

FELC Friendship Pads

Please fill out the Friendship Pad when asked during worship. If the church office does not currently have your contact information or it has changed, please indicate that in the appropriate column.

Nursery Care

The Downtown Site Nursery (located across from the Library in the Gathering Area) is open for family use during all services and staffed during the 9:15 a.m. service. The North Site Nursery (off the main hallway, across from the restrooms) is staffed at both services. Please ask an usher for assistance.

Hearing Assistance

If you are in need of a personal receiver, ask a Downtown Site usher, or a North Site soundboard technician.

Large-print Resources

If you are in need of a large print Bible or bulletin, ask an usher at the Downtown Site, or a greeter at the North Site.

AED Units on Site

Automated external defibrillators are outside the Downtown Site Usher's Room and next to the North Site sound booth.

Video Recording

The 8 a.m. Downtown Site worship service is video-recorded to share with our homebound members upon request.

In Need of Prayer?

For additions to the prayer chain, email or call the church office (felc@felc.com; 733-2303).

More Information

For detailed information on these and more FELC events, opportunities and ministries, pick up a newsletter in the Gathering Area, visit our website at www.felc.com, or check the bulletin boards and kiosks in the Gathering Area.

The Week of May 27, 2018 At-A-Glance

Sunday, May 27

8:30 & 10 a.m.
9 a.m.

Monday

8:15 p.m.

Tuesday

6:30 a.m.

Wednesday

10:30 a.m.

6:15 p.m.

7 p.m.

Thursday

9 a.m.

11:30 a.m.

7 p.m.

Friday

6:30 a.m.

Sunday, June 3

8:30 & 10 a.m.

9 a.m.

DS = Downtown Site

Trinity Sunday; New Summer Worship Times Begin

Worship, DS Sanctuary

Worship, NS Sanctuary

Church Office Closed

Pick Up Basketball, NS Activity Center

Men's Ministry, NS Library

Bible Study with Kirsten, DS 110

Wednesday Worship, NS Sanctuary

Mental Health Awareness Team, DS 221

Adult Bible Study, DS Lounge

Men's Ministry Neighborhood Picnic, Seeds of Grace Garden

ATC Open Basketball, NS Activity Center

Summer Chamber Music Registration Deadline

Men's Ministry, NS Library

Church Picnic, 10:15 a.m. - 1 p.m., NS

Worship, DS Sanctuary

Worship, NS Sanctuary

NS = North Site

50+ Trip

On Thursday, June 14, travel to Shawano to visit the Twig Beverage Museum. The group will meet at the Downtown Site at 8:45 a.m., carpooling promptly at 9 a.m. Meeting in the gift shop, the guide will start the tour at 10:30 a.m. Afterwards, the group will lunch at Luigi's, a local restaurant. Sign up on the sheet on the Kiosk in the Downtown Site Gathering Area. Deadline is Sunday, June 10. Please join us for a fun trip.



God's Work. Our Hands.

Mark your calendar for Sunday, Sept. 9, for this year's *God's Work. Our Hands.* activity. Throughout summer you will have opportunities to sign up for the project of your choice for you and your family. Some take place at FELC and some offsite. The planning committee is also looking for individuals who may have access to a Thrivent Action Team grant. Learn more at: <https://www.thrivent.com/making-a-difference/living-generously/thrivent-action-teams/>. The grants can be used to purchase materials for Sept. 9. Do you have ideas for possible projects? These should be geared to area non-profits. Contact Jean Monson at jeanmonson2324@gmail.com with any ideas or questions about the Thrivent Action Teams.



First English Lutheran Church

www.felc.com felc@felc.com

Downtown Site

Sunday Worship: 8:30 & 10 a.m.

Office Hours: M-Th: 8:30 a.m.- 4 p.m.

F: 8:30 a.m.-12:30 p.m.

Office Closed Monday, May 28

Love Jesus. Live your call.

First English is committed to becoming a more welcoming, inclusive congregation.

Sunday at FELC

Altar Flowers

The Downtown Site altar flowers are provided by Mark Gebert and Sheryl Stidham-Gebert in honor of their 27th wedding anniversary on May 25.

Summer Worship Times at Both Sites

The summer worship schedule, beginning today, May 27 through Sept. 9:

- Sunday, Downtown Site: 8:30 and 10 a.m.
- Sunday, North Site: 9 a.m.
- Wednesday, North Site: 6:15 p.m., May 30 - Aug. 29
(led by summer interns June 6 - Aug. 15)

Looking Ahead

Welcome Summer Interns 2018

Last week the summer interns began their training. They are excited to start off with a bang at Grill and Greet, Wednesday night worship, and Day Camp happening in just a few weeks. We thank you for your prayers and support in preparation for this summer and look forward to seeing you at events and programs. Be sure to check out all that is happening this summer at www.felc.com/summer/



Announcements

Week of May 27, 2018

North Site

Sunday Worship: 9 a.m.

Wednesday Worship: 6:15 p.m.

Church Picnic

The Congregational Life Ministry Team invites you to the Church Picnic from 10:15 a.m. - 1 p.m. on Sunday, June 3, at the North Site. (We apologize incorrect times were posted in some places - 10:15 a.m. - 1 p.m. is the correct time.) Plan on bringing your family and friends to enjoy root beer floats and other picnic fare, games, and inflatables.

If you're able to assist in helping out on the day of the picnic (especially needed: adults to supervise the inflatables for a shift), please sign up in the Gathering Area or online at www.felc.com/forms.

Picnic Plants

We are once again going to share plants at the church picnic, June 3. If you have any perennials that are getting too large and need dividing please bring a cutting to share. You can bring them the day of the picnic or drop them off ahead of time at the North Site by the Activity Center doors. It would also be helpful if you would mark the plant with its name and whether it is for sun or shade. There will be no charge for the plants. You also don't need to bring a plant to take one.



Grace, Peace, and a Picnic in the Garden

Provided for the FELC Downtown Site Neighborhood

Thursday, May 31

11:30 a.m. - 12:30 p.m.

FELC Seeds of Grace Learning Garden on the corner of North and Durkee streets

This free meal - a brat or a burger, chips and a bottle of water - is open to the community and is sponsored by the Men's Ministries of First English.

Submit "Can't Serve" Dates for Worship Volunteering

Did you know that it takes over 75 volunteers to assist at our weekly worship services during our non-summer months? We are so grateful and say THANK YOU for the dedication and service of our worship volunteers! While we need fewer worship volunteers during the summer, we encounter more "can't serve" dates within our volunteer families as they are enjoying additional travel opportunities that summer brings. Another worship schedule is being created for July 2 - Sept. 30. To assist with scheduling, please review your personal calendars and record within MSP any dates you are unavailable to serve. The deadline to record unavailable dates is Sunday, June 10. If you need any assistance with updating your 'can't serve' dates, please contact Kathy Larson (klarson@felc.com or 733-2303). Thank you.

Stephen Ministry

Stephen Ministers are members of our congregation who listen, care, encourage and provide emotional and spiritual support to people who are facing a crisis or going through tough times. The help you'll receive is free and confidential. To learn how you, a friend, neighbor, co-worker or relative can receive care, talk to a pastor.

Echoes, A Christian Thrift Store

Echoes, a Christian Thrift Store, is seeking to fill a 10-20 hour per week role assisting with a variety of tasks. The primary work day would be Saturday from 9 a.m. - 4 p.m. If you have questions or are interested in this paid position, please contact Kathy Hoffman at (920) 882-8172 or echoes@felc.com. Interested high school students are encouraged to apply.

North Site Discipleship Coordinator Role

FELC is seeking to hire a North Site Discipleship Coordinator. This person will work closely with Pastor Mary and the Invitation and Hospitality Ministry Team. A main responsibility of this part-time staff role is to foster the discovery of FELC members' personal calls and empower them to live out those calls in their personal lives, in our congregation and our community. Interested or have questions? View the job description at www.felc.com/forms or speak to Brenda in the Church Office (733-2303). Submit your cover letter and resume to bsmongeski@felc.com or mail to the Church Office at 326 E. North St., Appleton, WI, 54911.

Summer Chamber Music Registration Deadline is June 1

This summer's 8-week session begins during the week of June 11 with weekly practice sessions (no classes the week of July 4), concluding with a performance on Aug. 5. Laura Kenney Henckel, principal cellist of the Fox Valley Symphony and Xavier Middle and High School Orchestra Director will be leading the weekly rehearsals. Cost of the program is \$100 per person; limited grants are also available so don't hesitate to participate. The deadline to register is June 1. Download a registration form at www.felc.com/forms under resources.

Lunchtime Organ Recitals

Frank Rippl serves as series coordinator for the Lunchtime Organ Recital. Frank is an organist and former music director at All Saints Episcopal Church, Appleton. Concerts are held at churches in the Appleton, Neenah, Menasha and Fox Valley area. Performers donate their talents and churches donate building use. These free concerts are Wednesdays at 12:15 - 12:45 p.m. unless otherwise stated.

- May 30 Dr. Stephen Schnurr
St. Thomas Episcopal Church, Menasha

Financial Peace University

A Biblical approach to budgeting and finances: First English is looking forward to hosting Dave Ramsey's "Financial Peace University" series on Mondays, beginning June 4, at 6:30 p.m. in Room 114 at the Downtown Site. Financial Peace is a 9-week, life-changing program that empowers and teaches you how to make the right money decisions to achieve your financial goals and God's plan for your life. The course includes practical lessons on eliminating debt, building wealth, giving like never before, and much, much more. This series will be open to the public. The materials fee is \$129/per household. Rick Fifield will be the facilitator for the series. If you are interested, email Rick at rof7915@outlook.com or phone him at (920)209-6618.

Fox Valley Lutheran Homes

Our Fall Fund-raiser will be changed this year. No more Pie and Ice Cream or Silent Auction in our Commons. We will be having a Quilt Auction, along with Sports Memorabilia and Weekend Get-away packages. More information as soon as available!

AA Corner

If you are or someone you know could use some confidential help with stopping drinking, please call Dale R. at (920)419-2794.

Prayer Connection

Prayer connects us to each other in this community of faith and to Christ. To be included in the list of prayers, submit names to the church office or the First English staff. Names are removed after one month, but can always be extended by request. Please remember these First English members, friends and families in prayer in the coming week:

Prayers of Healing, Wholeness & Peace

- Mary Lou Garnsworthy
- Nathan Meissner
- Brooklyn Ann Converse
- Angel Manos
- Todd Hollenberger
- Jacob Schwab
- Justin Schwab
- Laurie Niles
- Lynn Boenker
- Debra Boushley
- David Heindel
- Doug Hansen
- Amy Ponomarev
- Moore Peregrine
- Tom Roy
- Je'Ann Johnson
- Paul Henrikson
- Juanita Gauerke
- Robb Schaefer
- Kim Norland
- Taylor Vivian Thompson
- Carol Peterson
- Bev Hoff
- Sharon Stoike
- Ardith Nortman
- Rolf Jeppson
- Steven Johnson
- David Larson

Prayers of Comfort Families of:

- Elaine Gareau
- George Krempin
- Claire Meyer Gallant
- Kennedy Pfeffer
- Kevin Reinholz
- Tina Schwier

Prayers for Those Called to Serve in Other Countries

- Stephanie Olson

Prayers for Those in the Military

- Lt. Josh Anderson
- BM3 Kyle Kramer, USCG
- LCPL Robert Kopesky II
- SPC Samuel Sinclair

This Week's Community Care Focus

• CASA of the Fox Cities

Contact: Jill Hannemann, (920)955-1230

jill.casafc@gmail.com



Summer Youth News

Grades 9-12

May 27, 2018

Special thank you to our senior speakers from last week:

Krista Forseth, Livy Jones, Abby Laumer, Jared Schmid, Anna Schmidt, and Kent Van Beek

Congratulations to our FELC Scholarship Recipients:

Al & Mary Golz Scholarship: Anna Schmidt
Gail E. Evans Scholarship: Krista Forseth
Gordon Jeppson Scholarship: Abbey DesRochers

reFUEL

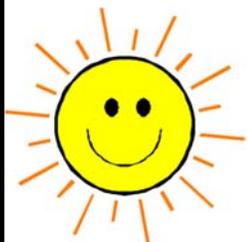
For grades 6-12

7:15-9pm at NS

Beginning June 6 with Summer Interns following Wednesday night Worship



Summer Interns are looking for Cabin Helpers for this year's Day Camp!



Day Camp runs June 11-14

9:30am-3pm at Plamann Park.

Please contact Heidi Schreiner

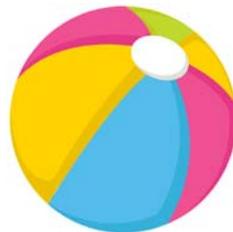
if you are interested in giving back to this awesome ministry.

hschreiner@felc.com

FELC Pool Party at Mead Pool 8:30-10:30 p.m.

Open to ALL AGES! Students in grades 3 or higher can attend without a parent. Younger children can attend with an adult. This is a FREE event!

RSVP at www.felc.com/forms.



Grill and Greet Wednesday, June 6 5 p.m. - North Site



With summer just around the corner, we want to invite you to join us for our annual Grill and Greet to meet the FELC Summer Interns on Wednesday, June 6. The meal will begin at 5 p.m. and will conclude at the start of the first intern-led Wednesday Night Worship of the summer at 6:15 p.m.

We hope you join the interns for their summer kick-off!

-The Intern Enrichment Ministry Team

What is Mental Health?

Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life.

Ways to maintain positive mental health:

- Connect with others
- Help others
- Stay positive
- Be physically active
- Seek professional help if needed (Don't be afraid to ask for help.)
- Eat healthy
- Manage stress
- Develop coping skills
- Get enough sleep

Mental stress is common. For some, however, it may lead to or indicate a mental health disorder. 1 in 5 adults in America experience a mental illness in their lifetime. One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

What is Mental Illness?

It is a diagnosable illness that affects a person's thoughts, emotions, and behaviors. It can disrupt the person's ability to work, carry out other daily activities, and engage in satisfying personal relationships. There are many different types of mental disorders, some more common than others. Each illness has its own symptoms, but some of the signs of mental illness in adults and adolescents can include the following:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Decreased energy or fatigue
- Persistent sad, anxious, or "empty" mood
- Yelling or fighting with family or friends
- Excessive worrying or fear
- Feelings of hopelessness
- Inability to carry out daily activities or handle daily problems
- Abusing alcohol or other drugs
- Extreme mood changes
- Having unexplained aches and pains
- Confused thinking or problems concentrating and learning
- Thoughts of death or suicide; harming self or others

Many factors can contribute to a mental health disorder, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental illness
- Environment and lifestyle

If you or someone you know is struggling, ask for help or encourage him/her to ask for help. Things you can do:

- Talk to a doctor about signs and symptoms.
- See a Licensed Professional Counselor (LPC) or a Licensed Clinical Social Worker (LCSW) to discuss your concerns and learn coping strategies.
- Practice positive self-help strategies that nurtures mental health.
- Connect with other individuals and families for support.
- Educate yourself.



The following websites provide helpful information about mental health and resources in our community.

National Alliance on Mental Illness

<https://www.namifoxvalley.org/>

MentalHealth.gov

<https://www.mentalhealth.gov/>

Make it OK.org

<https://makeitok.org/>

Pathways to Promise

<http://www.pathways2promise.org/>

MyConnectionNEW.org

<http://foxcities.wi.networkofcare.org/mh/>

National Institute of Mental Health

<https://www.nimh.nih.gov/health/index.shtml>

FELC DS Engage Page: Holy Trinity Sunday, May 27, 2018

John 3:1-17 *Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things? "Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.*

Sun, May 27: Family Project: Have a faith journey. In the evening, go on a silent walk through a neighborhood or park or nearby woods. Pay attention to sounds, smells, sights—use all your senses. Then come together and talk a bit about what made you most aware of God's presence. End by asking questions of faith as Nicodemus did.

Mon, May 28: Although we worship a Trinity, words like "triangulation" and "odd person out" reveal that three is not always an easy number. Groups of three require increased mindfulness and sensitivity. Caroline Lewis writes, *"theology is rarely an even, four sides to the table kind of reality. There always seems to be a third angle to consider, another perspective to ponder."* In the Trinity, we are called to be a people who are willing to embrace the complexity within our simple story.

Tues, May 29: We can be content to receive God's wisdom second hand from strong leaders or teachers. In reading Isaiah 1, we realize that it wasn't until King Uzziah died that Isaiah recognized God's call. Don't rely on others to be a go-between in your relationship with God. In great love, God's call comes to each of us as individuals!

Wed., May 30, Deut. 5:12-15, Katie Chicquette-Adams The day of rest is a concept we as humans have so struggled with, and for such a wide range of reasons. We have long seen rest as a lack of motion, of stillness. Yet economies of all types worldwide quite literally demand daily work for survival, lest the most disadvantaged perish. And even among those whose survival is assured are those seeking to create economic security for their loved ones; those who find inertia a kind of a mental torture; those who simply feel called to carry out their world's purpose as often as they have the opportunity. *Lord, help us shape our world to be a place where your commandment to observe Sabbath is possible, and help us to shape ourselves into people who find diverse ways to do this.*

Thurs, May 31, Psalm 81:1-10, Lisa Jermain Generations after the Exodus, the people of Israel remember the stories through word and song. God delivered them from oppression, demonstrating His power. This psalm celebrates and worships God for His mercy and the covenant He established with His people. It is one way the stories were kept alive from generation to generation - from Moses to Aaron to Joshua and more. They all followed God's commands to keep His words on their lips and in their hearts. In Deuteronomy 17:19, God reminds the people to keep the Word close and read it daily so that they may learn to revere the Lord and follow Him. That is a timeless message for us, as well.

Fri, June 1, 2 Cor. 4:5-12, Katie Chicquette-Adams We carry so much: our hopes, goals, memories--our fears and anxieties, and often much of that we actively hide from the world around us. Still, these things find their way out --in our moods, words, and actions--or our silence and our inaction. None of this comes as a great surprise: when we catch ourselves attempting to conceal these things, we know we are "at it again," attempting to hide that which must find its way out somehow. This verse reminds us why: because "we always carry around in our body the death of Jesus," we are carrying both pain and redemption; suffering & hope. *Creator, remind us that all of that which we must "work out" from within is our continual rebirth in Christ.*

Sat, June 2, Mark 2:23-3:6, Lisa Jermain Moses brought the command from God to remember the Sabbath and keep it holy. The Sabbath was created as a day for restoration - spiritual (worshipping God) and physical (resting from labor). The Pharisees try to trap Jesus, since tradition said aid could only be given to the sick on the Sabbath if the person's life was threatened. But Jesus demonstrates that God's purpose is love. In sharing bread or healing, He is always ready to serve. My favorite part is that the Pharisees believed in Jesus' ability to perform miracles. It wasn't whether He COULD heal the man, but IF He would. Ironically, Jesus was ready to heal, but the Pharisees were already plotting to put Him to death.

*For an online discussion of these and other questions concerning the texts, go to our Facebook FELC Engage Page. <https://www.facebook.com/FELC> Downtown Site Engage Page

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Wed., May 30, Genesis 3:8-15, Sara VanBeek The man and the woman hid because they were afraid and ashamed. What do you fear? Are there things you've done that you regret? Do you confront your fears or try to hide from them? When you do something wrong, do you pretend it didn't happen, make excuses, or blame it on someone else? God found the couple even when they were hiding in fear and shame. God finds each of us as well. When we go to God asking for forgiveness, He forgives. So, we shouldn't hide and allow our regrets to consume us. We should go to Him asking for forgiveness and find peace.

Thurs, May 31, Psalm 130, Dayton Henderson This Song of Ascent is a cry from a place so deep, the only possible direction to go is up. The writer is desperate to hear a word of mercy from God. Nighttime is when our fears often reveal themselves. Or maybe our worry creates its own night – thick, dark and menacing. Regardless, in the middle of this torment, the Psalmist clings to the assurance of God's unfailing love, mercy and forgiveness to bring new light into his life. In this, he finds healing and hope of a new day. May we also refuse to live in fear, reject darkness, and learn to place our complete trust in God.

Fri., June 1, 2 Cor. 4:13—5:1, Sara VanBeek Hope. That's what this passage radiates. However, it's also more than that. Hope is an optimistic look at the future while admitting that it may not come to be. Faith removes the doubt and replaces it with steadfast belief. While our faith journey is filled with moments of doubt and uncertainty, our questioning leads us to greater faith. Sharing our journey with others and praising God together helps us all to move forward toward greater faith. What doubts do you have? What has helped you alleviate those doubts? Sharing this information can help others to alleviate their doubts as well. Praise be to God!

Sat, June 2, Mark 3:20-35, Dayton Henderson So much to see, each from their own perspective: Curious crowds press forward relentlessly to see Him. Hungry disciples see no chance of eating anytime soon. Concerned family members see someone who's lost his mind, in need of rescue. Indignant scribes see someone possessed by an evil spirit, not the Holy Spirit. In the middle of this chaos, Jesus sees their self-interests and distractions, and the divisions that lead to destruction. He also sees it as a teaching moment, to confront their criticisms and to reframe relationships. He redefines His mother, sisters and brothers simply as whoever does God's will. May we see beyond ourselves to live as His family.

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