



lutheran campus ministry network • elca

@ NORTHERN STATE UNIVERSITY



## Well-Being

As summer ended and the fall term began, the student leadership team realized our goals were going to be more of a marathon than a sprint. Students expressed campus need for community, hospitality, mental wellness, and action. With the Wellness Wheel topics of social, emotional and physical wellness as our monthly themes, we drafted plans for weekly devotions, and monthly campus social programs such as campfire with smores and grocery bingo. Committed to our community we celebrated birthdays, participated in trunk or treat at Zion Lutheran Church, made protein balls for our community essential workers, and hosted our first thanksgiving meal on campus.

As we continue our strides into the Spring semester we look forward to continuing with the wheel themes exploring our financial, vocational and spiritual wellness, but also preparing to add a monthly meal on campus, spring break service learning trip, and living lent with reduced plastic use.

These ministries happen with your support. We thank you and invite you to connect with us on Facebook and Instagram @Northernlumin

## MEAL MINISTRY

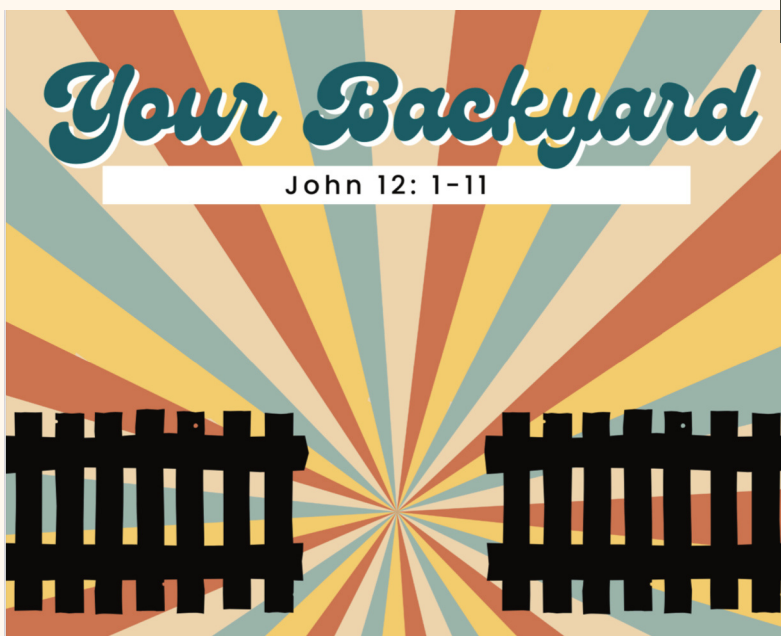
As the weather starts to get colder and a new semester approaches, we tend to see students experience food and financial insecurities. One way to help students that are facing these challenges this semester is by starting a food ministry. The goal is to welcome and help students in need with a family-style homemade meal. If you have any interest in helping to prepare a meal or offer support in any way we would greatly appreciate it!

Contact us at [northernlumin@gmail.com](mailto:northernlumin@gmail.com)



## Your Backyard

John 12: 1-11



## No Plastics for Lent

Following our ELCA Young Adult leaders as examples, this will be the second year Northern LuMin adopts the "no plastics for Lent" initiative. We recognize that in our stressful and busy lives, we choose convenience over conservation. During the season of Lent we share with our campus community ideas of reducing plastic and sharing resources to affect change.

SPARK'DWELL

## Spring Break 2023

Partnering with our LuMin friends at SDSU, this March students will spend a week in spiritual and service learning. As we spend a week in accompaniment alongside formerly or currently homeless people, we will gain understanding and perspective regarding "the complexity of the systems and institutions perpetuating injustice and inequity." We look forward to sharing our stories when we return!

