

FIRST LUTHERAN CHURCH
Evangelical Lutheran Church in America

Pastor: Jake Dyrhaug
Ministers:
All God's People at First Lutheran

FIRST



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“Servants of All”

October 2016

October 5, 2016



In this season of new beginnings and fresh starts, it is appropriate to look at ways to reinvigorate our faith life as we gather together as a community of believers here at First Lutheran. Take a moment to pray the prayer for Affirmation of Baptism below as we individually and collectively affirm the gift of faith in our lives. Then go out joyfully and be *First...Servants of All*.

We give you thanks, O God, that through water and the Holy Spirit you give us new birth, cleanse us from sin, and raise us to eternal life. Stir up in your people the gift of your Holy Spirit: the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord, the spirit of joy in your presence, both now and forever. Amen.



**Evangelical Lutheran
Church in America**

God's work. Our hands.

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Let Go—Let God!

“Blessed are those who make the LORD their trust.” Psalm 40:4

Why do human beings worry so much about matters of life? Why do they let their burdens get the best of them, when it was never intended that we should bear them alone? Whether it’s the unknown future or health concerns or our friends’ and families’ well-being, we can go around in circles in our minds. People worry about world events or how the election is going to go—yes, on both sides. We worry about how the world is changing, even though that’s been happening for quite some time. But God has promised to be with us all the time. So why don’t we let go and let God? The only one who knows real happiness is confident that God will be an ever-present help in trouble, as it says in Psalm 46. We’ll only know a deep and abiding peace when we let Jesus be our guide.

A lonely and discouraged man was once climbing a mountain path one night when he stumbled and fell, rolling down a steep incline for what seemed forever. Finally he caught hold of a bush growing on the side of a rock. Grabbing that bush with all the strength he could muster, the fear of death pounded in his heart. Even though he shouted out for help, no one came. Finally, he couldn’t hold on any long and in utter desperation, he let go and dropped—just six inches—to the ground!

That’s a good story to kind of sum up life itself. Some worry and are anxious from time to time—most people who have a pulse, that is. If we would only let go and let God, we would find all our worrying to be needless. Here God invites us from his Word: “Cast all your anxieties on him, for he cares for you.” (*1 Peter 5:7*) And “Perfect love casts out fear.” (*1 John 4:18*) Again God says, “Come to me, all who labor and heavy-laden, and I will give you rest.” (*Matthew 11:28*) His yoke is easy and his burden is light, Jesus says, because we can continually share in the power of his Spirit.

So what’s a yoke? Some people used “people-sized” yokes on their shoulders long ago to carry water on their shoulders, but mostly they are fitted to an animal with lots of strength. Some of you have ancestors who might have come through the Little Falls area on their way farther west and north to homestead—this has historically been a crossroads with the river and the ox cart trails and later roads. The pioneers of the old frontier days shaped yokes for their oxen and would purposely make one side heavier than the other, as I’m told. Then they would harness the strong ox on one side and the weaker one on the other. The strong side for the stronger, and the light side to the one that needed some help. So our burdens are light because the heavier side is always on God’s shoulders. God is able and willing to carry the heavy load for us as children of God. God’s strength is infinite and far above that of any other.

Our Lord’s clear invitation is meant for all. Why not accept God’s gracious offer of help and rest? God waits for us to let go and trust. May we let go and let God catch us and carry us every day.

Your Servant in Christ,

Pastor Jake Dyrhaug



Council Highlights

- ✚ Learned that Daniel Ditmanson has accepted the offer of the Youth and Family Minister position, effective September 16. Daniel will be installed at worship on Rally Sunday, September 18.
- ✚ Heard that a new custom-designed bike rack is in production and will be delivered soon.
- ✚ Designated Sunday, November 20 as New Member Sunday. A ministry fair to highlight the congregation's various ministries will also be held that day.
- ✚ Continued discussion of a capital campaign for mortgage debt reduction.

Thank you!

Grateful thank you to all who celebrated the 125th anniversary of the congregation! This is a tremendous milestone in our life together. Thank you to all who provided music and all who attended the concert on Saturday evening. It was a fun time of musical entertainment and good humor. Thanks to all who were present for worship and celebration on Sunday and all the many hands that prepared for this celebration of our past and who walk with us in faith into the future as we continue to be First...Servants of All.

New Member Group

First Lutheran welcomes all into God's ministry in this congregation. All worshipers are welcome to participate in the opportunities that are offered here and we encourage you to actively grow in your discipleship walk by taking part in Bible study, serving, and fellowship events, and regular worship. If you are a worshiper at First Lutheran Church who would like to become a member of the congregation, or a current member who wants to help welcome new folks, or if you have any questions, please contact the church office, 632-6667. An orientation session for new members is scheduled for Sunday, October 30 at 7:00 p.m. New members will be received in worship on Sunday, November 20. Welcome!

Welcome, Youth and Family Minister Daniel Ditmanson!

Grace and Peace to you from God our Father,

Quick introduction: My Name is Daniel Ditmanson and I am the new Youth and Family Minister! I've only been here for a short time, but I'm so thankful for how welcoming and including this wonderful congregation is!

I come to Little Falls and First Lutheran from Grand Marais, Minnesota, where I worked for Cook County Schools as a Special Education Paraprofessional and for Bethlehem Lutheran Church as their Senior High Ministry and Peer Ministry Coordinator.

In my spare time I love attending sports events, and I love cross country skiing and baseball. I also love fishing, camping, and canoeing. If there's any time left, I love reading and collecting old books.

I am looking forward to working with such a great congregation to ensure the spreading of God's word and Christ's teachings to the youth and families of our congregation.

Daniel Ditmanson
Youth and Family Minister
First Lutheran Church
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Our thanks to Bethel Lutheran for the gift of a beautiful green plant and this card:

Our sincere congratulations on your 125th anniversary! What a great milestone. Thank you for providing the Little Falls and surrounding communities with the wondrous word of God for so many years. May our Lord and Savior bless you with many more years!

Your friends in Christ at
Bethel Lutheran Church

Worship and Music Article

written by Paula Monahan

“Joseph Scriven watched in shock as the body of his fiancée was pulled from the lake. Their wedding had been planned for the next day. Reeling from the tragedy, he made up his mind to immigrate to North America. Packing up his belongings in Dublin, Ireland, he sailed for Canada, leaving his mother behind. He was about 25 years old.

“Ten years later, in 1855, he received word that his mother was facing a crisis. Joseph wrote a poem and sent it to her. Mrs. Scriven gave it to a friend who had it published anonymously, and it became the hymn, “What a Friend We Have in Jesus.”

“Meanwhile, Joseph fell in love again. But tragedy struck a second time when his bride, Eliza Catherine Roche, contracted tuberculosis and died in 1860 before their wedding could take place.

“To escape his sorrow, Joseph poured himself into ministry, doing charity work and preaching. He lived a simple, obscure life in Port Hope, Canada, cutting firewood for widows, giving away his clothes and money to those in need.

“Until a short time before his own death it was not known that he had a poetic gift. A neighbor, sitting up with him in his illness, happened upon a manuscript copy of “What a Friend We Have in Jesus.” Mr. Scriven said that he had composed it for his mother, to comfort her in a time of special sorrow, not intending that anyone else should see it. Some time later, when another neighbor asked him if it was true he composed the hymn, his reply was, “The Lord and I did it between us.”

What a friend we have in Jesus,
 all our sins and griefs to bear!
What a privilege to carry
 Ev’rything to God in prayer!
Oh, what peace we often forfeit;
 Oh, what needless paid we bear—
All because we do not carry
 Ev’rything to God in prayer!

ELW # 742

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

Parish Nurse News: Tracy Moe, RN

American Cancer Society Guidelines for the Early Detection of Cancer

The American Cancer Society recommends these cancer screening guidelines for most adults. Screening tests are used to find cancer before a person has any symptoms.

Breast cancer

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- **Women age 45 to 54** should get mammograms every year.
- **Women 55 and older** should switch to mammograms every 2 years, or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10 more years or longer.
- **All women** should be familiar with the known benefits, limitations, and potential harms linked to breast cancer screening. They also should know how their breasts normally look and feel and report any breast changes to a health care provider right away.

Some women – because of their family history, a genetic tendency, or other factors – should be screened with MRIs along with mammograms. (The number of women who fall into this category is very small.) Talk with a health care provider about your risk for breast cancer and the best screening plan for you.

Crane Meadows Walk Sunday, October 16

Enjoy a walk through the woods and prairies while celebrating this autumn season. We will meet at Crane Meadows nature preserve right after the 10:30 a.m. service for a 1, 2, or 3 mile walk or trail run if you wish. Light snacks provided. Bring a friend. Furry friends welcome!

You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.
Isaiah 55:12



Lutheran Social Service Rummage Sale

Wednesday, October 12, noon to 6:00 p.m.

Thursday, October 13, 8:00 a.m. to 4:00 p.m.

Friday, October 14, 8:00 a.m. to 12:00 noon

The Rummage Sale sponsored by the women of Bethel Lutheran and First Lutheran will be held at Bethel, 901 West Broadway. This is always a huge 'recycling' sale, and many hands are needed on set-up days (Tuesday, October 11 starting at 8:30 a.m.) and for clean-up on Friday. The fellowship of working together to make this LSS mission a success is great! All proceeds benefit Little Falls area LSS group homes and other local LSS programs. Your donations of good used clothing, toys, books, linens, working small appliances, etc. may be brought to Bethel during the mornings before the sale, between 9:00 a.m. and noon. Please have items to the church by Tuesday, October 11. To make other arrangements for drop-off, contact Bethel Lutheran at 632-2316. Please, no televisions, computers or computer parts, or non-working electronics.

For more information, please call Karen Haaland at 632-8828.

Addressing Problem Gambling Through Community Connections

Minnesota Conference on Problem Gambling

Thursday-Friday, November 3-4

DoubleTree Hotel, Bloomington

For more information about this conference, see the gathering space bulletin board or call the church office. To register go to:

NorthstarProblemGambling.org/conference2016

World Habitat Day Monday, October 3

The United Nations General Assembly has declared the first Monday in October to be World Habitat Day. This is a time to recognize the basic need for adequate shelter in a world where it is lacking for so many. Habitat for Humanity Morrison County urges your prayers on World Habitat Day for the ministry of Habitat and for ways that you might become involved in Habitat's mission to end poverty housing. You can make a difference right here at home by providing financial support, volunteering to help build the current home or on other projects. For more information, call the local Habitat office at 616-2084.



Annual Fall Craft and Bake Sale at Little Falls Care Center Saturday, October 22 8:00 a.m.-12:00 noon

Plan to attend this annual fundraiser at the Little Falls Care Center. The funds raised are used for a variety of resident needs. There will be baskets to bid on, delicious baked goods and craft items. Donations of filled silent auction baskets are welcome. For information about the craft sale, selling or donating craft items or bake sale items, or helping with the sale, please contact Donna Hegstrom at 632-3441 the church office, or Sharon at the LFCC, 632-9211.

**Daylight Savings Time Ends
Remember to set your clocks *back* one
hour on Saturday, November 5!**

"Children First" Christian Preschool Update

Greetings from "Children First" Christian Preschool!

It is a new year of Preschool! We have already finished our first month and are excited to welcome new Preschoolers and returning Preschoolers and their families. Get to know the families attending by checking out the family scrapbook pages hanging along the gallery wall next to the kitchen.

We welcome returning staff: Jessica Gustafson and Chrissi Gesme. Please keep them along with our families and children in your prayers for a year filled with purpose, service and an abundance of God's love.

Classroom themes for September were Manners, Friends and "We are Special." Community helpers will visit our classroom in October. We will learn about fire safety, community helpers, transportation, and pumpkins! We have planned visits with Firefighter Lisa, Highway Patrolman Jason and Construction Worker Adam. If you would like share your community helper job and how you are using your God-given gifts and talents to help others, please schedule your visit with the Preschool Staff.

October 7 is the first field trip day to Bridgeway Estates. Thank you to Andy's Charter for providing bussing service on our field trips. We look forward to seeing familiar friends and meeting new ones.

"Children First" Christian Preschool continues to participate in Coborn's/Cashwise Food Club Points; Labels for Learning program. These programs are ways you can assist in bringing money, gift cards and preschool supplies to our classrooms. Save your Food Club points located at the bottom of your cash register receipts. Campbells, Swanson, Pace, Pepperidge Farms are some of the products that have "Labels for Learning" points located on their labels, these labels will be honored this preschool year only. Please clip and save. Please place all points in the containers

located in the Preschool/Education wing or in the red box located on the counter in the Gathering Space.

Registration is open to all who are 33 months of age through Pre-Kindergarten. We accept registrations **all year** pending class openings. The Noah's Animals (33 months-3 years), and Jesus' Gems (4-PreK) currently have Tuesday/Thursday classes. We have waiting lists for Monday/Wednesday sessions. Once we have six registered we will hold these classes. All classes are year-long, September through May. Friday Friends class is an additional class intended to create a three-day preschool week. This class may be added at any time throughout the year. If you have questions please contact me or the First Lutheran Church office.

Scholastic Books will give us points to order books for every book you order online. Please contact a staff member for instructions.

Thrivent Financial offers opportunities for you to support "Children First" Christian Preschool. Through their programs of Thrivent Choice you can direct "Choice" dollars to "Children First" and through Thrivent Action Teams you can assist Preschool by supporting a Preschool project with a \$250 gift card. Please contact me for more information or if you would like to assist with a Preschool project.

Thank you to everyone who visited the "Children First" booth at the Little Falls Arts and Crafts Festival. It was a great success. Thank you to those who are giving generously of their time and talents as well everyone who provides financial support to Preschoolers through tuition assistance, the Gifting Campaign and general contributions. "Children First" appreciates all of you!

Yours in Christ's Service,
Gail Hittesdorf, Director



Sunday Morning Education Ministry

“Train children in the right way, and when old, they will not stray.” Proverbs 22:6

Sunday School is getting started and we are excited to share with all of the young people in the congregation the love of our Lord. Families are encouraged to worship together at either the 8:30 or 10:30 a.m. service. Sunday School meets between the services at 9:35 a.m. All ages meet in the sanctuary for opening prayer and song, along with a time to share our offering. Then three-year-olds and prekindergarten children will meet in a classroom setting. The kids in grades K-5 will experience the weekly theme by rotating to stations of Cooking, Art, or Games—experiencing one station during each of the three weeks.

The first rotation is “Dig Into the Bible.” Children will explore how through oral tradition God helped storytellers keep the stories of the Bible alive for hundreds of years before those stories were written down. We will also learn the God inspires people to read and study the Bible today and to help us live faithfully.

There are many ways to assist with Sunday School and you don’t have to commit for the whole year. Why not team up with a friend to take part in leading a rotation?

Sunday, October 23 is a Mission Sunday. We are gathering items for “Blessing Bags.” These are zip lock bags that you can keep in your car to hand out to persons in need. Your help with collecting items for the bags is requested, possible items are: granola/energy bars, toothbrush/toothpaste, soap, combs, chapstick, hand sanitizer, stocking caps, gloves, socks, hard candies, small tissue packs. We will assemble the bags during the Sunday School hour on October 23.

Sunday School for grades 6-8 will gather with Trisha Laubach in the Youth room, and 9-12 grade meet with Youth and Family Minister, Daniel Ditmanson. Come for faith-filled learning and activities.

Can Care Collection

The congregation uses the proceeds from aluminum can recycling to fund youth activities. Your help collecting and saving cans for recycling saves the earth and helps the kids! You can bring your aluminum cans to church, place them next to the garage; please be sure bags are securely closed. Right now we also are looking for a few folks with a trailer and some time to bring cans to be recycled. If you can help with this project, call Susan Gustner in the church office.

lock bags that you can keep in your car to hand out to persons in need. Your help with collecting items for the bags is requested, possible items are: granola/energy bars, toothbrush/toothpaste, soap, combs, chapstick, hand sanitizer, stocking caps, gloves, socks, hard candies, small tissue packs. We will assemble the bags during the Sunday School hour on October 23.

Thank you to all who make Sunday School a priority for children! If you would like to help in any way with sharing in leading a rotation or helping with Sunday School, please contact the church office 632-6667.

Coming up: Children’s Christmas Program

Do you have interest or excitement for the Christmas season?? Planning will soon get underway for the children’s Christmas program. Contact the church office if you can assist with coordinating any part of the program. Thank you!



Advent Craft Sale Saturday, December 3 9:00 a.m. – 2:00 p.m.

In just two short months the Advent Craft Sale and Luncheon will be here. We trust you are making plans to attend!

As in past years, we welcome your donations of crafts, bake sale items, and assistance with the sale. There will be a delicious soup luncheon, musical entertainment and lots of treats and gift items to buy! This year’s sale will benefit youth programs at First Lutheran. Your support is greatly appreciated.

Confirmation Ministries

Parents: If you have not yet registered your children for confirmation and youth ministry activities, please do so now. Forms are available in the church office. Eleventh and Twelfth grade students must register in order to participate in youth activities.

Third Grade: Families should be completing Family Devotions on the Gospel of Mark. Families share the devotions together and then call the church office to schedule a home visit.

Fifth Grade: Class on Stewardship ended on Wednesday, September 28. Thank you to Nancy Ratzloff for leading the class, and to the fifth graders, their parents, and Denise Dempsey for helping to make the communion bread used in worship on Rally Sunday, September 18.

Seventh/Eighth Grade: Old Testament class with Pastor Jake continues through November 16.

Ninth/Tenth Grade: Looking ahead: Class sessions on the New Testament and Lutheran Identity begin Wednesday, January 4, 2017.

Eleventh Grade: Practice for Confirmation Sunday is Saturday, October 29, at 8:30 a.m. We will have a light breakfast. Eight youth will affirm their faith on Reformation Sunday, October 30, at 10:30 a.m. worship

Fellowship of Christian Athletes

Fields of Faith

Wednesday, October 12, 7:00 p.m.

At Flyer Field

All youth are invited to this interdenominational event at Flyer Field.

ONE DAY ONE MESSAGE ONE STAND



Confirmation Sunday

October 30, 2016, 10:30 a.m.

Congratulations to the following youth who will affirm their Christian faith and become adult disciples (members) of First Lutheran:

Sam Himley
Dakota Joslin
Leah Krupke
Adam Olson

Emily Orr
Emily Stoner
Jessica Storkamp
Cameron Sullivan

Please keep these young people in your prayers as they affirm their faith.



Family Hayride at Larsen's Farm

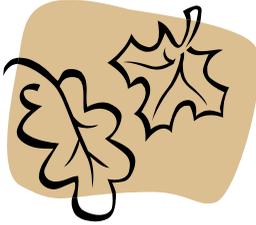
Sunday, October 9, 1:30-5:30 p.m.

Dress for the fall weather and bring the family and friends to enjoy God's creation. We'll carpool to Darrell and Arlene Larsen's farm near Bowlus for a hayride. All are welcome to this fun afternoon. Please call the church office for directions if you would like to meet at the farm. We'll be back at church around 5:30 p.m.

News of the Family



Lester Koopmann died on September 8. His funeral was September 12 at St. Peter Lutheran Church in Randall. May God grant peace and comfort to his family and friends.



Items for the **November NEWSLETTER** are due on **October 20, 2016!**

Daylight Savings Time Ends
Remember to set your clocks *back* one
hour on Saturday, November 5!



“A Christian is a perfectly free lord of all, subject to none. A Christian is a perfectly dutiful servant of all, subject to all.”

Martin Luther,
The Freedom of a Christian (1520)