

Children, Youth and Family Handbook 2019 - 2020



LAKE NOKOMIS LUTHERAN CHURCH

5011 31st Avenue South
Minneapolis, MN 55417
www.lakenokomischurch.org
612-729-2323

We are God's people being transformed by the Holy Spirit to live out the gospel of Jesus Christ in the world in word and action.

WELCOME STATEMENT

Who We Are

The congregation of Lake Nokomis Lutheran Church (LNL) affirms that "All are welcome in this place." We celebrate the words of the apostle Paul: "There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus" (Galatians 3:28).

Here are the words of invitation we use to welcome people to the table of the Lord: "*The Risen Christ has invited us to this table. Whoever you are, however you feel, for whatever reasons you are here, come to the feast. Whatever your condition, whatever questions you have, wherever you are on your spiritual journey: know that our host is the one who has given his life for the world, the one who was raised to new life, and the one who invites us to come to the table.*"

We are a community whose members differ in age, ethnicity, social status, and vocation. Our journeys in life often look very different on the surface. But we believe that God's love changes everything--for everybody. Our faith tradition is based on a life-transforming story that is both ancient and timely. It is a story of a powerful and patient God who has boundless love for all people in the world. It is a story of Jesus Christ changing lives. It is a story that brings comfort and strength to all people today.

We believe all people share the worth that comes from being loved and forgiven children of God. We want it to be known that we welcome all people--regardless of race, age, culture, national origin, ethnicity, sexual orientation, family status, marital status, gender identity, physical or cognitive ability, or economic condition--into the life-transforming story of Jesus Christ at this congregation.

STAFF CONTACTS

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WEEKLY SCHEDULE

Sundays

8:00am Worship
9:00am Coffee & Fellowship, Handbell practice
9:15am Education (3-year-old – Adult)
10:30am Worship
11:30am Coffee & Fellowship

Wednesdays

5:30pm Simple Dinner (optional for families)
6:00pm Spirit Sounds, Guitar Class, Faith Club
7:00pm Adult Choir, Confirmation, The Deep End

CHILDREN'S MINISTRY: BIRTH TO 6TH GRADE

BAPTISM

In Matthew 28 Jesus says, "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit." In this gift of God's grace, by water and God's Word, God delivers us from sin and death and raises us to new life in Jesus Christ. We are united with all the baptized in the one body of Christ, anointed with the gift of the Holy Spirit, and joined in God's mission for the life of the world! As they bring their children to receive the gift of baptism, parents and guardians are entrusted to live with them among God's faithful people, bring them to the word of God and the holy supper, teach them the Lord's Prayer, the Creed, and the Ten Commandments, place in their hands the holy scriptures, and nurture them in faith and prayer. Baptismal sponsors promise to nurture children in the Christian faith and help them live in the covenant of baptism and in communion with the church.

To help baptismal sponsors and parents fulfill the promises made at baptism, children receive a Faith Chest to mark this milestone. Each Faith Chest includes a baptismal candle and shell, a small towel embroidered with the child's name and date of baptism, *Luther's Small Catechism*, and *Living the Promises of Baptism: 101 Ideas for Parents*. This book is filled with concrete ideas for celebrating the gifts of baptism in daily living. Meals, bedtime, play, seasons, milestones, transitions, and many other occasions become opportunities for practicing faith in the home.

Parents wishing to have their children baptized should contact Pastor Chris Hagen.

WORSHIP & NURSERY

We love to be all together in worship! Children can be taught to pray, stand and sit with others during worship, listen to music and learn songs, come forward during the Time for Children, and receive a blessing during Holy Communion. Rainbow bags filled with quiet activities are available for young worshippers and are located next to the side doors to the sanctuary. Sometimes we'll have dancing scarves and shaker eggs that children can use during songs. A wiggle space is available in the narthex so small children can play quietly with parents and guardians by their side, making it possible for families to still be all together in worship! **Needed This Year:** At any time during worship, children can be brought to our nursery during 10:30am worship. But, we need parents on board and willing to serve! Ideally, we'll have at least 10 volunteers so you'll serve less than once a month. To volunteer in the nursery, call Erica Larson at 612-729-2323.

SUNDAY SCHOOL

Children ages 3 through grade 6 meet on Sundays from 9:15-10:15am in the education wing and follow the scripture readings that are used in worship on Sunday mornings. The Sunday School schedule and lessons are on page 4. 7-12th grade youth follow the same Sunday schedule as elementary children. We may add Cross+Generational events during the year, so please watch for announcements about any changes.

HOLY COMMUNION INSTRUCTION

It is a tradition at Lake Nokomis Lutheran to provide Holy Communion instruction for 5th graders during the season of Lent. Whether they are already receiving communion or not, this is an important faith milestone and time of learning as we celebrate the gifts of grace and forgiveness. Instruction takes place on Sunday mornings during Lent, includes a Saturday Holy Communion Retreat, and culminates with the 5th grade class celebrating the sacrament together at the 7pm worship service on Maundy Thursday. Our 4th and 6th grade families help set up and serve a celebration meal. A Holy Communion Instruction Kick-off Meeting will be held on Sunday, February 23, 9:15am.

MAKING MUSIC

Optional *Simple Dinners* are on Wednesdays are 5:30-6pm. *Spirit Sounds* for K-6th graders will be a combined drumming/singing/chiming experience led by Kat Van on Wednesdays from 6-6:45pm. Kids will make music in worship every month and rehearsals start on 9/11.

SUNDAY SCHEDULE

Date	Story and Scripture Passages	Additional Notes
9/8	Garden of Eden, <i>Genesis 2:4b-25</i>	Service Project in the Nokomis Room
9/15	Isaac Born to Sarah, <i>Genesis 18:1-15; 21:1-7</i>	
9/22	Jacob Wrestles God, <i>Genesis 32:9-13, 22-20</i>	
9/29	Moses & God's Name, <i>Exodus 1:8-2:10; 3:1-15</i>	
10/6	Hear O Israel, <i>Deuteronomy 5:1-21; 6:4-9</i>	
10/13	Ruth, <i>Ruth 1:1-17</i>	
10/20	David Anointed King, <i>2 Samuel 5:1-5; 6:1-5; Psalm 150</i>	
10/27	Kingdom Divided, <i>1 Kings 12:1-17, 25-29</i>	
11/3	Elijah at Mount Carmel, <i>1 Kings 18:17-39</i>	
11/10	Hosea, <i>Hosea 11:1-9</i>	
11/17	Isaiah's Vineyard Song, <i>Isaiah 5:1-7; 11:1-5</i>	
11/24	Josiah's Reform, <i>2 Kings 22:1-20; 23:1-3</i>	
12/1	Promise of the Messiah, <i>Jeremiah 33:14-18</i>	
12/8	Isaiah of the Exile, <i>Isaiah 40:1-11</i>	
12/15	Rebuilding the Temple, <i>Ezra 1:1-4; 3:1-4, 10-13</i>	Christmas Worship Rehearsal in Sanctuary
12/22	Zechariah's Song, <i>Luke 1:5-25, 57-80</i>	Christmas Break: NO EDUCATION HOUR
12/29	Beginning of Good News, <i>Mark 1:1-20</i>	Christmas Break: NO EDUCATION HOUR
1/5	Jesus' Ministry Begun, <i>Mark 1:21-45</i>	
1/12	Jesus Heals and Teaches, <i>Mark 2:1-22</i>	
1/19	Parables in Mark, <i>Mark 4:1-34</i>	
1/26	Jesus and the Gerasene Demoniac, <i>Mark 5:1-20</i>	
2/2	Jairus' Daughter Healed, <i>Mark 5:21-43</i>	
2/9	Death of John the Baptist, <i>Mark 6:1-29</i>	
2/16	What Defiles? <i>Mark 7:1-23</i>	
2/23	Transfiguration, <i>Mark 8:27-9:8</i>	5th grade Communion Instruction Kick-off
3/1	First Last and Last First, <i>Mark 10:17-31</i>	
3/8	Bartimaeus Healed, <i>Mark 10:32-52</i>	
3/15	Parable of the Tenants, <i>Mark 12:1-17</i>	
3/22	Great Commandment, <i>Mark 12:28-44</i>	
3/29	End of the Age, <i>Mark 13:1-8, 24-37</i>	
4/5	Triumphal Entry, <i>Mark 11:1-11; 14:3-9</i>	
4/12	Resurrection, <i>Mark 16:1-8</i>	Easter Sunday: NO EDUCATION HOUR
4/19	You Shall Be My Witnesses, <i>Acts 1:1-14</i>	
4/26	Peter Heals in Jerusalem, <i>Acts 3:1-10</i>	
5/3	Church at Thessalonica, <i>Acts 17:1-9</i>	
5/10	Church at Corinth, <i>Acts 18:1-4</i>	
5/17	Faith, Hope, and Love, <i>1 Corinthians 13:1-13</i>	Cross+Gen Event in the Nokomis Room

YOUTH MINISTRY: 7TH - 12TH GRADE

CONFIRMATION

Vision and Goals

Confirmation is a time to uncover the mystery of God's promises and presence in our lives. It is a time to affirm the promises made in baptism and say YES to the God who first said yes to us. Our goal is that every student will:

- Know that faith is a journey lived in a community experiencing fellowship, service, worship, and prayer, while entering into one another's joy and suffering
- Experience scripture as a living example of God's ongoing and faithful promises
- Experience Jesus as a friend and model of a faithful life
- Experience the Holy Spirit as the very real and mysterious presence of God at work in the world
- Think about their gifts and talents and how they can be used to love and serve others

The Learning Experience & Expectations

Confirmation takes place on Sunday mornings and Wednesday evenings. 7th-8th graders study Luther's Small Catechism, while 9th-10th graders focus on Faith Statements, discovering their gifts, mentoring, baptismal promises, and the Faith-in-Action Project. Wednesday evenings will also include fellowship and service events.

The commitment to join a community comes with expectations that will encourage conversation and accountability:

- Actively participate in worship and education on Sundays and Wednesdays
- Complete 15 Worship Reflections each year
- Serve our church and community
- Participate in a mentor program in 9th grade
- Complete an individual Faith Statement or Project and work as a class on a Faith-in-Action Project
- Have a Faith Conversation with Erica Larson or Pastor Chris Hagen

We understand that families have commitments outside of this faith community and we want to support you in all aspects of your faith and daily life. At the same time, we ask that confirmation youth be here regularly on Sundays and Wednesdays because confirmation is a not only a family and congregational commitment but a commitment to a group!

Ministry and Service Opportunities

Living a life of faith includes the call to love and serve our neighbor. Possibilities for service and ministry in our church, community, and world include:

- Serving on Sunday mornings as a greeter, usher, reader, nursery attendant, or coffee fellowship host
- Participation in Guitar Class, singing, or sharing musical gifts in other ways
- Service projects, ongoing ministries, and service trips offered through our church
- Unpaid school, community or neighborhood projects

Mentors

In 9th grade, students choose a confirmation mentor – an adult member of the congregation who models a healthy faith life. It's an opportunity to build a relationship, talk about faith and life, and receive guidance and encouragement while working on the Faith Statement. Wednesday night leaders cannot be mentors, nor can parents mentor their own children. We can suggest possible mentors for students who do not know who to ask. Students and mentors meet 5 times.

SENIOR HIGH

The faith formation journey continues in senior high! 9-12th grade youth gather for CLASH (Christ Loves All Senior High) from 9:15-10:15am on Sundays and The Deep End on Wednesdays from 7:00-8:30pm. Both CLASH and The Deep End include relationship building, topical conversation, bible study, service projects and fellowship events. Our youth experience a transition during their 9th grade year. They are still on their confirmation journey, but join with the senior high youth for most of their learning experiences, which helps them build relationships with our older youth and participate in deeper conversations about faith and life. CLASH and The Deep End follow the same Sunday and Wednesday schedule as Confirmation.

MAKING MUSIC

7-12th grade youth can participate in a ***Guitar Class***, working on a variety of music styles and playing in worship about once a month. Led by Jodi Gustafson, they'll rehearse on Wednesdays 6pm, with the option of Simple Dinner at 5:30pm.

This is a general schedule for each week:

Sundays:

8:00am Worship
9:15am 7th-8th grade Confirmation with Linda Ojeda
 9th-12th grade Confirmation/CLASH, Family Room
10:30am Worship

Choose the worship time that works best for your family

Wednesdays:

5:30pm Simple Dinner
6:00pm Guitar Class
7:00pm Gathering and worship for 7-12th grade
7:20-8:30pm Confirmation and The Deep End

Wednesday Schedule

September:

9/15 Confirmation Orientation option 1
9/18 Confirmation Orientation option 2
9/25 Youth Group Kick-off

October:

10/2 Confirmation & The Deep End
10/9 Confirmation & The Deep End
10/16 MEA – No programming
10/23 Confirmation & The Deep End
10/30 Confirmation & The Deep End

November:

11/6 Confirmation & The Deep End
9th Grade Mentor Orientation
11/13 Confirmation & The Deep End
11/20 Thanksgiving Potluch
11/27 Thanksgiving Eve Worship, 7:00pm

December:

12/4 Confirmation & The Deep End
12/11 Confirmation & The Deep End
12/18 Service Project Night with Confirmation Mentors
12/25 No programming: Christmas Day

January:

1/1 No programming: New Year's Day
1/8 Confirmation & The Deep End

1/15 Confirmation & The Deep End
1/22 Confirmation & The Deep End
1/29 Confirmation & The Deep End

February

2/5 Confirmation & The Deep End
2/12 Confirmation & The Deep End
2/19 Confirmation & The Deep End
2/26 Ash Wednesday Worship, 7:00pm

March

3/4-4/1 Lenten Worship, 7:00pm
7-12th Youth Group, 7:35-8:30pm

April

4/9 Maundy Thursday Worship, 7:00pm
4/10 Good Friday Worship, 7:00pm
4/15 Confirmation & The Deep End
4/22 Confirmation & The Deep End
4/29 Confirmation & The Deep End
9th Grade Mentor Meeting

May:

5/6 Confirmation & The Deep End
5/13 Confirmation & The Deep End
5/20 End of the year party!
5/27 9th Grade Faith-In-Action Planning

Important dates for 10th graders

9/18 or 9/22 Final Mentor Meeting (choose best option for 10th grader and mentor)
October Faith Conversations with Deacon Erica Larson or Pastor Chris Hagen *Signup sheets on their office doors*
10/26/19 Confirmation Brunch and Rehearsal at 9:00am
10/27/19 Affirmation of Baptism Service (Confirmation) at 10:30am

FAMILY & ADULT MINISTRY, SUMMER EXPERIENCES

We believe that faith formation happens primarily in families. At Lake Nokomis Lutheran Church, we see our role as one of partnering with families in fulfilling the promises made at baptism. We are all on this journey together!

Some ways to partner in ministry...

- Make Sunday School, Confirmation, CLASH, and The Deep End a family priority.
- Worship together at LNL as a family, and pray together at home. Put *FAITH5*, *Luther's Small Catechism*, and *Living the Promises of Baptism: 101 Ideas for Parents* to good use!
- Participate in the many opportunities for worship, fellowship, and service at LNL.
- Find a good fit for your gifts and passions. In what ways can you contribute to our community? In addition to our ministries with children and youth, there are many opportunities throughout the congregation to be involved in meaningful ways! Check out our Welcome Brochure, found on our website and Welcome Table in the church narthex.

SERVICE OPPORTUNITIES

Each summer, our 9-12th grade grads become the hands and feet of Christ during our service trip. These experiences include prayer, worship, devotions, working alongside others in communities throughout the country, and experiencing God in profound and life changing ways. The 2020 trip to Heifer Ranch in Arkansas is June 19-27. Info and prep meetings are on January 12, February 9, March 8, April 19 and May 17 at 11:45am; and, June 14, 10:45am.

For a meaningful experience for the entire family, we encourage your participation in Families Moving Forward, the shelter program of Beacon Interfaith Housing Collaborative. We'll provide shelter and hospitality to families experiencing homelessness from July 26-August 9, 2020. With two consecutive weeks of FMF, it will take over 60 volunteers set up and take down sleeping and activity spaces, prepare and serve dinners, coordinate activities for adults and kids, and serve as overnight hosts. Look for more information in January!

WILDERNESS CANOE BASE

All ages can stay at Wilderness Canoe Base for **Island Camp**, where you'll have options such as day trips paddling canoes, a night out on trail, rock climbing, swimming, campfires, worship, crafts, hiking and more. It's a great option for families, and you can come for all or part of the week. A traditional **Canoe Trip** takes you out on trail to paddle and portage, swim, fish, sleep in tents, cook over a campfire, and experience life in the BWCA. 6th-12th grade grads and adults can participate in a Canoe Trip, with some exceptions for younger children. Our 2020 trips are July 12-17 (you can stay all or part of the week for Island Camp.)

VACATION BIBLE SCHOOL

3-year-old through 5th grade grads enjoy five days of worship, Bible stories, games, snacks, crafts and adventure; and 6th-12th grade grads and adults serve as leaders! VBS is 6-7:30pm, July 19-23, 2020.

LAKE WAPOGASSET LUTHERAN BIBLE CAMP

We encourage Bible camp for ALL because it helps our youth grow in their faith, and creates a tight knit community. Camp includes Bible studies, worship, campfires, swimming, games, cabin activities, arts & crafts, and so much more! You'll hear more about it in January, but you can add it to your calendar now:

2020 WAPO DATES: *Seeds Camp (1st-3rd grade grads), July 31-August 2*
 Youth (4th-8th grade grads) & Senior High (9th-12th grade grads), August 2-7
 Wapo One Day (1st-4th grade grads), August 5

ADULT FAITH FORMATION

Faith & Life Conversations

Adults gather on Sundays from 9:15-10:15am in the Nokomis Room (undercroft) for topical conversations and Bible studies that are relevant for living out our faith in daily life. It's always okay to sneak in late or duck out early if you have children in Sunday school...we want your participation and your voice!

Christ & Culture in Film

What's your story? How can films help us tell God's story and our own? We gather monthly to view a movie on a large screen, followed by discussion. Movies this year include *Bohemian Rhapsody*, *The Upside*, *Green Book*, *BlackKkKlansman*, *The Green Mile*, and *Wonder!* For more information, contact Glen Wheeler at 612-987-4691. Check the blue bulletin board in the church narthex for the full schedule. Come once to check out your favorite film or join us every month!

The Faith Club

This group, for both men and women, meets on Wednesdays at 6:00pm in the church library, digging deeper into the upcoming Sunday texts. If you are interested please contact Allan Hetland at 651-636-2027 or bighet42@gmail.com.

Animate Faith

Women gather to explore central topics of Christianity through video, journaling and provocative questions from leading voices such as Rachel Held-Evans, Nadia Bolz-Weber and Brian McLaren. If you are interested in this or a similar study, contact Kami Hopkins at 612-518-6583 or kamihopkins@gmail.com.

Other Future Possibilities

We have short-term Bible and book studies for Lent and at other times during the year. And other possibilities are endless! Talk to Director of Faith Formation Erica Larson about new possibilities or joining an existing group.

MAKING MUSIC

Adult Choir meets on Wednesdays from 7-8:30pm and sings in worship roughly three times a month. If you sing in the shower or the car, you're qualified! This is a great option for parents/guardians of 7-12th grade youth because it meets at the same time.

Handbell Choir has several short sessions throughout the year, rehearses at 9:00am on Sundays, and plays roughly once a month.

If you can't make regular rehearsals, but still want to make music, there's a place for you, too! We'll have several short-term opportunities through the year, and there's always room for soloists and instrumentalists. Just let us know you're interested and we'll find a place and time that works for you! Talk to Music Director Jodi Gustafson to get involved.

Lake Nokomis Lutheran Church (LNL)

Safety and Behavior Philosophy and Strategy for Children and Youth

We believe that faith formation happens primarily in families and that the church's role is to provide resources and support for families and create an environment where spiritually maturing young people:

- Are nurtured and accepted for *who* they are and *whose* they are
- Hear clearly and often that they are loved by God and saved by God's grace
- Discover and celebrate their God-given gifts
- Feel welcomed and loved in an environment that is physically, emotionally, and spiritually safe and comfortable.

Basic Expectations and Safety Precautions:

1. Children and youth must have written permission for involvement in church sponsored programs. In most cases, our Registration and Medical Forms will serve this purpose. Children utilizing the nursery should be checked in by a primary caregiver and remain in the nursery until they are checked out by that caregiver.
2. All children 3rd grade and younger should be dropped off and picked up in their Sunday School classroom by a primary caregiver. Primary caregivers of older children should talk to their child's teacher about drop off and pick up arrangements. All children and youth will remain with their class/group when participating in church programs.
3. Volunteers can teach or work with children and youth after they have been an active participant or member of LNL for six months. To help ensure the safety of children and youth, all adults who work with them will agree to our Safe Place Policy and Procedures and receive a background check every three years.
4. First Aid Kits are located in the education closet, church office work room, and narthex coat room.
5. In case of fire alarm, teachers and students will take the closest exit door out of the building and cross the street to get away from the building.
6. In case of tornado, teachers and students should go to the lower level Nokomis Room (undercroft).

We encourage the use of the following strategy for classroom management and behavior. It begins with creating a welcoming and nurturing environment for all. It also includes a covenant among leaders, primary caregivers, children and youth. Finally, it is a progression of actions that are effective in dealing with behavior situations that may arise.

- 1. Welcome:** Leaders will call children by name, and create a joyful and loving environment where each child has an opportunity to learn about God's love, ask questions, and share their individual thoughts. Leaders will pray, plan and prepare carefully, build relationships, respect and accept each child, affirm positive behavior, and include multiple learning styles. Children and youth should be aware that their behavior and actions affect others. Everyone is a child of God and part of the body of Christ, so children and youth can help others feel safe, welcome, and important.
- 2. Behavior Corrections:** Leaders will handle corrections with care, concern, and love and will not publicly embarrass children or youth. If a child is struggling with their behavior, leaders will ask the youth to participate, emphasizing our desire for them to be a part of what is going on. Sometimes giving youth a job can help them feel that they are contributing in a positive manner. If disruptive behavior continues, the leader will issue a verbal warning.
- 3. Private discussion:** If unwanted behavior continues, the leader will have a one-on-one conversation about the behavior. Sometimes, children are having a tough day, and the best thing that we can do is ask what's going on and listen. If possible, this can happen immediately, but sometimes the leader will need to wait until after the group is finished before a private discussion. Leaders will try to avoid verbal confrontation in front of the group.
- 4. Removal:** This becomes necessary when all constructive attempts to change the behavior within the group are exhausted. If there are two leaders in a group, one will take the child for a short walk in the hallway. If there is only one leader, our Sunday School Coordinators or an available staff member will be called on to help or, the primary caregiver will be summoned to take the child/youth out.
- 5. Primary caregiver involvement:** This occurs when the situation goes beyond other means of addressing behavior issues. If disruptive or hurtful behavior continues, a private meeting with the primary caregiver will take place.
- 6. Caregiver comes to the group:** If the behavior continues, the primary caregiver will be asked to sit in and participate in the group.
- 7. Permanent removal from the group:** If a situation goes beyond our ability to handle, or a child is creating an environment that is physically, emotionally, or spiritually unsafe for others, the child/youth's caregiver will be contacted and the child/youth will be asked to leave and not come back until they are ready to make a fresh start.
- 8. Follow up:** No matter at which stage the behavior ended, we will go beyond the moment. We will affirm the child/youth's ability or desire to change behavior, acknowledge positive behavior and changes, and emphasize the importance of their involvement in the group.

Once again, we want every child to feel welcomed and loved in an environment that is physically, emotionally, and spiritually safe, comfortable, and free from put-downs, and we will work together to achieve this objective!