Come & Hear the Dubois Cantata During Holy Week!

It has been a tradition at First Lutheran for the Cathedral Choir to sing "The Seven Last Words of Christ" cantata by Theodore Dubois during Holy Week. This year the cantata will be presented on Wednesday, March 27 at 7:00 p.m. in the sanctuary.

An orchestra of nearly 30 members will provide the accompaniment. **There will be three vocal soloists from local area colleges.** David Ferreira will be the conductor and the Cathedral Choir will sing the choral parts. A free-will offering will be received following the performance to help defray expenses. Please come and share in this First Lutheran Church tradition during Holy Week, and bring a friend along with you!

Come & Sing the Cantata with the Cathedral Choir!

Come and sing with the Cathedral Choir during the Lenten season as preparations are made to sing The Seven Last Words of Christ by Theodore Dubois. **Rehearsals are right after the Wednesday Lenten services in the Choir Room** (located below the Celebration Hall). Rehearsal will last between 20-30 minutes. You are free to leave after that OR you may wish to stay and sing with the choir as it prepares Sunday morning anthems. Come & sing and enjoy the fellowship! The cantata is a powerful piece of music and is not difficult to sing.

Palm Sunday Comes Early

Palm Sunday typically stands as the entrance into Holy Week. However, this year it will come a little earlier for us at First Lutheran. Our teaching and preaching from Christmas to Easter has followed the sixteen chapters of Jesus: The Greatest Story. We will celebrate **Palm Sunday on March 10 as we continue to follow the chronology of the Jesus Story.** So come! Come early as we sing, celebrate and wave palm branches as we recount Jesus entering into Jerusalem for that final week. The following themes and scripture serves as our map as we make our way towards Easter Sunday.

- **March 10** - Palm Sunday (Mark 11:1-19)
- **March 17** - Broken For You (Mark 14:12-25)
- **March 24** - Crucify Him! (Mark 15:16-47)
- **March 31** - Easter (Luke 24:1-12)
Let Your Life Speak

by Pastor Marty Tollefson

What am I supposed to do with my life? Where is God calling me? Who am I meant to be? These are deep and wonderful questions that seemingly follow us throughout life. Parker Palmer, in his wonderful little book about vocation, cautions us that “before we tell our life what we intend to do with it, we are to listen for what it intended to do with us.” Looking back, what has your life told you? Looking ahead, how is your life leading you? What is God doing in your life? What does God want to do with your life?

Join Rollie Johnson and me along a four-week journey as we explore these important questions of our life. We will be thinking and reflecting upon the role of discernment, the practice of prayer, and we will take a journey alongside Parker Palmer as we seek to let our lives speak. In addition to this four-week journey, we will also be offering a three-day silent retreat for those who would like to spend time in silence and solitude. This opportunity is not a “getting away from it all”, but perhaps, a getting back to it all.

We will be meeting Tuesday evenings (Mar. 5, 12, 19, 26) at 6:30 p.m. in the Adult Education Room or Wednesday evenings (Mar. 6, 13, 20, 27) at 6:00 p.m. in the Adult Education Room. Books will be available at the first gathering. The capstone retreat will be April 8-10. Please, see the details in the article below. We really hope that you will join us for this important time!

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Three-Day Silent Retreat - Six Spots Left!!!
April 8-10 - Cost: $180

Pacem in Terris (Peace on Earth) is a Franciscan Center of Spirituality called to serve God’s people through prayer and by providing the opportunity to retreat into the silence and solitude of a simple hermitage environment. It is located 30 minutes north of the Twin Cities near St. Francis.

This experience is for the person wishing to take their faith journey deeper by spending a deliberate and purposeful time alone in silence and solitude with God. It is a time of rest, prayer, contemplation, journaling, waking and being available in the presence of your Creator. It is a beautiful time away from cell phones, television, computers and other modern distractions. It is time spent simply and solely alone with God. We will carpool together to the center as fellow pilgrims, then spend our 48 hours alone. This is open to all men and women. First come, first served for 12 people who return a $100 deposit. Contact Rollie Johnson at 235-7389 with questions or to sign up.
Lenten Fundraiser - Can We Dig It? Yes, We Can!

Water is a basic necessity of life. Helping a community construct and maintain a water well opens a world of opportunity. With each working well as many as 500 families gain access to clean, safe drinking water. People no longer thirst. They are healthier and stronger. Sanitation improves and best of all, women and children who used to spend several hours each day fetching water can reallocate their time to school, work and family. So this Lent, let’s pool our resources together, dig deep into our pockets and build three wells for people who need them.

Our Goal: $7,500 To Dig Three Wells

Consider this:

- Combined, unclean water and poor sanitation are the world’s second largest killer of children.
- Water-related illnesses result in a loss of 272 million days of school attendance for children, mostly in sub-Saharan Africa and south Asia.
- Millions of women spend several hours a day collecting water.
- Close to half of all people in developing countries are suffering at any given time from a health problem caused by dirty water or unsanitary conditions.

Take advantage of these opportunities to “POOL” our resources and raise money for wells in Central African Republic.

- Noisy offerings: Drop your money in the “watering can” as you leave worship.
- Water Bottles: The youth will be selling water bottles in the Gathering Place. The bottles cost $5 each and proceeds benefit the Lenten fundraiser. Inside each bottle are tips from the Health Ministry Committee on the essentials of water for healthy living. The aluminum 22 oz. water bottles with carabiners have FLC’s logo and the theme verse imprinted on them. These can be purchased in the church office.
- Coin Folders: These are available in the Gathering Place or at the front desk. Take them home and fill them with quarters; one for each day. One coin folder equals $10.
- Worship Offering: Drop your offering in the offering plate and designate it for “Well Fundraiser.”
- Drop your money in the well: You can throw your money in the well in the Gathering Place. Make a wish for clean water as you do!

Lenten Coin Folder
You are invited to pick up a Lenten Coin Folder and help provide funds for the three wells. Coin folders are available in the church office, the Information Booth, and the Resource Counter.
first in Mission

We will hear on Easter Sunday those memorable words from the empty tomb, "He is not here. He has risen." The disciples began to run towards the dawning of a whole new world. The early church was shaped and formed by the disciples’ active engagement with God’s world. Interestingly, the early church finds and lives into their Christian identity by engaging in mission. **Mission is not what the church does but who the church is.** Mission is part of our DNA. Jesus says, “You will be my witnesses!” Because really, how can we not?

First Lutheran will seek to be the hands and feet of Jesus in our community during the week of **April 29 - May 5.** The purpose of this week is threefold:

1. It is a visible way of getting the church into the community.
2. It is an opportunity to be the hands and feet of Jesus as we work God’s love locally.
3. It raises awareness that each one plays an integral part of God’s mission.

We want, during the last week of April, to canvass the F-M community and to BE the church at work! “You will be my witnesses.” Jesus says. **Because really, how can we not?**

You will hear more details about **First in Mission** in April. If you would like to help in planning for this adventure, please contact Stiney at stietz@flcfargo.org or Pastor Marty at mtollefson@flcfargo.org for more information.

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**Local and Global Missions**

**Minnesota Food Share**

**Be the Hero. Fight Hunger.**

Throughout the year, Minnesota FoodShare collects donations for the “Food Fund” and distributes money to food shelves statewide based on the food shelf’s March Campaign participation results. This is a great incentive and the more we donate to the Emergency Food Pantry, the bigger the share of the Food Fund they receive.

So please help support the Emergency Food Pantry during the month of March.

**Be the Hero. Fight Hunger.**

**Casa Gabriel - Quito**

In January you read about Casa Gabriel - a training ministry for Quito street kids. This organization has been chosen to receive this month’s mission support. You’ll find an envelope inserted in the weekly bulletin on March 17. Please find it in your heart to donate to this worthy cause.
Luther Crest Bible Camp

This summer, First Lutheran Church is providing the opportunity for children who have completed Grades 1-9 to go to Luther Crest Bible Camp in Alexandria, Minn. This is an awesome opportunity for kids to have fun, meet new friends and learn about God. Kids can invite their friends, so reserve your spot quickly so that they don’t miss out on any of the fun!

First Lutheran will provide the transportation and a FLC staff member will attend with the children. **Plus, FLC kids get a 50% discount!** Get an Early Bird Discount of $25 off if you register before March 25.

**Grades 1-3 Day Camp** - June 20 (Bus leaves FLC at 8:00 a.m. and returns at 5:00 p.m.)

Not quite ready for a week at camp? This one-day camp will give kids a taste of camp as they sing songs, play games, have crazy worships, learn about Jesus through Bible studies and fun crafts.

Cost includes lunch, t-shirt and snack. Cost: $15 each (Non-FLC kids: $30)

**Grades 3-5 Leapers Camp** - July 14-19

(Bus leaves FLC 7/14 at 1:30 p.m. & returns 7/19 at 3:00 p.m.)

Enjoy meaningful worship, active Bible talks, crazy games, arts and crafts, fun at the beach and the low-ropes course. Go to www.flcfargo.org and click on Summer camps to get a packing list.

Cost: $175 each or $150 before March 25 (Non-FLC kids: $350 each)

**Grades 6-9 Witnesses Camp** - July 14-19

(Bus leaves FLC 7/14 at 1:30 & returns 7/19 at 3:00 p.m.)

Spend a week with wacky, faith-filled counselors. Take part in amazing campfires, active Bible talks, arts and crafts and fun at the beach. Plus you’ll have fun on the ropes course. Go to www.flcfargo.org and click on Summer camps to get a packing list.

Cost: $175 each or $150 before March 25 (Non-FLC kids: $350 each)

Contact Shelly at 235-7389, ext. 139 or serickson@flcfargo.org with any questions. More information is on our website at www.flcfargo.org. **Camperships are available.**

"Do This In Remembrance of Me"

On Thursday, March 28, 5th graders will celebrate their First Communion during the Maundy Thursday evening worship service. In order for the children to be prepared to receive this Sacrament, we have planned for their Communion instruction on **Saturday, March 23, 9:00 - 11:30 a.m.** Please pray for our 5th graders and their families as they prepare to celebrate the Lord’s Supper for the first time.
Discipleship 101

With a few words, "Come, follow me," Jesus called men and women to live life differently. Over the course of Jesus’ public ministry, these disciples were shaped and formed in a particular way. While their call came suddenly, the call to a life of discipleship is always continuous.

On Sunday, March 10, we will welcome new people into our community of faith at First Lutheran Church. Please note that we will be using language of disciple rather than language of new member. This is intentional. Language of discipleship underscores that following Jesus is life-long, it is active engagement, and it is a life that is being shaped and formed within the Christian community. Here, we are not members of an institution, but rather, we are disciples fully engaged and part of God’s mission that is directed towards the world.

On Sunday, March 3, from 4:00 - 7:00 p.m., we gather these folks for an orientation of what discipleship looks like within the community of First Lutheran. If you would like to be a new disciple within the First Lutheran community, please contact Shirley in the church office at 235-7389 or stietz@flcfargo.org. We look forward to welcoming you to our faith community!

Family Board Game Night
Friday, March 15
7:00 p.m., Fellowship Hall

How often do we get a chance to sit around and play board games, yet it is always so much fun?! Here is your chance. Bring your favorite board games, some friends and snacks to share. Sorry, no nursery is available, but everyone is welcome!

FLCW General Meeting Program
March 7 at 1:30 p.m. Fellowship Hall

Rob Swiers, from the New Life Center, will be the featured speaker this month. Special music will be provided by the Doves of Peace from Peace Lutheran Church.

If you are able, please consider donating a can of coffee and/or cleaning supplies to the New Life Center on this day.

Zumba Fitness
Mondays and Wednesdays, 5:00 p.m.
$5/session in the gym

We begin with a short scripture devotion and then move into a fantastic, fast-moving, energetic exercise! Zumba Fitness combines traditional Latin dance styles with traditional fitness moves to create a fun-filled and calorie burning aerobic workout! No experience is necessary. Open to men and women of all ages! Join the fun!

Reel Faith

Sunday, March 17
4:00 p.m. in the BibleMax Theatre

Concessions will be available that include popcorn, candy and beverages.

If you have a young family, please note that our nursery will be available only with an RSVP to Julie at 701-540-3388.

So come! Bring your friends and family to a wonderful afternoon watching a great movie at First Lutheran Church!

Rogue Saints is a movie about when childhood friends Nick and Dylan run out of money, they remember the story of a huge diamond buried under a church and plot to dig it up. To disguise their efforts, they volunteer for work at the church, but something about the church and its people begin to affect them. The roller coaster of drama, comedy, adventure and romance that ensues leads them to the discovery of a whole different kind of treasure. Rogue Saints is a Christian film your whole family is sure to enjoy.
SPECIAL EVENTS
“Let Your Life Speak” Study
Tuesdays, Mar. 5, 12, 19, 26
Wednesdays, Mar. 6, 13, 20, 27
Adult Education Room

Friday Lenten Dinners (Mar 8 - 22)
Noon, Celebration Hall - Cost: $7
Soup and sandwich luncheons with a speaker
presenting a faith-based story.

Discipleship 101 (new member class)
Sunday, March 3
4:00 p.m. in Adult Education Room
Reception of new members
Sunday, March 10

Seven Last Words of Christ Cantata
Wednesday, March 27
7:00 p.m., Sanctuary

Good Friday Seven Last Words Series of
Seven Worship Services
Friday, March 29
Noon - 3:00 p.m., Sanctuary

Tenebrae Service
Good Friday, March 29
7:00 p.m., Celebration Hall

WOMEN’S MINISTRY
Quilters
Mondays, 9:00 a.m.,
Fellowship Hall
This group of ladies meets every Monday
and sews quilts for Lutheran World Relief
and some local missions.
Dorothy Nelson, 232-8493

Learn to Knit and Crochet
Tuesdays, 1:30 p.m.,
Gathering Place
Learn to knit or crochet. All levels
welcome. Come to learn or just enjoy the
fellowship while working on your own
project.
Eleanor Rensvold, 218-287-3966

BSF Bible Study
Wednesdays, 9:10 a.m.
Oline Kane, 367-4926

Circle Meetings
FLC has five circles that meet each month.
Eleanor Rensvold, 218-287-3966

MEN’S MINISTRY
Men’s Breakfast Bible Study
Tuesdays at 6:45 a.m.
Adult Education Room
Join the men for breakfast and Bible study.
Pr. Marty at mtollefson@flcfargo.org

Helping Hands
Thursday, 8:30 a.m. Celebration Hall
This group of men start out with breakfast
and then tackle different jobs or projects that need
to be done throughout the church. Dalen
Nettum, 235-7389

SUPPORT & RESOURCES
Prayer Partners
Mondays, 9:00 a.m. Heritage Room
Pr. Jim Halberg, 701-235-7389

SENIOR MINISTRY
Wednesday Fellowship
Wednesdays, 1:30 p.m., chapel
This group starts with a devotion and hymns
led by one of the pastors.
 Afterwards they move to the Celebration Hall
for refreshments, provided by different sets of
four people from the congregation each week.

First Club
3rd Thursday, 2:30 p.m.
Fellowship Hall
This group of seniors meets in the afternoon
on the 3rd Thursday of each month for
fellowship, dessert and a short program.

CHILDREN/FAMILY
Baptism Training Session
First Sunday of each month
10:00 a.m. in the chapel
Required to have child baptized at FLC
Becki Tollefson, btollefson@flcfargo.org or
235-7389

MOPS
Tuesdays, 1st & 3rd of each month
9:00 - 11:00 a.m.
Moms of children ages birth -
5 years old meet for food, fun and fellowship.
Anne Rydell, 388-6650

FLY - First Lutheran Youth
Grades 9-12
Hang out every other Monday from 7:00 -
8:30 p.m. in the Youth Area
Graham Sibley, gsibley@flcfargo.org

Board Game Night
Friday, March 15
7:00 p.m. in Fellowship Hall

Reel Faith - Sunday, March 17
Movies shown once per month on
Sundays, 4:00 p.m. BibleMax Theatre.
March’s movie is Rogue Saints.

Christian Education
FaithTalk - 3 years - Grade 4
Sundays, 10:05 a.m.
Wednesday evenings, 6:00 p.m.
CrossTalk - Grades 5-6
Wednesday evenings, 6:00 p.m.
LifeTalk - Grades 7-9
Wednesday evenings, 6:00 p.m.

MUSIC
Wednesday Organ Recital
12:45 p.m. Sanctuary
Michael Olson, 235-7389

Children’s Choir
Wednesdays at 5:30 p.m.
Celebration Station
Kathy Ferreira, ferreiraadc@mac.com

Vocal & Instrumental Groups
Lend your musical talents to our worship
teams or instrumental groups by participating
in one of our adult choirs, Heavenly Bells or
Chamber Orchestra.
Michael Olson, molson@flcfargo.org or
Rollie Johnson, rjohnson@flcfargo.org.

HEALTH/FITNESS
Prayer Shavel Ministry
2:30 p.m. on 4th Thursday
Women gather who are crocheting or knitting
prayer shawls that are given to members in
need of a special touch of love.
Ruth Hanson, 235-7389

Fibromyalgia Support Group Meeting
3rd Sunday 3:00 p.m. Fireside Library
Sue Pedersen, 701-235-9359

Zumba Classes
Mondays & Wednesdays
5:00 - 6:00 p.m.
$5/session in the gym
All ages, men and women, welcome
Rollie Johnson, rjohnson@flcfargo.org or
235-7389

Tae Kwon Do
Tuesday and Thursdays
$55/month
6:00 - 7:00 p.m. in the gym
Accepting ages 5 years and older
Keith, 701-369-0440

MISSION/OUTREACH
Mission Soup Sunday
March 17, 10:30 a.m.
Fellowship Hall
Free-will offering, supports FLC missions
Daylight Saving Time
March 10

Spring ahead!
Set your clock one hour ahead.

Lenten Lunches

Each Friday in Lent we will gather at noon in the Celebration Hall for some wonderful food, fellowship and a faith story that will nourish our spirit. Soup and sandwiches will be served at a cost of $7.

Below is the list of speakers:

Mar. 8 - Tom Schlotterback, Director of Vocation and Church Leadership, Concordia College


Mar. 22 - Rollie Johnson and Rory Eidsness, former Fargo Fire Captain overcoming adversity.