



# The Messenger

## February 2026



**MISSION: "As faithful disciples we serve God and welcome all people with open hearts."**

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A publication of  
**First Lutheran Church  
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#### Endurance versus Speed

I was in the pool the other day and I had convinced my youngest to join me lap swimming. I have been consistent about swimming for the past 6 years or so, 3 times a week, mostly early morning. My chiropractor encouraged me to begin this exercise after a back injury and surgery. I was skeptical but took her advice and made it part of my weekly routine and eventually grew to love my time in the pool.

My youngest is a good swimmer, all my girls are, but she hadn't been in a pool for years and yet when we set out swimming side by side...she easily passed me by and beat me by a long shot. She was waiting for me in the shallows, catching her breath. I congratulated her, reminded her that she was still such a strong swimmer, and I kept on steadily swimming. I didn't need to stop and catch my breath. She had speed but I had endurance. She stopped and started, swam hard but needed a lot of breaks while I kept my pace and kept on. It made me think of church, a lot my time in the pool I'm often thinking about church. But this made me think of our Christian journey together.

This year has been hard, like HARD. There were times we wanted to speed up, hurry up, make the next decision, the next Call, the next right step...but speed it up. Instead, we took time to come together to look at our history, we took time to meet with our fellow ELCA churches, we took time to heal, we took time to reflect on what the next right step should be. This year has been a marathon, not a race. I think that's what our journey will continue to be. This Christian journey is long and requires endurance. Just like an athlete, we must train ourselves in faith, discipline, and perseverance. The Bible reminds us that we should not grow weary but trust in God's strength to keep moving forward. And trust we shall.

With gratitude,

Jeani Trosvig

Hebrews 12:1

"Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us."



5:00PM  
FIRST LUTHERAN CHURCH,  
FELLOWSHIP HALL

*Operation Bootstrap  
Africa Fundraiser*

Sunday

2-15-26

DINNER TICKETS  
AVAILABLE IN  
CHURCH OFFICE



\$25.00

FLC YOUTH  
MISSION TRIP  
**Fundraiser**

A fundraiser for the  
summer Madison, WI  
youth mission trip.

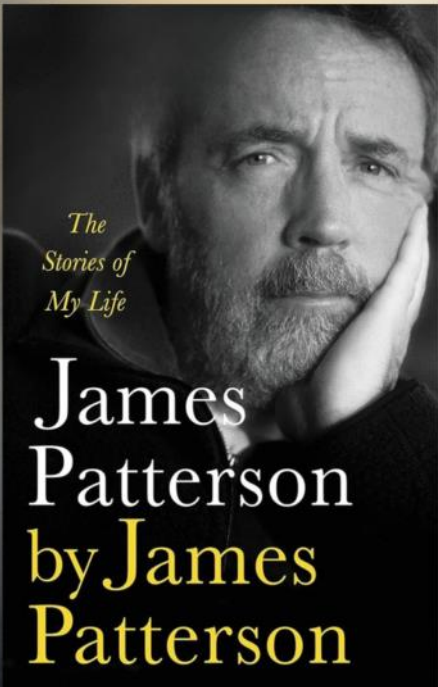
Join us for fellowship  
on Sundays in  
February for yummy  
treats and to support  
our youth!



**Bake Sale**  
**Sun. 2/22**  
**& Wed. 2/25**

Help support our youth by bringing baked  
goods or purchasing goods at our bake  
sale!

FLC BOOK STUDY  
FEBRUARY 16, 11:45 AM



Lunch, Fellowship, Discussion



Hannah Circle will meet on Wednesday  
February 25th in the Narthex  
from 1:00-3:00pm.

There will be no WELCA board meeting in  
February

Our Love Day quilters  
will be off for the month  
of February!





## Corner

Okay this is my last official Council Corner, I gotta tell you, I'm gonna miss it. I've always liked putting things down on paper or tapping them out on a keyboard. I journaled when I was a kid, wrote terrible poetry, things I was sometimes embarrassed to show to my 3 girls. I journaled when I was a young mom and questioned why I was taking the time to write down these incidents that I was so sure I would never forget. I am so glad that I took the time, when I look back on those journals, I remember very little of their young years.

Looking back often gave me perspective though, remembering how 13-year-old me felt helped me to give my own tweens a little more grace. I still advise my adult children to write down things they need to share or express, especially when those words are difficult to communicate. I had to deliver some terribly hard news to my family a few years ago and I remember writing it all down and reading from the letter while we sat around the bonfire several Augusts ago; the process of writing helped to compose me and process some tough emotions.

Looking back continues to give me perspective. I took on this position almost a year ago and it started off with a bang. I was unprepared and overwhelmed and often had to whisper to myself, 'One Day at a Time.' I held onto the promise that it would not always feel this way and that I only had to deal with TODAY and I held onto this piece of scripture from Lamentations, chapter 3, verses 22-23. The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning. New every morning. And here we are, in a blink, a year later and I'm so grateful for all of it, the easy and the hard. Perspective.

One thing I'm eternally grateful for is you all. I have enjoyed getting to know my fellow parishioners better, I often forced myself to stay and have coffee in the Narthex, pushing myself to sit with those I didn't know well, some not at all. I don't regret one visit. Thank you for allowing me to serve on council. It's been a blessing.

Jeani Trosvig

The Office will be closed on Friday  
February 6th and February 13th.  
We apologize for any inconvenience.

Tickets for the Valentine Dinner are on sale in the Narthex and during the week in the office. Fellowship, food and music by Anthony Miltich will make for a lovely evening.

Proceeds will be used to enable Operation Bootstrap Africa make lunches for primary school children who otherwise go without. It's tough to learn when your tummy is empty. We can help! Please join us.

Alter flowers can be sponsored by members each week! It is a great way to commemorate birthdays, anniversaries, memorials, and other life events!

Please sign up in the Narthex and make donation of \$45.00 when you sign up.

**If we experience a Sunday that has no sponsorship, the alter will not have flowers. Thank you for understanding.**

## Ways to Worship with Us



# Children, Youth, & Family Ministries

## Love Your Neighbors

It's February and the perfect time to think of love and how we can share God's love with our neighbors. This month we will be making Valentine cards to share the love with our college students, shut ins, military, and veterans.

Another way we will be sharing God's love this month is by collecting money to use with Operation Bootstrap Africa to help fund lunches for school children. It costs 14 cents to feed a school child in many African countries. During February, our children will be giving their quarters and dollars to provide meals for their neighbors across the ocean and to help set them up for success in life.

## Valentine's Card MAKING

*Let's share God's love and make  
Valentine cards!*

*Sunday, February 8  
10:30am  
Conference Room*



All ages are invited to participate.  
Cards will be given to shut-ins,  
college students, military, and  
veterans.

## Summer Camp

Luther Crest camp inspires faith, stewardship, and community. Their week long camps provide an experience your child will never forget. Registration for summer 2026 is happening NOW. **Register by February 14<sup>th</sup>** for early bird pricing. Luther Crest partners with the ELCA churches in Fergus Falls. Therefore; the First Lutheran Foundation helps to pay for part of each child's camp experience. Check out the website for more info or talk to Kristy. [luthercrest.org](http://luthercrest.org)



**Kristy  
Wicklund**

Director of Children,  
Youth, & Family's  
Ministries

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## Sundays

This month during **Sunday School & Butterflies**, we will be digging into:

- God loves us even when we go along with the crowd.
- God is bigger than our fears.
- God wants our attention.

**Youth Connect** will be digging into how the Sunday's gospel of "The Beatitudes"- Matthew 5:1-12, "Salt & Light"-Matthew 5:13-20, and "Jesus is Tested in the Wilderness"-Matthew 4:1-11 speaks to us in our current lives.

### Important Dates:

- February 15- NO BUTTERFLIES/SUNDAY SCHOOL/YOUTH CONNECT



## Wednesdays

This month during **F3 & Elevate**, we will hop back into the Bible and the book of Exodus.

We will be digging into the story of "Aaron and the golden calf" "God Gives Caleb Courage" and "God makes Balaam's donkey talk".

February 18- Kristy will be gone, Ms. Vicki will be here.  
Kid-friendly Ash Wednesday Service 4:45.

**Confirmation-** We will be jumping into the Lord's Prayer.

Important dates: February 18- Ash Wednesday



## Youth Mission Trip Fundraiser

June 28-July 2<sup>nd</sup>, seven youth will be traveling alongside Bethlehem's youth to Madison, WI for a mission trip. This is our first mission trip in 9 years! To help pay for the trip, the youth will be making coffee, baking goodies, and serving and cleaning up during the Fellowship hour. We will also be hosting a bake sale on February 22<sup>nd</sup> & 25<sup>th</sup>. Donations of baked goods are welcomed for the bake sale. Please come enjoy a month of sweet goodness and support our youth on this endeavor.





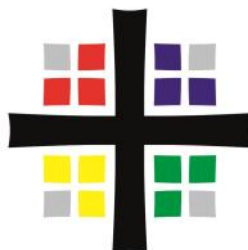
After 5 days return to  
FIRST LUTHERAN CHURCH  
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Address Service Requested

## Staff Directory

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## First Lutheran Church

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## Worship Times

Sundays at 9:00 am  
Wednesdays at 6:30 pm

## Office Hours

Mon–Fri, 8:00 am to 4:00 pm  
The Office will be closed on  
Friday February 6th and 13th