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 defray expenses. Please come and share in this First Lutheran Church tradition during Holy Week, and bring a friend along with you!

**Good Friday**

On Good Friday, we will gather in the sanctuary from noon until 3:00 p.m. to hear the seven last words. **Each word is designed as a short, 25 minute worship service that includes a message, special music, and congregational singing.** Also, this is a wonderful time for silence and prayer as we reflect upon the words of Jesus. **You are invited to come and go at any point during these three hours.**

**Tenebrae Service**

In the evening, please join us for our Tenebrae service at 7:00 p.m. in the Celebration Hall. **Tenebrae comes from the Latin word meaning shadows or darkness.** Typically, the rhythm of the Tenebrae service includes scripture readings along with the gradual extinguishing of candles until the community of faith is surrounded by darkness. As part of our service, we will also hear a dramatic reading entitled *I Was There.* Here, we will meet characters, such as doubt, sorrow, fear, shame, agony, hate, and finally, death. All of these characters profess that *they were there* the night that Jesus was crucified. **The Tenebrae service is a powerful experience.**

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**Holy Week Schedule 2013**

**Wednesday, March 27**

*Wednesday Fellowship with Holy Communion Service*
1:30 p.m. Chapel
_The Seven Last Words of Christ Cantata_
7:00 p.m. Sanctuary

**Maundy Thurs., Mar. 28**

_Maundy Thursday Service with Holy Communion_
1:30 p.m. Chapel
7:00 p.m. Sanctuary

**Good Friday, March 29**

_Seven Last Words Service_
Noon - 3:00 p.m. Sanctuary
_Tenebrae Service_
7:00 p.m. Celebration Hall

_Do This In Remembrance of Me_

On Thursday, March 28, 5th graders will celebrate their First Communion during the Maundy Thursday evening worship service. Please pray for our 5th graders and their families as they prepare to celebrate the Lord’s Supper for the first time.
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!

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

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 (Non-FLC kids: $350 each)

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

PATH (Professional Association of Treatment Homes)
PATH is a leading provider in treatment foster care for children. In North Dakota, there are approximately 2,000 youth in “out of home” placement each day. PATH is currently looking for special families to provide foster care to children in our community. We are in need of both full and part-time foster parents. PATH provides 24-hour social worker availability, support services specialized training/education, and financial reimbursement. Please consider becoming a foster parent and making a difference in a child’s life. Contact PATH at 701-280-9545 for more information.
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.

Recital with a Cause
Thursday, April 4 at 7:30 p.m.
Celebration Hall

Classical musicians perform as if lives depend on it. Local young, award-winning musicians perform in an effort to end polio worldwide.

Rotary has helped reduce the spread of polio throughout the world since 1985. In 1985, there were 350,000 cases of polio in 125 countries. Today, only 4 countries remain endemic, the lowest in history.

Recital with a Cause is a recital featuring some of the best local classical musicians and produced locally by the Fargo-Moorhead Rotary Clubs.

As long as polio threatens even one child anywhere in the world, children everywhere remain at risk. By donating today, you can help achieve a polio-free world.

Guest Organist
Ruth Strawn, one of Michael Olson’s organ students, will present an organ recital on Wednesday, April 24 at 12:45 p.m. in the sanctuary. A variety of music will be played by several composers.

Get a Daily Bible Verse. Like us on:
first in Mission

Updated!

We will hear on Easter Sunday those life-giving words "He is not here. He has risen." The disciples, with great excitement, began to run towards the dawning of a whole new world. Jesus says, "You will be my witnesses!" Because, really, how can we not?

Later this month we will seek to be the hands and feet of Jesus in our community through something we call First in Mission. The purpose of First in Mission 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 to the lost, last, least, and the lone, and (3) to raise awareness that each person plays an integral part of God's mission. We want, during the week of April 29-May 4, 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?

This year we are connecting with six places in the F-M community. We have service opportunities available at the Great Plains Food Bank, Churches United for the Homeless, YWCA, Nokomis, Ronald McDonald House and the New Life Center. The opportunities for service will vary each week. Our hope is that we can overwhelm them with our support, good will, and the love of Jesus. We want to make a difference and strengthen the relationship with our mission partners!

You can sign up at the First in Mission table in the Gathering Place each Sunday or by e-mailing Shirley at stietz@flcfargo.org or Pastor Marty at mtollefson@flcfargo.org for more information.

Highlights from Mexico Mission 2013

In the last part of February, 25 brave souls left the comfort of their homes and daily routines to join God's mission in the world. After 22 hours of travel, we arrived at our destination, which was a remote village in the beautiful state of Chiapas in Mexico. Our task was to build a church, but more important than building walls, was the joy of building relationships.

This wasn't easy with the language barrier, but laughter, smiles and hugs are the same in any language. We were welcomed with open arms, although they weren't sure what to think of these pale-skinned "gringos" that invaded their sleepy little village.

Mornings started with breakfast at 7:00 a.m. The group then divided into two work forces: one mixed cement with dirt and made cinder blocks for the walls; the other took those cinder blocks and erected four walls of the church. It was hot, hard work, but all were good sports and joined in, even as the sun beat down. An occasional water fight cooled everyone off and the teamwork brought all of us closer to each other and the people we were serving.

Noontime brought a break in the work as we ate lunch and then escaped the heat in our huts and hammocks. Often, this time was filled with children curiously approaching us, amazed at our white skin. The blonde girls got the most attention as yellow hair was surely a sight not seen before.

Later in the afternoon, we usually took a hike through the beautiful wilderness that surrounded us. We were led by villagers to creeks where we could dip in and cool off or take a quick "bath." Families we met along the way were often eager to give us a tour of their home, showing off their coffee beans drying in the sun or their small, humble huts with dirt floors and wooden platforms for beds. Once, we came upon a small store and were treated to a rarity - an ice cold Coca-Cola!

Then it was time for Bible school! Families from all around came out to see what we had to offer. But before we could treat the kids with skits from Scripture, the village children sang us songs, along with all the motions. We were blessed beyond measure by their gift of song for us. Bible school was a little tricky with the language barrier, but the kids loved the skits and, thanks to two translators, they heard the Bible stories in their own language. The stories were followed by a craft, which was hugely popular.

It was hard to tear ourselves away from the play and laughter for supper, but our hungry stomachs needed tending to. Before the sun set, we would play basketball, soccer, braid hair, jump rope and many other fun activities until we had to don our headlamps. Then it was time for us to sing and have our own devotions. The small hut where we sang was often overcrowded with villagers who came to hear our music.

God's presence was palpable on every leg of this amazing journey. Kids learned what it was like to be "unplugged," and had the opportunity to experience free time to just "be" instead of always "do." They witnessed that material things are not what constitute happiness, and that God's creation is beautiful, as are all of God's people.

We left exhausted, but proud of the work that God had led us to do. With moist eyes, we said goodbye to our new friends and although we couldn't verbally communicate well, we communicated with hugs and smiles and left feeling loved and loving.
Becky and Sue's Ecuadorian Adventure

by Becky Anderson and Sue Wild

We are back after a very rewarding, successful trip to Quito, Ecuador. We taught sewing classes in a very poor area called Carmen Bajo. The women of Carmen Bajo loved learning to sew and have already made many different items that they will be able to sell. They have completed several quilts, oven mitts, place mats, towels to fit over oven doors, diapers and pillows. With all the help we received from so many of you at First Lutheran, we supplied them with another sewing machine (this makes four), material, rotary cutters, mats, etc., so that they can make many more projects. This will enable the people of Carmen Bajo to help support themselves.

We also were able to get the carpentry school started. They will be cleaning out an area, securing it, and then buying the tools and equipment so that they can start teaching the young men of Carmen Bajo a trade. This will give them independence and they will be able to support their families. Our two-year project is now complete!

We were also able to start a food pantry for the poor people of Carmen Bajo so that they can receive food for a reduced cost and be able to feed their families. The very poor will get food for free. A percentage of the profits from the sewing and eventually the carpentry shop will be put back into the food pantry so that they can sustain it.

Thanks to all of you who gave their support. Because of you we were able to do unplanned projects as well. We had cabinets built in the sewing room to hold the supplies, we were able to help finish off a bathroom by buying a sink and countertop, and help a very poor family that was in desperate need. Their mother had left five children, an older boy and four young girls. The oldest girl, who is eleven, is caring for her younger sisters. We had enough money left over to buy cement blocks to start a new house for them.

Thank you for the opportunity to serve as missionaries representing First Lutheran Church. Please feel free to visit with us if you would like more information about our trip.

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Mission Quilts and Kits on Display

"Imagine the comfort that comes with a hug when someone is in a time of deepest need. Through a simple combination of fabric and thread, you can reach out to those with some of the greatest needs in the world, not wrapping them in your arms, but wrapping them in the work of your hands through a LWR quilt."

LWR Quilt & Kit Ministry Guide 2011

Quilts and kits ready for distribution to Lutheran World Relief will be on display in the Gathering Place and sanctuary on Sunday, April 21. The quilts were made by the First Lutheran Quilters and are also donated during the year to the Mexico Mission and to local charities. The quilters are supported by the ELCW, Mary Magdalene Circle, Global Missions, FLC Foundation and the members of FLC through gifts of fabric and cash donations. The kits are assembled by circles of the church through generous donations. If you'd like to donate to the kits, please take a pink "needs flyer" in the church office or call Connie at 361-6514. If you'd like to help make the quilts, please contact Dorothy Nelson at 701-232-8493. We are grateful for all the support we are given.

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Bars of Soap Needed

One of the most needed items for the kits mentioned in the above article is gentle bath soap. On April 21, please consider bringing a bar or two of gentle soap (in its original wrapping) to donate to the kits to be sent to Lutheran World Relief. There will be a container by the display table for your donation. Thank you for your generosity!
Put Life Back Into Your Life
Consider Sanford’s Better Choices, Better Health® Workshop

If you or someone you care for has a chronic health condition, Sanford’s Better Choices, Better Health® Workshop can help you take charge of your life. Chronic conditions include diabetes, arthritis, high blood pressure, depression, heart disease, cancer, weight issues, chronic pain, anxiety, multiple sclerosis, fibromyalgia, and others. You'll get the support you need, find useful ways to deal with pain and fatigue, learn better nutrition and exercise choices, set weekly goals, problem-solve effectively, improve communication, relax, and handle difficult emotions. Learn from trained volunteer leaders with health conditions themselves. Join a free 2 1/2 hour Better Choices, Better Health® Workshop, held each week for six weeks. Participate in face to face workshop or new online workshop. Free of charge and registration is required. Call Sanford at 701-234-5570 or toll free at 877-234-4240 for face to face workshop. For online workshop, go to https://selfmanage.org/sanford/

Pontoppidan Lutheran Church - Fargo  
Mondays 9:00 -11:30 a.m.  
April 1, 8, 15, 22, 29, May 6

Probstfield Center for Education - Mhd.  
Wednesdays, 6:30 - 9:00 p.m.  
April 3, 10, 17, 24, May 1, 8

Journeying Through Grief - Spring 2013
Hospice of the Red River Valley
1701 38th Street South
Fargo, ND
Phone: 800-237-4629
Cost: $20, Scholarships available

Hospice of the Red River Valley will offer a four-session workshop for those recently bereaved. All sessions will be held at Hospice of the Red River Valley. These sessions are on Mondays, April 8, 15, 22, and 29 from 5:30 - 7:00 p.m.

Session 1: Understanding Grief  
Session 2: Exploring Common Grief Reactions  
Session 3: Taking Care of Yourself While Grieving  
Session 4: Embracing Your Memories; Holidays, Special Days and Any Days

Youth Journeys
Saturday, April 27  
9:00 a.m. - 3:30 p.m.

This is a day-long program for youth ages 6-18 who have lost a loved one. Parents/guardians are required to attend a portion of the day as well. They day is broken down in sections, allowing the youth a chance to explore how the death of their loved one has affected their lives, feelings they have, self-care and embracing memories. The day ends with a service of remembrance. Food and snacks are provided throughout the day.

Both of these programs require pre-registration. Please call 701-356-1500 or visit www.hrrv.org/grief-support.
SPECIAL EVENTS
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

Recital with a Cause
Thursday, April 4
7:30 p.m. Celebration Hall

Church Women United Luncheon
& Church Tour
Friday, April 5
11:00 a.m. Celebration Hall

School for the Blind Family Weekend
Saturday, April 6

Benefit for Dan Perghande
Sunday, April 14

Golden Gala
Saturday, April 20
5:30 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.
Sylvia Watkins, 232-2360

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 mtolleson@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 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
Becki Tollefsen, btollefsen@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 fun, food and fellowship.
Anne Rydell, 388-6650

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

Reel Faith - Sunday, April 21
Movies shown once per month on
Sundays, 4:00 p.m. BibleMax Theatre.
April's movie is Amazing Grace.

CALANDER OF EVENTS

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

Ruth Strawn in Recital
April 24, 12:45 p.m. Sanctuary

Children's Choir
Wednesdays at 5:30 p.m.
Celebration Station
Kathy Ferreira, ferreira@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 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
5:15 - 6:15 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
$5/mo.
6:00 - 7:00 p.m. in the gym
Accepting ages 5 years and older
Keith, 701-369-0440

The church is closed on Easter Monday, April 1.
Easter Sunday Worship Services
Sunday, March 31

Sunrise Service with Holy Communion - 7:30 a.m. Sanctuary

Worship Services with Holy Communion - Sanctuary
9:00 & 11:00 a.m.

Worship Services with Holy Communion - Celebration Hall
9:00 & 11:00 a.m.