

The Herald

April 2025



First Lutheran Church, St. Paul, MN, established 1854

Vol.171, No.4

Holy Week Worship

Palm Sunday, April 13, 2025

Passion Worship at 10:00am

Followed by Palm Sunday Breakfast

Maundy Thursday, April 17, 2025

Meal and Worship at 5:00pm

Traditional stripping of the altar

Good Friday, April 18, 2025

Collaborative Worship at 7:00pm

with a Combined Choir rehearsing at 6:00pm

At Grace Lutheran Church

1730 Old Hudson Rd., St. Paul, MN 55106

Easter Sunday, April 20, 2025

Worship Onsite at 10:00am

Festive traditional worship

With Brass, Bells, Choir, Easter Garden





APRIL 2025

SUN	MON	TUE	WED	THU	FRI	SAT
		1 10am Bible Study	2 10am Choir Rehearsal 6pm - Bells	3	4 Bible Study 7pm Zoom	5
6 10am Worship & Soup Lunch	7	8 10am Bible Study	9 10am Choir Rehearsal 6pm - Bells	10	11 Bible Study 7pm Zoom	12 10am - 1pm Quilting and Sewing Fun with Lunch
13 10am Palm Sunday & Breakfast	14	15 10am Bible Study	16 10am Choir Rehearsal 6pm - Bells	17 5pm -Maundy Thursday Meal & Worship	18 7pm -Good Friday Worship at Grace Luth.	19
20 10am Easter Sunday	21	22 10am Bible Study	23 10am Choir Rehearsal 6pm - Bells	24	25 Bible Study 7pm Zoom	26
27 10am Worship	28	29 10am Bible Study	30 10am Choir Rehearsal 6pm - Bells	Join us each Wednesday from 9-11am for "Movers and Makers."		

A MESSAGE FROM PASTOR STANLEY AYASHIM



Resisting Temptation: Walking the Path of Christ

Through the Lent period, we have read about Jesus in the wilderness, facing temptation from Satan. After fasting for forty days, He is physically weakened, yet spiritually strong. Satan offers Him what seem to be good things, food to satisfy His hunger, authority over nations, and divine protection. But beneath each offer lies a selfish element, a pull away from His mission of love, humility, and unity. Jesus, firmly rooted in scripture and trust in His Father, chooses obedience over convenience. He resists the lure of self-interest, reaffirming His commitment to the greater purpose of God's kingdom.

Like Jesus, we, too, face temptations in our daily lives. However, the enemy's voice is often more subtle, disguised in seemingly harmless opportunities and choices that lead us away from God's purpose. The world offers quick solutions, instant gratification, and the illusion of a perfect life—if only we compromise our values. When we are driven by fear, pride, or self-interest, we easily separate ourselves from others and neglect our calling to love and serve.

As we journey through Lent, a season of reflection and spiritual discipline, we are called to examine our hearts and recognize the ways in which temptation seeks to pull us away from God's will. By looking to Christ's example, we can learn how to discern and resist the enemy's schemes. Here are four keyways to navigate temptation with faith and wisdom:

Recognize the Tempter's Voice

Temptation often presents itself as something beneficial, just as it did for Jesus. We must pay attention to influences that appeal to selfish desires, even when they appear good on the surface. Is the opportunity before us truly aligned with God's will, or does it serve our own comfort and ambition at the expense of love and unity? Recognizing the tempter's voice requires spiritual awareness and a willingness to question what seems easy and appealing.

Hold Fast to God's Word

Jesus countered every temptation by standing on the truth of Scripture. He did not argue with Satan or entertain his offers; instead, He responded with God's Word. We, too, must let Scripture be our foundation, guiding our decisions and strengthening us in moments of weakness. When faced with difficult choices, let us turn to the Bible for wisdom, meditating on its truth and allowing it to shape our responses.

Choose Love and Unity Over Division

Many temptations lead to division—whether through pride, resentment, or the pursuit of personal gain at the expense of others. Jesus came to reconcile us to God and to one another. If a choice or action sows discord rather than peace, it is not from God. We are called to reject anything that fosters division and instead embrace the way of Christ, which seeks reconciliation, justice, and love.

Embrace the Rough but Glorious Path

The way of the cross is not always easy, but it leads to eternal joy. Jesus rejected shortcuts and chose the difficult path of obedience, ultimately leading to His crucifixion and resurrection. Likewise, we are called to forsake self-centered ambitions and live sacrificially for the good of others. True fulfillment comes not from pursuing comfort and power, but from walking in faithfulness and love.

Embrace the Rough but Glorious Path continued...

The season of Lent invites us to surrender our selfish ways and embrace our calling to serve. Just as Jesus overcame temptation through steadfast trust in God, we are empowered by the Holy Spirit to do the same. By keeping our eyes fixed on Christ, we can resist the enemy's snares and walk in righteousness.

A Prayer for Strength and Discernment

Gracious God, in a world that tempts us with comfort, power, and self-interest, help us to walk as Christ did—with humility, love, and unwavering trust in You. Give us discernment to see the traps of the enemy and the courage to choose Your way of righteousness. Unite us in love, that we may be a light to the world, reflecting Your grace and truth. In Jesus' name, Amen.

May we walk the path Christ set before us, trusting that His way—though often difficult—leads to everlasting glory.

Pastor Stanley



Clip the form below if you'd like to give to the Easter Flower Garden and send in with your donation and names of people you'd like to honor...

Easter Garden at First Lutheran Church 2025

Living Welcome, Wellness and Worship

It is the tradition at First Lutheran to decorate our worship space with Spring Flowers that have been given in memory or in honor of loved ones. Your gift fills the sanctuary with the colors of the Easter season, and after our Easter worship, we invite you to take a flower home and enjoy it in your own home!

If you are interested in designating flowers in a loved one's memory or honor, please complete the form below and either send it in to the church office (463 Maria Ave., St. Paul, MN 55106 or drop in the offering plate by **Tuesday, Apr. 15th**. There will also be memorial garden envelopes located in the narthex on Sunday morning.

I would like to order _____ flowers for the Easter Garden.

At a suggested donation of \$25 each = \$ _____

For the printed bulletin, please designate:

In Memory of _____

In Honor of _____

Given by _____



Join us for a Palm Sunday Breakfast on Sunday, April 13th, 2025!

Following worship, we will gather as a community for breakfast to support our youth going to both Camp Wapo and The Naming Project this Summer! Come for a great breakfast and meet some of our campers who will be serving breakfast. We are hoping to raise \$6000 with a \$3000 matching gift already given!



2025 Youth at Camp Wapo

Summer is fast approaching and youth from First Lutheran will once again have a chance to spend a week at Camp Wapo for faith-filled fun and learning! Last year we had 6 youth attend, and we're looking forward to those six youth becoming more and growing our opportunities for young families at First! Camp is outreach! Camp is evangelism! Camp is hope for the future of

the church! With this in mind, we're trying to raise money for camp scholarships, so that no one is turned away from camp. Coming up in April, we will have a breakfast to raise scholarship dollars for camp. We have an individual that has offered to match funds raised, up to \$3000! Will you help us reach our goal of \$6000? We're already half way there!



THE NAMING PROJECT

LOCATION: MINNESOTA

JULY 20-25, 2025

Register at: WWW.THENAMINGPROJECT.ORG

A Christian Camp for LGBTQIA+ youth





April Update from the Sanctuary Committee

On Sunday, February 16, 2025, the congregation voted to move ahead with the first phase of sanctuary renovations for renewal. Covered at the meeting was a review and summary of the major steps taken to reach the point of the vote, and also, what will be coming in the months ahead. Currently the sanctuary committee is working with the architect and interior designer to finalize recommendations for wall coverings, flooring, and furniture. We are also working to add grant dollars to the total dollars available. Work on Phase 1 A will begin after Easter. Here are the points in the summary:

- Master plan, schematic design and preliminary cost projections completed; work will be in phases
- Commitment has been to work within the budget of money available and additional funds that can be raised
- Committee and Council approved recommendations for Phase 1A inclusions

In an effort to make sure that we do not commit to parts of the plan we cannot afford, recommendations have been made for the following:

Split phase one into two parts:

- Phase 1 A: focused on basic infrastructure components, cosmetic improvements to front of sanctuary, i. e., plaster repair, paint, lighting/electrical
- Phase 1 B: remaining elements of main floor renovation; start fund raising immediately, final plan built off of actual costs for phase 1 A. The congregation will vote on Phase 1 B later in 2025 to approve final inclusions

QUILTING AND SEWING FUN WITH LUNCH! Saturday, April 12, 2025

Whether you have never quilted or sewed before or you are an old hand at it, join us for a fun gathering of people who want to spend some time together being crafty and building relationships. The time is 10am - 1pm and we will spend the time from 10am - 11am working on our own projects we bring, and then at 11am, we will work on a community project together! Join Laura Rose Paradis of "Sew We Work" and others as we explore together a time of fun, crafting, and relationships! P.S. Lunch will be provided. No need to sign up! Just come! And bring some friends! If you've got tools or fabric to donate, bring that, too!



Active April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today	3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	
7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise	10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time
14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things	17 Be active outside. Plant some seeds and encourage growth	18 Try out a new exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today
21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour	24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil
 28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today				

ACTION FOR HAPPINESS

Happier · Kinder · Together

STAFF NAME	TEAM RESPONSIBILITY	EMAIL	PHONE
Christine Olson Bingea	Pastor	pastor.chris@me.com	651-247-8926
Stanley Ayashim	Pastor	pastor.ayashim@icloud.com	651-492-7785
Brenda Olson Bingea	Mission Development Director	brendajolson@me.com	651-247-0360
Kristin Wolla	Business Administrator Handbell Choir Director	kristinwolla@gmail.com	651-776-7210 Ext. 302
John Petraborg	Organist	jwpetraborg@comcast.net	651-484-4849
Corine Petraborg	Choir Director	cpetraborg@comcast.net	651-338-9948



First Lutheran Church
464 Maria Avenue
St. Paul, MN 55106-4428

Return Service Requested



Sunday Mornings...At First Lutheran Church
10:00 AM - Worship onsite
followed by Community Refreshment
www.eastsidefirst.com for updates
and ways to donate



A congregation of the Evangelical Lutheran Church in America
God's Work. Our Hands. www.elca.org



A Reconciling in Christ Congregation open and affirming to LGBTQIA+ folks
and celebrating Black, Brown, and Indigenous leadership.
www.reconcilingworks.org



A partner with the Eastside Health & Well-Being Collaborative aiming to
achieve wide-spread and equitable well-being in the East Metro.
eastsidehealth.org