

The Lutheran Beacon

Immanuel Evangelical Lutheran Church

304 Spruce St., P.O. Box 466, Tower, MN 55790

March 2023



Immanuel and friends,

March is a few days away and you know what that means? Well, yes Lent. Yes, soup suppers and midweek worship. Yes, spring is almost here....

But I am talking about March madness! March madness is all about basketball! The NCAA college men's and women's tournaments take over much of the month as well as High School state tournaments both hockey and basketball!

I don't know about you, but I grew up in a sports family and home. All my siblings and I played sports and evenings were often spent in the gym or on the field.

I want to share with you my basketball story. I was never a starter, a top athlete or high scorer, but I loved basketball. I worked hard; I just didn't have the natural ability like some do. When I was a junior in high school, I had just turned 17 in September. The basketball season was going to start mid-November and I had spent the summer working on my basketball skills. I could be found in the driveway every day in the summer shooting, dribbling and working to gain a spot "off the bench" my junior year.

It was the Wednesday of MEA week in October and I started to experience some weakness on my right side. I was having trouble picking up a textbook from my locker. In gym class my knee kept giving out and I kept dropping my hockey stick. I wasn't sure what

was going on, but just chalked it up to me be clumsy. By the last hour of the school day, I was in the school office and when I went to shift my weight from my left side to my right side, I fell to the floor. I was now concerned that something wasn't quite right.

I went to volleyball practice (I was the manager) and talked to the coach, who recognized that my parents needed to be notified immediately and I needed to get to the clinic or hospital. The next several days were somewhat of a blur from there.

I was hospitalized that afternoon in the Virginia hospital. By that time, I had lost all control and mobility of my right side. I could not get my leg, toes, arms, hands or anything on the right side to move. They had no idea what was going on. They observed me through the night and at the time (this was 30 years ago) the Virginia hospital did not have an MRI machine; it came as a mobile MRI in a semi-truck. My parents were not comfortable with that set up, so they had me discharged and had the hospital call ahead to Duluth and my parents drove me themselves down to Duluth for an MRI.

It was one MRI (45 minutes long) then they had to inject dye and I had another MRI. That two hours I was kind of out of it, unaware of what might be happening. Afterall, I was only 17 years old.

I do remember sitting on my hospital bed wondering if I was ever going to be "normal" again (whatever "normal" was for a 17-year-old in the 90's). I remember wondering if any of my friends would still want to be friends with me. It was a very scary time for me.

Finally, the doctor came to my parents and I to tell us that I, at the age of 17, had a stroke. It was unusual. It was shocking. It was scary. A stroke??? It turns out that there was a small blood clot in my brain, but the clot did block the entire vein, it allowed blood to trickle by it slowly. This explained why I didn't have any numbness or tingling and only lost all control and mobility of my right side.

I spent a couple more night in the hospital before going home. I would have to start physical and

occupational therapy right away. I had to walk with a cane. I experienced severe headaches and migraines. It was a devastating experience and at the same time it was an experience that taught me so much about life, about priorities, about perseverance. I grew up really fast that year!

I lost some friends, but we all know they really weren't friends in the first place. I discovered who my real friends were. I was teased in school because I walked with a limb and a cane. I was different. I would forever be changed by the stroke I experienced in October of 1993.

Basketball season was starting one month after my stroke. I was still learning how to walk, let alone how to run. I had to write and do all my homework with my left hand because I still couldn't hold a pencil with my right. I had lost everything I had worked so hard to gain over the summer when basketball season came mid-November I wasn't sure I would ever get off the bench now.

I still went out for basketball. I loved the game. My friends played. The coaches were very protective of me and my head. But I still worked as hard as I could. I began to walk and run again without limping, with full strength. I wasn't fast, but I could run. I showed up for every single practice. I sat on the bench for every single game. I would get in now and then, but the coaches really were very cautious and protective.

It was early to mid-December, it was a home game, and we were playing Tower-Soudan ☺. This was going to be my first game of the season because I finally got cleared by the doctor. The coach calls me from the bench. I check in and on the next whistle I get to enter the game. To my surprise, the entire gymnasium rises to their feet and applaud as I entered the game. MIB and Tower-Soudan – the entire gym! Clapping for me. I am sure that at the time I really couldn't comprehend the accomplishment, the mountain I had just climbed in two months, but they sure did.

You all may remember Jason Goulet and the football injury that left him paralyzed that same fall. Jason and I had PT and OT together. Tower-Soudan fans knew as they had been rallying around one of their own athletes that year too. It was no wonder why they were standing and cheering as well!

Back to the game. When we got the ball, it was passed to me, I took the shot, made it and once again the crowd stands and cheers.

I was so excited to be playing basketball again! I didn't care if I was a "bench warmer". I had recovered from a stroke at the age of 17 and the

basketball court, the bench, my coaches and teammates had my back, they loved me, they pushed and protected me. I needed them at that time, and I know they needed me!

I always wanted to be a basketball coach. My experience on the bench gave me the opportunity to see the game in a different way. To see all positions, to see the whole court, to observe the other team. I learned how to analyze the game and not just play one position. In a lot of ways, it was a gift!

I coach basketball because I love the sport. I coach basketball because I want young girls to know they are loved, seen, and cared for no matter what their skill level is. I coach basketball because I care about our youth. Not because I was a star player and want to live vicariously through my team. Not because I have something to prove. Not because my team goes to state every year (we have never been to state). I coach because God has given me the skills, the understanding, the compassion and the love for the game. I coach because God has called me to the game as an extension of the ministry I, we, you do here at Immanuel.

My girls know that I am a pastor first and foremost. They know that I am a Christian. They know that I pray for them. They know.... And so does the community.... And so does the school....

I hear rumbles here at Immanuel from time to time "... but pastor coaches basketball all winter" as if I am cheating Immanuel out of my time or presence. I assure you no one is being cheated out of my time or presence. Remember that wherever I go, whatever I do outside of the church, whether it be a wedding, a funeral, coaching basketball, public speaking.... I represent you. I am an extension of Immanuel.

There is a good number of Immanuel folks who have been coaches over the years and there are a good number of you that follow the Lady Grizzlies in the newspaper. There are a good number of you that ask me every Sunday during the season how my team is doing. There are even some of you that show up to our games! I see you! Thank you! I know you know!

I coach basketball to keep active, as a form of self-care, to inspire and encourage girls, to be a positive and healthy role model and to shine God's light into sometimes very dark places in the lives of my players both on and off the court. It is a gift to me, to them, and I would hope to you as well Immanuel.

Thanks for hearing my story. It was life changing for me and I can only hope that my coaching can also be life changing to my girls as well.

Jesus promises that wherever two or three are gathered he is there with us! Even on the court, in the huddle and on those bus rides! Thanks be to God!

Pastor Liz
Aka CoachRev



Happy Birthday

- 1 Steven Burgess
- 2 Judith Majerie
- 3 Dan Mobilia
- 9 Muriel Scott
- 10 Aaron Mayo
- 11 Aaron Niemiste
- 11 Timothy Rice
- 12 Clint Hughes
- 15 LeRoy Forstrom
- 15 Ella Visger
- 16 Jessi Zobitz
- 21 Brielle Hujanen
- 28 Corliss Bremer
- 31 Michael Anderson



- 2 Curtis and Sheila Barsness
- 28 Arne and Phyllis Hall

Offering & Attendance

Date	Attendance	Offering
January 29	36	\$1,261
February 5	41	\$2,800
February 12	52	\$1,204
February 19	45	\$2,226
February 22	43	\$ 386

Direct Deposit/Vanco	\$2,026
Thrivent Grant Payment	\$ 657

Income & Expenses

February 2023	
Income: \$ 11,242	Expenses: \$ 14,672
February 2022	
Income: \$ 8,671	Expenses: \$ 12,752

March Volunteers

We are in need of volunteers-if you are able to help the church, there is a sign up sheet in the Narthex. Thank you.

USHERS

We are in need of ushers

COMMUNION PREP

March 5	Richard & Kay Hanson
March 12	Richard & Kay Hanson
March 19	Richard & Kay Hanson
March 26	Richard & Kay Hanson

LECTORS

March 5	Jim Carlson
March 12	Rolf Anderson
March 19	Laurie Anderson
March 26	Elaine McGillivray

*We sincerely appreciate our Volunteers!
Thank you*

Council Meeting Highlights

The council met on Tuesday February 7th at 1 PM.

The elections of officers: Angie Gurius was nominated for President, Marit Kringstad was nominated for Vice President, Lynn Scott was nominated for Secretary and Nancy Wagner was nominated for Treasurer. All nominations were seconded and motion passed.

Sunday School and confirmation are back and running after holiday break.

Pastor Liz will be gone March 29-April 30 (Synod Assembly) and May 28-vacation.

The next council meeting will be held at 9 AM on Wednesday March 8th, 2023.

A full copy of the Council Minutes is on file with the church secretary if interested.

Committee Reorganization

Finance-Nancy Wagner, Wayne Dahl

Worship-Lynn Scott

Christian Ed-Marit Kringstad

Social Ministry/Evangelism-Nancy Wagner, Angie Gurius

Stewardship-Angie Gurius, Marit Kringstad

Memorial-Marit Kringstad

Church Property-Wayne Dahl, Jim Carlson

Health Ministry-Brianna Broten

Thankyou

Thankyou for all your thoughtfulness, love and support during this stressful time. It is very much appreciated. Thanks Be to God with love Delores and family.

WELCA

Inviting Women of ALL Ages! Wednesday February 22nd, 2023 @ 1:00 p.m. Immanuel Fellowship Hall. The women of the church continue to work towards helping those in need. We pray that many of you will consider joining our group when we reconvene in January.

Come and find out what WELCA is all about. We are always looking for women who want to be of service to others and to the world.

Stewardship News

A friendly reminder to fill out the Time and Talent Survey. The stewardship team will be meeting on Wednesday, March 8th at 11:30 to go through the surveys. If you are interested in joining the stewardship committee please come on the 8th!

Quilting



Join us downstairs in the Fellowship Hall on Wednesdays. We start around 9 am and work on quilt projects until coffee break time and wrap up around noon.

If you are interested and would like more information, please contact Penny Jackson at 218-248-0766 (leave a message and I will return your call) or just show up on Wednesday and join the fun!

Health Ministry

A member of our Health Committee resigned recently and we would like to take this opportunity to thank her for her many years of service on this committee and to Immanuel. Faye Mobilia was a dedicated member and chair of this committee for ten years. She provided medical advise, meals, transportation and assistance to any member of this congregation who was in need. She gave tirelessly of herself and we wish her the very best.

Thank you, Faye
Immanuel Health Committee

The committee is excited to announce its revitalization! Please stay tuned for our up and coming bulletin board that will be located in the narthex. We look forward to serving our

congregation for all its health and wellness needs!

Our Parish Health Ministry cabinet members are the following and can be contacted with any suggestions for the health ministry. If any of you have family or friends that the ministry may be able to assist in some way, please do not hesitate to contact any of these cabinet members:

- * Cathy Carlson 753-3885
- * Muriel Scott 410-4543
- * Kay Hanson 218-248-0198
- * Shelley Padgett 228-780-3192
- * Ilene Rice 719-331-3447
- * Brianna Broten 218-969-4630

Please note there is a Resource Book/Binder in the church office for your convenience.

Immanuel Choir News

We meet Thursdays at 11 AM which has been working for our members. Consider joining us! The old adage *"If you don't use it, you lose it"* holds true for singing.

If you enjoy singing this is the place for you!!

MaryBeth Reller
Cell:218-929-1167

New COVID-19 Telehealth Treatment Pilot Program

On December 19, the State of Minnesota launched a new telehealth test-to-treat program to ensure Minnesotans who have tested positive for COVID-19 have easy access to clinician care and therapeutic treatments that reduce their risk of serious illness or hospitalization. Beginning immediately, Minnesotans who test positive for COVID-19, either with a home test or a positive test from a lab, can download the Cue Health app and sign up to have a virtual consultation with a licensed clinician who will evaluate them to determine if therapeutic treatment is a good option. If they are a good candidate for therapeutics, the clinician can issue that prescription to the patient's local pharmacy. In some areas of the state, those prescription medications can be delivered to the person's home.

All services, including the consultation, medication and delivery, will come at no cost to the Minnesotans

who use this service. This pilot program is available to all Minnesota residents.

For more information on how to access this program and for instructions on downloading and getting started with the Cue Health App, please visit care.cuehealth.com/mn.

GRIEF SUPPORT GROUP

Grief support group will meet the third Wednesday of each month beginning at 6:00 p.m. This is an open support group that is facilitated by Pastor Liz. Sharing, discussion and support is offered each month in a group setting. For individual grief support contact Pastor Liz (lizcheney44@gmail.com or 218-780-8907) to set up a one on one session.

The March grief support group will be held on March 15th.

Lenten Soup Suppers and Mid Week Lenten Worship

Join us every Wednesday in March for Soup supper from 5:15-6:15 and worship at 6:30.

This year soup suppers will be hosted and sponsored by different church committees.
March 1 – Finance (Nancy Wagner)
March 8 – Social Ministry (Nancy Wagner)
March 15 – Worship (Lynn Scott)
March 22 – Health Ministry (Shelley Padgett)
March 29 – Community Meal

If you are not on one of those committees and would like to help, just talk with the person listed above).

Worship themes for Wednesdays:

- March 1 – Feed
- March 8 – Heal
- March 15 – Forgive
- March 22 – Pray
- March 29 – Rest

The confirmation students will be assisting in worship each week as well! Hope you can join us for soup supper and worship!

Community Meal

Last night's Community Meal was chicken and beef enchiladas with spanish rice and beans, coffee, juice and goodies. It was a great success!! It was followed by a lovely Lent Worship with 43 attendees. There were also two families that are

homebound presently and the meals were delivered to them!

Can you believe we are 7 months into our monthly free Community Meals? Each month it gets better than the last. We offer dine in or take out with lots of community members coming out to have dinner and fellowship with us. We have had a variety of meals, all homemade, next month is a Ruben casserole. Yummy! We have plenty of opportunities for everyone to come and volunteer. If your interested please contact the church 218-753-2738 or Heather Chauklin 218-780-9731

Contact Us

Church Office: 753-2378
ielctower@gmail.com
www.towerlutheran.com
www.facebook.com/ImmanuelTower

OFFICE HOURS

Tuesday, Wednesday & Thursday 9:00 – 1:00

STAFF

Pastor: Rev. Liz Cheney
Office Manager: Donna Frank
Minister of Music: MaryBeth Reller
Custodian: James Urick

Members Who Are Homebound

Jim Charles (Birthday May 5)
4559 Shoreline Drive, Apt #406
Spring Park, MN 5584

Carol and Bob Burgess
705 17th St. N. Apt #304
Virginia, MN 55792

Eileen Swanson (Birthday July 11)
Vermilion Senior Living
Tower, MN 55790

Scripture readings for the month of March

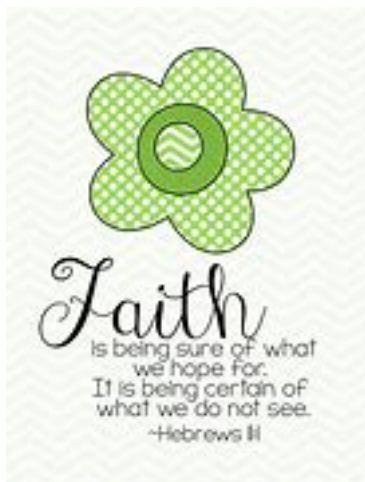
March 5
Genesis 12:1-4a
Psalm 121
Romans 4:1-5,13-17
John 3:1-17

March 12
Exodus 17:1-7
Psalm 95
Romans 5:1-11
John 4:5-42

March 19
1 Samuel 16:1-13
Psalm 23
Ephesians 5:8-14
John 9:1-41

March 26
Ezekiel 37:1-14
Psalm 130
Romans 8:6-11
John 11:1-45

304 Spruce St.
PO Box 466
Tower, MN 55790



In Person Worship 10:00 am Sunday with Holy Communion
Find us online:
Facebook: Immanuel Lutheran Church of Tower
Website: www.towerlutheran.com

Contact Pastor Liz Cheney at
218-780-8907
lizcheney44@gmail.com (personal & private)
ielctower@gmail.com (public)

