



The First Messenger

MARCH HIGHLIGHTS

Ash Wednesday	March	2nd
NO Wednesday School	March	2nd
First Lenten Service	March	9th
Middle School Lock-In	March	18th

Volume 31

February 2022

Issue 2



Ash Wednesday

March 2, 2022

Services at 12:05 PM & 6:00 PM

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2022 LENTEN SERVICES

Wednesdays
March 9 — April 6
12:05 PM & 6:00 PM

Please note there will be no meal served after the 12:05 PM service.

Mark Your Calendars!



Maundy Thursday, April 14
Worship Services at 12:05 PM & 6:00 PM

Good Friday, April 15
Worship Services at 12:05 PM & 6:00 PM

Easter Sunday, April 17
8:30 AM & 9:30 AM Traditional Worship
10:45 AM Contemporary Worship



PASTOR JOE'S UPDATE

Update from Lead Pastor Joe Skogmo

Would you like to know what the 7th & 8th grade confirmation students have been learning? The curriculum this year is grounded in Lutheranism (Luther's Small Catechism and some of Luther's major theological ideas).

Here's a summary of the lesson from February 16th:

Luther's Theology of Vocation

One of the biggest criticisms of Lutheran theology is that it creates *apathy* – as in, little motivation, or *laziness*.

We Lutherans believe in salvation by grace alone. That is to say, being saved and loved by God is not earned by us, but freely given by God – and this is revealed in the life, death, and resurrection of Jesus. We don't save ourselves through our own perfect belief or good works; we are saved by Christ and his perfect belief and good works.

And that's where the common criticism comes in:

So, you don't believe you have to do anything to be saved? That Jesus just did it all for you? Okay, so... now what? If we don't have to save ourselves, if we believe we're already forgiven then what's the point of doing any good? With such a belief, there is no incentive to follow or have any regard for any rules or any of God's law! If following things like the Ten Commandments doesn't get you into heaven, then why even try to follow them at all? This sounds like an invitation to anarchy! You Lutherans are a bunch of lawless antinomians! (anti = against; nomos = law; Luther and his fellow Reformers were often chastised as 'antinomians' in his day).

I've even experienced this criticism firsthand. Back in High School I was once ripped on by a friend who was a member of another Christian denomination on this basis. He once asked me what denomination I was. I said, "Lutheran." And he responded, "You're just a lazy Catholic!" OUCH! I would like to take this opportunity to say that I am a far more accomplished theologian than he is, and I plan on sending him this newsletter . We're still friends.

Nevertheless, Martin Luther's theology of vocation is the Lutheran response to these criticisms that our theology produces laziness or disregard for God's law. In other words, it puts to rest that we are *antinomians*!

In understanding Luther's theology of **vocation**, it can be helpful to start with these two famous lines from his monumental writing, *The Freedom of a Christian*, where he wrote:

A Christian is a perfectly free lord of all, subject to none.

A Christian is perfectly dutiful servant of all, subject to all.¹

In other words, we are saved by grace. So, there is no need to do good works and spend energy to prove ourselves acceptable to God. God through Christ Jesus has settled salvation. NOW...we can and are called to spend such energy on our neighbors, through our **vocations**.

- Luther based the above lines on biblical passages like John 8:36: "So if the Son makes you free, you will be free indeed," and Galatians 5:1: "For freedom, Christ has set us free."
- But also: 1 Corinthians 9:19: "For though I am free with respect to all, I have made myself slave of all" (free in salvation, servant in **vocation**).
- Finally, Ephesians 2:8-10 is also a perfect summary of 'free in salvation,' and called "for good works."

¹Martin Luther, "Freedom of a Christian," in *Martin Luther: Selections from His Writings*, ed. John Dillenberger (NYC: Random House Inc., 1962), 53.

In sum, we do not do *good deeds in order to be saved*, we do *good deeds because we are saved already*. Thus we are sent into our **vocations** to love and serve the neighbor in various ways in response to the love we've already and still do receive from God.

From there, Luther argued that this theology of vocation actually produces the only true forms of 'good works,' because these 'good works' are not being done selfishly to earn one's own salvation (since that is already secured), and are truly and purely for our neighbor!

For example, if I offer some of my possessions to a person in need in order to gain 'gold stars' to get into heaven, is that offering really a loving deed for my neighbor...or really only for me? Is that really even love for neighbor...or just myself? It's only through grace that our loving works are not done to save ourselves and are truly for our neighbor. Again, the loving works happen in and through our vocations.

What might some of our vocations be? Think of vocations as our relationships and our careers: we are parents, we are friends, we have jobs, we are citizens, we are congregation members, we are consumers, we are community members, we are grandparents, we are siblings, godparents, aunts, uncles, etc. Through and in all of these vocations, we are called to do God's loving work.

In 1520 Martin Luther wrote a treatise, *To the Christian Nobility of the German Nation*. In this treatise, based on 1 Peter 2:4-5, Luther said that all believers should view themselves as 'priests' of the work they do and of the relationships they have.² **Whether you are a mother, friend, brother, farmer, mayor, accountant, brick-layer, beer brewer, athlete, student, consumer, janitor, teacher, banker, grandfather, or pastor—you have been freed in Christ Jesus to no longer worry about your own salvation, and to spend that energy instead in your vocations to serve the world in reflecting the love of God.**

For great examples of this, check out these two videos: one is of Martin Luther King, Jr. on the sacredness of 'street sweeping,' and the other is of a local Detroit Lakes man on how he views his landscaping career as God calling him to love his neighbor.

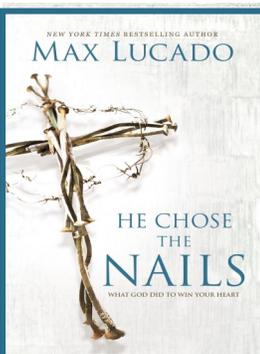
-MLK & *The Street Sweeper Speech*: https://www.youtube.com/watch?v=NIV_ODrEL0k

-Marv on Vocation: <https://vimeo.com/31563206>

To see how you did from the lesson's summary, here are the quiz questions the confirmation students answered at the end of their lesson. Good luck!

1. What is a major criticism of the Lutheran theology that we are saved as a free gift by grace alone?
2. What is *antinomianism*?
3. What is vocation?
4. Do only pastors have vocations? YES or NO | Do only adults have vocations? YES or NO
5. True or False?—We must commit to our vocations because that is the way we get to heaven.
6. True or False?—We do not do good works in order to be saved, we do good works because God has already saved us in Christ Jesus, and we do these good works in our various vocations.

²Martin Luther, "To the Christian Nobility of the German Nation," in *Martin Luther: Three Treatises*, ed. James Atkinson, trans. Charles M. Jacobs (Philadelphia: Fortress Press, 1966), 21-22.

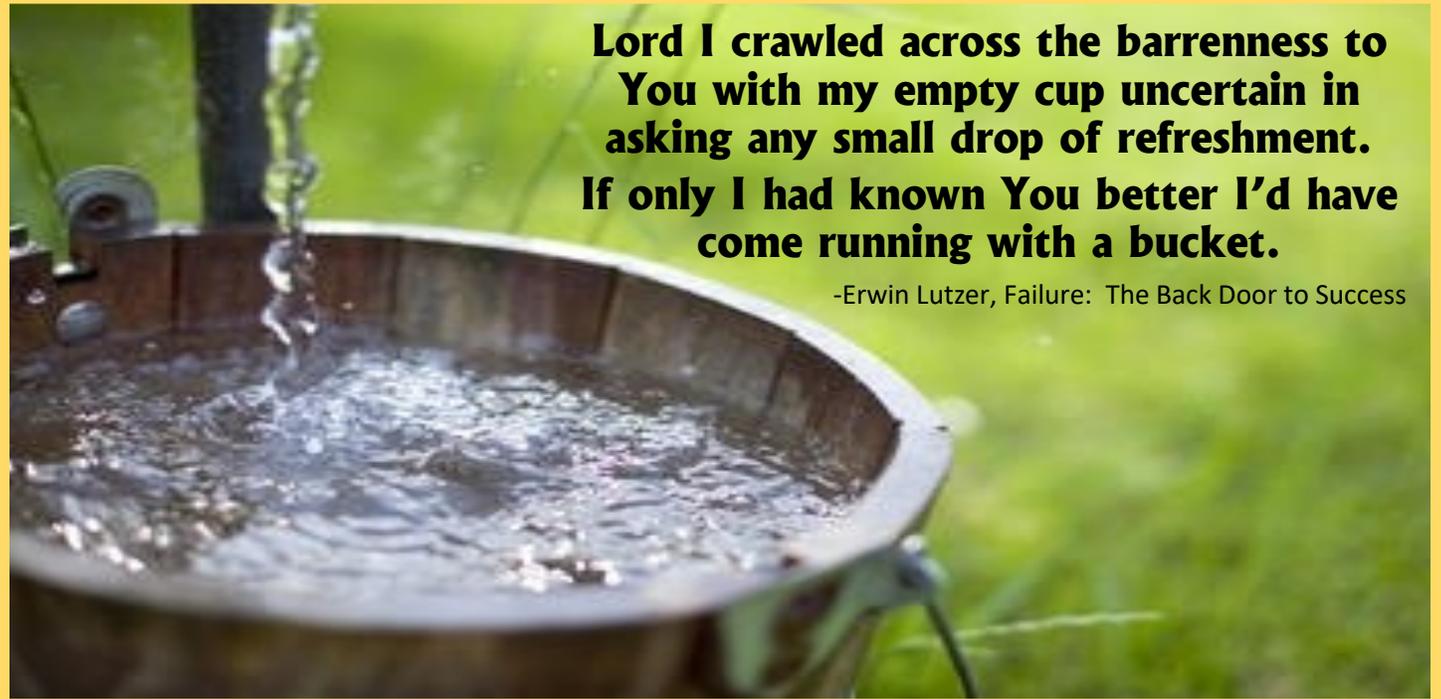


WOMEN'S LENTEN BOOK STUDY

The woman's prayer group will be leading a Lenten Book Study starting on March 3. It will be held on Thursdays at 8 AM in the church library. The book will be "He Chose the Nails," by Max Lucado. If you have any questions about the book study, please contact Phyllis Neuenfeldt at 218-770-4261. Books can be purchased online from Amazon for \$12.

LAURYL'S WORD

Update from Pastor Lauryl Ivers, Associate Pastor



**Lord I crawled across the barrenness to
You with my empty cup uncertain in
asking any small drop of refreshment.
If only I had known You better I'd have
come running with a bucket.**

-Erwin Lutzer, Failure: The Back Door to Success



Fellowship – Community

Written by, Patti Cummins

For where two or three are gathered together in My name, I am there in their midst.

(Matthew 18:20)

When the pandemic hit, and we could no longer meet in person, I was so grateful that we already had systems in place so I could see and hear the worship service. Every week I'd print off the bulletin and go online to print off the words to the worship songs. Sunday morning I would get dressed for "church", pour a cup of coffee, and sit in front of my computer. The liturgy felt so good and familiar, the sermons were wonderful and met the moment, and I didn't have to worry about offending anyone when I sang. But something was missing.

In June, two friends graciously invited me to attend the White Earth pow wow. It was a fascinating and beautiful day, and as it went on, the overwhelming sense of fellowship and community became increasingly clear. And it made me so aware of what I was missing in worship – the fellowship of Christ and being surrounded by the community of Christ.

The Holy Spirit is often depicted as a flame, burning brightly. If you've ever built a campfire, you know what happens when you only have one piece of wood in the ring. It tends to smolder unless you apply copious amounts of an accelerant. The flame comes when more pieces are added, supported against each other, allowing the oxygen-filled air to flow in and around them. Each one's flame pulling in more of the air to help all of them burn brightly and create the heat we need.

After the pow wow experience, I started attending church in person – masked and an appropriate distance from others. Last Sunday a blizzard kept me home in front of my computer again. I'm still so grateful we have that opportunity to worship when we can't be within the church walls. But I can't wait until next Sunday when, immersed in God's word, I can worship in person again as the Spirit burning within each of us fans the others to create a warm and brilliant light.

PRESIDENT'S POST

Update from Vision Council President Steve Schantzen

Friends at First Lutheran,

Spring is somewhere around the corner! My post may be brief this month, but I wanted to bring a few things to your attention. Work will start next week in the kitchen and bring some much-needed repairs along the wall by the dishwasher. Hopefully the disruption to the kitchen will be minimal and finish up within the next couple weeks. Another couple items with our facilities is the HVAC system, more specifically the heat pump and compressor. There is a lot of detail that I could get into, but in summary this system needs repair and is something that must be addressed now. The Buildings and Grounds team is currently in process of reaching out to HVAC contractors to make sure we have all options covered, along with potential costs for making these replacements. This will include work to our air handling and potentially a new AC unit on the roof for our Sanctuary. I will keep you posted as information is available, and we have a proposed plan on moving forward.

Changing gears and looking forward, it's hard to imagine that we are already in March. Vision Council will be in process of updating our budget and working to get everything together for our annual meeting in May. Nathan Olson will be starting the process of assembling a nominating committee, and shortly after reaching out for new members to join Vision Council. I'll make an outreach request for Nathan, but if anyone has any interest in joining this amazing team, please don't hesitate to reach out and let us know.

With that, I hope everyone takes an opportunity to enjoy our cold winter, because I know that's why we all live in this wonderful northern country!



Submitted by, Patti Cummins

It was a very busy year. Micah's Mission served 1259 persons compared to 2020's 769 – an almost 64% increase. The number of adults increased 52%, children's numbers increased 125%, and those 55+ increased in number by 36%. They are definitely finding the need to serve more families.

The Dorothy Day House served men with longer term needs and Safe Haven provided 25 beds for unaccompanied women over 18. Those women received services in several areas to help them reach independence with housing, jobs, and other needs. Bright Sky family-oriented apartments housed 126

persons, with another 47 individuals who received case management to help them remain in their current residence so they don't become displaced.

Financially, Churches United ended the year in the black, with enough revenue over costs to cover 11 days operating revenue. This was possible because of additional grants (some Covid-related) and other money received from partners, including FLC, that helped them meet the additional demand for services.

Financing was approved for the Silver Linings apartments to serve those 55+. However, inflation has created a gap in the amount approved and the new projected costs. CU is seeking other funding so the build can go ahead within the financing timeline. The hope is the building could be occupied in 2023.

Thank you to everyone who has supported this ministry with donations of dollars or goods and in prayer. We will be looking for volunteer opportunities once Covid restrictions ease. The following items are urgently needed:

- New Hygiene Products
- New or Gently Used Towels
- Feminine Products
- New or Gently Used Bedding Sets
- New Over-the-Counter Medications
- New Pillows
- New or Gently Used Blankets

Pillars

*Ministries that support our pastors and one another
in faith growth through worship and fellowship.*



By, Mackenzie Hamm

LENT: With Lent quickly approaching many of you might be thinking of ways you want to participate in Lent. There are many ways; attend Lenten service, Lenten fasting, diving deeper into the scripture lessons, singing, worshipping more solemnly, doing crafts, planting, baking, giving thanks for everything you have and reaching out to help others. Do what you feel brings comfort to you during Lent. There are many options here at First Lutheran!

We will not be having a Lenten meal following the noon meals, but please join us in the evening for the Oasis Meals. We will also have a special meal for Maundy Thursday as part of the Maundy Thursday Service. More details to come and please reach out if you would be able to help serve the meal.

Please keep checking the volunteer table for volunteer opportunities.

Update on Emergency Shelter & Agape Funds:

As many of you have seen we have been extremely busy with individuals coming in for help and assistance. Since September we have helped 46 households with sheltering, getting them to shelters when they have openings, and for those who have jobs/income in town we have helped 3 with either prorated first month rent and/or security deposit.

Here is a breakdown of our Agape Expenses since September:

Miscellaneous expenses like phone bills & clothing, **travel expenses** like gas, bus tickets & tire repairs, **Food expenses** like food cost & meal cards, and **shelter expenses** like hotel stays and deposits.

- September: Miscellaneous – \$416.85, Travel - \$456, Food - \$22.53, Shelter - \$310
- October: Miscellaneous – \$33.38, Travel - \$446.50, Food - \$176.95, Shelter - \$350
- November: Miscellaneous – \$0, Travel - \$529.72, Food – \$132.80, Shelter 0
- December: Miscellaneous – \$513.40, Travel - \$836.07, Food - \$170.66, Shelter - \$3,782.98
- January: Miscellaneous – \$175.74, Travel - \$632.26, Food - \$187.82, Shelter - \$6,740.79
- Expenses Paid from September 2021 to January 2022 is \$15,914.45.

Thank you to many for your generosity of giving and volunteering your time to help those in need. This ministry would not exist without the approval and help from this entire congregation here at First Lutheran Church. Please contact us if you would like to help with the Sheltering Ministry.

Donations are a great need. Please see our current needs list by going to our First Lutheran Website

<https://www.firstlutheranchurch.com/donations-needed>

May you find your spiritual and divine gifts given to you and bless them with the world,

Mackenzie Hamm, Support Ministries Coordinator

Matthew 6:16-18 [Full Chapter]

[Concerning Fasting] “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

'Action Corp' Monthly Hospitality Teams

March

Leader: Susie Reitmeier

Keith & Rebecca Arneson
Scott Berseth
Fern Brown
Eric & Melissa Christianson
Connie Cleveland
Chris Collins
Patricia Cummins
Nick & Paula Disse
Wayne & Jodi Disse
Marvella Epema
Herb Floan
Tyler & Kelsey Fode
Joe & Melissa Glass

Russell & LeAnn Hanson
Paul Heisler
Kelsey & Nicholas Helbling
William & Nancy Henke
Delmoure & Garnet Hultgren
Justin & Tessa Hunter
David & Carrie Johnston
Nathan & Eliza Kieselhorst
Kayla Klatt & Tyler Hilde
Linda Kohler
Christopher & Joanie Malecka
Scott Neil
Shawn & Sarah Nygaard

Thomas & Nancy Olson
Gregory Overland
Benjamin & Carly Pedersen
Susie Reitmeier
Paul & Mary Rydquist
David & Lois Samuelson
Kevin & Carol Shipley
Joseph & Margaret Skogmo
Joseph & Kari Stattelma
Kris Tovson
Gregory & Jill Unruh
Patty Walter
Michelle & Wade Weets
Delye & Sandra Willprecht

Action Corps serves the Coffee Fellowship time on Sunday mornings, provides desserts for funerals and serves other congregational events.

The month you are on Action Corps, you will be called by your Action Corps leader to see when and how you would like to participate. For Sunday mornings: You **can serve** (set-up, serving and/or clean up). You **can donate food** items or you **can donate money** to purchase food items. You will only be called as the need arises for funerals & other events.

We accomplish big things when everybody does a little bit! Thank You!!



April

Leader: NEEDED

Sara & Jared Aelony
Andrew & Meagan Barker
Claire Beardsley
Dean & Susan Berg
Alan & Brenda Bergum
Mitchell & Jaquelyn Buboltz
Brian & Jessica Burhans
Daniel & Janelle Disrud
Brad & Erin Erickson
Daniel & Angela Erickson
Troy & Skye Fingalson
Stephen & Jennifer Frank

John & Kim Green
James & Sandra Hedstrom
Steven & Elizabeth Hedstrom
Eric & Jennifer Hellekson
John & Lori Hinrichs
Timothy Hunnel
Gladys Johnson
Larry & Kimberly Kjono
Robert & Jill Larson
David & Kathryn Larson
Esther Lindgren
LaVon Loerzel

Christopher & Miranda Mahlum
Jessica Moench
David & Melissa Opsahl
Jeremy & Jessica Peterson
Judy Peterson
Bonnie Price
Steven & Courtney Schantzen
Diane Schjervheim
Vonnie Stenger
Josh & Sarah Tommerdahl
Christopher & DeAnne Udby
Brian & Coleen Voeltz
Ryan & Carolyn Zunich

Each family/person has a 3-month quarter in which they will be called upon for serving. If you know which Sunday you would prefer to help serve during Sunday Coffee Fellowship time, please contact your leader and let them know! Call the office, 847-5656, if you would like to change the season in which you serve.



Parish Health

Denise Gaard ♦ 218-847-5656 ♦ denise@firstlutheranchurch.com



How to Help Those Who are Grieving - Part 1

The newsletter articles for this month and next month were written by a fellow Parish Nurse for her home congregation. She was willing to share them with other congregations. These articles contain some reminders, based on grief research, which can help members of a church family offer supportive comments and gestures that can help those who are grieving.

Losing a loved one is one of the most painful events in our lives. When deaths occur in our church family, we care deeply, and yet it can be hard knowing what to say or how to help. We may worry we'll "upset" the person who is grieving or bring their emotions to the

surface. But our own discomfort can, ironically, cause the grieving person to feel even more alone and sad.

You might say, "I'm so sorry you're going through this." Or "This is such a hard time for you, and I want you to know I care and am praying for you." Say, "One thing I'll always remember about _____ is _____." Talk about the person who has died. Use his/her name. Sometimes we assume it's hard for the grieving person to talk about their loved one. But, in almost all cases, their biggest fear is that their loved one will be forgotten. Share a brief story about their loved one or mention how much the person meant to you.

Avoid saying things such as "It's for the best," or "He's in a better place," or "It's a blessing." Or "I know just how you feel." Or "You'll get over it." Or "It's God's will." These clichés aren't helpful and often hurt more than heal.

Respect each person's timeline for grieving. Don't say, "It's time to move on," or act as if the person is taking too long to "get over it." In reality, we never "get over" the loss of a loved one. We learn to live a different life...and each person needs to grieve in his/her own way. Show patience, kindness, and a willingness to really listen.

As we offer compassion to those who are grieving, remember this quote of Henri Nouwen: *The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not healing...that is a friend that cares.*





Youth & Family Ministry

By, Emma Duncan, Youth & Family Ministry Director

YOUTH MINISTRY



No Confirmation Class on March 2nd, but all 6th, 7th and 8th graders are required to come to the Ash Wednesday Service. If you do not sign in, you will need to watch the service online and do a sermon note.



Friday, March 18th - Saturday, March 19th: Middle School Lock-In will be an all night event filled with games, music, food and fun! Sign up link has been sent in email or head to our website to sign up!



Sunday, March 20th - Pie Auctions: This is one of our largest fundraisers of the year! Sign up at the volunteer table or email Emma if you are able to make a pie for the pie auction! This will take place between services at 9:30-10:45am. If any youth are interested in working this event, sign up by texting Emma or by the Snack Shack!

CHILDREN'S MINISTRY



No Wednesday School on March 2nd
Please join us for Ash Wednesday Service at 6:00 PM!



5TH GRADERS AND FAMILIES: Watch for dates in your email for Communion Class during the month of march.

The Link

Update from the Women of First Lutheran Church—Written by Norma Smith

Welcome to March! March is usually a month with some nice days, lots of wind, and abrupt weather changes, but it brings us closer to spring. There has been no sign of spring so far and as I write a blizzard warning has just been forecast. Spring brings bursts of energy and we think about new ideas to redecorate or plant flowers, or maybe work on an attitude adjustment or a change of heart.

Lent begins in March, a time to focus our hearts and minds on Jesus. FLCW will be doing a Lenten project assembling personal care kits. When national disaster strikes or conflicts flare families often have little chance to gather their belongings before fleeing the danger. A personal care kit with a towel, soap, toothbrush, comb and nail clippers helps families stay healthy and promises them that someone cares about them. Watch for more information.

Thank you to everyone who participated in Valentine's for Vets. The response was GREAT!



Upcoming Event Information

1. Any high school senior who plans to go to an ELCA College can apply for a scholarship from the Synod Women. Ask Emma in the church office for more information.
2. There is no Worlds Day of Prayer being planned for 2022.
3. The Spring Gathering in Wadena April 26.—More information to come.
4. Co-Council plans to meet March 16, 2022 at 9:30 AM in the Conference Room.

Until I write again, God Bless each of you.

GREAT SYNOD GET-TOGETHER

SATURDAY, MARCH 12th IN DETROIT LAKES

A day of worship, learning, Conference meetings, and workshop opportunities.

Saturday, March 12th at First, Trinity, and Grace Lutheran Churches

Registration will be 9:00-10:00 AM—Opening Worship at 10:00 AM

Lunch is included—Closing Worship will conclude by 3:30 PM

Contact the FLC Office to Register

Keynote speaker: Dr. Cynthia D. Moe-Lobeda, Professor of Theological and Social Ethics at Pacific Lutheran Theological Seminary

Intended Audience: rostered ministers, SAMs Council/Parish Presidents and Treasurers (and other council members), those who are elected to attend Synod Assembly as voting members, others who would enjoy a day of learning and worshipping together.

COVID-19 protocols for this event are: Vaccination or a negative COVID test within 72 hours (please arrange beforehand, rapid tests are not available everywhere) - this will be checked at registration. We will be requiring masks indoors (during meal times, we will have space to social distance) Be attentive to symptoms the seven days before the event.

CREATION CARE TEAM

Creation Care Team of First Lutheran Church

We are concerned about the changes happening in the environment and the world around us. Weather changes are becoming more significant, the winter cold, snow, and wind this year appears more dramatic. Watching from a distance in the Southwest (Arizona) they are experiencing the worst drought on record. The native cacti are starting to lose limbs and collapse in on themselves.

The Abundance Grace Garden (AGG) is one of the projects that the Creation Care Team is helping with. The goal is to grow fresh produce for the Becker County food pantry. Our garden at Maple Hills Orchard has depleted its nutrients. We are giving the garden a year of rest and have planted a cover crop to help replace these nutrients. To replace AGG production we are inviting members of First Lutheran Church to grow fresh produce at home and then donate a portion of your harvest to Becker County food pantry. We will collect the produce Monday and Wednesday evenings at FLC and then deliver to the food pantry on Tuesday and Thursday mornings.

We are getting close to garden season. There are many options for home gardening. The traditional back yard plot, using containers, using straw bales or hydroponics.

Below are some resources to help with planting:

- University of Minnesota extension = <https://extension.umn.edu/yard-and-garden>
- Planting and growing guides = <https://extension.umn.edu/how/planting-and-growing-guides>
- Upper Midwest home Garden Care calendar = <https://extension.umn.edu/planting-and-growing-guides/upper-midwest-home-garden-care-calendar>
- Become a spark Gardener in 2019: Get the right container for your veggies! = <https://blog-yard-garden-news.extension.umn.edu/2019/05/become-smarter-gardener-in-2019-get.html>
- Small-scale Hydroponics = <https://extension.umn.edu/how/small-scale-hydroponics>

Online courses:

- Growing vegetables in containers: a how to guide = <https://extension.umn.edu/event/growing-vegetables-containers-how-guide>

Local event:

- Seed starting event March 30th from 9-5 and for youth 5-7 p.m. At the Detroit Lakes Public Library. Pre-register by March 15th at <https://extension.umn.edu/event/seed-starting-event>



FLC Creation Care Team

Discussion on "Plastics and You!"

The First Lutheran Church Creation Care Team continues to sponsor zoom meetings every other week this month focusing on "Plastic Reduction". The next meeting is on March 8. Everyone is invited to join them. If you'd like to sign-up, please contact Gary Goreham at garygoreham@outlook.com. One of the articles they're reading includes a "Lenten Plastic Challenge". If you'd like to try giving up something during Lent - like reducing plastic use - please check out the Lenten Plastic Challenge sheet on page 12 of the newsletter or you can pick up one on the Volunteer Table near the Church entryway. And thank you for being part of caring for God's Creation!

<p>For Anglicans Lent is the time when we remember the 40 days that Jesus spent in the wilderness, facing challenge and temptation. It is a time when we reflect on God's purpose for our life. This year we challenge you to give up single-use plastics – to reduce the actions which damage God's Creation.</p> <p>Over 8.3 billion tonnes of plastic have been produced since the 1950s. That's enough plastic to cover every inch of the UK ankle-deep more than ten times over. Just 9% was recycled.</p> <p>'To strive to safeguard the integrity of creation and sustain and renew the life of the earth' The Anglican Communion's Fifth Mark of Mission.</p> <p>Share your journey with others on the Plastic-Less Living Facebook Group</p>		<p>6 Ash Wednesday Isaiah 24:4-5 'The earth dries up and withers, the world languishes and withers; the heavens languish together with the earth. The earth lies polluted under its inhabitants'</p>		<p>7 Give up disposable cups & drinks in plastic bottles Carry a travel mug or water bottle. Get a reusable bottle, fill it up with tap water before leaving the house, and refill it wherever you happen to be.</p>		<p>8 Bring your own reusable bags Plastic bags and produce bags in particular are often used for minutes before being discarded. Most plastic bags are not recycled, ending up in landfills.</p>		<p>9 Carry your own non-plastic cutlery Plastic disposable cutlery and straws are among the worst plastic pollution culprits. Get in the habit of carrying your own cutlery with you and leaving a set in the car.</p>	
Food & drink	<p>Sunday 10 March Psalms 104: 25-30 'There is the sea, vast and spacious, teeming with creatures beyond number—living things both large and small.' By 2050 we could have more plastic than fish (by weight) in the sea.</p>	<p>11 Buy in bulk to minimize or eliminate packaging This goes for food and drink as well as cleaning supplies, toiletries, hardware items – anything that may come in plastic packaging.</p>	<p>12 Avoid overpackaged, processed, canned and frozen convenience foods Stay clear of the three tomatoes sitting on a Styrofoam tray and covered in plastic cellophane.</p>	<p>13 Buy fresh bread that comes in either paper bags or no bags This eliminates plastic wrapping waste from shop bought bread and you help support local businesses.</p>	<p>14 Choose milk in returnable glass bottles Many areas have local dairies that provides milk in returnable glass bottles rather than plastic or plastic-coated cardboard.</p>	<p>15 Use non-plastic containers for food—lunches, leftovers, freezing, storage, take-out, travelling... Request takeaways use your container instead of their disposable one. Take a container when you buy meat, fish or cheese.</p>	<p>16 Shop at markets Fresh food markets are not only often cheaper and fresher than supermarkets but they sell fruit and vegetables loose. Don't forget to take your reusable bags.</p>		
	Bathroom	<p>Sunday 17 March Every day millions of microplastics enter the sea from toiletry products. Start a conversation or ask to talk about how you are taking action on plastics at church.</p>	<p>18 Look around your bathroom and see what plastics you can replace Do you have plastic bottles sitting in the shower? Find a brand you like and try and get it in bulk. If it's not available in bulk – ask the manufacturer to offer it.</p>	<p>19 Use a razor with removable blades Disposable razors and razor blades are two of the biggest contributors to plastic waste.</p>	<p>20 Check labels of toiletries Did you know some facial scrubs & toiletries products contain tiny plastic beads? Avoid anything with "polyethylene" listed as an ingredient.</p>	<p>21 Use a bamboo toothbrush or a toothbrush with recyclable heads and try to find dental floss that doesn't come in plastic packaging.</p>	<p>22 Use bar soap instead of liquid hand soap This is an easy change to make, if you are feeling keen you can even make your own soap bars.</p>	<p>23 Choose lotions and lip balms in plastic-free containers Some shops will now refill glass toiletry containers or give you a discount if you return old packaging.</p>	
Kitchen		<p>Sunday 24 March Colossians 1:16-17 'For by him all things were created: things in heaven and on earth, visible and invisible.' Consider organising a community litter pick.</p>	<p>25 Look around your kitchen and see what plastics you can replace Use a dish brush with a wooden handle and compostable bristles.</p>	<p>26 Use natural cleaning cloths instead of plastic & synthetic sponges Compressed natural cellulose sponges are often sold without any plastic packaging.</p>	<p>27 Use a blender made of glass If you find yourself needing to purchase a new blender in the future, try and go for a glass alternative if possible.</p>	<p>28 Buy glass and/or stainless steel containers for food storage Glass works well for freezer storage as well, just ensure you leave room at the top of the jar.</p>	<p>29 Avoid foil wrapped crisps and chocolates Some sweet wrappers are now recyclable but don't forget to check.</p>	<p>30 Share your leftovers or unwanted food Reduce waste by joining a food sharing network like Olio.</p>	
	Clothing	<p>Sunday 31 March Job 28:12-13 'But where can wisdom be found? Where does understanding dwell?' Do you use disposable cups at church? Can you encourage people to bring their own mug?</p>	<p>1 Choose natural fibres Synthetic fabrics create microfibre pollution when washed. When buying new clothes look for organic cotton, wool, and other natural fibres.</p>	<p>2 Alter and Modify Old Shoes and Clothing into New Do you have old clothes and shoes that you never wear because they don't fit or are out of style? Take them to a tailor or cobbler for alteration.</p>	<p>3 Buy clothing second-hand Buying clothes second hand not only saves you money but ensures that the second hand clothes you purchase have an extra long lease of life.</p>	<p>4 Do a clothes swap Look online for local events or get advice on how to set up your own. Take a look at sites like Get Swishing.</p>	<p>5 Invest in quality By doing this you are minimising the demand for cheap items that end up in landfill. In the long run it will save you money.</p>	<p>6 Request zero plastic packaging If you're buying clothes online ask the retailer if they can reduce or remove plastic packaging.</p>	
Home		<p>Sunday 7 April Psalms 24:1-2 'The earth is the Lord's and all that is in it, the world, and those who live in it'.</p>	<p>8 Put a "No Junk Mail" sticker on your letterbox This will reduce the number of letters with plastic windows. It will also reduce your paper waste.</p>	<p>9 Make it from scratch Try and cook as much as possible from scratch and take your own sandwiches and snacks when you go out.</p>	<p>10 Avoid wet wipes These contain plastic fibres so don't break down like toilet roll, despite often being described as flushable.</p>	<p>11 Acquire necessary plastic items used instead of new Check second-hand shops, Freecycle or Freegle. Look for sharing groups locally.</p>	<p>12 Buy second-hand plastic-free furniture There's lots of advice about repairing, upcycling and finding good wooden or metal furniture online.</p>	<p>13 Don't buy new CDs and DVDs Stream or download music, shows, and films online, buy second hand or borrow them from the library or friends.</p>	
	Travel	<p>Sunday 14 April Micah 6:8 'He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.'</p>	<p>15 Avoid plastic pens and giveaways Try using a refillable fountain pen or pencils.</p>	<p>16 Bring your own toiletries Skip the free travel size shampoos, soaps, and lotions offered by hotels. Instead, fill up your own reusable travel-size containers at home.</p>	<p>17 Avoid the Mini bar snacks and drinks Not only incredibly expensive but they all come in plastic packages or bottles. Even if you can't avoid plastic entirely, you can resist single-serving sizes.</p>	<p>18 What lasting changes are you going to make? Do you find yourself looking at plastics in a different way? List three things you are going to commit to changing.</p>	<p>Make your voice heard: Share what you are doing with friends, family and community. Ask your MP what they are doing to tackle single use plastics. Join the UN's Clean Seas campaign and Greenpeace's Plastic Pledge. Find out your own plastic footprint.</p> <p>We hope this challenge has made you more aware of your plastic use and helped you create some lasting changes.</p>		

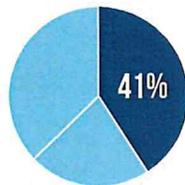


MISSION SUPPORT: A DEEP DIVE

Did you know that ELCA members in more than 8,900 congregations in the United States and Caribbean give approximately \$1.7 billion in regular offerings annually to support ELCA ministries in their local communities and worldwide? When members give through their congregations, about 5.5% of that money is shared with the local synod, which then shares a portion with the national churchwide office. Thank you for your faithful support!

In FY2020, the NW MN Synod shared **\$642,705** directly in Mission Support for ELCA churchwide ministries. In the midst of such a challenging year, thank you for your continued commitment to respond to God's call to love and serve as a neighbor, both locally and with the wider church. It is through your faith-filled and financial support that the following ministries are possible. We ARE church together - Thanks be to God!

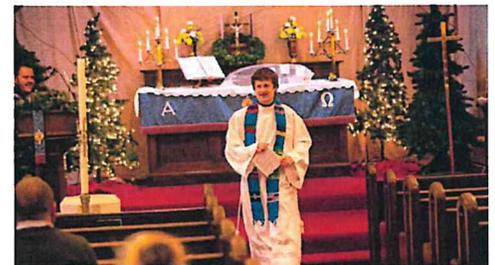
YOUR MISSION SUPPORT HELPS FUND THE FOLLOWING CHURCHWIDE MINISTRIES:



41% OF MISSION SUPPORT GROWS THE ELCA IN THE U.S.

Thank you for **\$263,509** from the NW MN Synod for these ministries!

- **Plant and support** hundreds of new congregations.
- **Enable congregations** to renew their ministries and **reach out** to their surrounding communities.
- **Develop and share** resources for faith, discipleship, prayer, stewardship and worship.
- **Work together** with our African-descent, American Indian, Alaska Native, Arab, Middle Eastern, Asian, Pacific Islander and Latino/Latina leaders and members.
- **Invest** in technology and communication.
- **Grow and sustain** financial resources.
- **Engage** in research and strategic planning.



"WE SUSTAIN EACH OTHER"



"INSPIRING GENEROSITY"

CLICK ON EACH STORY TO READ MORE!



22% OF MISSION SUPPORT GROWS THE LUTHERAN CHURCH AND ADDRESSES ISSUES AROUND THE WORLD:

Thank you for **\$141,395** from the NW MN Synod for these ministries!

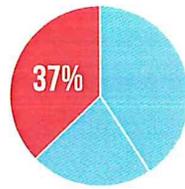
- As a member of the Lutheran World Federation, the ELCA is in communion with **147 other churches**.
- ELCA synods relate directly to **65 companion churches** through a total of **127 official relationships**.
- The **ELCA accompanies** new Lutheran churches, **expands** ministries and **trains** leaders and evangelists.
- The **ELCA sends missionaries** — including Young Adults in Global Mission — who are the hands and feet of Jesus around the world.
- The **ELCA addresses social issues** and **works for justice**.



“WHEN DISCIPLES USE THEIR VOICE”



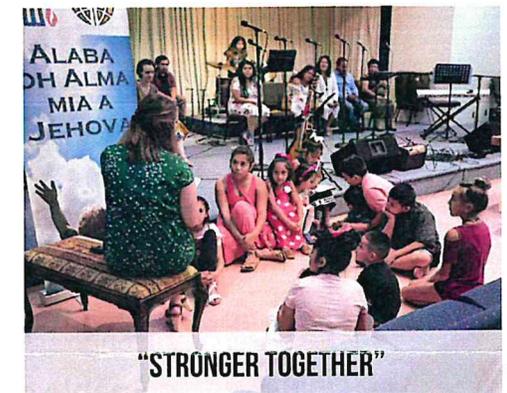
“20 YEARS OF FORMATIVE SERVICE”



37% OF MISSION SUPPORT HELPS DEVELOP CURRENT AND FUTURE LEADERS IN THE ELCA:

Thank you for **\$237,801** from the NW MN Synod for these ministries!

- **Prepare** and **implement** a system for recruitment and assignment of rostered ministers.
- **Identify** and **provide** ministry resources and opportunities to lay leaders for networking.
- **Offer events and leadership opportunities** for youth and young adults.
- **Support** the work of **seven ELCA seminaries** and **26 ELCA colleges and universities**.
- Provide **coordination** and **support** for churchwide ministries.
- Provide **governance** and **leadership**.
- Sustain **ecumenical** and **interfaith** relations.



“STRONGER TOGETHER”



“EVERYONE BELONGS IN GOD’S FAMILY”

Thank you for your ongoing support! For additional resources, go to ELCA.org/SOFIA.



FLC acknowledges with grateful appreciation these memorials which have been received this past month.

AGAPE FUND

In Memory of: LuVerna Geiselhart

Given by: Ardys Horner

In Memory of: Rod McClarren

Given by: Ardys Horner

In Memory of: Tom Neuenfeldt's Stepmother

Given by: Ardys Horner

In Memory of: Jan Johansson

Given by: Tallack & Janice Johnson

In Memory of: Jon Horner

Given by: Ardys Horner

CHOIR FUND

In Memory of: Dixie Johnson

Given by: Jeannine & Dave Eiesland

In Memory of: Jan Johansson

Given by: Ardis Hegna

GENERAL FUND

In Memory of: Lyle Leegard

Given by: Bo Butler

KITCHEN FUND

In Memory of: Glen Mallow

Given by: Wayne & Jean Benson

RADIO FUND

In Memory of: Don & Shirley Lynch

Given by: Kurtis & Laurie Fong

In Memory of: Shirley Svenby

Given by: Elyda Handegard

RADIO FUND (CONT.)

In Memory of: Roger Wheeler

Given by: Jodi Wheeler

In Memory of: Jan Johansson

Given by: Fern Brown

In Memory of: Glen Mallow

Given by: Grace Dunham

SOUND & TECH FUND

In Memory of: Glen Mallow

Given by: Karen & Cliff Bimberg

In Memory of: Glen Mallow

Given by: Ardys Horner

UNSPECIFIED FUND

In Memory of: LuVerna Geiselhart

Given by: Sue Christensen

In Memory of: Millie Henke

Given by: Lynn & Beverly Hummel

In Memory of: Lyle Leegard

Given by: Kevin Wolfford

Given by: Sagsuem, Plymouth Mn

In Memory of: Virginia Barnum

Given by: Audrey Bueide

WFLC FUND

In Memory of: Jan Johansson

Given by: Fern Brown



Northwestern Minnesota Synod
Evangelical Lutheran Church in America
God's work. Our hands.

DELEGATES NEEDED FOR THE ANNUAL NW MN SYNOD OF ELCA ASSEMBLY MAY 20-21, 2022

FLC has space for 3 delegates to attend with the pastors—please call the office if you're interested or would like more information. Thank you! This is a great opportunity to learn more about what is happening around the NW MN Synod, and to have a voice in the work we do together!

Delegates will also be invited to attend the "Great Synod Get Together" on March 12th — at First Lutheran, Trinity, and Grace Lutheran Churches in Detroit Lakes. You'll meet leaders and delegates in person, from around the Synod, for a day of fellowship and worship. You don't need any special skills, just a willingness to get involved!

Update From Trinity Hope



News from Trinity HOPE

This is one of a series of articles which we make available each month to keep our supporters informed about our activities. Trinity HOPE, a not-for-profit charitable organization, raises funds and administers feeding programs that provide a noon meal for the hungry children who attend our schools in Haiti where the Good News of Jesus is shared daily.

2024 Hunters Place, Mt. Juliet, TN 37122 ● admin@trinityhope.org ● (615) 394-4950

Web Page: www.TrinityHope.org ● Facebook: trinityhopehaiti

Joyful Kindergarteners

By Rev. John Gierke

“For as the earth brings forth its sprouts, and as a garden causes what is sown in it to sprout up, so the Lord GOD will cause righteousness and praise to sprout up before all the nations.” (Isaiah 61:11)



I don't remember what the Haitian Creole word for *Kindergarten* is, but we English speaking people have taken the German word for “garden of children” and use it for the beginning of nourishing and growing children in their education. What I do remember when meeting the Haitian Kindergarteners at mealtimes was their joy! That joy was for their noon meal, which might be the only meal that day for some of them. That joy was for Jesus, who they thanked for their meal and for His love expressed by their teachers and pastors. That joy was for their education and learning how Jesus provides for their needs in the midst of daily life. That joy was expressed in giggles by girls and by boys bubbling with thanks — with all saying (*Bene swa l'eternal!* - “Praise the Lord!”) for their bowls of beans and rice!

As the children from Kindergarten on up grow up in their schools, they blossom and flourish not only in what they know, but WHO they know as their God and Savior, who came to give them life, a full life! As promised in Isaiah 61:11, as they pray and sing before lunchtime, Lord God causes righteousness and praise spring up before

all nations! Even though they and their families may not have much in the world compared to people in other nations, they share the same joy and righteousness which is expressed in praise to the glory of God!



March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30a Quilters, Rec Rm 9:00a Office Staff Mt 10:00a LSS Morning Out, Lib 2:00p Rachel Cir, Library 5:00p Crisis Center Mtg, Zoom	2 Wednesday Schedule 6:30a Men's Bible Stdy, Hol. In. 10:30a Oak Crossing Worship 11:00a YFM Meeting 12:05p Ash Wednesday Worship 4:00p Father's Project 5:00p Worship Team Reh 5:15p Oasis Meal 6:00p Worship Service 6:15p Alleluia Ringers Reh. 7:15p Jubilate Choir Reh.	3 8:00a Women's Bible St, Lib	4 12:00p AA, Lib 12:00p Prayer Team, Chapel	5
6 Sunday Schedule <i>Communion Sunday</i> 8:30a Traditional Worship 9:30a Sunday School 10:45a Contemporary Worship 12:00p Lakes Area Chorale	7 5:00p Al Anon, Library	8 8:30a Quilters, Rec Rm 9:00a Office Staff Mtg 9:30a Rebekah Circle, Din Rm 10:00a LSS Morning Out, Lib 4:00p Sons of Norway, Din Rm 5:00p Crisis Center Mtg, Zoom 5:30p Vision Council Planning 7:00p Creation Care Disc., Zoom	9 Wednesday Schedule 6:30a Men's Bible Stdy, Hol. In. 11:00a YFM Meeting 12:05p Lenten Worship Svc. 4:00p Father's Project 5:00p Worship Team Reh 5:15p Oasis Meal 6:00p Worship Service 6:15p Alleluia Ringers Reh. 6:30p Faith Formation Hour 7:15p Jubilate Choir Reh.	10 8:00a Women's Bible St, Lib 1:30p Ruth Circle 2:00p Winchester Wor Svc	11 12:00p AA, Library 12:00p Prayer Team, Chapel	12 9:00p Synod Get Together
13 Sunday Schedule 8:30a Traditional Worship 9:30a Sunday School 10:45a Contemporary Worship 12:00p Lakes Area Chorale	14 5:00p Al Anon, Library	15 8:30a Quilters, Rec Rm 9:00a Office Staff Mtg 10:00a LSS Morning Out, Lib 5:00p Crisis Center Mtg, Zoom	16 Wednesday Schedule 6:30a Men's Bible Stdy, Hol. In. 10:00a Ecumen Worship 11:00a YFM Meeting 12:05p Lenten Service 4:00p Father's Project 5:00p Worship Team Reh 5:15p Oasis Meal 6:00p Worship Service 6:15p Alleluia Ringers Reh. 6:30p Faith Formation Hour 7:15p Jubilate Choir Reh.	17 8:00a Women's Bible St, Lib 8:30a DL Ministerial 	18 12:00p AA, Lib 12:00p Prayer Team, Chapel 8:00p Middle School Lock-In	19
20 Sunday Schedule <i>Communion</i> 8:30a Traditional Worship 9:30a Sunday School 9:30a Youth Pie Auction 10:45a Contemporary Worship 12:00p Lakes Area Chorale	21 5:00p Al Anon, Library	22 8:30a Quilters, Rec Rm 9:00a Office Staff Mtg 10:00a LSS Morning Out, Lib 5:00p Crisis Center Mtg, Zoom 5:30p Vision Council Mtg 7:00p Creation Care Disc., Zoom	23 Wednesday Schedule 6:30a Men's Bible Stdy, Hol. In. 11:00a YFM Meeting 12:05p Lenten Service 4:00p Father's Project 5:00p Worship Team Reh 5:15p Oasis Meal 6:00p Worship Service 6:15p Alleluia Ringers Reh. 6:30p Faith Formation Hour 7:15p Jubilate Choir Reh.	24 8:00a Women's Bible St, Lib	25 12:00p AA, Lib 12:00p Prayer Team, Chapel	26
27 Sunday Schedule <i>Healing Service</i> 8:30a Traditional Worship 9:30a Sunday School 10:45a Contemporary Worship 12:00p Lakes Area Chorale	28 5:00p Al Anon, Library	29 8:30a Quilters, Rec Rm 9:00a Office Staff Mtg 10:00a LSS Morning Out, Lib 5:00p Crisis Center Mtg, Zoom	30 Wednesday Schedule 6:30a Men's Bible Stdy, Hol. In. 11:00a YFM Meeting 12:05p Lenten Service 4:00p Father's Project 5:00p Worship Team Reh 5:15p Oasis Meal 6:00p Worship Service 6:15p Alleluia Ringers Reh. 7:15p Jubilate Choir Reh.	31 8:00a Women's Bible St, Lib 5:30p DL Nordic Ski Mtg.	1 12:00p AA, Lib 12:00p Prayer Team, Chapel	2
3 Sunday Schedule <i>Communion Sunday</i> 8:30a Traditional Worship 9:30a Sunday School 10:45a Contemporary Worship 12:00p Lakes Area Chorale	4 5:00p Al Anon, Library	5 8:30a Quilters, Rec Rm 9:00a Office Staff Mtg 10:00a LSS Morning Out, Lib 2:00p Rachel Circle, Library 5:00p Crisis Center Mtg, Zoom 7:00p Creation Care Disc., Zoom	6 Wednesday Schedule 6:30a Men's Bible Stdy, Hol. In. 10:30a Oak Crossing Worship 11:00a YFM Meeting 12:05p Lenten Worship Svc 4:00p Father's Project 5:00p Worship Team Reh 5:15p Oasis Meal 6:00p Worship Service 6:15p Alleluia Ringers Reh. 6:30p Faith Formation Hour	7 8:00a Women's Bible St, Lib	8 12:00p AA, Library 12:00p Prayer Team, Chapel	9



The First Messenger

First Lutheran Church
912 Lake Avenue
Detroit Lakes, MN 56501
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Non-Profit Organization

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Office Hours:

Winter Hours

(Labor Day to Memorial Day)
Monday—Friday
8:30 AM to 4:00 PM

Summer Hours

(Memorial Day to Labor Day)
Monday—Thursday
8:30 AM to 4:00 PM
Fridays
8:30 AM to Noon

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Rev. Chandran Paul Martin

**Worship is broadcast on KDLM-1340 AM and on
93.1 FM Radio each
Sunday Morning at 10:00 AM.**

**Worship is also webcasted on the church website
www.firstlutheranchurch.com.**

**Worship is also broadcast on T.V. on Saturdays at 9:00 AM
on Arvig Cable channel 14.**