First Lutheran402 South Court Street
Fergus Falls, MN 56537
218-739-3348
firstlc@live.comJUNE/JULY MESSENGER#02 South Court Street
Fergus Falls, MN 56537
218-739-3348
firstlc@live.comA NOTE FROM EMMA STENSVAAG

(This month, I'm giving our front page space to our former Youth Director, Emma Stensvaag.)

To "Do" Nothing

I am a born worrier. I make lists upon lists upon lists in an effort to keep my worries at bay. I have an agenda filled to the brim with the things to do that day. Different colors highlight importance. Screaming yellow, blooming fuschia streaks, and neon blue highlighter scatter my agenda pages, marking importance in varying degrees.

I e-mail people and use the red exclamation point for "read as important" constantly. I am the annoying person who says, "Did you get my e-mail?" when you're sitting right next to me and I can see that you did.

As some of you may know by now, I have accepted a position as a Coordinator of Youth Programs and International Internships/Fellowships for an American NGO in Nablus, West Bank, Palestine. Maybe you've heard of the West Bank before in one scary news report or another. Maybe you know little about the area except that there is dispute over the land. Palestinians against Israelis. There isn't enough space in this Messenger article to get into the politics of it all, but it is clear I am moving to a dangerous and hopeless-seeming land. You can bet the worrier in me is clashing madly with the adventurer in me.

I scour the internet for news about Nablus, the West Bank, Palestine. What's going on? What can I expect? What should I pack?

I mark up dozens of post-it notes about the good-byes I need to make to my kids, my co-workers, my Chicago friends, my Minnesota friends, my family. The letters and cards I'll write to each of "my" refugee kids before I go. To tell them how much I'll miss them. How much I love them. How much

I've learned from each of them.

But each night for the past week since I've accepted the position, I lay in bed thinking of everything else I need to do. Thinking of what to expect. What to pack. Who to still say good-bye to. Thinking, thinking, thinking of what I need to do, do, do. Worrying, worrying, worrying.

I was fortunate enough last Friday evening to be invited by a co-worker to attend a benefit for a Palestinian NGO called, "Bright Stars of Bethlehem." The speaker and special guest was the Dr. Rev. Mitri Rehab, a world-renowned peace activist and founder of an arts school in Bethlehem, Palestine. I was able to meet him one-on-one as I was the only guest at the event on my way to Palestine in a few short weeks. He was incredibly gracious and hospitable, giving me his business card and urging me to e-mail him if I ever needed anything, "even a place to relax for the weekend."

At the "Bright Stars of Bethlehem" event, Rev. Rehab spoke about the university he founded in 1995 and how much it has grown in 20 short years. But he also spoke about the destruction of living in the midst of Israeli occupation and how once, over 11 short hours, the Israeli forces destroyed what it had taken him and his colleagues 10 years to build. During the question and answer portion, one of the guests at the event asked, "You are so courageous and I am just in awe of your work and of your strength and bravery in the face of this violence. How do you 'do' it?"

Rev. Rehab thought for a moment before responding. "Do it? I don't really "do" it. God's grace is what "does" it."

Now, some of you may know my father is

an "audible" listener, lots of 'mhmms' and 'ahas' while someone is speaking or presenting. Being my father's daughter, you better believe I was "mmhmming" all over the place during Rev. Rehab's speech. I almost shouted "Amen!" after this particular response. And yet, so much of what we learn from one another is truly easier said than done. In the midst of worry or terror, it is easy to repeat to ourselves, "God's grace. God's grace. God's grace." But that doesn't necessarily still the shaking hands, dry the sweaty palms, or calm the swiftly beating heart.

So, how do I "do" nothing? How do I trust in God enough to know He will guide me through anything and everything?

And yet, this question is asking me to "DO" something! What do I "do" to "do nothing?" What a paradox.

I believe that the first thing to *do* is to recognize that there is absolutely nothing I can do to guarantee anything in my life.

One thing (out of the many hundreds of things) I learned from my refugee participants in the two and a half years I worked at Heartland's Refugee and Immigrant Community Services was the true courage and trust each of my participants must have had when they boarded the plane to the United States. Most come with no money, one suitcase for a family, little English, and no idea of what to do or where to start. They arrive in Chicago's O'Hare airport, are picked up by someone from Heartland's office, and often dropped off at their set-up apartment with a good-bye and a good luck and a we'll see you tomorrow at the office for all of our paperwork.

Continued on Page 7...

JUNE WORSHIP THEMES

<u>June 7</u>

Sermon: "A Family Story" Text: Genesis 3:8–15

Every family has it's stories – how grandma and grandpa met. How they squeaked through on little or nothing while He was going to grad school. Or, maybe how mom and dad worked together to grow a business from scratch. The first story from the book of Genesis is one of those ancient family stories that tell us something about ourselves and about where we come from.

<u>June 14</u>

Sermon: "Kingdom Specs" Text: Mark 4:26–34

The mustard seed is a good example of how the Kingdom of God works – we see the small picture, the small thing, the small possibility, where God sees the larger picture, the large thing, and the large possibility. For today, we will try on some "kingdom specs" and try to see the world

June 21

Sermon: "Sleepy Jesus" Text: Mark 4:35–41

Is anyone out there? Is God real? Does God hear our prayers? These are things we probably all wonder from time to time. Today Jesus appears to be asleep in a boat, while the disciples are afraid for their lives. With Just a word, Jesus calms the disciples, and does the same for us.

<u>June 28</u>

Sermon: "Breathing in and Breathing Out" Text: Mark 5:21–34

The woman who has suffered bleeding for 12 years somehow knows that if only she can touch Jesus, his healing power will flow out to her. We cannot touch the flesh and blood Jesus. But He offers us something just as good: his very body and blood. In the bread and wine of Communion, Jesus gives himself to us in a way we can touch and taste. His healing power flows into us today so we can leave here ready to share that healing with the world.



with a better, broader landscape view.

June 18th—The Hunger Ride is stopping in Fergus Falls!

Join us for "God's Creation Feeds the World" at 4:00 p.m.

at Bluebird Gardens. Tour of Bluebird Gardens CSA,

Speakers: Mark Boen (Bluebird Gardens) and Ellen Sundberg (Sundberg Apiaries) Cost: Free

Closing worship with Hunger Riders is at 5:30 p.m. in The Magic Woods.(This worship will take the place of our Thursday evening worship).) Their farm is located just a few miles Northeast of Fergus Falls on County Highway 18. Worship will be followed by a light supper (provided) An offering will be received to benefit ELCA World Hunger and the Fergus Falls Food Shelf.

JULY WORSHIP THEMES

July 5

Sermon: "We are Weak but He is Strong"

Text: 2 Corinthians 12:2–10

Paul, the great witness to the gospel, doesn't have a pain-free life because he's a believer. He prays repeatedly for God to remove his "thorn in the flesh." But God gives Paul a different answer: 'My grace is sufficient for you, for power is made perfect in weakness.' It's like we learned back in Sunday School: "He is weak but we are strong."

<u>July 12</u>

Sermon: "Rise Up" Text: Amos 7:7–15

Today we send the 2015 National Youth Gathering team to Detroit. We each are called to rise up – to see ourselves as witnesses to God's story in the world, through our baptismal promises to: Live among God's faithful people, Hear the word of God and share in the Lord's supper, Proclaim the good news of God in Christ through words and deed, Serve all people, following the example of Jesus, and Strive for justice and peace in all the earth.

<u>July 19</u>

Sermon: "Rest for Body and Soul " Text: Mark 6:30–44

Jesus knew how tired the disciples were after their missionary journey. He invites them, "Come away to a deserted place all by yourselves and rest a while." Jesus sends the disciples (and us) into the world to minister to those in need. But he also has compassion on us and ministers to us in our weariness and need. He gives us rest and renewal.

July 26

Sermon: "The Pot Luck that Never Ends"

Text: John 6:1–21

How did Jesus do it? He fed all of those people with 5 loaves and two fish? And they had leftovers? It is an amazing miracle story, and yet it helps us to think of the bread of life that Jesus offers us each day and the ways in which Jesus feeds us. Today we gather to receive the Word of God and the Bread of Life and we are sent to share that blessing with the world.

2015 New Members joined First Lutheran Church on May 17th





Kristopher & Sara, Alison, Emilie, and Benjamin Koch 218-531-1021



Charles & Kristy, Adeline, Lucas Wicklund 218-205-6976



New Members not pictured:

Jacob Ecker & Christine Cooper, Madison Puttbrese, and Maegan Ecker 218-770-7193

Zach Rogers (Susie Ouren) 218-731-1331



Wade & Michelle, Summer, Samuel, Corbin, and Jack Vogl 218-531-1411

O.W.LS



SAVE THE DATE: Wednesday, August 26 "Greatest Musical Show in the Northwoods"

We'll travel by Coach to the Woodtick Musical Theater at Akeley, MN to enjoy an afternoon of all kinds of music.

We attended last year and enjoyed every minute of it, and we think the OWLS will enjoy it this year too.

In July, check Kiosk and Sunday Bulletins for details.

There will be a Sign-up sheet on Info Counter and you can also check the Web! www.woodticktheater.net

How many of you would be interested in a visit to Bluebird Gardens? Mark Boen would be happy to have us come some day from 5 to 7 p.m. If interested, sign up at Info Counter and I will arrange it.

How many of you would be interested in visiting The Prospect House in Battle Lake (Civil War Museum)? Sign up at the Info counter if you're interested and it can be arranged. If you have questions, call Margaret Kratzke or e-mail mkratzke@prtel.com



OPPORTUNITES FOR WOMEN OF FIRST LUTHERAN

Love Days QUILTERS Meets in Quilters Room every Monday (9-3) throughout the summer. Come help & enjoy the fellowship!

WELCA Board meeting No board meetings

in June, July or August

Circles; Wednesday, June 24th Sarah – does not meet in June, July, or August. Hannah – 1:00 pm at Church *Hosted by Jane Willett* (No meetings in July or August)

Women's Week at Luther Crest Bible Camp

Monday – Friday, June 22-26, 2015 Theme for 2015: " A Love That Never Ends"



Keynote Speaker: Rev. Matthew Marohl, College Pastor at St. Olaf College

There will be daily speakers and presentations as well as nightly entertainment with musicians and entertainers. Excellent meals, goodies and treats will be provided. Join in a week of rest, relaxation, and rejuvenation. Separate programming is offered for children and grandchildren of all ages. What a great way to spend a week with a friend!

First Lutheran Women will do a "day trip" on **Tuesday**, **June 23** for those wanting to go for just one day. Pastor Jennifer will be driving the van so it will be fun for 12 of us to ride together. Sign-up sheet on Info Counter. Watch Sunday Bulletins and Information on Kiosk for more information. Contact Donna Quam or Margaret Kratzke with questions.

The van will leave First Lutheran Parking Lot (lower level) **8:00 a.m. on June 23**—\$40 per person or \$100 per carload. We pay when we get to Camp. Day program and lunch included.



RELAY FOR LIFE

June 19 at the MSTSC in Fergus Falls from 4-12 p.m. Please come and support our First Lutheran Walkers or come and walk with them.

Everyone is welcome and Luminaries will be lit at dusk!

Summer Coffee donations in the month of June will go to the

First Lutheran Relay for Life Team

SUMMER 2015

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FIRST

SPECIAL POINTS OF INTEREST:

- Butterflies
 VBS for
 birth-5 year
 olds and an
 adult is
 Mon-Thurs.
 June 15-18 from 9:00 10:30 a.m.
- Day Camp for K-4th grade is Mon.-Thurs. June 15-18
- Sign up for helping with V.B.S. !

Sunday School





CINDY LARSON

"Butterflies" V. B. S. June 15-18

Our "Butterflies" VBS for birth-5 year olds has become a treasured tradition at First Lutheran. The sessions are designed to be an exciting time for parents and Grandparents to spend quality moments learning and sharing God's love with their children. The kids explore the Bible stories through singing, playing, and active storytelling. The adults use this time to connect with their

children, pass on their faith, and build friendships with other young families. Some of our Grandmas have made it a family tradition to host the grandchildren for the VBS week. What a memory maker this has



become! We love our program are happy when you invite friends to join you. Register for the fun at the "tool station" in the Narthex.

One favorite teacher, Linda Mellon will lead singing, and we have a new special guest this summer! Pastor Matthew Rose will be one of our teachers at "Butterflies"V.B.S.!

If you attend, you are sure to feel blessed!



K-4 Day Camp in the Park!



Day Camp is a Vacation Bible School program offered to kids who have finished Kindergarten-fifth grade. Our kids will be paired with Bethlehem Church kids. The students spend much of their day outdoors at N.P. Park. Counselors from Luther Crest conduct the Day Camp. An exciting trip on Thursday culminates the week at Luther Crest

camp in

Alexandria at Lake Carlos. Friends are encouraged and invited to join in! Details can be found on the registration form in the Narthex.

HAVE A FUN, SAFE SUMMER !



JUNE & JULY UP-COMING EVENTS:

(GRADE LEVELS

Senior Fly:

June 10: Top Secret National Youth Gathering Meeting

June 11 Dairyland & Devos with Pr. Jennifer, 3:00 PM

June 13-14 Lock-In at FLC!

June 21 Car wash for NYG and Serve:15 Mission Teams

June 28 Serve:15 Sending/ Blessing in Worship

June 29-July | Serve:|5 in Winnipeg

July 7 ∨alleyfair! (Grades 6-I 2)

July 13-20 National Youth Gathering!

July 23 Dairyland & Devos with Pr. Jennifer

Fly 57:

June 7 Skateland

June 15-18 Help with VBS!

June 24 Fly at Church 3:00-4:00 PM

July 7 Valleyfair!

July 22 FLY 57 at church 3:00-4:00 PM

Fly K4:

June 15-18 Day Camp

July 27: A Zoo Adventure!

FLY News

FIRST LUTHERAN YOUTH

JUNE AND JULY 2015

Summer Adventures

What do you have planned for your summer? Do you plan to take a road trip? Or do you like to stay home and relax in the summer?

When I was a kid, my family couldn't really afford to take vacations. My dad had 2 weeks of vacation time per year, and we used that time, every year, visiting my grandparents.

One year though, when I was in 8th grade, my family did take a vacation. We went to the Black Hills in South Dakota. It was a great trip—it was fun to see things that I'd never seen before, visit Mount Rushmore, and take in the sights. I'd show you a picture, but I think you'd probably rather not see that. :)

On the one hand, I thought it was SO annoying to hang out with my brother and sister. Because, I was so much cooler than them,! And on the other hand, it actually was really fun to spend time with my family.

It's like that sometimes with our church family, Once we get there, we realize that It just is good to spend time together.

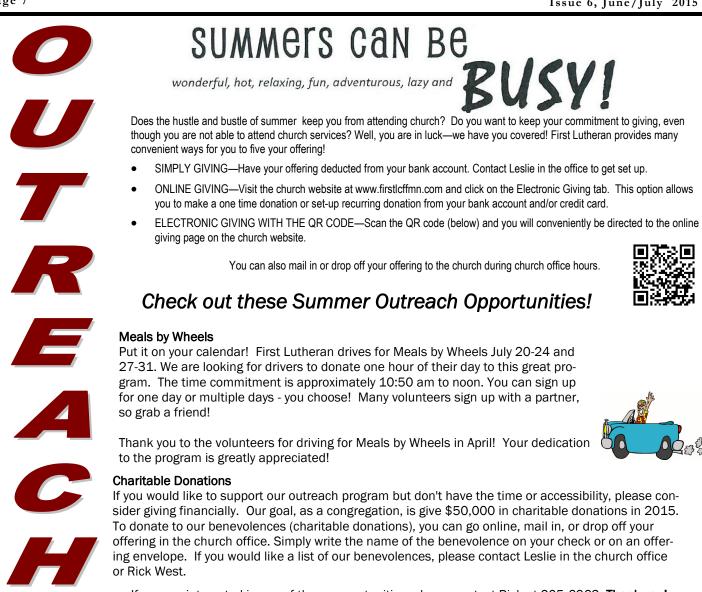
What better opportunity is

there for you than to participate in some of our fun events and activities this summer? There is truly something offered for everyone. If you're a roller coaster fan, we've got that. Or if you like lock-ins,, we have that too. And if you are still reading this and are between 5th and 12th grades, send me a text or give me a call and I will take you out for an ice cream cone (my treat).

See you in church!

Valleyfair! Tuesday, July 7

Our summer trip to Valleyfair will be Tuesday, July 7th. We will be taking a school bus and going with Bethlehem Lutheran, Hope Lutheran, and Augustana Lutheran, all of Fergus Falls. Your cost for this adventure is \$35 and includes an allyou-can-drink soda wristband that is valid for the whole day. Sign up at church for this fun adventure! And keep watching your mail for other summer events and opportunities!



If you are interested in any of these opportunities, please contact Rick at 205-6963. Thank you!

Continued from cover...

They trust that the Lord (or Allah in many cases) will provide. They come with their one suitcase and trust that everything else will be provided. What incredible faith!

Jesus once requested this incredible leap of faith from his followers,

"And he said to all, 'If anyone would come after me, let him deny himself and take up his cross daily and follow me." Luke 9:23

Trusting God and leaning on Him to guide us and protect us is a constant battle with our inner doubters, worriers, and list-makers.

But, maybe it's the day-to-day attempt to deny ourselves (through fighting the temptation to worry and lean on our own understanding) and take up His cross. To daily give up the control so that we can reach out our hands to Him to hold.

In the stillness of the night as I lay in my bed with my mind running through all of the potential problems I might face: my lack of Arabic, Nablus having little to no internet or mail access, my worries that the refugee kids and families won't love me like my refugee kids and families here do...it is in the stillness of the night through the darkness of my worries that I turn to my Bible, my devotional, my journal. And turn on the music that soothes me now as I remember to "follow him."

To give up myself and take His

cross. To KNOW that He is doing everything so that I don't have to. This is how I "do nothing." I ask that my faith family at First Lutheran to please pray for me.

For more information regarding Tomorrow's Youth Organization (the American NGO I will be working for), visit www.tomorrowsyouth.org

Emma Stensvaag

Tanzania Team Testimony from Outdoor worship in August of 2014

By: Lexi Wentworth

First off, the children of Tanzania seem genuinely happy even with what some people would call lack of possessions, but what I like to call lack of excess. Yes, they have less than us, but it made me think that they might have less physically, but emotionally and mentally they have more.

"They have a huge faith in Christ, which is more valuable than anything we could physically own."

They are so content with playing in the streets and in all that dirt. One little boy had even made his own toy out of what looked like a broom stick with the top of a plastic bucket nailed into the bottom of the stick, so he could roll that end on the ground. It was such a simple toy but he was having so much fun with it.

What I miss the most about the Tanzanian children was their extreme friendliness and their immense excitement towards us. No matter where we went there were always little kids chasing our cars and screaming Hello at us.

Another phrase we heard everywhere we went was, 'Good Morning'. We could tell that most of the kids didn't actually know what they were saying, since we would hear that all day long, even if it was seven p.m. However, it didn't matter what they said, it was more about how they said it, with enormous smiles and huge thrills in their voices. It is one of the best feelings to feel so special to a complete stranger. The children don't care who we are or what we look like they are just so thrilled to be able to say hi and have us say it back.

"It was such a small notion but a huge sign to us that Christ was, and is, there."



Summer Coffee Servers Needed!!! Do you enjoy your cup of coffee and treat after Sunday morning worship? If so we need the congregation's help. Please take a minute to sign-up at the info counter for a Sunday that you can serve. We need YOUR help to have coffee on Sunday mornings.

Summer Office Hours

8 a.m.—3:30 p.m. Monday—Thursday

Summer Worship Sundays at 9:30 am

Thursdays at 5:30 pm

Open House for Christopher T. Richards June 6th

1:00-3:00pm

First Lutheran Church, Morris Chris has completed his Masters of Divinity at Luther Seminary. The honor of your presence is requested at an open house graduation celebration.



Those that wish to congratulate Chris but cannot attend are welcome to send cards to: Chris Richards

316 West 9th Street Morris, MN 56267



June Service Units

The following are the people in this Unit Please say "YES" when you are called to help!

- LeRoy & Joan Anderson Mike & Heather Andrews Samantha Batzlaff Bev Bernard Tom & Robin Brimhall Collette Cox Darlene Dimke Paul & Julie Dimke Janice Gangl
- Doug & Judi Hansen Emily Hermes Ramona Jacobs Mary (Bjorgum) Johnson Cary & Kari Knudson Gary & Diane Korby Daryl & Megan Kugler Nadine Leabch
- Missy Mattson Keith Melberg Tom & Barb Morstad Ralph & Renee Pedersen Anthony & Joyce Perez Greg & Joanne Peterson Robert & Cheryl Sefkow Judy Stringer Selmer & Pat Trosvig

July Service Units

The following are the people in this Unit Please say "YES" when you are called to help!

Glenn Anderson Jeff & Kristy Love-Anderson Darlene Berge Cathleen Colling Mark & Marcia Dufty Nancy Ebersviller John & Leigh Gervais Leonard Hatzenbuhler & Karen Lundstrom Carmon & Audrey Jackson Brad Johnson Agnes Jorgenson Justin & Deborah Knutson John Kragness Troy & Kris Kuehl Wendy Mahler Logan & Jasmine Sonmor Tedd Muchow Sarah Froslee Paul & Cathy Neuman Alice Peterson Josh & Stephanie Rieck Ellen Sehm Todd & Teresa Smedstad Sandra Thompson Randy & Barb Vangrud Brian Vatnsdal John & Karma Wagner Dustin & Dawn Walls Connor & Dani West

Congratulations to our 2015 Confirmation Students!

Levi Danielson Riley Hinsverk DeAnna Hurley Jared Kuehl Cole Mahler William Pajari Ellie Swenson Casey Thom Logan Wentworth Ryan Wilson Max Wolfe





Kyra Anderson Emma Clark Ean Goos Kaylee Grant Brittany Kollman Keanna Overland Sarah Overton Katie Peterson



SUNDAY

WORSHIP

SERVICES

BROADCAST

ON

KBRF-AM 1250

*please note change of station

for summer months

CONGRATULATIONS!

YOU

5 9:30 am Worship/H. Com-9:30 am Worship 9:30 am Worship **National Youth Gathering** 9:30 Worship/H. Communion munion 26 19 12 Sending & Blessing **ELCA National Youth Gathering** SUN Please call the church office at TRANSPORTATION 739-3348 5 pm Al-Anon 9-3 WELCA Love Days 9-3 WELCA Love Days 20 9:30-1:30 pm FLY K4 Zoo 9-3 WELCA Love Days 5 pm Al-Anon 9-3 WELCA Love Days 6:30 pm Cemetery Com. 6:15 pm Foundation Meeting 5:00 pm Al-Anon 27 11 pm Sending worship for ELCA NYG 7 pm Boy Scouts 5 pm Al-Anon 13 8th Grade Tubing & Tubing Trip to Lake Carlos State Park (leave @ 3 p.m.-return between 2-5 p.m.) Adventure (Conf. Room) Mon 28 9 am Staff Meeting 9 am Staff Meeting 9 am Staff Meeting 6 pm Church Counci Valley Fair Trip 3 pm Mill Street Bible Study 9 am Staff Meeting 21 14 (Completed Gr. 6-12) MESSENGER DEADLINE TUE 29 9:30 am Al-Anon 22 9:30 am Al-Anon 3 pm FLY 57 @ FLC 8 9:30 am Al-Anon Serve: 15 returns from 9:30 am Al-Anon 10 am AA 15 9:30 am Al-Anon 10 am AA 10:00 am AA 10 am AA 10 am Caregivers Sup-10 am AA port Group Winnipeg WED **ELCA National Youth Gathering** 9:30 Sr Coffee & Bible Study 2 8:45 am M. Watch 5:30 pm Worship 9:30 Sr Coffee & Bible Study 8:45 am M. Watch -30 5:30 pm Worship 3 pm Sr. FLY Dairyland Devo's 9:30 Sr Coffee & Bible Study 8:45 am M. Watch -23 5:30 pm Worship 9:30 Sr Coffee & Bible Study 8:45 am M. Watch -9:30 Sr Coffee & Bible Study 5:30 pm Worship 8:45 am M. Watch -16 5:30 pm Worship 10 am BBC (Brunch Bible Study) @ Taco Pr. Jennifer Pr. Saul Pr. Saul Pr. Jennifer Pr. Saul Johns **T**H 31 CHURCH OFFICE CHURCH OFFICE CLOSED CHURCH OFFICE CLOSED CHURCH OFFICE CLOSED Johansen/Jensen Wed-CLOSED 24 CLOSED CHURCH OFFICE 1 10 ding Rehearsal FR 25 18 11 4 SAT

JULY 2015

WORSHIP BROADCAST SUNDAYS 9:30 AM ON KBRF AM 1250 MORNING WATCH—MONDAY-FRIDAY 8:45 AM ON KBRF AM 1250

> SUMMER SCHEDULE Office Hours are 8 A.M.—3:30 P.M. MONDAY - THURSDAY

Thursday Evening Worship at 5:30 pm Sunday morning Worship at 9:30 am

