

# The Northern Light

Featuring the people and events of First Congregational Christian Church of Anchorage

February 2017

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## Moderator's Message

### Sharpen Your Saw

I'm sure you've heard the adage, "Eat a live frog every morning, and nothing worse will happen to you all day." I think I learned a much more positive way of looking at the situation last week in an article I read. It was

touting the benefits of daily exercise and used the story of two lumberjacks who made a bet about who could fell the most trees in a day. The first guy started off like he was on fire, cutting trees at a fantastic pace. The second lumberjack took an hour to sharpen his equipment, making sure all was in top-notch working order before he started cutting trees. It didn't take too long for the second lumberjack to catch up because the first lumberjack was rapidly wearing out. Why? Because his equipment was rusty and he had to expend far more energy to keep up.

Of course you know who won. The article made its point. If we take time to exercise every morning, the rest of our day just goes easier. (It's true - I tried it!)

I also believe that transfers to other aspects of our lives like what we eat and our prayer/meditation routine. I got an Apple Watch for Christmas. It's uglier than sin, but it has a few distinct advantages. It buzzes me periodically to remind me to stand up and move around, and it reminds me to breathe. Now I didn't realize I needed to be reminded to breathe, but this isn't just in, out, in, out. This is the kind of breathing conducive to prayer or meditation, and so I have been doing just that. And I think it's making it easier to get through my days.



So my recommendations for this month? Sharpen your tools before you start your day. Take time to exercise, eat a healthy breakfast (dare I say whole foods, plant based?), and take some time for prayer.

Shalom,  
Claudia Kniefel, Moderator

### *From Your Life and Learning Ministry*

PF headed to the movies after the January potluck on the 29<sup>th</sup>. On February 5<sup>th</sup> we will be celebrating Boy Scout Sunday during the worship service. Later in February, PF will get out to enjoy the Fur Rondy events on the 26<sup>th</sup>. February's service project is usually Elgin Jones' Kids' Kitchen, but this year we will be collecting a financial donation in lieu of creating the pyramid of large cans in the Narthex.

### *From Your Worship Ministry*

The Worship Ministry has had a very involved, busy and beautiful Christmas month. We held our monthly, well attended, meeting on December second.

Verona Gentry and Jeanette Dillon as deacons serving for the month of December, have done an outstanding job. Thank you so much.

Communion was served on the second Sunday, so that the children's Christmas pageant could happen on the third Sunday. It was very effective and lovely this year. Our Worship Ministry hosted a wonderful, tasty, potluck following the pageant. Kudos to everyone who contributed to our holiday feast.

The Deacons who served for a beautiful, candlelit, Christmas Eve service enjoyed seeing all of you there plus many other folks that we don't see very often and welcome. On Christmas Day, Rev. Johnathan led a more informal but inspiring church service at the regular 10:30 a.m. time.

The Worship Ministry wishes you the gift of His love, peace and joy this Christmas season and throughout the coming year.

Sandra Skaggs, Chair

### *From Your Outreach Ministry*

During January and February we are knitting and crocheting comfort caps for people going through cancer treatment. There is lots of yarn and a binder full of patterns in the Narthex. Help yourself and help us help those in need.

Looking for fleece. If you have fleece you aren't using, please donate it to the church and we will make blankets for NICU babies or scarves/caps for cancer patients. No piece is too small.

Please keep bringing canned goods and egg cartons to the Narthex to donate to F.I.S.H. (Fellowship In Serving Humanity) This is our church's ongoing service project. Thanks to Kathy and Ron Broome for coordinating this and making weekly runs to F.I.S.H. with your donations.

Bean-a-Fit coming in March! For our March 26 potluck, Outreach is hosting our annual Bean-a-Fit for Bean's Cafe. We will feature their current selection of bean soups and have some bags to sell. You can use up last year's supply by making a pot to share now so you can stock up again!

### *From Your Fellowship Ministry*

We had a very enjoyable and interesting "dine and mind" following the January 29<sup>th</sup> potluck. Andy Serrano gave a talk about the two years he and Jacquelyn spent in Barrow (now Utqiagvik). We saw photos of their recently-opened state-of-the-art hospital, and lots of photos and stories of the culture

and wildlife. Some of us were gutsy enough to try the muktuk he brought to share. Check out Nan Wozniak's photos of the talk on the FCC Facebook page (<https://www.facebook.com/fcccak>).

Following the February 26 potluck, Lynn Barber will give a slide presentation on her 2016 Alaska Big Year of birding, in which she spotted 307 different species of birds - a state record! After you've eaten, stay a short while and witness her amazing travels across the state, from Barrow to Unalaska to Ketchikan to right here in Anchorage. [Lynn also posts gorgeous pictures of birds with her field notes on Facebook (<https://www.facebook.com/lynn.barber?fref=ts>).

### *“Called to Freedom”*

By Sharon Higgins, NACCC Year-Round Delegate

[Note from Kate O'Dell: First Congregational Christian Church of Anchorage is a voluntary member of the National Association of Congregational Christian Churches (NACCC). Since we're a non-denominational church, we've chosen to join with other Congregational churches across the country and around the world for resources, support, and collegial gatherings such as the Annual Meeting each summer.]

One of the other benefits to our NACCC membership is the opportunity to gather for the International Congregational Fellowship (ICF). ICF is a global expression of Congregationalism – an informal network of Congregationalists throughout the world – meeting every four years to refresh and renew genuine fellowship.

In 2017 ICF will be meeting in Cape Town, South Africa from July 6<sup>th</sup> through July 11<sup>th</sup>. See the poster included in this newsletter for information about the event [copies are also available throughout the Church]. You can also read about it on the NACCC web site ([www.theicf.org](http://www.theicf.org)). A great program has been planned for all ages, and friends from all over the world will be coming. If you have questions, please speak with Sharon.]

### *Strengthening Family Ties through Technology*

Nancy Wozniak, our resident tech guru, has been busy setting us up to make more connections with each other through social media. One of the new places for you to visit is Flickr where you'll find photos of our building and your Church family, including Sunday's encounter some of us had with muktuk. You can also see us worshiping wrapped up in our coats since the Meeting House had no heat. Please contact Kate O'Dell for the URL to view our Flickr gallery.

### *Save the Dates*

February will end with two events that you'll want to put on your calendar now, so you can make sure you, your family, friends, and neighbors are able to join us.

📅 Sunday, February 26

After the worship service, we'll gather downstairs for a potluck followed by a “Dine and Mind” with Lynn Barber. She will be sharing her adventures during “My Big Alaska (Birding) Year” when she spotted a record-number of our feathered friends in her travels all over the state.

📅 Tuesday, February 28

Join us at 6:00 pm for our annual Shrove Tuesday Pancake supper for the “Fat Tuesday” revels before Ash Wednesday (March 1) and the beginning of Lent. While we don't usually observe the dietary restrictions that our ancestors followed, a special meal with our faith community helps to prepare us for the upcoming weeks of reflection.



All you need is love. But a little chocolate  
now and then doesn't hurt.

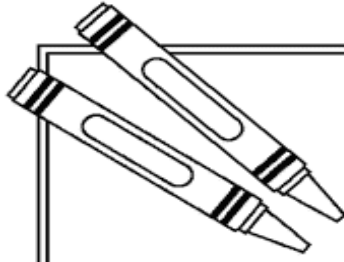
Charles M. Schulz

# February 2017

## CAWS Cause for January & February Comfort Caps and Scarves; NICU fleece blankets

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 5:15 Handbell Choir 6:30 Choir 7:00 Wings of Love Assembly	<b>2</b> 1:00 Primary Purpose 6:00 Inner Peace 6:30 Investment Club	<b>3</b>	<b>4</b> 9:30-11:30 Organist
<b>5 Boy Scout Sunday</b> 8:45 Handbells 9:30 Choir 10:30 Worship/Sunday School 11:30 Fellowship Hour 1:00 Worship Ministry 2-6 Wings of Love Assembly	<b>6</b> 6:30-8:30 Primary Purpose	<b>7</b> 5:30 Stewardship Ministry 5:30-8:30 C.C.P.D.	<b>8</b> 5:15 Handbell Choir 6:30 Choir 7:00 Wings of Love Assembly	<b>9</b> 1:00 Primary Purpose 6:00 Inner Peace	<b>10</b>	<b>11</b> 9:30-11:30 Organist 9-1:00 Weavers and Spinners Guild 12:30-4:30 Ren Fair Planning Workshop
<b>12</b> 9:30 Choir 10:30 Worship/Sun. Sch. 11:30 Fellowship Hour 12:00 Outreach Ministry 2-6 Wings of Love Assembly	<b>13</b> 6:30-8:30 Primary Purpose	<b>14 Valentine's Day</b> 5:30-8:30 C.C.P.D.	<b>15</b> 5:15 Handbell Choir 6:30 Choir 7:00 Wings of Love Assembly	<b>16</b> 1:00 Primary Purpose 6:00 Inner Peace	<b>17</b>	<b>18</b> 9:30-11:30 Organist 6:00 Family Game Night
<b>19</b> Communion Sunday 9:30 Choir 10:30 Worship/Sun. Sch. 11:30 Fellowship 12:00 FCC Church Council 2-6 Wings of Love Assembly	<b>20</b>  6:30-8:30 Primary Purpose	<b>21</b> 5:30-8:30 C.C.P.D.	<b>22</b> 5:15 Handbell Choir 6:30 Choir 7:00 Wings of Love Assembly	<b>23</b> 1:00 Primary Purpose 6:00 Inner Peace	<b>24</b>	<b>25</b> 9:30-11:30 Organist 5:30-9:30 Alanon District Recovery Rondo
<b>26</b> 9:30 Choir 10:30 Worship/Sun. Sch. 11:30 Fellowship 11:45 Potluck – "Dine & Mind" with Lynn Barber ("My Big Alaska [Birding] Year") Pilgrim Fellowship activity 2-6 Wings of Love Assembly	<b>27</b> 6:30-8:30 Primary Purpose	<b>28</b>  5:30-8:30 C.C.P.D. 6:00 Shrove Tuesday Pancake Supper				

The most up-to-date calendar is available on the website ([www.fccak.org](http://www.fccak.org))



# Just for **KIDS**

**Mark 12:30-31**

Change some of the letters below to find the words in these important verses.

**Change:** C's to L    J's to A    K's to O    Z's to H  
          Q's to T    P's to R    X's to E

(The other letters stay the same.)



Puzzle answers on p. 6 of this newsletter.

## FCC People

### Interim Minister

Rev. Johnathan C. Jones  
907-229-1352, 907-272-8363

Revjj.fcccak@gmail.com

Caroline Valentine, Organist,  
Director, Northern Lights  
Ringers

Lori Wasco

Director, Chancel Choir

June Skinner  
Nursery Attendant

### Contacts

#### Administrative Assistant & Editor

Kate O'Dell 272-8363

#### FCC Church Sexton

Scott McClure 272-8363

#### Wedding Coordinator

Barbara Widtfeldt 377-1673

#### Serving the NACCC

Sharon Higgins,  
Year-Round Delegate

#### Serving the PNACCC

Sharon Higgins,  
Delegate

## A Special Fifth Sunday

For the worship service on January 29<sup>th</sup>, the readings and music celebrated our diversity, especially as we found our way here from various regions and territories of the United States. For the Musical Offering, the Ryans and Kathy Means played while we sang a favorite Southern folksong, "Will the Circle Be Unbroken."



Kathy Means, Mark Ryan, and Pat Ryan

After the worship service, we enjoyed a potluck with favorite dishes from around the country and then Andy Serrano shared stories and photos from his and Jacquelyn's sojourn in Barrow (now Utqiagvik). Andy brought some muktuk, and some of us who hadn't had this Native Alaskan treat before got a taste.



Andy Serrano and Jeanette Dillon

### Puzzle Answers:

1. Praise;
2. Pray;
3. Light Candles;
4. Play Music;
5. Give Offerings;
6. Sit Quietly;
7. Communion;
8. Lift Your Hands;
9. Read Scriptures;
10. Sing;
11. Say "Amen"