COME THIRSTY

IF ANYONE IS THIRSTY
LET HIM COME TO ME AND DRINK.

LENT 2013

ASH WEDNESDAY FEBRUARY 13
SPECIAL GUEST - JONATHAN SWENSON

FEBRUARY 20 - THIRSTY FOR IDENTITY
FEBRUARY 27 - THIRSTY FOR WHoleness
MARCH 6 - THIRSTY FOR A RELATIONSHIP
MARCH 13 - THIRSTY FOR FORGIVENESS
MARCH 20 - THIRSTY FOR ACCEPTANCE
Lenten Weekly Schedule

**Wednesday Evening Schedule**
5:00 Supper, Celebration Hall
6:00 FaithTalk, LifeTalk, CrossTalk
Adult Bible Study
7:00 Lenten Service with Holy Communion, Sanctuary
7:45 Lenten Pie Fellowship,
The Gathering Place

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**Lenten Pie Fellowship**
Enjoy a piece of pie and beverage on Wednesdays in the Gathering Place after worship, beginning February 20 and continuing throughout our Lenten season. The cost is $3 for a slice of delicious pie with coffee or lemonade! If you are interested in helping with setup or serving, or would like to donate a homemade pie, please call Larry Audette at 232-3770.

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**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:

**Feb. 15** - Judy Siegle, Director of Women's Ministries, Hope Lutheran Church

**Feb. 22** - Nicole Phillips, Executive Director of Diva Connection Foundation and columnist for the Forum

**Mar. 1** - Eric Wilkie, Development Officer, Dakota Boys and Girls Ranch

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

**Mar. 15** - Dr. Susan Vitalis

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

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**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 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**

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 through ELCA World Hunger 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.

Watch for ways to give to this worthy cause starting Ash Wednesday, February 13.

Mondays
Feb. 4 & 18
7:00 - 8:30 p.m.

First Lutheran is beginning its high school ministry this winter. FLY - First Lutheran Youth, will be every other Monday (Feb. 4 & 18) from 7:00 - 8:30 p.m. FLY is an opportunity for students, Grades 9-12, to come and spend time at church. We will have games, movies, and space to just hang-out. To get more information and dates on all of our upcoming FLY activities, join our Facebook page “FLY - First Lutheran Youth” or get on our e-mail list by sending an e-mail to Graham at gsibley@flcfargo.org.

FAMILY LIFE THRIFT STORE

Service Saturday
Grades 7-9
Saturday, February 9
Noon - 2:00 p.m. at Family Life Thrift Store, Fargo

Our February Service Saturday will be at the Family Life Thrift Store in Fargo. Registration is required and can be done by sending an e-mail to Graham at gsibley@flcfargo.org or going to FLC’s website at http://www.flcfargo.org/ministry/ymca/saturday and follow the link posted there. We have twenty spots available, so register soon!

"Let anyone who is thirsty, come to me, and let the one who believes in me drink." John 7:37

There are days when our spirit feels dry. Seasons come and life, at times, feels parched. Our lives become thirsty like the ground that begs for water during a season of drought. We want that which satisfies and quenches our deepest thirst. Jesus says, “Come, come thirsty.”

Lent is often described as a forty-day trek into the desert. The desert reminds us of the depth of our thirst and the One who promises that “rivers of living water will flow from the believer’s heart.” (John 7:38) During this season of Lent we will look at how we are thirsty for identity, wholeness, relationship, forgiveness, and acceptance. We will witness together how Jesus satisfies our greatest thirst. So, come thirsty!

The forty-day trek begins on Ash Wednesday with worship services at 5:00 & 7:00 p.m. On this night we are pleased to welcome Jonathan Swenson. Jonathan will be giving a dramatic performance of eight characters who respond to Jesus. This promises to be an amazing and powerful experience. Also, on this night, we will celebrate Holy Communion and receive a cross of ash upon our foreheads with those memorable words, “Remember that you are dust and to dust you shall return.”

Please join us each Wednesday night at our 7:00 Lenten Worship services. Oh, one more thing... Come thirsty!
Congregational Annual Meeting
Sunday, February 10, at 10:00 a.m.

Open Forum in chapel to discuss budget
February 3 at 10:00 a.m.

Change to Schedule on Sunday, February 10

Next week First Lutheran will have their Annual Meeting in the Celebration Hall at 10:00 a.m. Because of the time element, the 11:00 worship services will be a combined worship in the sanctuary. After the 9:00 worship services everyone will be invited to stay for the meeting, learn about the changes proposed and have their chance to vote on the budget and nominees.

◊ Mission Soup Fellowship will be in the Fellowship Hall starting at 10:30 a.m.
◊ Adult Bible Study has been cancelled to allow everyone to attend the Annual Meeting.

There is a final Open Forum Sunday, Feb. 3 in the chapel at 10:00 a.m. This is a great chance to learn about the budget and have any of your questions answered.

Tae Kwon Do - Tuesdays and Thursdays
6:00 - 7:00 p.m. in the gym

Classes at First Lutheran are offered Tuesday and Thursday evenings from 6:00 - 7:00 p.m. Accepting ages 5 and up. We are inviting all families and individuals who are looking for a fun and exciting way to work out and learn something new. All skill levels from beginner to advanced are welcome. No previous TKD or martial arts experience is necessary, so what are you waiting for?

This is a type of workout where you can progress at your own level. We're going to have fun, and mix it up from week to week. We hope to bring in some guest instructors too

Classes are $55/month per person or $50/mo if paid 3 months at a time and can be paid for at class. We are offering classes 2 nights a week in the hope that one of those nights will work for you. Everyone is welcome to come both nights if they like! You will advance and hopefully get F.I.T. all that much quicker.

If you have any questions, feel free to give Keith a call @ (701) 369-0440.

February is National Heart Month

About every 25 seconds an American will have a coronary event; about one every minute will die from one.

The GOOD news is that heart disease is largely preventable. Over 80% of coronary events can be prevented if we make healthy lifestyle choices regarding diet, exercise and smoking. Below are the best ways to protect your heart:

- If you smoke - quit.
- If you don't smoke - don't start.
- Exercise at least 30 minutes most days of the week.
- Eat a balanced diet that emphasizes fruit, vegetables, grains, fat-free or low-fat dairy products, fish, and poultry or lean meat.
- Schedule regular visits with your doctor.
- Know your numbers (blood pressure, cholesterol, glucose).

AED Training will be offered at FLC

Prompted by the dramatic and successful rescue of a heart-attack victim during the recent downtown holiday parade, the Health Ministry Committee will be offering AED training to congregation members. The training will be offered between services on Sunday, February 17. Location to be announced at a later date.
**Quilters Supplies Needed**
The quilts are in need of the following supplies. Can you help by donating:
1. Fabric, cotton or cotton blend.
2. Sheets - flat, double or queen, color or print preferred.
3. Crochet thread, #8 or 10, any color.
4. Sewing thread, any color.

The quilts provide quilts for Lutheran World Relief and local charities. **They are providing quilts for the New Life Center** to help house a large number of men in need. They are also providing 30 quilts for the Mexico Mission trip leaving in February. This mission trip is at a mountainous region of Mexico **where the nights are cold**. Quilts will also be sent to Ecuador for children in an orphanage.

**Donations are very important to the quilters and your help is very appreciated.**

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**Snow Shoe/Winter Exploration Hikes**
Sundays, February 10 & 17
Time: 4:00 p.m. at Rollie’s House
505 66th Avenue North in Moorhead
Open to all ages. Snowshoes are available free of charge - but you must reserve them via e-mail with Rollie at rjohnson@flcfargo.org.

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**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!
LifeTalk Retreat
Grades 7-8
March 8-10
Cost: $100, camperships available
On March 8-10 our kids in Grades 7-8 have the opportunity to spend the weekend at Luther Crest Bible Camp in Alexandria, MN. Students will spend the weekend in cabins on the edge of Lake Carlos. Discussion will center around the movie “To Save a Life.” This movie addresses topics of bullying, depression and other difficulties of going through high school. Students will depart from First Lutheran on Friday evening at 6:30 p.m. and return to the church on Sunday at 1:00 p.m. Students can register online through our website at www.flcfargo.org.

Sing the Holy Week Cantata
On March 27 at 7:00 p.m. the First Lutheran Cathedral Choir, along with a 30-piece orchestra and three vocalists, will present The Seven Last Words of Christ by Theodore Dubois. You are invited to join the Cathedral Choir in singing this chorale masterpiece. Rehearsals are scheduled for Wednesday evenings from February 20 through March 20, following the 7:00 Lenten service. These rehearsals are in the Celebration Station (Choir Room) located below the Celebration Hall. Music will be available for your use. Come and be part of this special tradition here at FLC - you’ll be glad you did!

Family Board Game Night
Friday, February 8 and 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!

Sunday, February 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!

On February 17 we will be showing The Soloist. This movie is a pitch-perfect portrayal of grace. This true story about a chance encounter with a homeless man named Nathaniel (Jamie Foxx), who happens to be a musical prodigy, ends up drastically changing the life and perspective of LA columnist Steve Lopez (Robert Downey, Jr.). Lopez discovers a greater reason for living than simply for his own desires. What gives the story deep emotional resonance are the rich themes of the seemingly foolish confounding the wise; the real, everyday plight of the homeless; and the power of grace and friendship. It also causes each of us to question how and why we help others. Is it to fulfill our agenda or out of compassion - or both?

First Club
February 21
2:30 p.m. in Fellowship Hall
This month’s program will feature Pastor Jim and Konnie Hulberg. There will be “The Return of Ole and Lena”, plus some duets of “Golden Oldies”.

Volunteers Needed!
Are you friendly and like to be with people? The reception desk would be the perfect place for you to volunteer! Volunteers are needed on the following days and time slots:

- Tuesdays - 9:00 a.m. - 1:00 p.m.
- Wednesdays - 9:00 a.m. - 1:00 p.m.
- Thursday afternoons - 1:00 - 4:00 p.m.
- Friday afternoons - 1:00 - 4:00 p.m.

If you can help out on a regular basis or are available only occasionally, please call Shirley at 235-7389 or e-mail her at stietz@flcfargo.org.
SPECIAL EVENTS
Open Forum
Sunday, Feb. 3
10:00 a.m. in the chapel

"Let Your Life Speak" Study
Tuesdays, Feb. 5, 12, 19, 26
Wednesdays, Feb 6, 13, 20, 27
Adult Education Room

Annual Meeting
Sunday, February 10
10:00 a.m. in Celebration Hall

Ash Wednesday Worship with Jonathan
Swenson Performing "Witnesses"
Wednesday, Feb. 13
5:00 & 7:00 p.m. Sanctuary

Friday Lenten Lunches (Feb. 15-Mar. 22)
Noon, Celebration Hall - Cost: $7
Soup and sandwich lunches with a speaker
presenting a faith-based story.

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

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

BSP 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@fctfargo.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 Hulberg, 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
Becky Tollefson, bttollefson@fclfargo.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 fun, fellowship.
Anne Rydell, 235-4102 or 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, gspbly@fclfargo.org

Board Game Night
Friday, Feb. 8 & March 15
7:00 p.m. in Fellowship Hall

Reel Faith - Sunday, February 17
Movies shown once per month on
Sundays, 4:00 p.m. BibleMax Theatre.
February’s Movie is the Soloist.

Christian Education
FaithTalk - 3 years - Grade 4
Sundays, 10:05 a.m.
Wednesday evening, 6:00 p.m.
CrossTalk - Grades 5-6
Wednesday evening, 6:00 p.m.
LifeTalk - Grades 7-9
Wednesday evening, 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, ferreiraclmac.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@fclfargo.org or
Rollie Johnson, rjohnson@fclfargo.org

HEALTH/fitness
Prayer Shawl 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@fclfargo.org or
235-7389

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

Snowshoe/Winter Exploration Hikes
Sundays, February 3, 10 & 17
Open to all ages
Snowshoes available with reservation.
Rollie Johnson, rjohnson@fclfargo.org or
235-7389

MISSION/OUTREACH
Mission Soup Sunday
February 10, 10:30 a.m.
Fellowship Hall
Free-will offering, supports FLC missions
Jonathan Swenson to Perform
Witnesses on Ash Wednesday
Wednesday, February 13 at 5:00 & 7:00 p.m., Sanctuary

Witnesses is an innovative, humorous and deeply moving retelling of the Gospel. In this dramatic performance, Jonathan Swenson portrays eight different characters (historical and imagined) as each responds to Jesus. Through the eyes of these characters, both comedic and serious, the audience is challenged to see Jesus from fresh perspectives - not cold and distant, but as one who was intimately involved in the nitty-gritty of life.

Jonathan Swenson grew up in Two Harbors, Minnesota and is a graduate of Gustavus Adolphus College and Luther Seminary. As ordained Lutheran pastors, he and his wife, Jana, have served congregations in Minnesota and Iowa for the past 20 years.

In 2010 Jonathan launched Paraphrase Theatre. As part of Paraphrase, he is travelling throughout the United States performing dramas, leading workshops and speaking & teaching at conferences and retreats.

We are excited that Jonathan will witness and inspire us on this special Ash Wednesday, February 13.