FIRST LUTHERAN CHURCH

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Daily devotions: Monday through Saturday at 9:00 am on Facebook

Worship Schedule: Worship 9 a.m. Sunday, coffee hour 10 a.m.

Online worship airs at 9 a.m. Sundays on YouTube

WOW (Worship on Wednesday): 6:30 pm

PASTOR MIKE'S LETTER:

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds[±] to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home[±] and ate their food with glad and generous[±] hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved. Acts 2:42-47

I have always been fascinated by the actions of the early Christian church. I'm amazed at not only what they had to overcome, but also at how quickly it grew and was solidified as a recognized religion. As I have studied it from not only a theological lens, but also an historical one, it is clear to me that the answer to why the Christian church grew was because they understood what they stood FOR.

In our sermon series, "We are the Church" we briefly touched on the topic of what it is that we stand for as a Christian church. I mentioned that one of the challenges we face today, is that too often the Church is known for what it is against as opposed to what it is FOR! I believe that we are on the cusp of another generational revival and movement of the Holy Spirit, and I want to make sure that our church is an active participant and not a mere spectator in it! We need to understand what it is that we are not only about, but what are we FOR as a church.

Of all the institutions in the world, the church should be known for what it is for. For families, couples, singles, students, and children. For the young and the old. For conservatives and liberals. For those who have it all together and those whose lives are messier than messy. The church is for all people because God is for all people. The most famous verse in the Bible clearly states this: *"For God so loved the world that he gave his only Son."* - John 3:16.

I want to ask you to join me this month in devoting ourselves to praying on this topic of "What is FLC FOR?" Let us invite the Holy Spirit to help reveal to us the ways in which we can adjust and change things that get in the way of others seeing what our Church is FOR. Pray that God will inspire you and others to feel led to participate in the sharing of what we are FOR as a church. I look forward to hearing what you discover!

Pr. Mike

Pastor Becky's Letter:



Dear friends,

As I write this letter it is cold, rainy and snow is on the way. Hopefully when you read this we will be experiencing some warm breezes and lots of sun. This is my prayer. Lord in your mercy... Amen!

I want to get the word out: The FLC Care Ministry Team will be focusing on mental health during the month of May, with a special focus on May 7 between the services. Janell Hoffman has more details in her article in this Salt Shaker. We hope you can join us.

The FLC Care Ministry Team is also promoting "A Walk to Bethlehem by Christmas". Anyone want to join me? Keep reading this newsletter to find out how you can be involved. It will be a healthy and fun activity to do together.

Looking for a way to serve at FLC? A chairperson is needed for the Funeral Serving Team. If you would like to know what this position involves talk to Mary Zilka or myself. This important ministry of hospitality brings comfort to our grieving families.

Thank you, Janell Hoffman for organizing the Breakfast, Balance and Bible during Lent. It was a great way to begin Wednesday mornings. Thank you also to everyone who was involved.

Watch for more details coming soon about these events....

BFF Lunch ~ May 9 at 11:30AM at the Lynx Golf Course Club House Wine, Women and the Word at Babbitts Wine Bar ~ May 15 at 6:30PM April Prayer Lunch ~ May 25 at 11:30AM

May you experience God's beautiful creation now that SPRING is finally here.

Your sister in Christ,

Pastor Becky

MINISTER OF FAITH FORMATION'S LETTER

Hello First Lutheran Families! Can you all believe that it is already May? Better yet, can you



believe that we are less than a month away from our first mission trip?! I am excited to share with you that this summer First Lutheran will be sending 11 youth and 3 leaders to serve in Lake Traverse, SD and 10 youth and 4 leaders to serve in Arecibo, Puerto Rico. Both groups are made up of some amazing youth and adults who, I am confident, will make our community proud. During these weeks of service, our youth will

serve with local organizations already working in the communities, doing age-appropriate work projects like painting, and lawn care. We will also have the opportunity to work with children's programming. Both of these trips will provide our youth with opportunities to experience new cultures and gain new perspectives about them, instead of what they may have read on the internet. Their experiences will help them grow in their faith. As a former summer staff member at YouthWorks, I have personally seen the lives of youth and their adult leaders be changed by the experiences that they have while serving on mission trips. As their youth minister, I feel that it is my obligation to pray for them constantly, and I will continue to do so during their weeks of service in Lake Traverse and Puerto Rico. I would like to personally thank you all so much for supporting our youth attending these two trips. You are invited to consider being a Prayer Partner for one of our youth mission trip participants this summer. As a Prayer Partner you will be given the name of a student attending a mission trip, invited to pray for the student and be asked to write a letter of encouragement to your student. This letter will be given to each youth while they are on the mission trip. If you are interested in being a Prayer Partner, please contact me through email at flcyouth@arvig.net or by calling or texting me at 320.527.9019. No later than May 15, please!

Once again, thank you and may God send you and your family many wonderful blessings! In Christ,



FAITH COMMUNITY NURSE'S LETTER:

Romans 15:13 tells us, "May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."

That all sounds so very simple. All fine and good if you do not suffer from depression, anxiety, addiction or trauma. The author of this letter to the Romans is Paul, who certainly knew of pain and suffering. Mental distress and illness are so very painful. They

can block our sight of HOPE, regardless of our love for & faith in Jesus Christ. Yet we must cling to that HOPE we have in our Lord as we continually strive for a mentally healthy state.

May is Mental Health Awareness month. Please join the Care Ministry Team on Sunday, May 7 at 9:45 am as Erin Bjork, RN, CNP presents guidance on Mental Health, Mental Illnesses and resources available. We HOPE to see you there.

Mental Health resources will also be posted on the Care Ministry page of FLC's website.

By the Grace of God,

Janell Hoffman, RN

Faith Community Nurse (FCN)

Journey to Bethlehem

Please join First Lutheran Staff as we collectively 'Journey to Bethlehem'. On this journey we will travel through countryside, into cities, and over ocean waters. Our journey will begin Wednesday, May 24. Our destination: Bethlehem by Christmas. While our travels will be imaginary, there will be an effort. Travel will be by foot - walk or run; on wheels - rollerblade, skateboard or bicycle; in water - by swimming, kayaking, or canoeing. We will track our miles as the days, weeks and months go by. You get the picture ... all in an effort to be active together.

From Sauk Centre to Bethlehem, by way of Reykjavik and Europe. Nearly 7,800 miles. Can we make it? Will there be enough of us? Do we have the stamina? YES INDEED!! By the Grace of God and with the support of, and faith in, each other. Please take up this challenging invitation for your own wellbeing and for the joy of walking together within the faith of God our Savior.

As First Lutheran Staff, we have made the commitment to be beside you along the way. We will guide you, encourage you and journey with you. Sign up on the form on p. 6, detach and drop it in the "Journey to Bethlehem" marked box at church, or email to church at **flccare@arvig.net**. Once you are registered, you will receive further instruction for the journey. The journey begins on May 24. (reg. form next page)

Journey to Bethlehem by Christmas May 24-December 24, 2023

NAME
TELEPHONE
EMAIL best way to communicate: emailtext
Mode of travel: check all that apply walk runbikeskateboardrollerbladeswimother
My goal for miles each week
essage to enlighten us on our way: 1 John 1:7 "but if we walk in the light, as he

A message to enlighten us on our way: 1 John 1:7 "...but if we walk in the light, as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin."



First Lutheran Church quilting group gave 30 beautiful quilts to the Tri-County Community Action Partnership, or TCCAP. They are affiliated with Headstart in Todd, Crow Wing and Morrison counties. Pictured are Pat Super, Lety Ambriz of TCCAP, and Janell Hoffman, FLC Faith Community Nurse. Pat and Janell are quilters with our quilting group. The quilts will help those who are cold, homeless, or in need of warmth and assistance. Thank you to all of the people who work together in our Quilting Ministry. You are helping to encourage others with your loving service.



Meet Our Members – Bette Richters

I was born in Cumberland, WI and my family moved to Minneota, MN before I started school. I grew up with two sisters and one brother. Our family attended Hope Lutheran Church where I was confirmed and sang in the church choir. I graduated from Minneota High School and then went off to Mankato State College and graduated with an elementary teaching degree.

My first teaching position was in Luverne, MN and I attended Grace Lutheran Church and sang in the church choir. I met my future husband, Larry, at the bowling

alley. After three years in Luverne, Larry and I were married in 1970 and moved to Sauk Centre and joined First Lutheran Church. I taught in the primary grades at the Sauk Centre Public School for 29 years. Larry and I were not blessed with any children but have many nieces and nephews and great nieces and nephews to love. I have been on some committees at First Lutheran. My favorite activity is singing in the church choir. I was head of the telephone prayer chain and nursing home bingo for many years and worked at funerals, in the church library, and put the Salt Shaker together for mailing. I have been delivering Meals on Wheels for the community since retirement in 1999 and Larry joined me when he retired.

In my spare time I enjoy making pop up greeting cards, reading, knitting, swimming and exercising. Larry and I bought e-bikes this past fall so hope to get out on the bike trails as soon as the snow melts.

A favorite bible verse is Proverbs 3:5 "Trust in the Lord with all thine heart; and lean not unto thy own understandings" and love the hymns "O Holy Night", "Seek Ye First" and "You are Mine".

Meet Our Members – Larry Richters

I have been a member of First Lutheran Church since 1970. I was born and raised on a farm south of Luverne, MN. Any bad habits I might have I blame on two older brothers. I was baptized and confirmed at Immanuel Lutheran Church in Rock Rapids, Iowa.

In 1967 I met Bette at the bowling lanes in Luverne and we were later married in 1970. In 1968 I came to Sauk Centre where I purchased the bowling alley. I ran Par-a-dice Lanes until 1971 when it burned down. Then I did construction work while taking a correspondence course in electronics. In 1976 I went to work at a TV shop in Osakis which I later purchased in 1978. While in Osakis I joined the Lions Club of which I was a member for 39 years. I retired in 2017.

I enjoy golfing in the summer and bowling in the winter. I have been known to volunteer in the church and do minor repair things that Pastor Becky needs help with. A favorite bible verse is Mark 11:24 "Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours" and a favorite hymn is "Give Me Jesus".



We post our worship each week on Sunday at 9 am on our Facebook page, and we also have set up our own YouTube channel. If you go to YouTube you can type in

First Lutheran Church ELCA Sauk Centre and it will bring you to our channel. In addition to Sunday worship, we are also doing daily devotions on Facebook at 9 am Monday thru Saturday. Join us from the comfort of your home and experience church in this exciting way!



Most people are more familiar with what the church is 'against', rather than what the church is "for." We could make a laundry list of all the things the church has been against throughout history: smoking, dancing, drinking, gambling...(having fun). Which is ironic, because Jesus' message in the Bible – over and over again - was all about who God was *for*! The Bible is clear: Jesus was *for* peace, *for* inviting and loving your neighbors, *for* the

poor, for the lost, for community, for children, for sharing, for not fearing, for inclusion, for thankfulness, peace, hope and joy! ...and Jesus was for YOU!

May 7: "FOR unspiritual things." May 14: "FOR taking risks" May 21: "FOR gray" May 28: "FOR you." ***Note the change to Summer Schedule, worship at 9 am.**



Pericope Bible Study will be meeting on Wednesdays at 10 am in the library. Come and join us for coffee and good conversations around the scripture texts for the coming week.

Wanted: People with talent and desire to lead Worship!

We want to make it easy for people to be part of the Modern Worship Team, so we are planning on practicing on Sunday Mornings in between services. This means we are only looking for you to commit one day a week to this team! We will focus on the music we already have in our two Song Books, so there will not be a lot of new songs to learn at the start. If you play guitar, piano, percussion, or just want to lead with your singing, we NEED YOU! Speak with or message Pastor

Mike with your interest.



Remodeling Project Update

We are getting a feel for how worship will be like in our renovated sanctuary as we gather in the CLC. Now is the time that we begin setting up the finished spaces. Our Council-appointed Design Team is tasked with leading the process. They have been meeting, discussing, and touring other churches to get a good sense of what we need here at FLC and how we will proceed with the reclaiming of space. I want to

encourage you to take the time to thank this group for the work they have done and will be doing to help make our space feel fresh and welcoming to all!



FLC Men's Ministry in May

Join us either Saturday morning, May 13th at 7 am for Bible-n-Breakfast at FLC, or Tuesday, May 16th at 7 pm for Bible-n-Beverage at The Next Door Bar. Our study this month is called, "Compassion or Mercy" This study guide examines the idea of having "compassion" for others compared to having "mercy" for others. As we more fully understand mercy, we learn that true mercy is a gift from God—an everlasting gift we cannot earn on our own.



FLC Night at the Ball Game June 22nd

Join us as we enjoy a night of Northwoods League Baseball in Alexandria. We have 40 tickets for the game between Willmar and St. Cloud. Cost is \$16 a ticket which includes Grandstand seating and UNLIMITED FOOD AND DRINK! Sign-up on the Welcome Desk to reserve your spot!



Quilting news: John Drevlow delivered 40 quilts to Lutheran World Relief in the Twin Cities. Thank you, John! FLC will also donate quilts to the Joe Messer benefit. Thank you to all of the quilters who give of their time and talents to help people here and all around the world!

IN SUNDAY SCHOOL THIS MONTH ...

May 7th will be our last day of Sunday School before Summer break. We want to thank all of the students for another wonderful year. We look forward to seeing everyone this summer at Vacation Bible School and again next year for Sunday School. Registration Forms for 2023-2024 Sunday School will be handed out at Sunday School and available in the church office. We are looking for volunteers for both Vacation Bible School and Sunday School. Volunteer spots include group leaders, snack helpers, craft helpers, teachers, teacher aides, and more. If you are interested, please reach out to Parish Ed (<u>scflcsundayschool@gmail.com</u>) or grab a



volunteer form from the Parish Ed office.

SAVE THE DATE: VACATION BIBLE SCHOOL SUNDAY, JULY 30-TUESDAY, AUGUST 1

Registration forms will be handed out in Sunday School, as well as

posted on Facebook! We will also be looking for Adult and/or Middle/High School student volunteers to help make this event a success, watch for information and please reach out to Parish Ed if you are interested in helping.

IMPORTANT NEWS: SUMMER BIBLE CAMP SCHOLARSHIPS ARE AVAILABLE TO COVER $\frac{1}{2}$ OF THE REGISTRATION FEE AMOUNT!



F THE REGISTRATION FEE AMOUNT! First Lutheran's Spring Rummage Sale and Lunch - May 17, 18 & 19

May 12, 13 and 15: Donations accepted from 7:30 am-7 pm. Volunteers needed to organize and place rummage

items in designated areas. Clean, gently used items only, please!

Tuesday, May 16: This is an organizational day, all volunteers are welcome. (8am to)

Wednesday and Thursday, May 17-18: The sale will take place 8 am -7 pm. Cashiers and baggers needed, morning and afternoon. Several people needed to assist customers and organize items. Coffee and rolls are a side benefit!

Friday, May 19 (1/2 day): Cashiers and baggers needed from 8-11 am. At that time, the sale ends but help is still needed! Leftovers are donated to various charities, so they need to be boxed and loaded.

Please consider helping! This sale is a great fundraiser, with donations going both within and outside of First Lutheran. Your time will be greatly appreciated! Sign up at the Gathering Space desk to help.

Don't forget to attend the <u>Rummage Sale Lunch</u>! Rolls and coffee begin at 9 a.m. Brats, kraut, sloppy joes, potato salad, egg salad, relishes and dessert served from 11-1 pm. Everyone is encouraged to donate baked goods to the Bake Sale. A signup sheet will be on the Welcome Desk in the gathering space, or contact Jeanette Anderson at 320-761-1273.

*We will accept holiday decorations this year.

*No large furniture, microwaves, computers, exercise equipment or large appliances will be accepted.

*To volunteer: contact the church office (352-3623), call Janell Hoffman (320-291-6875) or sign up with a co-chair between services on April 30, May 7 or May 14.

*Rummage Sale Committee (Kim Olson, Loni Kohorst, Laurel Oberg, Carol Prijatel, Janell Hoffman) wishes to acknowledge Thrivent for their Action Team grant.



Graduating Seniors – If you're attending a Lutheran college, ask for a scholarship form in the FLC office.

May 2023 – Tribe of Daniel

Z	
Bob Bjork	320-351-2513
Marge Carlson	320-352-3221
Doug/Doreen Evans	320-293-2968
Keyandra/Brent Harren	320-429-4404
Ernie/Shelly Hedglin	320-293-6088
Loni Kohorst	320-766-0971
Renee Lasch	612-210-5598
Becky Neal	320-267-6556
Micah/Laura Neal	320-260-2455
Larry/Wendy Okerlund	320-352-6033
Scott/Melissa Redepennin	g 320-295-8768
Travis/Terri Ritter	763-607-1324
Scott/Trista Schmiesing	320-291-9499
Ryan/Denise Sorenson	320-248-9168
Ryan/Emily West	320-267-0534
Don/Judy Wiegers	612-964-9360

June 2023 ~ Gad Tribe

Bass, Rick/Jodi	320-267-2395
Grove, Rod/Barb	320-352-6112
Hegg, Bruce/Jackie	320-352-6451
Hegg, Wayne/Aimee	320-493-6250
Heideman, George	763-843-6720
Juelke, Jami	320-352-5163
Korhonen, Tyler/Kelly	320-732-4318
Kottke, Richard/Sandi	320-256-7579
Pryor, Vonda	651-245-6253
Rieland, Dean/Carol	320-491-7448
Rindahl, Bruce/Dianne	320-352-6161
Rodenbiker, Jeanne/Brett	320-352-0273
Sillerud, Dave/Deb	320-352-2364
Spranger, Roger	320-352-2122
Stadsvold, Ryan/Meghan	320-491-2157
Suelflow, Dennis/Kate	320-429-0333
Thomas, Pastor Becky/Jim	320-333-6764
Weber, Jessica	320-293-2453
Zilka, Jim/Mary	320-270-3346

Easter Flower Donations						
<u>Given by:</u> Dianna Nelson Joyce Alverson	In honor/memory of: H. Steven Nelson and parents Gil and daughter Laura					
Shirley Sukke Bette & Larry Richter Peter Nelson, Jamila Drevlow,	LeRoy Sukke Parents and brothers					
and Ryan Nelson and families Karen Achter Donna Hensel Sarah Coltvet & Alex Arnold Duane & Denise Waletzko Annella Peterson	H. Steven Nelson Christine Fiero (daughter) Jean Huisman (sister) Jonathan S. Coltvet our fathers Arden Peterson					



May Birthdays

May 1 Kyle Sayovitz Jared Mikkelson May 3 Kate Suelflow Dave Rodahl

Macoy Thiesen May 4 Diane Kelly

- May 5 Dawn Bass Pr. Mike Carlson Owen Kampa
- May 7 Doug Johnson Ginene Theisen
- May 8 Chuck Noll May 9 Seth Noll
 - Jim Sayovitz David Theisen
- May 10 Aaron Duncan Megan Kampa
- May 11 Boots Juelke Dan Knutson
- May 13 Logan Hinnenkamp Nolan Schmiesing Lola Hellermann
- May 14 Tracy Ekola
- May 15 Rick Fischer Hesston Christians Audra Reiffenberger
- May 16 Jim Thomas
- May 17 Keith Johnson Jackie Hegg Hadley Paulson
- May 19 Wilder Kuhlmann
- May 21 Michael Olson Zoey Anderson Jax Guggisberg Jatelyn Pauls Dennis Rykken
- May 22 Terry Schaeffer Maesyn Thiesen Wesley Anderson

- May 23 Dean Jensen Larry Okerlund Grant Struss
- May 24 Hailey Thompson
- May 26 Alicia Evans Courtney Heinze
- May 27 Larry Richters Rick Bass
- May 28 Vonda Pryor
- May 29 Andrew Wilwerding
- May 30 Harper Anderson
- May 31 Maebel Bass Henry Krippner



May Anniversaries

May 19 Jason & Koni Messer May 20 Dean & Carol Rieland May 21 Lindberg & Tracy Ekola May 23 Tim & Bev Soule May 27 Wayne & JoAnn Thorson

May 2023	1	2 10:15 Nursing home worship Girl Scouts	3 10 Pericope 6:30 Worship on Wed. (WOW) 7:15 Choir, SLA	4 5 Chair movement 6:30 Yoga	5	6 8-1 Stamp Camp
7 Last Day of Sunday School 8:30/10:30 Worship, 9 am online 9:30 Coffee, Sunday School Gad Tribe meets, Care Ministry Presentation -Mental Health 6:30 FORWARD Youth Group	8	9 11:30 BFF lunch	10 10 Pericope 6:30 WOW 7:15 SLA, Choir	11 5 Chair mvmt 6:30 Yoga	12 Drop offRummageitems from7:30 a.m. to7 pm	13 7 am Men's Bible and Breakfast CLC Drop off Rummage 7:30 am to 7 pm
14 MOTHERS' DAY 8:30/10:30 Worship 9 am Worship online 9:30 Coffee 11:30 Church Council	15 Drop off rummage from 7:30 am to 7 pm 6:30 pm Wine, Women and the Word	16 7 pm Men's Bible and Beverage @ Next Door Girls Scouts	 17 Rummage Sale 8 am-7 pm Communion at Cong. Living Sites. No Pericope 6:30 WOW 7:15 Choir 	 18 Rummage Sale 8 am-7 pm 5 Chair mvmt. 6:30 Yoga 	19 Rummage Sale 8-11 am	20 11 Kathryn Schatz's Baby Shower
 21 8:30/10:30 Worship 9 am Worship online 9:30 Coffee 2-5 Mary Gilyard's 100th birthday 6:30 FORWARD Youth Group 	22 7 pm Book Club	23 9:30 Women's Circle Bible Study	24 Journey to Bethlehem begins today! (See article p. 5) 10 am Pericope 6:30 pm WOW	25 11:30 Prayer Lunch 5:00 Chair mvmt 6:30 Yoga	26	27 Big Sauk Lake Assn. Breakfast – Fell. Hall
28 9 Worship 9 am Worship online 9:30 Coffee	29 MEMORIAL DAY Church office closed	30 Girls Scouts	31 10 Pericope 6:30 WOW			*

2023	May 7	May 14	May 21	Memorial weekend May 28 – 9 am worship
Acolytes for Sunday and Wednesday	8:30 Keegan Christians & Gabbie Volkmann* 10:30 Lizzy Beissel & Carly Gruenes 6:30 Wed. 5/10-Will Messer	8:30 Livja & Lauren Sebek 10:30 Megan Broich & Mia Harren* Wed. 5/17 6:30 Jackson Messer	8:30 William Redepenning & Nadia Stadsvold 10:30 Jenna Messer & Jenna Riley* Wed. 6:30 5/24 Carly Gruenes	9:00 Drake Bass* & Gabrial Ritter Wed. 6:30 5/31 Aiden Wolbeck *bring 2-3 dozen treats for coffee
Communion Assistants	8:30 10:30 Redepennings	8:30 10:30	8:30 Melissa Redepenning 10:30	9:00 Laura Neal
Communion Set-up	Wendy Okerlund Loni Kohorst		Jeanette Anderson	Wendy Okerlund Loni Kohorst
Greeters	8:30 Harren family 10:30 West family	8:30 Renee Lasch 10:30 Renee Lasch	8:30 Melissa Redepenning 10:30 West family	9:00 Judy Wiegers
Ushers	8:30 Otto and Laura Neal 10:30 Redepennings	8:30 10:30	8:30 Scott & Anessa Redepenning 10:30	9:00
Readers	8:30 Harren family 10:30 Emily West	8:30 10:30	8:30 Redepenning 10:30 Emily West	9:00 Harren family
Coffee Fellowship	Renee Lasch			Harren family