First Lutheran Church April 2019

Worship Sun. 9:30 am
Sunday School 10:00 am
Listen on the radio 1020am or FM 97.7
www.channel 977.com
YouTube channel:
First Lutheran Church ELCA, Fergus Falls MN

402 South Court Street
Fergus Falls, MN 56537
Phone: 218-739-3348
www.firstlutheranchurchff.org
office@flcff.org

Meditation and Prayer

According to the late Father Thomas Merton meditation is a twofold discipline that has a twofold function. "First it is supposed to give you sufficient control over your mind and memory and will enable you to recollect yourself and withdraw from exterior things and the business and activities and thoughts and concerns of temporal existence, and second- this is the real end of meditation-it teaches you how to become aware of the presence of God; and most of all it aims at bringing you to a state of almost constant loving attention to God, and dependence on Him."

My first experiences with meditation began when I was living in Texas completing my deaconess training. I attended a workshop teaching the practice of Centering Prayer. It was an eye opening and life-giving experience. I learned that God delights in our intention to connect with Him in prayer and meditation. The fruits of the practice begin with our willingness to consent to connect with God in the midst of the silence. According to Father Thomas Merton, "the success of your meditation will not be measured by the brilliant ideas you get or the great resolutions you make or the feelings or emotions that are produced in your exterior senses. You have only really meditated well when you have come, to some extent, to realize God."

My invitation to you this month is to consider carving out time in your daily routine to read a small portion of Holy Scripture and then to sit with it in silence. Listen for God's promptings as to how God is speaking to you through His Word. Consider using the Psalms as a point of departure for your readings. This practice has proven to be a gateway for many to deepen intimacy with God through the discipline of practicing the presence of the Holy Spirit. Throughout the month I invite you to share with me your experience as a means to grow in our relationship as people of faith.

May God Bless your efforts,

Pastor Gretchen

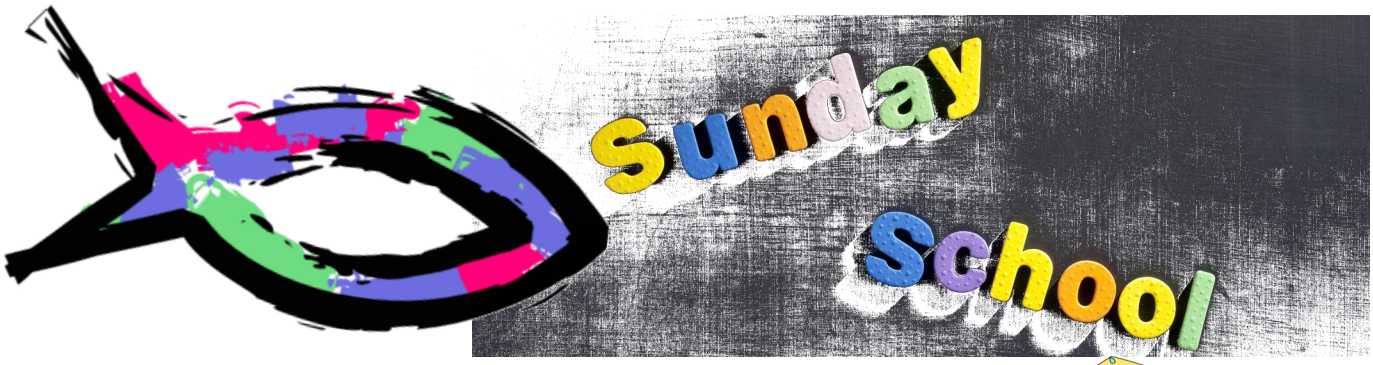
Palm Sunday & Holy Week Worship

Palm Sunday, April 14 at 9:30 a.m.
Blended Worship with Holy Communion
Palm Sunday Festival and Pancake Breakfast from 10:30 a.m. to noon

Maundy Thursday, April 18 at 7:00 p.m.
Worship with Holy Communion
& 5th grade First Communion

Good Friday, April 19 at 7:00 p.m. Worship

Easter Sunday, April 21 at 9:30 a.m. & 11:00 a.m.
Worship with Holy Communion



Rock & Bowl at Northern Aire Lanes Grades 4-6 **12:30-2 pm**	**Saturday** **Apr. 6**
Lesson: Mary Anoints Jesus **John 12:1-8**	**Sunday** **Apr. 7**
Sunday School sings in worship **Palm Sunday Fair & Breakfast after worship (no Sunday School/Butterflies)**	**Sunday** **Apr. 14**
5th Grade Bread Making & First Communion Instruction in Fellowship Hall 5:30-7:00 pm	***Wednesday*** ***Apr. 17***
Maundy Thursday Service 7 pm ***5th Grade's First Communion***	***Thursday*** ***Apr. 18***
NO SUNDAY SCHOOL ***Easter***	***Sunday*** ***Apr. 21***
Doubting Thomas ***John 20:19-31***	***Sunday*** ***Apr. 28***

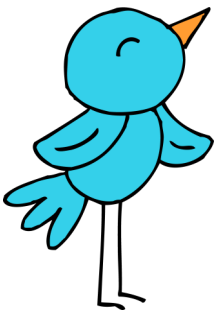
To the wonderful Sunday School
at the First Lutheran

With Gratitude from

RREAL
Rural Renewable Energy Alliance

The Power to Make a Difference.

Thank you so much for your kind and generous support! Your contribution will help bring a clean energy solution to Curran Hospital in rural Liberia!
With sunny regards, J



How to contact Kristy, Director of Children's Ministries
(218) 531-9544
Kristy@flcff.org
Subscribe to Remind App by texting
@flcss18 to 81010

April 2019: Youth News!

FLY K-6

Wednesdays are our special day to play, worship, and have fun as a church family. The invitation is always open to friends that want to join us. Transportation is provided from Kennedy School to the church, or children can be brought to church after school. Events in April include:

April 3- Lesson Focus: God loves you, even when you mess up.

April 6– International Sports Day– Bowling at Northern Aire Lanes 12:30-2:00 p.m.

Grades 4th-6th

April 10– Lesson Focus: We can show our love for Jesus in many ways.

April 17– Lesson Focus: God can make something good out of something terrible.

April 24– Lesson Focus: Jesus is more powerful than death.

You can reach Kristy, Director of Children's Ministries, at (218) 531-9544, Kristy@flcff.org, Remind App FLYK6

FLY 7-9 & 10-12

Contact Calie at Calie@flcff.org or use Remind App FLY79 or FLY1012

Pancake Breakfast 10:30 am to 12

Free will donation

Sunday, April 14

Youth & family members! Sign up to work at this fundraiser and earn dollars towards future youth trips. Earnings will be documented and available for payments toward future mission trips or the 2021 National Youth Gathering.

Sign up in the Narthex or email/call Calie 739-3348.

Luther Crest Bible Camp 2019

The First Lutheran Foundation has agreed to provide matching dollars to attend Luther Crest.

Important: To get these dollars applied to your camp registration, you need to notify the church office before 4/25 and give the church office proof of your registration. This can be as simple as emailing the office a copy of your registration to Katrina@flcff.org.

F.L.Y. First Lutheran Youth

Rock & Bowl for International Sports Day

April 6 is International Sports Day. This day was created to recognize the importance of sports in promoting peace and bringing down cultural barriers. To celebrate, we invite the 4th –6th graders and 7th-9th graders to engage in some games of bowling at Rock & Bowl starting at 12:30. A cash donation to the YMCA is encouraged which will go to assist individuals and families with memberships and fees for sports programs.

4th—6th Graders **7th—9th Graders**

Saturday, April 6

12:30-2:00

Northern Aire Lanes

Passport to Life: Journey with Jesus

2019 Midweek Lenten Worship continues in April

Wednesday, April 3—Hope Lutheran
1309 Stony Brook Rd

Wednesday, April 10—Bethlehem Lutheran
102 W Junius

12:10 p.m. Worship Service, lunch to follow
5:30 p.m. Supper
6:30 p.m. Worship Service

Palm Sunday

Festival & Breakfast

10:30-12:00

A Trip to the Holy Land

Arts & Crafts

Singing

Live animals

Games

An experience for all ages!

Coming up in May!!

Wednesday, May 8 Confirmation Rehearsal and Dessert Reception

Sunday, May 12 Confirmation

Sunday, May 19 Senior Recognition at worship

Women of the ELCA

LOVE DAYS
Every Monday 9 am to 3 pm
(except April 22)
We hope you will join us!!

WELCA Executive Board
No Meeting in April

CIRCLES
Sarah— Wednesday April 24
9:30 am at Pioneer Pointe

Hannah— Wednesday April 24 at 9:00 a.m. to work on food prep for the Salad Luncheon. **NOTE time change for Hannah Circle!**

ALL women are encouraged to join our Love Days and/or Circles!!

Ladies! Conference 7 Spring Gathering

"Sprinkling God's Love"

is scheduled for April 29th at Zion Lutheran Church in Amor. Guest Speaker: Victor & Lori Ricigliano from Equine Assisted Psychotherapy. Registration at 4:30 pm, dinner at 5:00 pm with meeting and program to follow. Cost: $10, checks payable to First Lutheran WELCA. Sign-up sheet is located in the Narthex. Sign-up by April 14.

Plan to attend!!!

alzheimer's association®

Adult Education in Fellowship Hall Sunday, April 7, 2019 at 11:00 a.m.

The Alzheimer's Association of MN-ND will be here during the adult education hour to present a program: Understanding Alzheimer's and Dementia. Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

First Lutheran's Annual

Taste of Spring Salad Luncheon & Bake Sale

will be on Thursday, April 25 in Fellowship Hall.

We appreciate the involvement of the entire congregation, and we all know many hands working together makes a great event!

Please get out your recipes for your favorite salads and bars for this event. Salads and bars can be made the day before and delivered to the church on Thursday morning. The west door closest to the kitchen will be open by 7:30 a.m. and someone will be in the kitchen to help you.

Sign-up sheets for providing a salad or a pan of bars, and/or working at the event, or helping with setting up the day before will be in the Narthex April 7, 14, and 21.

Mission Moment: Meals by Wheels

In 2018, the Fergus Falls Meals by Wheels chapter served a total of 21,611 meals. Meal recipients may be home-bound for a variety of reasons, lack access to groceries and/or the ability to prepare meals for themselves. First Lutheran Church provides support to our local chapter through financial contributions and volunteerism. Approximately once every 3 months, we handle deliveries for 5 routes for the week.

Have you considered donating your time but are unsure what to expect? A bit of background: Meals are prepared and organized by the Senior Center. Cars can pull up behind to retrieve their route's clipboard and coolers of meals. The delivery sheet is organized in the manner deemed most efficient for deliveries, though no specific order is required. Many of the recipients prefer their meals are simply left for them to collect, and if that is the case, it is often noted on the instructions. Other recipients may enjoy a short, friendly interaction. Once all meals are distributed, the clipboard and coolers are returned to the Senior Center. For new volunteers, a route may take approximately an hour, but for many seasoned drivers, they are able to complete deliveries in 30-45 minutes. A couple of the routes involve multiple deliveries to apartment buildings, and in those cases, 2 volunteers are strongly recommended.

With only one paid staff member, Meals by Wheels relies almost exclusively on volunteers to complete this important work in our community. Please consider sharing your time and resources—it is a truly rewarding experience to know you are delivering a healthy meal for someone in need and a wonderful opportunity to love others as Jesus loves us.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.
1 Peter 4:10

Jennifer Frank, Outreach Coordinator

(701) 238-0276

TASTE OF SPRING

ANNUAL SALAD LUNCHEON AND BAKE SALE

THURSDAY

APRIL 25, 2019

11 a.m.—1:00 p.m.

Fellowship Hall

Tickets $8.00

First Lutheran Church

402 South Court Street

Fergus Falls, MN

April 1 is the beginning of "30 Days of Biking" locally. Ride your bike every day in April and share your adventures online. For more info check out the 30 Days of Biking website https://30daysofbiking.com/ or Pedal Fergus Falls at http://www.pedalff.org/ .

Group ride and photo on Saturday, April 6 at 2:00 p.m. at the Otter statue in Adams Park. More info Facebook.com/PedalFF

May is National Bike Month, with May 8 as national bike to school day and May 17 bike to work day. Pedal Fergus Falls, a chapter of the Bicycle Alliance of Minnesota, is a bicycle and pedestrian education and advocacy group for Fergus Falls.

PEDAL FF

MESSENGER DISTRIBUTION

We are always looking for ways to be good financial stewards. One goal we made is to decrease out paper usage and maximize out digital resources. Here are ways to ensure you continue to receive the monthly Messenger:

1. **By mail—please let the office know if you wish to continue to receive a copy at home. Call us at 739-3348 or email to office@flcff.org**
2. **View or print the Messenger from our website: www.firstlutheranchurch.org**
3. **Pick up a paper copy at the church.**

If you are receiving the Messenger by mail, please let us know by April 15 if you would like to continue to receive it in the mail. Thank You!

minnesota BOYCHOIR

Minnesota Boychoir coming to First Lutheran on April 28

You won't want to miss worship on April 28, when First Lutheran hosts the Minnesota Boychoir. The all-boys choir from the Twin Cities will sing several pieces during our church service. In addition, the choir will perform a one-hour public concert at First Lutheran at 1:00 p.m.

The Minnesota Boychoir, whose singers range in age from 8 to 16, is the oldest boy choir in the Minneapolis/Saint Paul metropolitan area. They perform locally, nationally, and internationally, showcasing a wide variety of musical genres, including sacred, classical, secular, folk, and contemporary choral music.

The choir has a special connection to First Lutheran: Jack and Sandy Pearson have two grandsons who sing in the choir. Their mother, Kristin Swanson, is a daughter of the church. The Minnesota Boychoir is in Fergus Falls for the weekend to perform for the Fergus Falls Concert Association series on Saturday, April 27, at Kennedy Secondary School.

A big thanks to Terry Gervais and the rest of the Fellowship Committee, who will be organizing a brunch for the group of more than 100 singers and chaperones.

"Sing to the Lord a new song, for he has done marvelous things."

Mark your Calendars!!

Sunday, April 28 at 9:30 a.m. worship

Larry Wohlrabe, Bishop, Northwestern Minnesota Synod ELCA will be our guest preacher!

Also, the MN BoyChoir will be singing during worship and will present a public concert at First Lutheran Church at 1:00 p.m.

(free will donation will be given to the MN BoyChoir)