Carolyn Lofald
Greeter: Volunteer

Trustees:

March 1: Laurie & Laura
March 4 & 8: Jim & Laurie
March 11 & 15: Bill & Grace
March 18 & 22: Wendy & Carol
March 25 & 29: Laurie & Laura
April 1 & 5: Jim & Laurie

Coffee Servers:

March 1: Band of Brothers
March 8: CLC Lighthouse
March 15: Dorcas Circle
March 22: Council 1
March 29: Volunteers



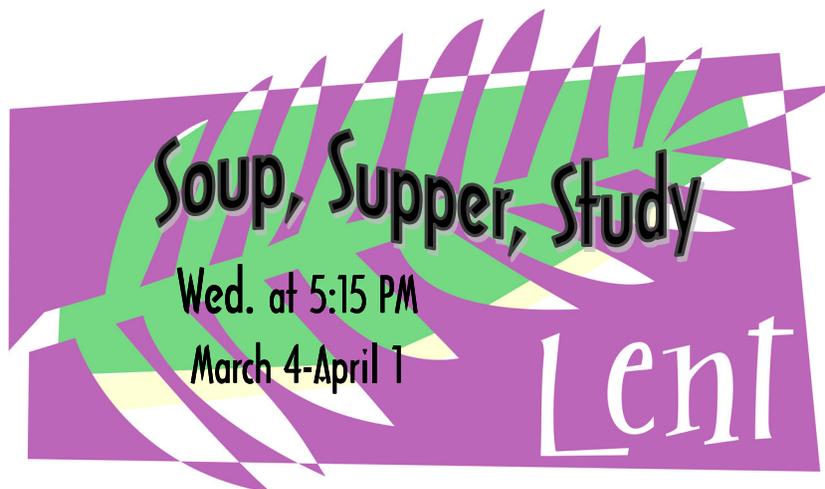
CLC Services are now on our
own YouTube channel!
Go to YouTube and look for
Christ Lutheran Church Duluth.

PACT Televised Services

Duluth: Charter Ch.180 -
Sat. @ 9AM & 9PM; Sun. @ 7AM
Superior: SCMC 180 -
Sun. @ 10:00am; Wed. @ 6:00pm
Hermantown: MediaCom Ch. 7 -
Sun. @ 8AM Thur. @ 2 PM Sat. @ 8 AM

UPCOMING EVENTS

- **Lent - Soup, Supper, Study**
Wednesday nights throughout Lent at 5:15 PM. If you or your group is interested in hosting a Soup Supper, there is a sign up sheet in the fellowship hall.
- **Adult Bible Study** meets Sunday at 11:15 AM.
- **Prayer Meeting & Bible Study - Will resume in April following Easter Sunday.**
- **CLC LIGHTHOUSE** - Youth Bible study will join the Soup, Supper, Study group during Lent.
- **Confirmation class** meets Thursdays at 6:30 PM
- **CLC Band of Brothers** - Tuesday, March 24 at 6:00 PM at Gary Lofald's home. There will be a light meal.
- **Stitch it Up** - Knitters will meet from 4-6 pm on Tuesday, March 17. Meet in the Blue Room. Beginners can get a start on an easy project while learning the basics. Everyone is welcome. Contact Sandy Carlson for more information/questions.
- **Quilters:** Meet Saturday, March 21 from 9 AM - 3 PM. Please bring a bag lunch. No experience required. Bring general sewing supplies and your sewing machine. There will be some extra machines to use if you want to give this a try, along with all the extra stuff like rotary cutters and rulers/mats that make cutting easier. Feel free to bring your own projects, too. Cutting and pressing stations will be set up.
- **March Mission of the Month - East European Missions Network**



Don't Forget!

The first Sunday of each month is FOOD SHELF SUNDAY!

Please bring an item or two to help those in need.

Cash donations are also appreciated.

(The Looming Fog of Fear)

Anxiety is not prophesy. Anxious people live as if it is. Anxiety makes predictions: “I’m going to fail”, “I can’t handle it”, “This will never work.” Anxiety makes judgments: “I’m a failure at being a Christian,” “I’m too weak,” “I’m a bad Christian.” We need to ask, “Is this true?” Who gets to speak into your life and tell you who you are? Who gets to name and talk about you? Who gets to identify the central essence of what it is to be you? Anxiety wants to.

Does your anxiety have the right to name you, inform you, identify you, claim knowledge of who you are? No. It does not. Anxiety is not God. Anxiety is predominately demonic, because, “Perfect love casts out fear” (I John 4:18) and Christ says, “Don’t be afraid” (Mark 5:36). Fear is dangerous to our faith not because it exposes that our faith is weak, but because it tempts us to worship false gods. The danger of fear is that it blinds us from the truth, the truth that God loves us. That love—the love of God as seen in Jesus, in God’s giving of His Son for His glory should speak into our fear and counteract it. God may not always shield you from the terrors of anxiety, but his Word is always more powerful and can counteract any untruth.

That is what anxiety always is: false beliefs. “I can’t handle this.” False. “I can do all things through Christ who strengthens me” (Philippians 4:13). “I’m too weak!” Maybe so! “But we rejoice in our sufferings, knowing that suffering produces endurance and endurance produces character, and character produces hope” (Romans 5:3-4). “I’m a failure at being a Christian.” False! “For it is God who is at work in you, enabling you both to will and to work for His good pleasure.” (Philippians 2:13). “I’m a bad Christian.” Wrong! “Therefore, there is now no condemnation for those in Christ Jesus” (Romans 8:1). By asking, “Is this feeling or thought true?” Is this God? We have two options; we can trust our hearts and experiences, or we trust the God who IS truth.

Essentially, what it means to live the Christian life is to live it trusting God’s words of truth. God’s words are powerful and creative, and unlike human words, God’s words do what they say. God’s words create faith when they are heard. They grant strength when we are weak. God’s words of truth counteract the negative and lying untruths of anxiety.

In the fog of anxiety, even though we *feel* alone, alienated, isolated, weak and near death; the feelings are real, however, the thoughts behind the feelings are not true. We have a God who is with us always. God never abandons us as orphans, He walks with us through death-valleys, and His strength is sufficient for our weaknesses. These are all His promises. They are all true. The anxious person may have doubts and that’s OK. However, to press in through the fear and not allow it to harm us, we are to hold-fast to Christ’s word and promises. I should know. I’ve experienced the fog of a deep, dark panic attacks. Then, when I’m reminded of God’s promises, I feel better. Why? Because I ask myself, “Is this anxious thought true?” No, it’s not. It’s false. I’m taken outside myself by words that give forgiveness of sins, life, and salvation. God’s words are true. He who calmed the storm with His words, can calm my jittery nerves with the same words. The storms of my life are just as vulnerable to the King’s command of peace as that ancient storm was to Jesus Christ.

Out there, in the world today, in our city, our State, and our Country, there is a lot to be concerned about. War or peace. Democrat or Republican. Famine. Pestilence. The Coronavirus. Influenza A or B. The economy. Life or death. All of these things may strike fear into your hearts. However, Jesus says in John 14:1, “Do not let your heart be troubled; believe in God, believe also in Me.”

Therefore, hear God’s Word of truth for you today from Philippians 4:7, “Then God’s peace, passing all understanding, will keep your hearts and minds safe in union with Christ Jesus.”

Brothers and sisters, God’s peace be with you. Take heart! Don’t take what the world gives, but take what Jesus Christ gives. His peace. It’s an eternal peace. That peace which passes all our understanding.

This is most certainly true.

God bless you all!

Pastor Gary

24th Annual Father Daughter Ball



Our 24th Annual Father Daughter Balls were held on two Saturday's; February 1 and February 8, 2020, in the Lake Superior Ballroom of the DECC. We charged \$28.00. We work with *iTickets* to purchase tickets online and WordCross processes the transactions. This worked well for us this year and helped with costs. Gary Lofald was our emcee the first night and Mark Wiita was the 8th. Pastor Gary DeSha gave the message both evenings. We had 701 in attendance on the 1st and 504 on the 8th. Four students from Cuzzo-Stocke Dance Studio performed a dance for us to the song "I Can Only Imagine". It was beautifully choreographed by Kelly Carson. We worked with Northland Special Events and Duluth Event Lighting. Our theme this year was "Starry, Starry Night". We used white table cloths and navy blue napkins. On each table we had a 9" glass cylinder filled with dark blue and clear gems. Inside we placed battery operated fairy lights. We also had two small votives with navy blue candles placed on mirrors as our centerpieces. We had dark blue wrapped Hershey kisses sprinkled on the tables for fun. We had a black backdrop behind our DJ and stars were projected onto this by Duluth Event Lighting. We had two clear and navy balloons bouquets with a large helium filled silver mylar star floating on the top on either side of the DJ table. We also had a navy blue grouping of balloons in front of the DJ table with small mylar silver stars attached to it. On the far ends of the backdrop we had placed our Father Daughter Ball Banners. Duluth Event Lighting was gracious enough to donate their lighting services and also projected small stars all over the ceiling and did some up lighting around the whole room. Icicle lights we hung over the dance floor in a wave pattern by Northland Special Events to give a starry night effect. We also had a white park bench set up in front of one of our banners with some trees on either side to give a park like look. We served pasta with a cheese sauce and sliced chicken breast for dinner garnished with chopped tomatoes with three small cooked carrots with the greens left on for color. We also served a salad and roll. We had cupcakes decorated with navy blue sprinkles for dessert from Johnson's Bakery. Lynnette's Portrait Design was there to take photographs. Eric King from Diamond Max Entertainment was our DJ. We were blessed to receive monetary donations from Arrowhead Orthodon-

tics for \$1000.00, Lynnette's Portrait Design of \$650.00. 4th Street Auto Repair and CLC Sunshine Group each gave \$500.00 Discoverpc.net donated \$100.00. Members from our congregation donated money for tickets for the Teen Challenge Dads and their daughters - 18 from their group came. At Sara's Table donated money for one ticket also. Thank You to all from our church who donated money for their tickets and also for blessing us as the Mission of the Month. Gift certificates were provided from Cirrus, Fly Duluth, Grandma's Restaurant, Perkins, Great Lakes Aquarium, Engwalls, Adventure Zone, Glensheen, the Huskies, and Life 97.3. Dairy Queen blessed us with enough gift certificates for each daughter that attended to receive a free cone or dilly bar. That was a wonderful gift! JoAnna Carlson-Danielson created our programs and tickets this year using the same theme. We thank ShelDon and Northland Special Events for their services. We were very blessed to have such a wonderful group of volunteers to help us this year, namely; Jan and Bill Arezzo, Jim & Sandy Carlson, Gayle Maruska, Grace Wells, Kim Kirkland, Gary Lofald, Wendy Pickar, Grace DeRocher, Pearl DeRocher, Susie Decker, Stacy Homstad, Don, Tammy & Adam Renne, Kelly Carson, Judy Stocke, Susie Decker, Rosa DeRocher-Cook, Jerolyn Bruns and JoAnna's friend Nikki. Julie and Alondra Guddeck and their friend Britt Anderson worked the coatroom for us. They blessed us with their *Candy Ministry* again that you can ask them about! We also thank our church secretary, Judi Morgan, for all her help with making tickets, directing phone and email messages to our committee and helping with all the extras that we needed. We were thankful that Pastor Gary & Sue volunteered to welcome our guests at the door and directed our attendees. We thank our congregation for their prayer support over all these years. We are so thankful that we can share the love of Christ here in the Northland. Next year is our 25th!!! Praying for something special for that. To God be the Glory!

In Christ's Service,

The FDB Committee – Kolleen, Debbie, Kristine, JoAnna, Laurie, & Carolyn

PLEASE PRAY FOR....

Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. James 5:14

The family of Lee Fadden
The family of Doris Vancalbergh
Our Pastor & the Leadership of the Church
CLC Lighthouse & CLC Clubhouse- kids & leaders
All of our students from pre-school to college
Open Arms Daycare

Mission of the Month: EEMN
Our Country, Military & Police
The teachers and students at all schools
Persecuted Christians throughout the world
Piedmont Elementary
The steadfastness of our faith

THOSE WITH HEALTH NEEDS:

Vi Boder	Bill & Jane McLean	Ruth Peterson	Mark Malander
Bob Johnson	Jean Sundstrom	Ruth Dahl	Diane Malander
Mary Jenny	Katie Lund	Carol Schramm	Barb Hanson
Lorna McLean	Susan Johnson	Florence Kubiak	Donna Swanson & Family
Marlene Stauber	Judy Stocke	Evelyn Johnson	Darlene Saaf
Shirley Kern	Carol Johnson	Bryan Goepfinger	Brian McDonald
Dennis Peterson	Carol Blair	Del Sandberg	Laura Melander

If there are any people who have been accidentally overlooked, please contact the church office. We apologize for any oversights.

Christ Lutheran Church has recently been informed of the passing of two of its longtime members, Lee Fadden and Doris Vancalbergh. Please remember their families in prayer at this time.

If you would like to send cards to William Vancalbergh his address is:

66 Seasons Dr
Punta Gorda FL 33983

Don't forget to pick up your Lenten & Easter Devotionals and Study Guides. They are all available in the narthex.



Everyday is a blessing at Open Arms!



Greetings Everyone!

Lamentations 3:23 *Great is thy faithfulness His mercies are new every morning*

Oh, how we are looking forward to Springtime!

One day Cora announced that she thought we should have snow just for Christmas and then it should be summer. I think we are all excited about splashing in puddles, feeling the warm sun on our face and not having to wear so many things just to be able to go outside.

We had a Big Sister Party for one of the girls whose mom is expecting. She is four and has wanted a baby brother or sister her whole life.

Here are some of the other cute things kids have been saying...

Per request the kids had pancakes with strawberries and whipped cream one day for lunch and Addy said, "Thank you for making me so happy. This is the most fancy lunch. I love it!" She is so sweet on another day she said, "This is the best day ever!" It was just what I needed to hear that day. She also said she went to the "Peter" to see the Frozen 2 movie! We thought that was pretty funny.

They say so many adorable things,

We had a really rough month of respiratory illness and fevers at daycare. Cora's mom said Cora was trying to hide a cupcake at breakfast time and she said to her mom, "Just because I'm eating a cupcake it doesn't mean I'm not still sick."

We missed seeing Pastor Gary and Sue during that time of illness. We are looking forward to our fun visits with them again soon.

This month we will be celebrating St Patrick's Day, Spring, and most importantly preparing for Easter.

Zephaniah 3:17 *The Lord your God is in your midst a mighty Savior who will rejoice over you with gladness and renew you with His love.*

Thank you for your prayers and support! We truly appreciate all of you!

Many blessings are wished for all of you!

Mary Jo

10th annual Husband & Wife Valentine Ball



There were 66 people in attendance at the 10th annual Husbands and Wife Valentine Ball. Pastor Gary shared a message entitled "Glued Together" from Matthew 19:4-6: *"He answered, 'Have you not read that he who created them from the beginning made them male and female, and said, 'Therefore a man shall leave his father and his mother and hold fast to his wife, and the two shall become one flesh'? So they are no longer two but one flesh. What therefore God has joined together, let not man separate.'"*

Everyone enjoyed a wonderful dinner and a time of dancing at the Blackwoods Event Center in Proctor.

March Mission of the Month

East European Missions Network

Eastern European Missions Network began in 1992 in the wake of the fall of communism. It is an evangelical, inter-Lutheran mission organization which seeks to encourage American churches to minister alongside the brothers and sisters in East European churches. Seeking to rebuild and equip the body of Christ in Eastern Europe and Russia.

EEMN’s highest priority is to help train a new generation of Christ-centered, Bible-based leaders committed to fulfilling the Great Commission and the rebuilding of the church.

EEMN works in close relationship with indigenous believers in Belarus, Czech Republic, Estonia, Latvia, Poland, Russia, Slovakia, Ukraine, and Turkey. Bible Schools, seminaries, lay training, evangelism, discipleship, church planting, and prayers are the tools for developing this long-term rebuilding.

As a sending agency EEMN has placed career missionaries in Poland, Latvia, Ukraine, and Hungary. From the historic fall of communism to the steady progress being made, the work of God in these nations is best described by the prophet Habakkuk, “Look among the nations and see, wonder and be astounded for I am doing a work in your day that you would not believe if told” (Habakkuk 1:5). Out of the hard and rocky soil of atheistic communism, God has prepared a field ripe for harvest.

Please prayerfully consider a donation to this month’s chosen mission. You may make checks payable to Christ Lutheran Church. Thank you for your support in our mission “*To know Christ and to make Him known.*”



FINANCIAL UPDATE:

2020 Annual Budget: \$231,390; Weekly \$4,450; YTD Need \$35,400

	Offering	Other	Daycare	Total
2/23/20	\$2,229	\$0	\$0	\$2,229
YTD	\$22,339	\$1,510	\$7,512	\$31,361

Full Financial reports are posted in the Narthex after each council meeting.

Collection for January Mission of the Month: TAALC \$1,397

For where your treasure is, there your heart will be also. Matthew 6:21

Messengers will be available to pick up at church, any newsletters not picked up after 2 Sundays will be mailed. They will also be emailed. If you have not received an email copy and you have an email address, please contact the church office: church@clcduluth.org to be added to the list.



MARCH 2020



SUN

MON

TUE

WED

THU

FRI

SAT

1 9:30 Worship/Comm. 11:00 Sunday School 11:15 Bible Study <i>Coffee: Band of Brothers</i>	2 Pastor's Day Off 10:00 Hookcrafters 6:00 AA 7:30 AA	3 9:30 Pastor at Daycare PRECINCT VOTING 4-9 Dance	4 5:15 Soup, Supper, Study	5 9:30 Mary Circle 6:30 Esther Circle 6:30 Confirmation 4-9 Dance	6 Pastor's Day Off	7 Pastor's Day Off
8 9:30 Worship 11:00 Sunday School 11:15 Bible Study 1:30 Edgewood Vista Service 6:30 Luth. For Life <i>Coffee: CLC Lighthouse</i>	9 Pastor's Day Off 6:00 AA 7:30 AA	10 9:30 Pastor at Daycare 1:00 Dorcas Circle 4-9 Dance Class	11 5:15 Soup, Supper, Study	12 5:30 Deacon/Trustee Meeting 6:30 Council Meeting No Confirmation 4-9 Dance	13 Pastor's Day off	14 Pastor's Day off
15 9:30 Worship/Comm. 11:00 Sunday School 11:15 Bible Study <i>Coffee: Dorcas Circle</i>	16 Pastor's Day Off 6:00 AA 7:30 AA	17 9:30 Pastor at Daycare 1:00 Dorcas Circle 4-6 Knitters 4-9 Dance Class	18 5:15 Soup, Supper, Study	19 7:45 Pastor at Teen Challenge 6:30 Confirmation 4-9 Dance Class	20 Pastor's Day off	21 9-3 Quilters
22 9:30 Worship 11:00 Sunday School 11:15 Bible Study <i>Coffee: Council 1</i>	23 Pastor's Day Off 6:00 AA 7:30 AA	24 9:30 Pastor at Daycare 6:00 Band of Brothers 4-9 Dance Class	25 5:15 Soup, Supper, Study	26 6:30 Confirmation 4-9 Dance Class	27 Pastor's Day off	28 Pastor's Day off
29 9:30 Worship 11:00 Sunday School 11:15 Bible Study <i>Coffee: Volunteers</i>	30 Pastor's Day Off 6:00 AA 7:30 AA	31 9:30 Pastor at Daycare 4-9 Dance Class				