

"RELEASING THE BURDENS YOU WERE
NEVER INTENDED TO BEAR."

Traveling Light

JUNE 10-11: THE LUGGAGE OF LIFE
JUNE 17-18: THE BURDEN OF DISCONTENT
JUNE 24-25: THE BURDEN OF WEARINESS
JULY 1-2: THE BURDEN OF WORRY

Welcome

Visitors: Welcome to First Lutheran, we are glad you are here! We would appreciate you taking the time to fill out the blue welcome card located in each pew, and placing it in the offering plate, or turning it in at the Welcome Center. We also invite you to stop by the Welcome Center and pick up a *Welcome Gift Bag*. Thank you for worshiping with us and we look forward to seeing you again!

My Offering Pew Envelopes: *My Offering* pew envelopes are located in each pew. Place your cash or check in the envelope, then place it in the offering plate during worship. If you would like your offering recorded on your member record, please include your name on the pew envelope.

Nursery: Our nursery is open during the 8:30am and 9:45am worship. The nursery is located on the preschool level of the building. Please note, it is not staffed during the summer.

Large Print bulletin and Hearing Assists are available for worship. An usher can help you locate these.

Check out the Children and Youth area in the back of the church.

Busy Bags and Children's Bulletins are available for children to use during worship and are located at the back of the sanctuary. An usher can assist you in finding these if necessary.

FLY Sermon Notes and KICK Worship Notes are available on the shelves for easy access.

Lost and Found: Misplaced something? Please check the box and coat rack near the elevator.

Radio: Every Sunday the 9:45 AM worship service of First Lutheran is broadcast on station KXRA 1490 AM (100.3 FM within 15 mile radius of Alex). OR go to www.KXRA.com for live streaming of the 9:45 AM worship service, in the upper RIGHT hand corner located just above the menu bar click on "Listen Live". For weather-related announcements—"LIKE" us on our Facebook page or sign up for text alerts at www.facebook.com/firstlutheranalexandria

E-news: If you have not yet signed up for our e-news but are interested in receiving it, please email kari.vanwakeren@firstlutheranalexandria.com so that you can be added to our e-news e-mail group. This e-news is different from the Focus in that it offers just a snapshot of the upcoming week's activities.

Summer Worship Schedule

Saturday: 5:00 p.m. **Sunday:** 8:30 a.m. & 9:45 a.m.

Lake Carlos State Park Worship: Sunday, 10:30am **City Park Worship:** Sunday, 11:00am

**In the case of inclement weather, please listen to KXRA 1490 AM for any announcements.

All weekend bulletin announcements are due to Ruth Nelson, Administrative Assistant, by 12 noon on Friday, one week prior to the bulletin. (8 days before the bulletin date) Please send to admin@firstlutheranalexandria.com

If you have any sign-up sheets, information, or posters/flyers you would like added to the Welcome Center Happenings, please email Steve Heseltine, Shared Ministry Coordinator, at steve.heseltine@firstlutheranalexandria.com or visit him in the Church Office.

June 17-18, 2017

5:00 P.M., 8:30 & 9:45 A.M. Worship

Mission Statement: First Lutheran is a vibrant Christian community committed to connecting faith and life for people of all ages through worship, learning, and serving in Jesus' name.

Congregation (☑) responses are shown in **BOLD** print...

When response is needed for specific services it will be indicated as 5=5:00, 8= 8:30, 9=9:45.

We ask that you please silence your cell phone during the worship service. Thank you.

Gathering

The Holy Spirit calls us together as the people of God.

PRELUDE

Randy Morken

BELL

WELCOME

Pastor Ben Jacobson

GATHERING SONG ELW #733

"Great Is Thy Faithfulness"

CONFESSION AND FORGIVENESS

- P** Blessed be the Holy Trinity, † one God, who forgives all our sin, whose mercy endures forever.
- C** **Amen.**
- P** Let us confess our sin in the presence of God and of one another.

Silence is kept for reflection...

- P** Gracious God,
- C** **we confess to you that we are weighed down. We have fallen short. We have messed up. Life is heavy. We cannot carry the load. Our burdens cause us to stumble and fall. For the sake of your Son, Jesus Christ, have mercy on us. Forgive us, restore us, and lead us so that we may travel the path of righteousness, free to live and love.**
- P** People of God, know this: Our God is merciful and compassionate, slow to anger, and filled with unfailing love. When we stumble, God is there to catch us; when we are weighed down, God is there to lift us up. So be at peace: Your burdens are lifted. Your sins are forgiven.
- C** **Amen.**

PRAYER OF THE DAY

- P** God of Grace,
C we rejoice in the One who leads us beside still waters and restores our souls. We give thanks for the one who lifts our burdens and frees us to truly live. Lord, take from us those things that weigh us down and teach us to trust and follow you. In the name of Jesus, our Shepherd, Amen.

CHILDREN'S TIME

As the children are invited to come forward, we sing together...

Pastor Greg

Jesus loves me this I know for the Bible tells me so.
Little ones to him belong, they are weak but he is strong.
Yes, Jesus loves me, yes Jesus loves me,
Yes Jesus loves me, the Bible tells me so.

SPECIAL MUSIC

(5) Gospel 4+
(8/9) Deitz Family

Word

God speaks to us in scripture reading, preaching, and song.



READING: Philippians 4:11-13

- L** ¹¹Not that I am referring to being in need; for I have learned to be content with whatever I have. ¹²I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. ¹³I can do all things through him who strengthens me.
- L** Word of God. Word of Life.
- C** Thanks be to God.



SERMON

The Lord is my Shepherd, I shall not want.

Pastor Greg Billberg

SERMON SONG

“Turn Your Eyes Upon Jesus”

Verse One: **O Soul are you weary and troubled? No light in the darkness you see?
There's light for a look at the Saviour, and life more abundant and free:**

Chorus: **Turn you eyes upon Jesus, look full in His wonderful face;
And the things of earth will grow strangely dim in the light of His glory and grace.**

Verse Two: **Through death into life everlasting He passed, and we follow Him there;
Over us sin no more hath dominion for more than conqu'rors we are! (Chorus)**

Verse Three: **His word shall not fail you He promised; believe Him and all will be well.
Then go to a world that is dying, His perfect salvation to tell! (Chorus)**

APOSTLES' CREED

- ☒ I believe in God, the Father almighty,
creator of heaven and earth.**
- I believe in Jesus Christ, God's only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven,
he is seated at the right hand of the Father,
and he will come to judge the living and the dead.**
- I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**



PRAYERS OF INTERCESSION

Meal

God feeds us with the presence of Jesus Christ.

OFFERING

An option we now provide is to give by text: 320.500.6014



OFFERING PRAYER

- ☒ God of all creation, all you have made is good, and your love endures forever.
You bring forth bread from the earth and fruit from the vine. Nourish us with
these gifts, that we might be for the world signs of your gracious presence in
Jesus Christ, our Savior and Lord. Amen.**

(8/9) WORDS OF INSTITUTION

LORD'S PRAYER

- ☩ Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
forever and ever. Amen.

The table is prepared. All are welcome to receive the sacrament of Holy Communion. As a follower of Jesus Christ, this meal is for you. Gluten free wafers and white grape juice are available at your request...

(8/9) COMMUNION

(8/9) COMMUNION BLESSING

- ☩ The body and blood of our Lord Jesus Christ strengthen you and keep you in his grace.
☩ Amen.

Sending

God blesses us and sends us in mission to the world.



BENEDICTION

- ☩ May God lead you to places of rest and renewal;
May Christ Jesus give you life in abundance;
and may the Holy Spirit fill your hearts with gladness and generosity,
both now and forevermore.
☩ Amen.

ANNOUNCEMENTS

DISMISSAL

- P** Go in peace. Share the good news.
C Thanks be to God.
P And all God's Children said,
C Amen!

SENDING SONG

"I've Got the Joy"

Verse One: I've got the joy, joy, joy, joy down in my heart,
Down in my heart, down in my heart,
I've got the joy, joy, joy, joy down in my heart, down in my heart to stay.

Chorus: And I'm so happy, so very happy; I've got the love of Jesus in my heart.
And I'm so happy, so very happy, I've got the love of Jesus in my heart.

Verse Two: I've got the love of Jesus, love of Jesus, down in my heart.
Down in my heart, down in my heart.
I've got the love of Jesus, love of Jesus,
Down in my heart, down in my heart to stay. *(Chorus)*

Verse Three: I've got the peace that passes understanding down in my heart,
Down in my heart, down in my heart.
I've got the peace that passes understanding down in my heart,
Down in my heart to stay. *(Chorus)*

POSTLUDE

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LIVING OUT LOVE RIGHT HERE



Connecting church and home through praying, blessing, sharing, talking, and reading



Connecting people of all ages to do service projects for the community



Connecting with God through prayer both personally and collectively

FIRST LUTHERAN CHURCH ANNOUNCEMENTS: June 17-18, 2017

MINISTRY OF PRAYER AND CELEBRATION...

HOSPITAL VISITS: Hospital policy prevents the pastors and parish nurse from knowing you are a patient unless at the time of admittance you indicate you are a member of First Lutheran and want to be visited. OR call the church office (320.762.2196) to notify us you are/or will be a patient, or have had a child. Your cooperation in this way helps us greatly. Thank you, Greg, Kari, Ben and Val.

Prayers for those with health concerns: Palmer Bergner, Dave Bennett, Arlene Carlson, Kaye Crawford, Marcy Dilly, Corinne Ehlike, Bob Hocum, Don Kanten, Steve Knutson, Irene Larson, Kathy Lind, Ted Lohrman, Keith Lundsetter, Glenda Nelson, Harry Oberg, Tom Riley, Kathleen Rittenour, Russ Schultz, Rick Swenson, Judy Williams, Lori Zeman

Prayers for the FLC sponsored missionary: Rev. Chandran Paul Martin

Church Events:

- **“From the Ground Up”:** There is still time to return your FTGU pledge. Pledge cards are available at the Welcome Center. Thank you to all who have pledged. Check out the From the Ground Up area by the Welcome Center for the current pledged amount and other information.
- **Worship Planning Team Meeting:** We are looking to enhance our worship at FLC and make it even more inspiring and meaningful for people of all ages. We invite people who love worship to come to an initial meeting on Tuesday, June 20, at 6:30pm in the Family Room to brainstorm ideas. If you are an artist, interior designer, musician, someone who loves drama, dance, multimedia, or who has a knack for advertising, we would love to have you join us. We also invite anyone who is passionate about worship in general. If you are unable to make it to the meeting but would like to be involved, please let one of the pastors know.
- **New E-Newsletter:** Do you know someone in the congregation who serves in the community and/or makes a significant impact in some way? We will soon be starting a bi-monthly e-newsletter that will highlight a particular person or ministry at First and would love to hear your nominations. Please submit his/her name to the office or by emailing admin@firstlutheranalexandria.com. Once we receive a name, we will be following up with that person to develop the story. Thank you!
- **Church Directory Pictures Update: Additional dates added.** If you have had your picture taken and did not order any packages, your complimentary portrait is available to pick up at the Welcome Center. Sign up anytime on our website, firstlutheranalexandria.com, by clicking the blue portrait sign-up button and following the prompts to make your appointment. You may also sign up in the church office. If you missed your scheduled appointment, please call the office to reschedule. The next photo sessions are the week of June 20-24 and **July 18-20** with spots still available.
- **First Fun Friendly Food with Golfing and Goofing:** Sign up at the Welcome Center today for a fun day of golf at Milona Golf Course on Friday, June 30, at 4:00pm. Supper is included. Cost is \$30 a person, due at time of registration. If you would just like to come for the meal, adults are \$10, kids 6-12 are \$5, and children five and under are free.
- **Songs of Faith Sermon Series:** Music has always been at the heart of who we are as a church. For three Sundays in July we are going to lift up some of our beloved hymns and look into how they have encouraged us in our faith. You are invited to turn in your request for a favorite hymn, and even better yet, include why it is meaningful or special to you. Write down your requests and turn them in with the offering or by dropping them off at the office.
- **Congregational Picnic:** Join us Sunday, July 9 following 11:00am worship at City Park. All you need to bring is yourself, we will provide everything else. The menu will include brats and hot dogs, chips, coleslaw, and Luther Crest cookies. In case of rain we will be back at church and the picnic will be in the Fellowship Hall.
- **Family Picnic and Service Project:** Join others from FLC on Tuesday, July 18 at Luther Crest for a summer picnic-style meal and service project. This is a great event for all ages. We will be putting together Teacher Resource Kits for Discovery Middle School, we invite you to bring items to donate for the kits. You may find the list of items in the July Focus, or on the informational cards located at the Welcome Center.
- **Bubble Wrap Girl Signing:** Pastor Kari will be available to sign copies of her new children’s book, *Bubble Wrap Girl*, on Sunday, July 23 from 9:00-11:00am at First. *Bubble Wrap Girl* is illustrated by CA Nobens and published through Beaver’s Pond Press. The price of the book is \$17.95.
- **MN Twins Lutheran Night:** Join us for a fun evening at a Twins game on Tuesday, August 8. Cost is \$55/person which includes the ticket and bus. Sign up at the Welcome Center if interested! Deadline to sign up is July 17.

Area Events

- **Luther Crest Camp is Seeking Summer Help:** Are you free this summer and looking for extra work or volunteer hours? Luther Crest is seeking people to mow and trim each week at Pilgrim Point and Luther Crest; they are also seeking kitchen help for both locations. Do you know of a young adult who would love to be a camp counselor? They are in need of a few more! Contact Dave Holtz, Executive Director, at 320.292.9241 or daveh@luthercrest.org with questions or if you are interested.

- **LifeSource Organ, Tissue, Eye Donation Seminar:** Join us for an evening of learning more about the process of organ, tissue, and eye donation. It will take place on Thursday, June 22, at 6:30pm at First Lutheran Church in the Family Room. Deb Andvik, Hospital Liaison for LifeSource will present and there will be a panel of local people whose lives have been touched by organ donation who will tell their story and answer your questions. There is no fee to attend and no pre-registration is necessary. For more info, contact Val Trumm, Parish Nurse at 320.762.2196 or val.trumm@firstlutheranalexandria.com.
- **Relay For Life:** You have probably been touched by cancer in some way or another. Team First Lutheran plans to have a presence at the Relay for Life event which will take place at the Douglas County Fairgrounds on Friday, July 14 beginning at 5:00pm and ending at 1:00am. Luminarias are available at the Welcome Center. Each luminaria displayed at the Relay are to honor individuals who are survivors and in memory of those lost to cancer. You may purchase a pre-decorated Luminaria on which to simply write a person's name, or a blank Luminaria can be purchased to decorate, for a suggested donation of \$10.

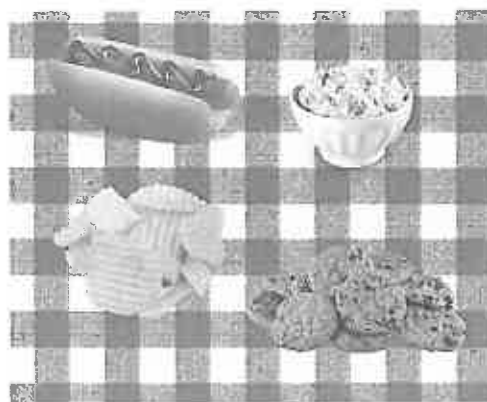


GIVE BY TEXT

- 1) Open new text message.
- 2) Enter the number 320.500.6014.
- 3) Input dollar amount in text body.
- 4) Hit send.
- 5) Click on the link received to complete donation.

**CONGREGATIONAL PICNIC
SUNDAY, JULY 9 @ CITY PARK
FOLLOWING 11:00AM WORSHIP**

Join us for brats, hot dogs, coleslaw, chips, and Luther Crest cookies!



Thank You to Those Who Served With Us Today!

Curt & Bonnie Ulvestad, Glenda Seela, Connie Fields, Stephen & Virginia Polman, Pat Johnson, Larry Ortloff, Jim Bjerknes, Sid & Bonnie Strand, Lillian Schuneman, Jim Norton, Roger & Karen Vraa, Darrell Holverson, Dave & Loretta Lundy, Bill & Beth Melaas, Lynn Tvrdik, Greg Tvrdik, Gary Tuil

Interested in serving with us next week? The following volunteer positions are available:

Saturday 5:00pm – Greeter (2), Scripture Reader, Coffee Host, Welcome Center Host, Usher (3), Communion Assistant (3)

Sunday 8:30am – Greeter, Scripture Reader, Coffee Host, Welcome Center Host,

Sunday 9:45am – Greeter, Coffee Host, Welcome Center Host, Usher (3)

Sunday 11:00am City Park – Usher (2), Communion Assistant (1), Coffee Host

Sign up for an available spot in our new Service Opportunities Binder at the Welcome Center; call Steve Heseltine, Shared Ministry Coordinator, at 320-762-2196; or online through the Sign Up Genius.

Attendance Numbers for Worship June 10-11:

(5) 70 (8) 63 (9) 268 (10-Carlos) 0 (11- City Park) 65 -- Total Last Week = 466

Youth Ministry Numbers

Wednesdays:

FLY/Confirmation (6th-9th Grade): 158

Candle Time (10th-12th Grade): 20

Sundays:

SR FLY (9th-12th Grade): 15-25

Children's Ministry Numbers

Wednesdays:

KICK: 116

KICK JR: 43

Sundays:

8:30am Kingdom Kids: 39

9:45am Kingdom Kids: 63

Financial Snap Shot



Did You Know?

This past week 165 kids attended Vacation Bible School! What an amazing, energy-filled way that your donations have supported children's ministry here at FLC!

Weekly Budgeted Need: \$22,995

Income Last Week: \$14,611

Expense Last Week: \$33,401

First Lutheran Church WEEK AHEAD Calendar: June 18 - June 25, 2017

Day/Date	Time	Activity	Room Location
Sunday, June 18	8:30 am	Worship w/Communion	Sanctuary
	9:45 am	Worship w/Communion	Sanctuary
	10:30 am	Outdoor Worship	@Lake Carlos State Park
	11:00 am	Outdoor Worship w/Communion	@City Park
Monday, June 19	8:30 am	Offering Team (DLJ)	Meeting Place
Tuesday, June 20	8:00 am	Mission Quilters	Fellowship Hall
	9:00 am	Library Committee	Library
	10:00 am	Staff Meeting	Meeting Place
	12:00 am	Doo-Wop Diva's Rehearsal	Choir Room
	2:00-9:00 pm	Church Directory Pictures	Noah's Ark
	2:30 pm	Gospel 4+	Sanctuary
	6:30 pm	Worship Planning Team Meeting	Family Room
Wednesday, June 21	7:00 am-10:00 pm	Summer Stretch (6th-12th)	Offsite ValleyFair
	9:30 am	Parents Share	Family Room
	10:00 am	Communion	@Knut Nelson
	10:00 am	Staff Coffee	Meeting Place
	2:00-9:00 pm	Church Directory Pictures	Noah's Ark
Thursday, June 22	7:00 am	Women's Bible Study	Family Room
	8:30 am	Program Staff Meeting	Meeting Place
	8:45 am	Staff Prayer Time	Commons
	10:00 am	Communion	@Nelson Gables
	11:00 am	Communion	@Windmill Ponds
	1:30 pm	Care Team Meeting	Meeting Place
	2:00-9:00 pm	Church Directory Pictures	Noah's Ark
	6:30 pm	LifeSource; Organ Donation Seminar	Family Room
Friday, June 23	7:00 am	Men's Bible Study	@The Depot
	12:00 pm	Bulletin Announcements Due	Office
	2:00-9:00 pm	Church Directory Pictures	Noah's Ark
Saturday, June 24	9:00 am -4:00 pm	Church Directory Pictures	Noah's Ark
	5:00 pm	Worship w/Communion	Sanctuary
Sunday, June 25	8:30 am	Worship	Sanctuary
	9:45 am	Worship w/New Member Welcome	Sanctuary
	10:30 am	Outdoor Worship	@Lake Carlos State Park
	11:00 am	Outdoor Worship w/Communion	@City Park
	4:00 pm	Family Ministry Team Meeting	Pr. Kari's Home