What you have and who you are right now, is enough.

It is downright difficult, maybe even dangerous and certainly embarrassing (think - singing a solo when you can’t carry a tune, offering to do the electrical work at Habitat when you don’t have training) to try to share a gift, skill or talent that you don’t have. It is draining, discouraging and disheartening when you are required to do things that amplify your inabilities and magnify your weaknesses. This happens in the church all too often. It doesn’t have to be that way. In fact, God has a better idea.

God asks you to share what you already have. First Peter 4:10 says “Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received.” (NRSV)

This is marvelous news. Of course, there will always be opportunities to learn and grow new skills and abilities and that is certainly encouraged for all God’s people, but what you have and who you are right now, is enough. God wants to fill your life with joy and meaning. Did you know that recently researchers have associated volunteering with a number of positive outcomes including increased: social connections; lifespan; quality of life; self-esteem; adoption of healthy lifestyles; physical activity and brain function. And a decrease in: blood pressure; loneliness; depression; stress and pain. (Thrivent Magazine 6/17, page 10) These studies reflect what God has been demonstrating in Christ: serving your neighbor is good for your neighbor and life-giving for you.

Sometimes the challenge is actually figuring out what you have to share and how those gifts can be used in service to others without appearing to be arrogant and boastful. We could help each other with this. Let’s take the time to look at each other as God does – as gifted people eager to share what we have. Let’s assume that we all want to be generous. Let’s name the gifts we see in each other.

The most important decisions I have made in my life have been made because someone took the time to tell me about what qualities, gifts and assets they saw in me. Their observations and encouragement changed my life. We can do this for each other.

I want to challenge you to serve God by serving each other, not because you have to, but because of all you have and all you are. Keep your eyes open, opportunities abound. God is good!

Pastor Martha

Benefit for Dawn Teberg — Oct. 27 4:30-8 p.m. in Fellowship Hall

Mark your calendars and join our community in showing support for Dawn Teberg, recently diagnosed with ALS, and her family as they face the challenges of this debilitating disease. More details to come in the Sunday bulletin. For more information visit the caring bridge site — to volunteer to help set up for the benefit, please contact the church office.
PERSONNEL UPDATE—SENIOR CHOIR DIRECTOR

Janel Trosvig-Buttke returns as our newest Senior Choir Director! She is married to Chris Buttke, together they have four kids; Matt, Amelia, Olivia, and Anders. They live on the river in the Birchwood Estates area with 2 cats and one really old dog. Janel is the choral director at the Fergus Falls High School, and earned her Vocal Music Degree from the University of Minnesota, and a Master's Degree in Choral Music from NDSU.

ATTENTION OWLS (OLDER WISER LUTHERANS)

“The Treasure of the Reformation” A look at the life of Martin Luther and his impact for today’s world. Join us on Thursday, October 12 at 12 noon for lunch in the Fellowship Hall before Pastor Nancy Monke presents this program. No charge. Sign up at the Info Counter before Oct. 5 so we have a count for lunch.

REFORMATION 500 BOOKSTORE

The 500th anniversary of the Reformation is fast approaching! Learn about Martin Luther, his writings, and the impact of the Reformation for the church today. Discover a variety of resources on the Reformation for readers of all ages. Stop by the First Lutheran Narthex between September 10th - November 5th on Sunday mornings or during office hours (8:00-4:30pm) to receive up to 50% off plus free shipping!
COME TACO ’BOUT LIFE & FAITH WITH ASHLEY SHUCK
WHILE EATING FREE BREAKFAST AT TACO JOHN’S! —
FRIENDS ARE WELCOME — OPEN TO 10-12 GRADES —

THURSDAYS — OCTOBER 12 & 26 AT 7:15AM

FLY K7 (4:30-5:15)
&
FLY 8-12 (7:30-8:15)
Meets Wed. in Youth Room

OCTOBER SCHEDULE:
Meets October 4, 11 & 25

No FLY October 18
(MEA Break & HS Football Game)

Bring a flashlight & sweatshirt
for this fun evening adventure
through the dark at Thea’s
Pumpkin Patch on
Saturday, OCTOBER 7th!
(The day after Homecoming)

Meet at church at 6:30 p.m.—we’ll
travel to the corn maze together,
then go out for pie afterwards!
Friends are welcome—must have
an FLC Youth Health Form on file
to attend. (can be found online)
Call or text Ashley at 218-280-2608 or send an email to firstlu-
theranchurchfl@gmail.com to re-
serve your spot!

((Parents, contact Ashley if you are
interested in driving))
Women of the ELCA

Love Days “Quilters”
Meets each Monday
9:00-3:00 in the Quilting Room

“Come & Go” as you wish to share in sewing quilts for LWR (Lutheran World Relief) and for local needs. Cut fabrics, iron, sew, or tie and enjoy fellowship with others.

Also, join in supporting LWR Missions through donations to School kits, Baby Care Kits, and Personal Care Kits.

School Kits
* 4 tablets 8 1/2 x 11” ruled spiral notebook, of 70 sheets in each
* 1 blunt scissor
* 1 30cm metric ruler (inches on one side, cm on the other side)
* 1 pencil sharpener
* 1 eraser 2 1/2” long (approx.)

Personal Care Kits
* 1 towel (dark color & a lite weight towel recommended) 27x52 for size
* 2 new bath size bar soap, in wrappings
* 1 adult toothbrush in original wrapping
* 1 sturdy white tooth comb
* Nail clipper

Baby Care Kits
* 2 cotton T shirts
* 2 gowns
* 2 pair socks
* 2 receiving blankets
* 4 cloth diapers or older white ‘T’ shirts
* 1 sweater OR sweatshirt with cap
* 1 dark hand towel
* 2 diaper pins OR 2 large safety pins
* 2 bath sized gentle bar soap, not opened

WELCA FALL CAMPAIGN

“COINS, CASH & CHECKS CHANGE LIVES”

Each Fall, the Women of First Lutheran Church reach out to each of you asking for financial support of Missions that are important to all of us. Therefore the product of this Campaign is Coins, Cash and Checks. The product of a generous culture is Changed Lives Locally Around the World.

We helped financially to Change Lives in these areas in 2016: KBRF Morning Watch, Jail Ministry, Lutheran Campus Ministry, A Place to Belong, Someplace Safe, Lutheran Social Service, Lakeland Hospice, Luther-Crest, OBA Scholarships, OBA Shule Funds, OBA Mama Naomi Clinic, Haiti Medical Mission, Haiti School Children (Soaring Unlimited) and Global HOPE—Haiti Wells.

You are asked to place your coins, cash or checks in an envelope marked WELCA Fall Campaign and either put it in the offering plate or bring it to the church office before the end of October. We are all called to Grow in Faith, to Support one another and to be Engaged in Ministry and Action.

Thank you for you Support of this Campaign. Because of your Actions, we will be able to help Change Lives again this year.

CIRCLES

Sarah Circle: Meets Wednesday, October 25th (9:30 -10:30) at Pioneer Pointe Social Room
Hannah Circle: Meets Wednesday October 25th (1:00) in the First Lutheran Kairos Room

All are welcome to join us!
Sarah — call Gayle Fitz at 218-736-3058
Hannah — call Joan Anderson at 218-736-5243
“All creatures on earth, Come praise the Lord!
Every wild and tame animal,
All people, young and old together,
Come praise the Lord!”  Psalm 148

Sunday School leaders use a curriculum that coincides with the SPARK Bibles. Our students receive storybook Spark Bibles as Milestone gifts when they begin Sunday School at 3 years old. And also, when they become readers at 2nd grade, they are given a new edition of a Spark Bible. We are rotating our students through five workshops that encourage students to explore a Bible story in depth. The workshop options for Grades Kindergarten-6th grade include Art, Bible skills and Games, Cooking, Science and Video. This active hands-on model has been a fun and exciting way to share God’s love. The Preschoolers experience their story with Storytelling, Art, Snack, Music and Games in their classroom. They attend “Butterflies” once a month (on the second Sunday of each month) with their parents. “Butterflies” includes infants-Preschool 2! Parents, please come!

Enjoy the fun and fellowship with other families!

Milestone Classes for All ages

Hustle and Bustle in the Education Wing

Once a year there’s an opportunity for every Sunday School class to explore their faith in a guided journey with the Pastors! Our Pastors are energized and excited to help parents foster a formation of faith in Christ. They lead classes to equip parents for having meaningful conversations and rituals that help families grow together in faith. This month we have the 2nd and 3rd Grade Milestone Classes. Mark your calendar!
A Warm Welcome

Worship volunteers give visitors, guests, newcomers and everyone else a warm welcome to God’s people and God’s house, to the Word of the Lord and the Lord’s Table.

Here are some the specific ways that worship volunteers serve. A more detailed description of responsibilities is provided to volunteers.

**Ushers** provide a warm welcome to the place where the community gathers for worship, including:

- Arriving early (about 20 minutes) to turn on lights and open rear doors to the sanctuary (the worship space)
- Assisting worshippers with special needs
- Ringing the bell at the beginning of worship
- Counting and recording the number of worshippers in attendance
- Gathering the offering and taking it to the safe after worship
- Ushering people forward to the Lord’s Table on communion Sundays
- Gathering used bulletins, closing and locking doors, and turning off lights after worship

**Greeters** provide a warm welcome to everyone who arrives at the building on Sundays, especially visitors, guests, and newcomers, by:

- Arriving early to get your nametag and to meet early arrivers
- Warmly welcoming everyone who arrives in a way that is natural for you and respectful of the people you greet
- Assisting visitors and guests in finding the worship space, meeting rooms, coat racks and restrooms
- Helping newcomers connect with congregational leaders and members with similar interests

**Lectors** assist by helping worshippers to hear and understand God’s Word by:

- Practicing reading aloud the First and Second Readings sent in advance by email or mail
- Coming to the lectern (reading stand) after the Prayer of the Day and returning to your seat after the readings
- Reading clearly and projecting your voice slightly

**Communion assistants** help in an inviting, gracious experience of the Lord’s Table by:

- Arriving early to find a robe that fits
- Sitting with the worship leaders or joining them during the offering
- Distributing the wine during the communion, saying “the blood of Christ, shed for you”

**Cantors** assist in the congregation’s singing by:

- Arriving early to find a robe that fits and a working wireless microphone
- Singing the parts of the liturgy assigned by the pastors
- Occasionally assisting in giving a leading voice for a new hymn or unfamiliar song
**WEDNESDAY EVENINGS AT FIRST LUTHERAN**

We are so excited about Wednesday evenings at FLC! Last Wednesday after school the church van and the Otter bus were almost full of children K-7. Kids shared a delicious snack in the fellowship hall and then went off to the youth room for study time or to choir with Kelsee Macintosh-Elig. FLYK-4 had fun with Maddy Trosvig and Pastor Martha spent time with the FLY 5-7 group. Katrina Johnson, Cindy Larson and Gloria Springer served pizza to around 80 people at supper. Pastor Marcus met with a room full of parents and 8th and 9th grade Confirmation students. Ashley Shuck reported 21 kids at Senior Fly.

We discovered some things that we want your help with and some things we would like you to communicate to your children so that everyone is safe and we all can enjoy Wednesday evenings at FLC.

Please review these guidelines with your child/children:

1. When children arrive at FLC coats and backpacks are hung on hooks. **Hands are washed.**
2. **All children** meet in the **Fellowship Hall** for snack time.
3. Children **stay in the Fellowship Hall** until Choir kids go with Kelsee and Non-choir kids go with Pastor Martha or another adult leader.
4. When Choir is over children who are staying for FLY K-7 **meet in the Youth Room.**
5. Supervised time ends at 5:15. **Parents meet children in the Fellowship Hall** for supper or to depart for home.
6. When children are done eating supper they may spend time in the **Youth Room** or play board games in the **Fellowship Hall** or the **Narthex.** Please help us keep the children safe by directing them to these rooms.

Return this section to the church office or Pastor Martha ASAP.

**I will help in the following ways to make Wednesdays at FLC great for our children.**

- Pray for these Wednesday evening programs, leaders and the children.
- Review the list above with my child/children.
- Supervise the non-choir study hall option from 3:45- 4:15.
- Assist with FLY K-4 and FLY 5-7 from 4:30 – 5:15
- Set-up, serve and clean-up supper with another person 5:00 – 6:30. Food is provided.
- Help keep the children safe by enforcing the guidelines above.
- Encourage my children to invite friends to join us for Wednesday activities at FLC.
- Invite a family or a person I would like to get to know better to join us for supper at 5:15.
- Be a small group leader for Confirmation from 6:30 – 7:20.

Name                      email                      phone