



“Servants of All”

June 2016, Newsletter

May 26, 2016

✎ Reaching Out in Mission ✎

Looking for a way to put your faith into action? Have some free time this summer? Here are some opportunities to consider:

- 🌐 Volunteer to paint a home with the Paint A Thon on Saturday, August 6. *See page 5.*
- 🌐 Deliver meals in the community during the week of June 13-17. *Call the church office to volunteer.*
- 🌐 Volunteer or give a gift in support of outdoor ministry or help to build a new cabin at Luther Crest Bible Camp.
- 🌐 Walk or support a walker in the Relay for Life, a fundraiser for the American Cancer Society, on Friday, July 8 at Morrison County Fairgrounds. First member, Doug Rakow is co-chair of this event.
- 🌐 Give a donation to ELCA World Hunger, or Morrison County Food Shelf. People are hungry year-round.
- 🌐 Bring a friend and come to share fellowship over a nutritious meal at Share A Meal, served each Thursday at 6:00 p.m. at First Lutheran. Thanks to the First folks who provided food and prepared the meal on Thursday, May 26.
- 🌐 Support one of the many ELCA missions with a financial gift or the gift of your time. *Contact the church office.*
- 🌐 Share your gifts with kids at VBS, August 1-5, 9:00 a.m. to noon.
- 🌐 Tie a fleece blanket or sew a quilt for Lutheran World Relief.
- 🌐 Visit with or read to a resident at a care center or a shut-in.
- 🌐 Knit or crochet a prayer shawl for someone who can use a comforting hug.
- 🌐 Save your aluminum cans (and other items!) for recycling. Save the earth!
- 🌐 Provide prayer or financial support to First Lutheran youth participating in summer trips or camps: high school youth traveling to Chicago, middle school traveling to Minneapolis/St. Paul, or youth attending a Bible Camp.

Thank you for all the ways that you show the love of Christ in our community and world!

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Great to be here! As I’ve had the privilege of meeting so many of you this first month at First Lutheran, I can see why so many of you have said, “You’re going to like it here, this is a great place with lots of great people!” Together as the Body of Christ in this community of faith, God is at work through this church as it is very clear. The story of First Lutheran, Little Falls, is one of deep roots and history, and also new and exciting chapters just beginning.

Thank you! From Stephani, Karis, Ben and I—we just want to say a hearty “Thank you!” for such a warm welcome. It fills our hearts with joy as people have been making us feel so at home. We are glad we got to come just as you were taking pictures for the new church directory, as we get to be amongst all the friendly faces of First Lutheran. As of the last week of May, all four of us will finally be under the same roof here—Stephani just finished up working as Administrative Assistant at Pioneer Care center in Fergus Falls. We were happy to be able to sell our house so fast, and we are renting a house for now on Thomas Drive. It’s been about an hour and 15 minute drive, but I have been able to stay with Stephani’s parents in St. Cloud a few days a week in the meantime as they have graciously allowed their son-in-law to “camp out” with them for awhile. Daughter Karis is with us currently as she will be relocating after working at Jo-Ann Fabrics in Alexandria, and son Ben is home before he begins as a camp counselor at Wapogasset Lutheran Camp in Wisconsin before returning to Concordia College in Moorhead in the fall.

In the coming months, Stephani and I will be inviting a few families each week from the congregation to come for “Cookies and Conversation”, as we look forward to getting to know you better. It might take awhile to get through the whole alphabet with the directory, but it’s kind of fun and a good way also to hear your stories and to listen to where you think God is leading us.

A Few Details...

Cell Phone: My cell phone #: 218-405-0328.

I’ll be getting a new cell phone number soon with a “320” area code. Throughout the week I’ll be at the church and checking my messages regularly, but please call anytime day or night if there are any emergencies and you need to reach a pastor right away. Monday is my day off, and it is the only day I will not always have my phone with me, but I will check messages. Sometimes at the church office I’ll be in meetings or attending to something and will not be able to take calls right away, but I will return calls at a time Sue, Office Manager, or Rachel, Administrative Assistant, will pass along each day.

Email: pastorjake@arvig.net
or jdvrhaug@flclittlefalls.org

Office Hours:

Tuesday: 1:30-4:30 p.m.

Tuesday mornings I will be attending the area Heartland Conference pastors’ Bible study.

Wednesday – Friday: 9:00 a.m. – 1:00 p.m.

Once in awhile I may need to attend a synod or community meeting during these hours, but in general this will be when I will plan to be in the office regularly. I will also be at evening meetings and classes throughout the week and at Saturday events as needed. Sue Gustner will have my weekly schedule.

Visitation: In the afternoons I’ll be out visiting at the hospital, Little Falls Care Center and St. Otto’s Care Center and at people’s homes or at school events, unless there are matters I have to attend to longer at the office on a given day. I’ll be meeting regularly with the staff and volunteers to do our best to make sure pastoral care is provided where needed most. It’s great to be here, as I can now say I am with the “*First...Servants of All!*”

Your Servant in Christ,

Pastor Jake Dyrhaug

Report from Northeastern Minnesota Synod Assembly

The 2016 Northeastern Minnesota Assembly was held May 1-3 at Breezy Point Resort with First Lutheran members Ruth Jeremiason-Jensen, Cindi Habas, and Les Hittesdorf attending as First Lutheran voting members. Ted Pfohl also attended as a member of the synod council. Pastor Jake Dyrhaug attended his first assembly of the Northeastern Minnesota synod as our pastor.

Keynote speaker was the Rev. Dr. Anna Madsen who brought a message on living forgiveness.

In addition to hearing reports from the year from around the synod, assembly business included, elections, approval of the 2017 synod budget, and approval of 2017 compensation guidelines.

We heard about the mission work that is ongoing by Twin Ports Ministry to Seafarers, Lutheran Campus Ministry, Hunger ministry, Camping ministry, and youth ministry.

In addition to offerings received, dollars were raised for ELCA World Hunger through the Marketplace, Silent Quilt Auction, and Ingathering of Quarters. Thank you to the First Lutheran quilters for the beautiful quilt given to the auction.

The Synod Assembly provided an opportunity to worship, pray, and grow in our discipleship and mission to spread the Good News of Jesus Christ. Questions, concerns, or comments? Please contact any of those who attended or check the Synod webpage found at nemnsynod.org.

Thank you!

Thank you to all who were present for worship on Sunday, May 22 for installation for Pastor Jake. We appreciated Bishop Tom Aitken's leading the service and preaching. Thanks to all who served in worship, provided music, flowers, food, and all who served and cleaned up the meal following worship and all those who stayed to enjoy fellowship together and welcome the Dyrhaug family to this community of the faithful.

Thank you to the moving crew who so graciously helped us move from Battle Lake to Little Falls. You were a great team!

Movers/helpers were: Jeff Bigalke, Jim Gehant, Darrell and Arlene Larsen, Tom Riitters, Carl and Liz Rydeen, Jim and Sue Salvog, Larry Sharon, Char Trutwin, Jim and Linda Weiss

Thanks again! Sincerely,

Pastor Jake, Stephani, Karis and Ben Dyrhaug

Open House Celebration

All are invited to an open house in celebration of Willard Doucette's 85th Birthday. Saturday, June 11, 2:00-4:00 p.m. at the church. This event is hosted by Don and DeeAnn (Doucette) Block.



Council Highlights

- ✠ The council welcomed Pastor Jake Dyrhaug and noted that one service of installation is Sunday, May 22 at 10:00 a.m. The Dyrhaugs' will move to Little Falls on May 23.
- ✠ Thank you to all who shared their time and energy on church cleanup day.
- ✠ Thank you to the Sunday School station leaders and shepherds and all who make Sunday School a priority.

As we approach the grilling season, here are ways we can reduce our dietary fat. The American Heart Association recommends a dietary pattern that emphasizes poultry and limits red meat. The amount of saturated fat in meats can vary widely, depending on the cut and how it's prepared. Here are some ways to reduce the saturated fat in meat:

- Select lean cuts of meat with minimal visible fat. Lean beef cuts include the round, chuck, sirloin or loin. Lean pork cuts include the tenderloin or loin chop, while lean lamb cuts come from the leg, arm and loin.
- Buy “choice” or “select” grades rather than “prime.” Select lean or extra-lean ground beef.
- Trim all visible fat from meat before cooking.
- Broil rather than pan-fry meats such as hamburger, lamb chops, pork chops and steak.
- Use a rack to drain off fat when broiling, roasting or baking. Instead of basting with drippings, keep meat moist with wine, fruit juices or an acceptable oil-based marinade.
- Cook a day ahead of time. Stews, boiled meat, soup stock or other dishes in which fat cooks into the liquid can be refrigerated and the hardened fat removed from the top.
- When a recipe calls for browning the meat first, try browning it under the broiler.
- Eat chicken and turkey rather than duck and goose, which are higher in fat. Choose white meat most often when eating poultry.
- Remove the skin from chicken or turkey before cooking. If your poultry dries out too much, first try basting with wine, fruit juices or an acceptable oil-based marinade. Or cook with the skin on and remove it before eating.
- Limit processed meats such as sausage, bologna, salami and hot dogs. Many processed meats — even those with “reduced fat” labels — are high in calories and saturated fat. They are often high in sodium as well. Read labels and choose processed meats occasionally.

“Casting all your cares upon Him, for He cares for you.”

1 Peter 5:7

“Does Jesus Care?” Rev. Frank Graeff, the Methodist minister who wrote this hymn, was born in 1860. One of his greatest assets was his cheerful disposition. He was lovingly called the “Sunshine Minister.” He had a special way with children; they were drawn to him because of his simple faith and perpetual smile. But a series of heartbreaks shattered his spirit and he found himself in the unfamiliar place of deep depression. His gloom and despair became as great as his joy once was. Luckily the truth of 1 Peter 5:7 suddenly took hold of him. Out of his experience he wrote this beautiful hymn:

“Does Jesus care when my heart is pained
too deeply for mirth and song;
As the burdens press, and the care distress,
and the way grows weary and long?”

“Does Jesus care when my way is dark
with a nameless dread and fear;
As the daylight fades into deep night shades
does He care enough to be near?”

“Does Jesus care when I’ve tried and failed
to resist some temptation strong;
When for my deep grief I find no relief,
though my tears flow all the night long?”

“Does Jesus care when I’ve said goodbye
to the dearest on earth to me;
And my sad heart aches ‘till it nearly breaks?
Is it aught to Him? Does He see?”

Chorus:

“Oh yes, he cares, I know he cares,
His heart is touched by my grief,
When the days are weary, the long nights dreary,
I know my Savior cares.”

Adapted from “Then Sings My Soul” by Robert J. Morgan



Mission Opportunities



What Should I Save?

There are many ways that you can be involved in mission right from your own home. We can all be good stewards of the earth and help others at the same time by saving a variety of things. Here is a list of ways that you can help. If you know of other projects, you may contact the church office with this information for future publication.

- Coborn’s Food Club coupon points (given with your cash register receipt); Coborn’s Videos for Learning stickers; UPC codes from Campbells, Pepperidge Farm, Swanson, Prego; V8 labels; Pace lids; inkjet cartridges, laser/toner cartridges, old cell phones, old laptop computers—“Children First” Christian Preschool receives cash or teaching materials from these items. Drop off in the church office.
- Cotton fabric (large enough for 7 inch squares) for the First Lutheran quilters. Bring to the church office.
- Cancelled stamps for Sons of Norway. Give to Marlene Williams or the church office.

Thanks * Thanks * Thanks!

First Lutheran and Bethel Lutheran hosted another successful rummage sale! Sale proceeds of over \$2,000 will be donated to Lutheran Social Service group homes in Little Falls. Thanks to all who donated items, worked or helped in any way. Start saving now for the next sale in October 2016! Thank you! Karen Haaland

Lenten Soup Supper Proceeds

Thank you for your generous donation to Oasis Central Minnesota’s programs. Your continued support makes our programs possible. Thank you! Rose Surma, Oasis Central Minnesota

Thank you all for your support for Habitat for Humanity of Morrison County! Your financial support directly impacts the lives of the homeowner families. It’s through your support that we are able to help more families realize their dream of owning their home. You are a church who puts their faith into action.

Sincerely, Kathy Kahlhammer, Habitat

- Aluminum cans for the First Lutheran youth program. You can leave bags of cans by the church garage. Please close bags securely.
- Building materials, new and used, and other items may be donated to the Habitat for Humanity ReStore. The ReStore generally accepts: building materials, furniture, cabinets, appliances, plumbing, electrical and much more! If you have an item to donate call the ReStore to see if it’s something they can accept at 218-828-8517.
- Recycle—at home and at church. Your assistance with recycling is appreciated. We can recycle office paper, newspaper, glass, plastic, cans, cardboard, and more. Thank you!

Re-use: save those items that you no longer need or use and donate them—the fall or spring LSS Rummage Sales, a cooperative event of Bethel and First Lutheran is one place to donate. Your donation provides funds for Lutheran Social Service homes in the area.



Annual Community Paint-A-Thon

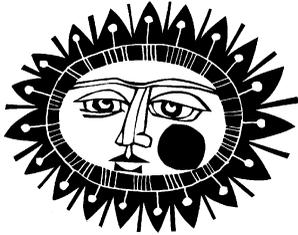
Oasis/Share A Meal Saturday, August 6

The Paint-A-Thon committee is recruiting teams to paint a home in Morrison County on August 6. Over the past 17 years, over 155 homeowners have benefited from this program. It takes 10-12 people, 4-5 hours each, to make a big difference in someone’s life!

First Lutheran will again sponsor a painting team. Jerome and Karen Haaland will coordinate this year’s team. Thanks, Haalands! Can you spend a Saturday helping to paint a home for a local resident? This is a BYOB (Bring Your Own Brush!) event. Contact the church office to sign up. Thank you for making a difference in the community we share!

Book Club

We meet Tuesday, June 28, at 7:00 p.m. for discussion. The selection for June is Defending Jacob by William Landay. Readers please secure your own copy of the book. The July selection is Rosemary-The Hidden Kennedy Daughter by Kate Clifford Larson. For more information, contact Tifanii Dahl, 632-8207.



June Book Review

My Own Country, A Doctor's Story, by Abraham Verghese

Nestled in the Smoky Mountains of eastern Tennessee, the town of Johnson City had always seemed exempt from the anxieties of modern American life. But when the local hospital treated its first AIDS patient, a crisis that had once seemed an "urban problem" had arrived in the town to stay.

Working in Johnson City was Abraham Verghese, a young Indian doctor specializing in infectious diseases. Dr. Verghese became by necessity the local AIDS expert, soon besieged by a shocking number of male and female patients whose stories came to occupy his mind, and even take over his life. Verghese brought a singular perspective to Johnson City: as a doctor unique in his abilities; as an outsider who could talk to people suspicious of local practitioners; above all, as a writer of grace and compassion who saw that what was happening in this conservative community was both a medical and a spiritual emergency.

Special Celebration Offering For Mortgage Principal Reduction

For the past 16 years we have celebrated Pentecost Sunday by receiving a special offering dedicated to mortgage principal reduction. These gifts have been integral to our ability to maintain and upgrade our church home. This year, as First Lutheran celebrates 125 years of worship and serving, we again received this special offering on Pentecost Sunday, May 15 as a part of observing this milestone year. As of May 1, the principal amount owed is \$503,434. As we reduce our mortgage debt, we free up dollars for mission. It's simply a matter of good stewardship. To date we have received \$9,227 toward this special offering. You can still contribute to this cause. Please write "Celebration Offering" in the memo line of your check or use the special Celebration envelope available at church. *Thank you* for your faithful stewardship!

Women's Bible Study

A new study, "Making Sense of Scripture" by David Lose invites participants to explore the following questions: What is the Bible? Is the Bible True? How is the Bible the Word of God? Where did the Bible Come From? How can I read the Bible with Greater Understanding? and more. This eight session video study meets on Wednesdays at 6:30 p.m. Workbooks will be available for \$12.00 each. For more information, contact Stephanie Adams at 632-3058, or the church office.

Congregational Pictorial Directory

Thank you to all who made time in their schedule to have a professional photo session with Lifetouch Photography in May. We had a terrific response and we look forward to have a new up-to-date pictorial directory to help us stay in touch with one another. We hope to have the new directories available in time for the congregation's 125th anniversary celebration in September! Thanks everyone!



Advent Craft Sale and Luncheon Saturday, December 3

We know it's barely summer, but the time will fly so now's the time to work on items for the Craft Sale – so be creative! Be sure you have this date on your calendar. If you or someone you know is interested in assisting with this annual event, please contact the church office.

Confirmation Ministry

Sixth Grade: Looking ahead – Class on Prayer during VBS week, August 1-5. Watch your mailbox for a letter with more details.

Tenth Grade: Summer will fly by quickly, remember to keep working on mentor activities!

Sunday School News

Sunday School is taking a summer break. Planning is in the works for an exciting 2016/17 Sunday School year. If you or someone you know would like to be part of planning/organizing/leading a team of children and youth or a rotation station, please contact the church office or any of the members of the Education Ministry Team.

Thank you to all who shared their faith and developed relationships with children and youth over the past year. Thank you to those who committed to the full year of Sunday School ministry. You are a blessing! The God-given gifts of all are greatly appreciated!



15th Annual Golf Scramble to benefit the ministry at Luther Crest Bible Camp Monday, August 8 at Miltona Golf Club

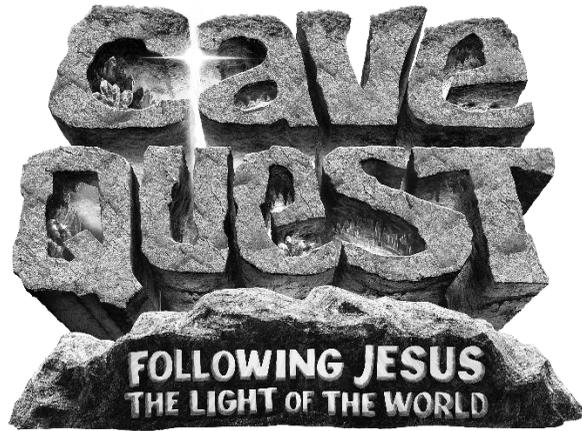
Why not get a foursome together and spend a fun day playing this “Best Ball” tournament on the course. Registration begins at 11:30 a.m.; “shotgun start” tee time is at 1:00 p.m. Supper will be served at 5:00 p.m. You can play this scramble for \$100 per golfer. The fee per golfer covers green fees, cart rental, golf balls, driving range, and meal. You are encouraged to give a gift in support of Luther Crest at this event.

Last year's tournament raised \$21,500! and made a significant impact on the camp's ministry. To register, call the church office, 632-6667 or register online at www.luthercrest.org



Luther Crest Bible Camp Mission Builder Volunteers

Work has begun on new cabins at the camp. You are invited to work alongside ELCA Mission Builders to assist with this project. Each Tuesday through Saturday, 8:00 a.m.-4:30 p.m. work is being done on the new cabins. Bring your excitement and your skills! Lunch and snacks are provided. Call Dave or Troy at 320-846-2431 for more information or to let them know you are coming. Thank you!



**Vacation Bible School
August 1-5, 9:00-noon
“CaveQuest!
Following Jesus the Light of the World”**

Youth and adults will explore the Bible and learn that: God has the power to provide, to comfort, to heal, to forgive, and the power to love us forever! Vacation Bible School is Monday, August 1 through Friday, August 5, from 9:00 a.m. to noon. VBS is for youth age 3 (by September 1, 2015) through fifth grade. Kids will have fun as they start each day at *Sing and Play Rock* and play *Spelunker Games*, enjoy a movie at *Kidvid Cinema*, have a *Deep Bible Quest*, make a project at the *Imagination Station* and have a snack at *Cavern Cafe*. We will wrap up each day at *The Cave Quest Closing!*

Registration is underway. Pick up a form at church, or download it from First’s website, www.flclittlefalls.org. Early registration makes planning easier. VBS is a collaboration of First Lutheran and First United congregations.

We will meet Clark Cavern, a bumbling spelunker who wants you to know that seventh grade through adult volunteer participation is encouraged. You can sign up to become a station leader, leader, preschool leader or a helper. Please prayerfully consider how you can share your time and talents during this fun week.

For more information, call Jay Kiel, 616-581-4425 or the church office, 632-6667.



“Children First” Christian Preschool Update

Greetings from “Children First” Christian Preschool,

Another Preschool year has come and gone! It is a bittersweet time for us as we say goodbye to Preschoolers headed to Kindergarten. We have enjoyed our time with them and hope they continue to grow in God’s love. We are excited to see new families, returning families and Preschoolers registering for Fall classes and are already adding this to our list of 2016-2017 activities! Our May themes included: Bugs, summer fun and outside play were enjoyed by all!

Dutch Mill Flower Bulbs have been delivered. Thank you to everyone who participated. We raised \$363.00. We will use this money to support our Preschoolers with the gift of a book for their summer reading and bubbles for summer fun! We will use the balance for fall classroom supplies.

Registration for 2016-2017 Preschool year is underway. “Children First” Christian Preschool registers children continuously throughout the year beginning at age 33 months.

Class offerings are:

*Noah’s Animals (33 mos-3 year olds): Monday/Wednesday or Tuesday/Thursday

*Jesus’ Gems (4- Prekindergarten):

Monday/Wednesday or Tuesday/Thursday

*Friday Friends (33 mos-Prekindergarten): an added class day for families wanting a three-day Preschool experience.

Registration fee is \$60.00 and is nonrefundable. Monthly tuition is \$85.00 per month. Friday Friends

class is an additional \$35.00 per month. All classes will meet from 8:30-11:30 a.m. Brochures and registration forms are available in the First Lutheran Church office, on the welcome counter in the Gathering Space, or on our website at www.flclittlefalls.org. If you have questions or would like to visit please contact Gail.

If you or someone you know has a little person of preschool age, consider enrolling them in this quality, Christian early childhood program.

Watch for “Children First” over the summer at:

Little Falls Dam Festival Parade – Saturday, June 18

The Green Fair Folk Festival at St. Francis Campus – Wednesday, August 3

Little Falls Arts and Craft Fair – Saturday-Sunday, September 9-10

Look for our hay bale at the Morrison County Fair!

If you can assist with any of these activities, please call Gail at 632-6667 or 320-291-4698.

Thank you to all who keep “Children First” in prayer and support us in so many ways. Thank you to all who volunteered and visited our classrooms this past year. We appreciate all who keep us in prayer. Thank you for another awesome Preschool year – God’s blessings. Happy Summer!

Yours in Christ’s Service,

Gail Hittesdorf, Director

Sunday Worship Schedule

- 8:30 a.m. Traditional Worship using a variety of liturgical settings
- 9:35 a.m. Coffee Fellowship Hour
- 10:30 a.m. Contemporary Worship led by a Praise Band

Holy Communion is served at all services.

Come and See!



Congratulations! On June 1 First Lutheran celebrates 27 years of being smoke-free.

Items for the **July NEWSLETTER** are due on **June 20, 2016!**