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august-october

QUARTERLY NEWSLETTER | FIRST LUTHERAN CHURCH | 2018

WE ARE THE CHURCH

Beginning this fall, we launch our theme for the program year: WE ARE THE CHURCH. As we do, we remember that God's grace empowers us, living, breathing people, to be the Church in this world.

To gather around this theme, we will focus on affirming and encouraging the gifts that God has given to each of us, strengthening our relationships with one another, and connecting the story of God's people at First Lutheran to the story of God's steadfast love throughout time and history.

What a joy it is to look ahead to our bright future, to be encouraged by God's presence in our midst, and to remember that WE ARE THE CHURCH!

Check out the Pastor's Pen to find out more about the following:

- Spiritual Gifts Inventory
- Neighborhood Gatherings
- Narrative Lectionary



Spirit Fest Sunday

Sunday, September 9 | First Lutheran Church

Join us for Spirit Fest Sunday 2018! This is our opportunity to come together as a church family to celebrate the start of a brand new programming year here at First Lutheran. Some of the activities will include:

- Random Acts of Kindness Activity
- Breakfast Buffet | 9:00-11:00am | Fellowship Hall (gluten free options will be available)
- Handprint Banner: The congregation is invited to help create handprint banners to be hung in the sanctuary.

UPCOMING EVENTS AT A GLANCE

To see our church calendar with full details and descriptions of all church events, please visit our website: www.firstlutheranalexandria/events.

AUGUST EVENTS

- 4/5: Giving Tree Begins
- 5-10: FLC week at Luther Crest
- 6-8: Duluth Mission Trip
- 8: Family Golf Outing
- 9: All Ages Picnic & Service Project
- 20: Bookseekers
- 22: FLC Recruitment Night
- 29: New Member Orientation

SEPTEMBER EVENTS

- 2: Last Worship in the park for the season
- 6: WELCA Potluck Salad Luncheon
- 9: Spirit Fest Sunday
- 13: Men's Breakfast
- 15: Matt Kjelland Memorial Walk/Run
- 17: Bookseekers
- 30: FLC Golf Scramble

OCTOBER EVENTS

- 2: Mobility Balance Classes Begin
- 4: WELCA Dessert & Coffee
- 6: Walk to End Alzheimers
- 6: Operation Bootstrap Africa Walk
- 7: Snowbird Send Off
- 17: No programming or worship
- 15: Bookseekers
- 21: No Kingdom Kids
- 10: A Trip to Chanhassen
- 28: Affirmation of Baptism
- 31: Trunk or Treat
- 31: No programming or worship



Children's Programming Change

New this year!!

Our Nursery Program will now be called Lil' Kingdom Kids. The nursery will be open Labor Day through Memorial Day for kids ages 0-4 during the 8:30am and 9:45am worship services and Wednesday 6:15pm worship service. Each week kids will read a story and participate in play-based learning activities. Parents are welcome to stay for activities or drop off. This is a fantastic way to get your little ones ready for Kingdom Kids!

Luther Crest

Overnight Camp: August 5-10

Day Camp: August 6-9

A special thank you to everyone who participated in the 90 day challenge to help send our children and youth to camp this summer!

Duluth Mission Trip

August 6-8

Monday, August 6 - Work at Operation Sandwich in Brainerd, MN

Operation Sandwich is a grassroots program that exists to end childhood hunger by feeding kids when free and reduced cost meals are not accessible at school

Tuesday, August 7 - Serve at CHUM (Churches United in Ministry) National Night Out BBQ

CHUM is "People of faith working together to provide basic necessities, foster stable lives, and organize for a just and compassionate community." We provide emergency shelter, food and street outreach throughout Duluth. The VBS students collected hygiene products to donate to CHUM. The socks collected for Father's Day will also be donated to CHUM.

Wednesday, August 8 - Head home to FLC

ELCA Houston Youth Trip

I think most kids my age would agree that having their parent chaperone a youth trip isn't their idea of fun. My mom came on the trip to Houston this year, and prior to the trip I had no idea what to expect. I didn't want to be "that kid" whose mom was ruining all the fun. But my mom totally blew my expectations away. It was really something special to experience the Youth Gathering with her. My mom is one of my biggest faith role models, and I felt like the conversations we had about things we heard, saw, or did had so much more meaning because we were able to experience it together. We both had different takes and opinions on everything that happened and it sparked conversation that we are still continuing to have, even though the gathering is over. Through the speeches and seeing the sheer magnitude of people at the gathering, it made me feel like I wasn't alone in faith. This gathering has showed me that the ELCA is where I belong, and that changes everything. -Meg Shercliffe

Why would I want to spend over 50 hours on a bus and 8 nights in hotels with 50 teenagers? Because when I was a teen I went on youth group trips. My faith grew, relationships grew and lifetime memories were made. Over 30,000 youth and leaders traveled to Houston, TX for the 2018 gathering. There were crowds of people waiting in lines and it was hot. But in this day and age of being able to receive instant information, I couldn't help but think about how it wasn't that long ago that people would travel for hours and days to hear God's word or to see and hear Jesus himself. We got a taste of that as we gathered with other Christians in the Houston stadium and listened to many amazing speakers and wonderful music. Getting to spend time with my daughter and getting to know the other kids and adults on this trip was fantastic! A special thanks to Kim Taylor and Pastor Ben. We are so blessed to have them at FLC! And a big thank you to my daughter, who put up with her not so cool mom for the entire trip. - Mary Shercliffe



Gifts & Memorials - April, May, June 2018

Memorial gifts are a meaningful way to convey sympathy to the bereaved and acknowledge the loss of a loved one. They are another way that we give thanks to God for the ways we have been blessed. Gifts may be designated to a particular fund or left undesignated, which allows them to be used for special projects and areas of greatest need.

Building Fund

In memory of Orris Olson, given by Cyril & Joan Zimmer, Dan Bolstad, Earl & Carol Paggi, The Johnsons, Marcia Gae Schmitt, Darrell & Sharon Klimek, Brian & Joan Eastlund, Rose Marie Stoeck, Anthony & Leann Zimny, Ralph & Jessica Kunkel, Al & Bev Nelson, Janice Doebber, Timothy & Vera Froemming, Barbara Jorgenson, Ione Jensen, Ted & Brenda Haar, Dennis & Cassandra Eikenberry, Virginia Sillerud, Paul & Joan Thompson, Geneva Roers, Mark Roers, Robert Sloan, Dale & Lynn Tvrdik, John Przybylski, A Healing Center, Aagard, Friends & Family

In memory of Ray Stoeck, given by Leroy & Wanda Karrow

In memory of Burdell Benson, given by Leroy & Wanda Karrow

In memory of Jeffy Faber, given by Ruth Amundson

In memory of Pr. David Wold, given by Junnell Widmark

In memory of Eleanor Hagstrom, given by Junnell Widmark

In memory of Allen Johnson, given by Scott & Joanne Dake, Neil & Kay Fagerstrom, Steve & Sherry Fagerstrom, Thomas & Jo Anne Fagerstrom, Donald & Carol Krebs, Karen Dinnen, Stephen & Linda Schmid, Alcuin & Janet Budde

In memory of Gary Jerzak, given by Dennis & Corliss Stark

In memory of Stan Norlien, given by Ralph Hornberger, Jeff & Janna Lindoo, Dennis & Bonnie Miller, Greg & Val Trumm, Dianna Anderson, Larry & Pam Pearson, Ray & Kim Kallstrom, Norman & Audriene Kvitek, Rose Marie Stoeck, Kathryn Nyland, Linda Engebretson, Thomas & Kari van Wakeren, Mike & Virginia Loken, Colleen Waller, Craig & Ruth Schlangen, Marlene Murtonen, Ruth Amundson, Gene & Janice Hartwig, Margaret Movold, Gene & Carol Westphal, Dennis & Corliss Stark, Dwaine & Judith Berger, Glee Domschot, Darlene Bartelt, Sonia Bale, LeRoy & Eileen Putnam, John & Margaret Schroeder, Ruth Irgens, Ruth Nelson, David & Loretta Lundy, Karen Johnson, Genevieve Trumm, James Lien, DiAnn Ness

In memory of Audrey Kloehn, given by Ivan & Lois Wambheim, Glenda Seela, Greg & Val Trumm, Rose Marie Stoeck, Ruth Amundson, John & Margaret Schroeder, Dianna Anderson, Friends & Family

In memory of Wallace Schulke, given by Junnell Widmark, Jenny Trumm, Glee Domschot, Jeffrey Carlson, Stan & Mary Norlien, Evelyn Peterson, Carol Sonstebly

In memory of Laura Toft, given by Rose Marie Stoeck, Ruth Amundson

In memory of Dori Otterson, given by Ralph Hornberger, DiAnn Ness

In memory of Uncle Phil, given by Rodney & Elizabeth Engfer

Children's Ministry-Sunday School

In memory of Dori Otterson, given by Robert & Joanne Kensinger

Chancel Choir

In memory of Paul Bennet, given by Darrel & Margaret Kalina

Youth Ministry

In honor of Steve Heseltine, given by Jean Rittenour

Discovery Middle School Food Shelf

In honor of Mike & Julie Shaughnessy's 50th Wedding Anniversary, given by Gordon & Deborah VanderHelm

Feed My Sheep

In memory of Stan Norlien, given by Terry & Connie Brueske, Ivan & Lois Wambheim, Steve & Kathy Haug, Arlou Schwendemann, Friends & Family

In memory of Betsy Fischer, given by Gregg & Mary Sonstegard

Worship & Music

In memory of Betsy Fischer, given by Terry & Connie Brueske

In honor of Virginia Hegre, given by Mark Erickson & Kathy Patton

Radio Sponsorship

In memory of Allen Johnson, given by Darrell & Sharon Klimek

In memory of Ruth Arlene Carlson, given by Nancy & Gary Schaefer, George & Roberta Gehlsen, Carl & Georgine Gansen, Wayne & Teresa Schrader, Al & Bev Nelson, Judy Chlian, Robert & Sonja Loucks, Friends & Family

In memory of Otis Kuehl, given by Sue Johnson, Pat Johnson, LaVina Larson

In memory of Stan Norlien, given by John & Jan Lervick, Sue Johnson, Pat Johnson, Cortlan & Joanne Krogstad, Gordon & Sharon Kalland, LaVina Larson, Audrey Gustafson, Priscilla Reineke, Kathleen Berghuis, Robert & Sonja Loucks, Junnell Widmark, Mary Norlien & Children

In memory of Wallace Schulke, given by Gordon & Sharon Kalland

In memory of Dori Otterson, given by Pat Johnson, Sue Johnson, Ruth Nelson, Junnell Widmark, Dianna Anderson

In honor of their 60th Wedding Anniversary, given by Don & Judy Voss

In honor of Laura & Randy Mickelson's 45th Wedding Anniversary, given by Ruth Amundson

In honor of their 50th Wedding Anniversary, given by Dennis & Corliss Stark

In honor of their 55th Wedding Anniversary, given by Karl & Sandy Bloomquist

In honor of their 63rd Wedding Anniversary, given by Art & Avis Haug

In honor of Ruth & Erwin Amundson's 65th Wedding Anniversary, given by Ruth Amundson

In honor of George & LaVerne Dyrstad's 70th Wedding Anniversary, given by their children

In honor of the wedding of their granddaughter Alexa Haarstad and Tony Verhoeven, given by Rod & Phyllis Haarstad

Undesignated Fund

In memory of Jan Johnson Huhn, given by Karl & Sandy Bloomquist

In memory of Orris Olson, given by Dilley Zimny Insurance

In memory of Allen Johnson, given by Richard & Sandra Telander

In memory of Wallace Schulke, given by Robert & Joanne Kensinger

In memory of Marilyn Schmidt, given by Leroy & Wanda Karrow

In memory of Stan Norlien, given by Sandra Doege, Sharon Platto, Richard & Sandra Telander

In memory of Laura Toft, given by Kenneth & Audrey Tessmer, Bernard & Miriam Miller, Chad & Michelle Rhen

In memory of Dori Otterson, given by Sandra Doege

A Trip to Chanhassen

Wed, Oct 10 | 8:45am Departure

COST: \$94 per person and includes lunch at Chanhassen before the show. Join us for this production of Irving Berlin's *Holiday Inn* at Chanhassen Dinner Theatre. *Holiday Inn* tells the story of Jim, who leaves the bright lights of Broadway—as well as his fiancé dance partner Lila—to settle down at an old farmhouse in Connecticut ... but life just isn't the same without a bit of song and dance. Call Hart Travel at 800.250.8857 to sign up, pay, and for further details. Sign up deadline is September 10.

FLC Golf Scramble

Sun, Sept 30 | 12:00pm | Minnewaska Golf Club

COST: \$100. Sign up at the Welcome Center beginning August 25. Sign up deadline is September 16. This is a fundraiser for the building fund. Cost includes golf, cart, and meal. Registration is 12:00-1:00pm. Shotgun start at 1:00pm. Pay at club house. This event will raise funds for the garage project at our new build site.

Operation Bootstrap Africa Walk

Sat, October 6 | 9:30am-12:00pm | FLC

Registration in West Entry. Snacks provided. Watch in the bulletin for more details to come

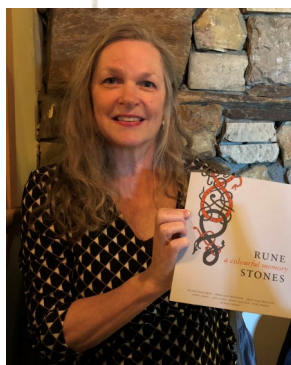
FLC 2019 Trip

Once again, FLC will be partnering with Bursch Travel on an overseas trip in the spring of 2019. Keep an eye out for the destination and details to come...

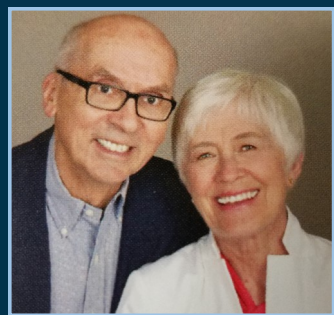
Faith & Life Forum

Tues, Nov 13 | 9:00-11:00am | Sanctuary

Loraine Jensen, President and founder of the American Association for Runic Studies, will present *Runic Inscriptions*. What are runes? What does runic writing teach us about our Scandinavian ancestry? How do runes speak to religion? This presentation will provide an overview of the thousands of runestones existing today, primarily in Sweden (mostly Viking Age), but some in North America.



Servant Spotlight



Name: David Anderson (But this is about Alice too, we're a 50+ year partnership!)

How long have you attended/been a member of FLC? 42 years

Tell us about yourself: I'm mainly known as being tall and good looking but I also make bread and was an educator for 35 years. I make maple syrup in the spring and bring home stemware and dishes for Alice's collection.

Tell us about your family: Alice, my wife of 51 years, found me in a pizza place in college. Our two kids are Nathan and Sonja. Our grandkids are Anders and Dane and Finn and Linnea. Stella is our dog.

What is your favorite Bible verse?

Dave: Micah 6:8

Alice: Romans 8:38-39

In what ways do you volunteer at FLC? We both like to say yes when asked. We have a great church family and the load is so much lighter when we all pitch in.

Do you have a favorite volunteer role at church?

Dave: Driving the church van to pick up older members and bring them to church on Sunday and to funerals.

Alice: Feed My Sheep

How have those you serve at church responded? We have such a warm grateful church family, even the kids coming through the supper line on Wednesday evenings show appreciation and say, "thank you."

If you could encourage someone else to serve at FLC, what would you say? When you volunteer, you receive so much more than you give. It's like a gift to yourself.

Registration Now Open Online for Children's and Youth Ministry

Programming begins Sunday, September 16 and Wednesday, September 19!

Register today! www.firstlutheranalexandria.com/children-youth/

PROGRAMMING OPPORTUNITIES FOR 2018/19

| Age/Grade | Class | Day/Time |
|--|--------------------------------------|--|
| Ages 0-4 | Lil' Kingdom Kids (Formerly Nursery) | Sundays: 8:30 & 9:45am Worship Wednesdays: 6:15pm Worship |
| Pre-K - 1st Grades | Kingdom Kids | Sundays: 8:30am Wednesdays: 5:25-6:05pm |
| 2nd - 5th Grades (2nd grade now in KICK!) | KICK | Wednesdays: 3:45-5:00pm |
| 2nd - 5th Grade (2nd grade now in Kids Choir!) | Kids Choir | Wednesdays: 5:00-5:35pm |
| 6th - 9th Grade | FLY/ Confirmation | Wednesdays: 7:00-8:00pm |
| 10th Grade | FLY | Wednesdays: 8:00-9:00pm (Sept & Oct only) |
| 9th-12th Grade | Sr. FLY | Sundays: 6:00-8:00pm |
| 10th - 12th Grade | Candle Time | Wednesdays: 8:00-8:45pm |
| 6th - 8th Grades & 10th - 12th Grades | Youth Leaders | Sundays & Wednesdays |

Pastors' Pen



Greetings! As you can tell from the front page, our theme for 2018-19 school year is: WE ARE THE CHURCH. As we live out this theme, our focus is threefold:

- 1) To affirm and encourage the gifts of all;
- 2) Strengthen relationships; and
- 3) Connect our story to God's story.

At FLC, we believe that everyone has a gift to share and a story to tell. To help you discover and better understand the gifts God has given you, everyone in the congregation will be invited to take a **Spiritual Gifts Inventory**. Spiritual Gift coaches will be available to have further discussion with those interested, and there will be several other opportunities to learn more about your spiritual gifts and how you might put them to use.

Neighborhood Gatherings will be taking place this fall, where you will have the opportunity to get to know others from First who live in your neighborhood in a casual setting. Each Neighborhood Gathering will be hosted by members from First and the only thing on the agenda is to share fellowship and have fun. Stay tuned for more information as to when and where your Neighborhood Gathering will take place.

In our worship this year, our readings will follow the **Narrative Lectionary**, which is a cycle of readings that follow the sweep of the biblical story, from Creation through the early Christian church. The Narrative Lectionary will help us all see how our story is connected to God's story and that we are each a part of something bigger than ourselves. We will kick off our theme during worship on Spiritfest Sunday, September 9th, 2018. We hope to see you there, and we look forward to a great year of ministry together!

Blessings,

Pastors Kari, Ben, and Greg

FLC Recruitment Night

Wed, August 22 | 3:00-7:00pm

As a new church season begins at First Lutheran we will be conducting a series of Recruitment Nights. Members of staff along with various boards and committees will gather each quarter to do a calling blitz to the members of our congregation to chat about the various programs offered and the many different ways in which you can use your gifts to serve the First Lutheran faith community. Please be expecting a call from our recruitment team!

Men's Breakfast

Thurs, Sept 13 | 6:30-7:30am | Fellowship Hall

Join us on the second Thursday of each month (September through May) for a great breakfast and speaker! All men are welcome.

Snowbird Send Off

Sun, Oct 7 | 5:30pm | Fellowship Hall

We'd like to send you off to your winter destination with prayers and blessings! But, before we do, we would like to get all of our Snowbirds together for a potluck meal. Adult Ministry is hosting this event. Please bring your favorite dish to share, beverages will be provided! No need to sign up.

Trunk or Treat

Wed, Oct 31 | 4:30-6:30pm | FLC Parking Lot

Trunk or Treat is right around the corner! This is our 17th annual Trunk or Treat event. Thanks for all you do providing a safe and fun environment for kids to enjoy Halloween! What a great event for the kids of the Alexandria community and a great way to use your spiritual gifts! We are looking for three people to form a committee. There are three areas of need:

- 1) Set-up and organization the day of the event.
- 2) Serve snacks for the helpers and trunk volunteers.
- 3) Count and sort candy.

Please watch for the trunk sign-up by the Welcome Center and the Cauldrons by each entrance to place your candy donations in beginning October 1, 2018. Contact Steve in the church office if you are interested in helping with this event.

Community Preschool

As Community Preschool begins our 39th year as part of First Lutheran Church, we look forward to celebrating our BIG 40 in the new church building. Our staff is thrilled to have "new" rooms, larger rooms, modern rooms and more play space inside and out. As we prepare for the future, one thing that will not be "new" is the caring way our staff prepares our young children for a successful beginning to their school years. Social emotional relationships will remain number one on our list. We want children to feel good about themselves as individuals and feel successful in social situations. Community Preschool strives to provide a welcoming Christian environment where children can explore, learn and make friendships. We will continue to prepare our young friends with the skill needed to be able to communicate with their teachers and peers. Please follow us throughout our school year as we celebrate and plan.

Melisa, Kelli, Helen, & Angie
communitypreschoolalexandria.com
320.763.5293
cnskidz@yahoo.com



Melisa Schueler · Angie Carstensen · Helen Maier · Kelli Rises

Matt Kjelland Memorial Walk/Run

Saturday, Sept 15 | 8:00am-1:00pm | City Park

Join us as we remember our dear friend and family member for a 5K run, 5K walk, 1 mile fun walk through the park, and kids fun run. There will be celebration, fellowship, coffee, food and live music, silent auction and fun activities for the kids. All spectators, friends and visitors are welcome. All proceeds go to The Matt Kjelland Scholarship Fund. To register, go to:
<https://runsignup.com/Race/MN/Alexandria/MattKjellandMemorial5K>

All Ages Picnic and Service Project

Thursday, Aug 9 | 5:00-6:30pm | Luther Crest

Day Camp families are invited to join us immediately following the closing ceremony! We will begin the service project promptly at 5:00pm and have dinner at 5:45pm. For the service project, we will be putting together school supply kits for the Discovery Middle School. Please choose from the requested items below. Donated items can be placed in the designated bins in the West Entry. Thank you!

| | |
|-----------------------|----------------------|
| Hand sanitizer | Adult-sized scissors |
| Kleenex | Glue sticks |
| Clorox wipes | Scotch tape |
| Band-Aids | Masking tape |
| Highlighters | Dry Erase markers |
| Black Sharpies | Poster markers |
| Colored Sharpies | #2 wooden pencils |
| Markers | Pencil erasers |
| Post-its | Large erasers |
| Composition notebooks | Colored pencils |
| Spiral notebooks | 3x5 notecards |
| Solid-colored folders | Patterned duct tape |

Walk to End Alzheimers

Saturday, Oct 6 | 4:00pm | Central Lakes Trail

We are considering putting a team together from FLC for this upcoming walk! If you are interested please contact Val Trumm, Parish Nurse, at val.trumm@firstlutheranalexandria.com or 320.762.2196 or sign up at the Welcome Center beginning August 25 by September 23.

Mobility Balance Class

Tues/Thurs, Oct 2 - Dec 20 | 10:00-11:15am
Fellowship Hall

COST: Free. Mike and Sue Kjelland are offering these classes that are based on the FallProof Program. They are designed to help individuals restore balance, improve safe movement and reduce the risk of falling. The class is a neuromuscular based exercise program focusing on building strength, power, flexibility, mobility and enhancing balance. The program addresses weakness in an individual's ability to maintain balance through stimulation of the vestibular, visual and somatosensory systems of the human body. Pre-registration is necessary as classes are limited to 15 participants. We ask that participants are able to commit to attending all or most of the classes to get maximum benefit. Your physician's approval to participate is also required. Sign up at the Welcome Center beginning September 8. This program is sponsored by the Parish Health Ministry Program here at First Lutheran Church. If you have questions please call Val Trumm, Parish Nurse at 320.762-2196.



LaVina Larson and Val Trumm, Parish Nurse

"Mike Kjelland's balance class was very informative, enjoyable, interesting, but most of all helpful. I had at least two experiences where I might have fallen if I hadn't had the training and practice we received in class. I recommend the class to anyone. Mike and Sue are delightful to work with."

-LaVina Larson

"What a gift! How well I remember the first class session he taught several years ago. I knew at once that I did not want to miss any of the classes to follow. Not only did we learn valuable tips and body movements that would help us to avoid falls and injuries, but we also experienced such 'Fun-Filled Fellowship' with a gifted leader who motivated and energized us! Come and enjoy this free exciting learning experience. A big 'Thank You' goes to Mike and a cordial invitation is extended to all!"

-Corinne Ehlke