

"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

First  Lutheran  
CHURCH

## 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.

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**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.

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## 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 24-25, 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 Greg Billberg

**GATHERING SONG** ELW #423 vss, 1, 3-4

***"Shall We Gather at the River"***

### **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 are invited to come forward...*

## CHILDREN'S TIME

Pastor Kari

## SPECIAL MUSIC

(5) Taryn Schmidt  
(8/9) Gospel 4+

## Word

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



## GOSPEL READING Matthew 11:28-30

- L** The Holy Gospel according to Matthew, the 11<sup>th</sup> chapter, verses 28-30.  
**L** <sup>28</sup>"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup>Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup>For my yoke is easy, and my burden is light."  
**L** The Gospel of the Lord.  
**C** Thanks be to God.



## SERMON

Pastor Kari van Wakeren

## SERMON SONG ELW #581

**"You Are Mine"**

*No flash photography during the baptism please. An opportunity for photos will be available after the service...*

**(9) BAPTISM with Profession of Faith on page 229...**

ELW pages 227- 231

## (9) NEW MEMBER WELCOME

## **(5/8) 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.**

## **(5) WORDS OF INSTITUTION**

## LORD'S PRAYER

- C** 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...*

## **(5) COMMUNION**

### **(5) COMMUNION BLESSING**

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

## *Sending*

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



### **BENEDICTION**

- P** 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.  
**C** Amen.

## **ANNOUNCEMENTS**

## DISMISSAL

- P** Go in peace. God is with you.
- C** Thanks be to God.
- P** And all God's Children said,
- C** Amen!

## SENDING SONG ELW #774

***"Leaning on the Everlasting Arms"***

## POSTLUDE

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## Prayers of Celebration for Our Newly Welcomed Members

Tom and Kristen Alton  
Jeff, Amy, Hunter and Carter Athey  
Chris, Kim, Kailey, and Brendan Behrens  
Jordan Brittany, Logan, and Tanner Boyle  
Michelle Bundgarden  
Jeff Carlson  
Kaye Crawford  
Sarah Dobmeier  
Roland and Becky Ellis  
Robert and Deanne Frarck  
Evelyn Grove  
Kevin LaNell, Kendra, and Aubrie Hardy  
Robert Janousek  
Doug and Jayne Jarett  
Ed and Mary Ann Odland  
Mike, Jacob, and Vegas Pederson  
Miranda Pederson  
Paul and Connie Nygard  
Gwen Saul  
Ryan, Heather, Ben, and Henry Scott  
Mike and Julie Shaughnessy  
Ed Thorson  
Jacob, Alexandra, and Charlie Thorstad  
Eric and Sue Torgerson  
Donald and Judith Voss  
Grant, Megan and Charley Wisniewski



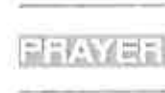
# LIVING OUT LOVE RIGHT HERE



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 24-25, 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:** Otto Anderson, Palmer Bergner, Dave Bennett, Arlene Carlson, Corinne Ehlike, Bob Hocum, Don Kanten, Steve Knutson, Irene Larson, Kathy Lind, Ted Lohrman, Lois Lundberg, Keith Lundsetter, Evelyn Myrin, Glenda Nelson, Harry Oberg, Tom Riley, Kathleen Rittenour, Melisa Schueler, Russ Schultz, Rick Swenson, Judy Williams, Lori Zeman

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

**Prayers for those who mourn:** We express sympathy and God's love to:

- ❖ The family and friends of Orville Botner
- ❖ John and Dee Peshek on the death of John's father
- ❖ Jim and Marilee Bergerson, on the death of Jim's brother, Steve

**We celebrate** with Jodie and Jason Gange on the birth of their son.

**Prayers for those recently baptized:** Lilly Raye Reichmann, daughter of Tony and Kristin Reichmann, is brought to the Lord in Holy Baptism at the 9:45am service. Her sponsors are Jason and Jolene Moen.



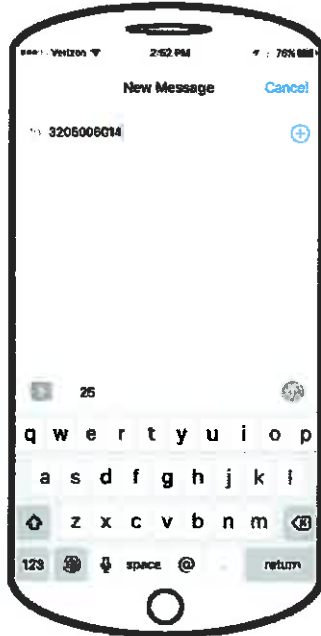
### Church Events:

- **Worship on the Lawn:** Join us Saturday, July 1 at 5:00pm for worship on the lawn. **Please bring a lawn chair or blanket** and enjoy the weather! In case of inclement weather, we will be in the Sanctuary.
- **Mystery Trip:** We currently have two tickets available for the Mystery Trip. If interested, please contact the Church Office.
- **VBS Mission Update:** A big thank you for bringing in donations for the winter survival kits. Vacation Bible School was able to pack 30 winter survival kits for Douglas County Car Care Program.
- **Thank You:** Thank you to the 165 kids who joined us at VBS and a SPECIAL "Thank You" to the 75+ volunteers who helped make this awesome ministry happen!
- **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.
- **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](http://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 **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 Miliona 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.
- **Ordination of Megan Preston:** We invite you to join us on Saturday, July 8 at 2:00pm for the ordination of Megan Preston, daughter of John and Darlene Strand, here at First Lutheran. Please join us for cake and coffee after the service. You are also invited to join us for a meal hosted by Megan's parents at their home (13200 Maple Island Dr. SE, Glenwood, MN 56334). Come as you are able after 4:30pm.
- **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.
- **Book Signing:** To celebrate Pastor Kari's new book, *Bubble Wrap Girl*, she will be available to sign copies 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 Monday, 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](mailto:daveh@luthercrest.org) with questions or if you are interested.

- 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 and will also be available at City Park on July 2 before the service, and July 9 before and after the service. Each luminaria displayed at the Relay honors individuals who are survivors and the 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!



Saturday, July 8  
 Ordination of Megan Preston  
 Daughter of John and  
 Darlene Strand  
 2:00pm Service followed by  
 refreshments served in the  
 Fellowship Hall



**Thank You to Those Who Served With Us Today!**

Curt & Bonnie Ulvestad, Vinal & Kathy Franson, Connie Fields, Al Lund, Jim Bjerknes, Roger & Vicki Hermes, Larry Ortloff, Sid & Bonnie Strand, Kathy Moen, Jim Norton, Greg Serum, Doc & Dee Hanson, Denny & Corliss Stark, Jim Barduson, Larry & Beth Pappenfus

**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 (4)

Sunday 8:30am – Greeter (2), Scripture Reader, Communion Assistant (2), Welcome Center Host, Coffee Host, Usher (2)

Sunday 9:45am – Greeter (2), Scripture Reader, Communion Assitant (2), Welcome Center Host, Coffee Host, Usher (4)

Sunday 11:00am City Park – Usher (1)

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 17-18:

(5) 73 (8) 94 (9) 169 (10-Carlos) 37 (11- City Park) 130 -- Total Last Week = 466

Youth Ministry Numbers

**Wednesdays:**

**FLY/Confirmation (6<sup>th</sup>-9<sup>th</sup> Grade): 158**

**Candle Time (10<sup>th</sup>-12<sup>th</sup> Grade): 20**

**Sundays:**

**SR FLY (9<sup>th</sup>-12<sup>th</sup> 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?**

We are so very thankful for the many ways our members participate in FLC's ministries. Blessings to each of you!

**Weekly Budgeted Need: \$22,995**

**Income Last Week: \$23,037**

**Expense Last Week: \$4,691**

# Calendar

## FLC WEEK AHEAD Calendar: June 25 - July 2, 2017

Day/Date	Time	Activity	Room Location
<b>Sunday, June 25</b>	8:30 am	Worship	Sanctuary
	9:45 am	Worship and 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
<b>Monday, June 26</b>	8:30 am	Offering Team (BDG)	Meeting Place
<b>Tuesday, June 27</b>	8:30 am	Focus Folders	Family Room
	9:00 am	Library Committee	Library
	9:00 am-2:00 pm	Staff Calendar Planning Meeting	Meeting Place
	12:00 am	Doo-Wop Diva's Rehearsal	Choir Room
	2:30 pm	Communion	@Grand Arbor
	2:30 pm	Gospel 4+	Sanctuary
	6:30 pm	Operation Bootstrap Africa Meeting	Family Room
<b>Wednesday, June 28</b>	9:30 am	Parents Share	Family Room
	10:00 am	Communion	@Edgewood Vista
	10:00 am	Staff Coffee	Meeting Place
	11:00 am	Women on Wednesday	Offsite
<b>Thursday, June 29</b>	7:00 am	Women's Bible Study	Family Room
	8:45 am	Staff Prayer Time	Meeting Place
	12:00 pm	Power Lunch	Fellowship Hall
	1:30 pm	Care Team Meeting	Meeting Place
<b>Friday, June 30</b>	7:00 am	Men's Bible Study	@The Depot
	12:00 pm	Bulletin Announcements Due	Office
	4:00 pm	Family Fun & Golf Outing	Miltona Golf Course
<b>Saturday, July 1</b>	5:00 pm	Worship on lawn	Church Lawn
<b>Sunday, July 2</b>	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